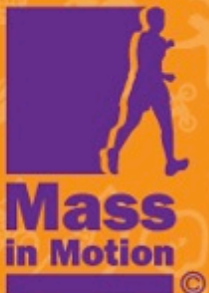


# **Mass in Motion: A Statewide Effort to Reduce Obesity**

**Cheryl Bartlett, RN, Commissioner  
Massachusetts Department of Public Health  
January 7, 2014**



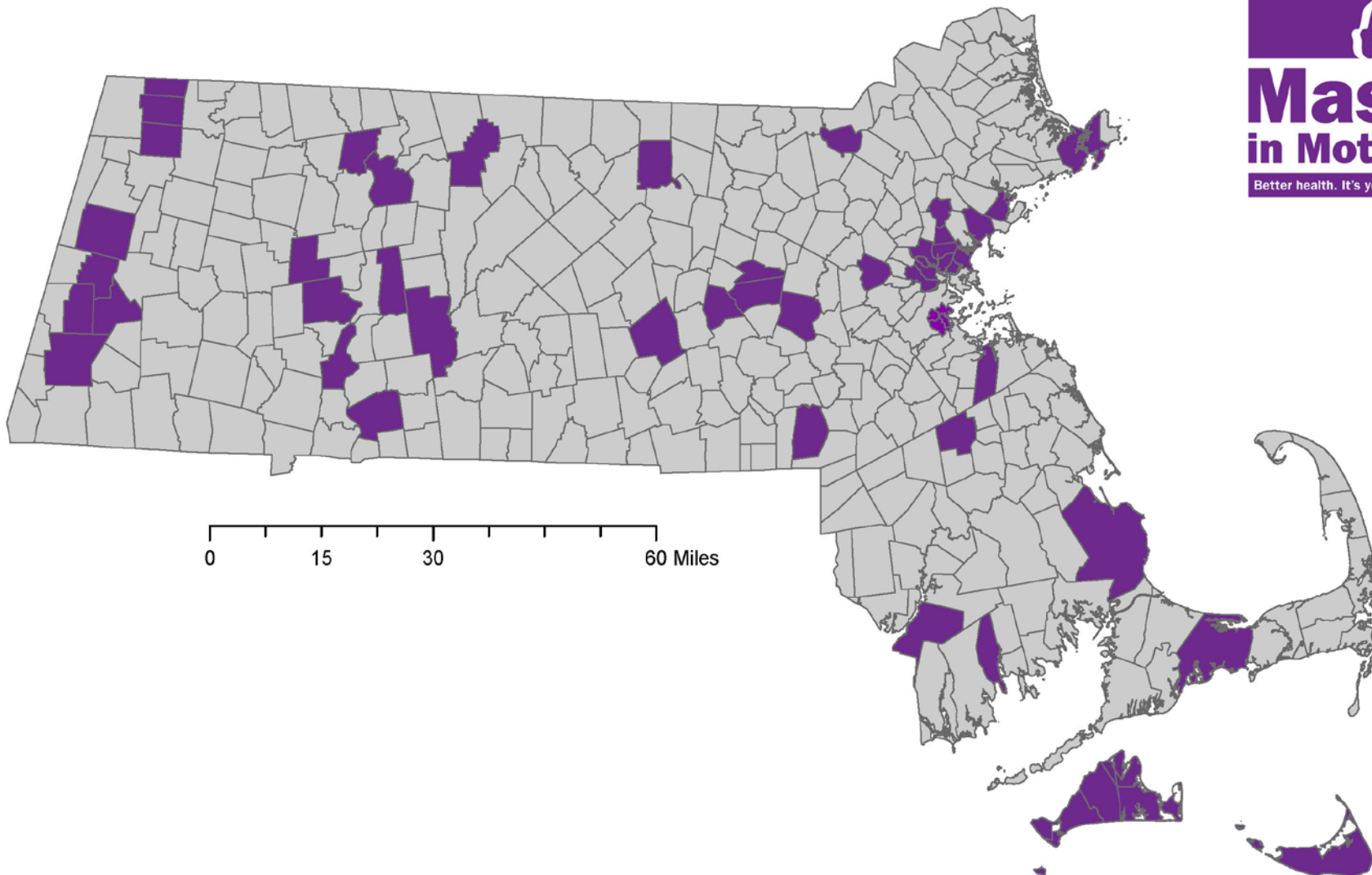
# Mass in Motion: Eat Better, Move More

## Multifaceted state initiative

- Call to Action report
- Governor's Executive Order 509
- BMI regulation
- School Nutrition Regulation
- Public information campaigns
- Municipal wellness grants
- Worksite initiative
- [www.mass.gov/massinmotion](http://www.mass.gov/massinmotion)
  - Info on physical activity and nutrition
  - Calendars
  - Blogs
  - Links to state and local resources



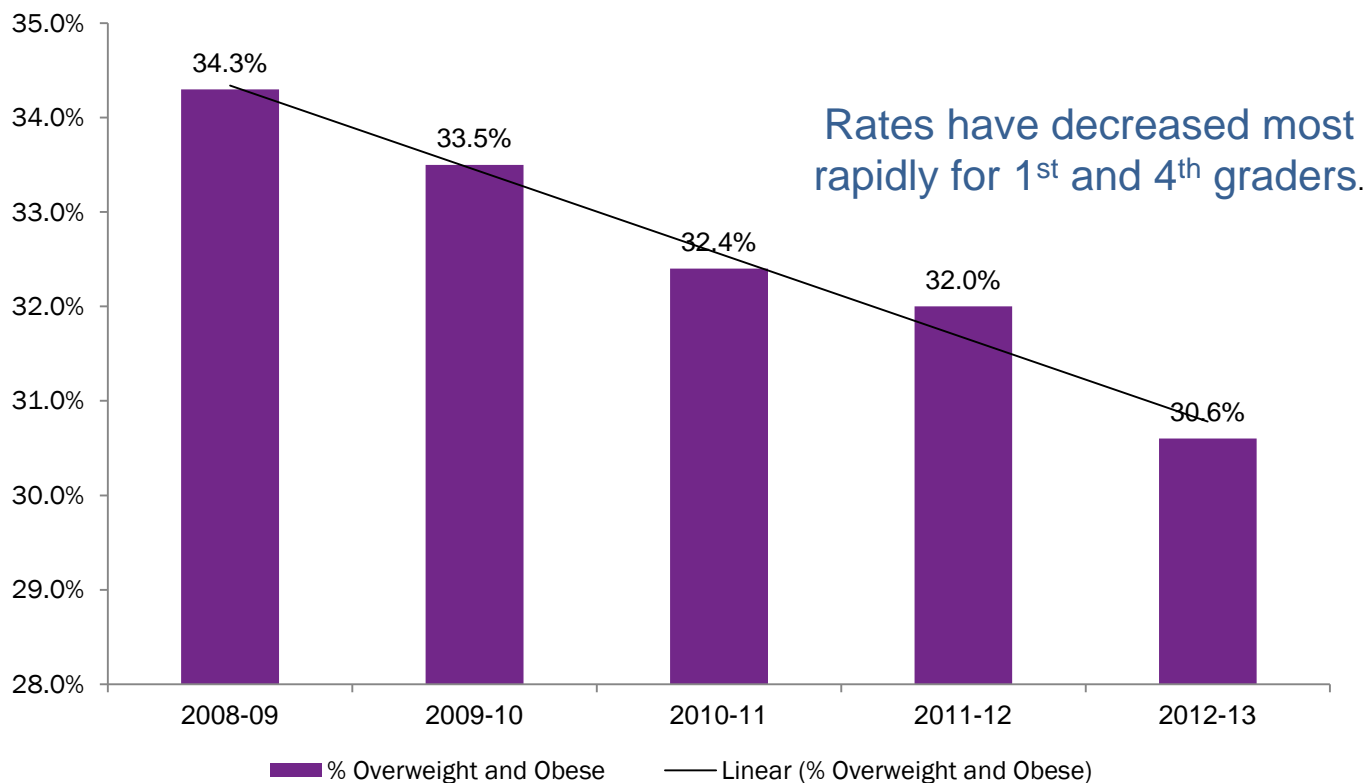
# Mass in Motion Communities



**52 cities and towns representing 33% of the state population**

# Decreasing BMIs for Children

## 5-Year Obesity Trend in Massachusetts % Overweight and Obese in Grades 1, 4, 7, and 10



Temporal trend significant ( $p < .001$ ). Results based on 947,815 BMI measurements for public school students in grades 1, 4, 7, and 10. Rate Ratio (temporal trend) = 0.976. Adjustments made for district median household income, and racial/ethnic composition.

Preliminary analysis indicates a larger decrease for *Mass in Motion* communities.