



Accelerating Progress in Obesity Prevention

Solving the Weight of the Nation

In 2012, Institute of Medicine released their report, **Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation**. To quote, “This report is part of a series of publications dedicated to providing accessible and useful information and analysis to policy makers and others working to turn the obesity epidemic around. Funded by the Robert Wood Johnson Foundation (and the Michael & Susan Dell Foundation for the committee’s workshop and workshop report on measurement issues in obesity prevention), this report focuses on the areas of obesity prevention that are most important to pursue now to significantly accelerate progress against the epidemic. The committee reviewed the hundreds of recommendations that have been made related to obesity prevention, the evidence that supports them, and the progress that has been made in their implementation.”

Recognizing the need to collectively review strategies, evidence, and promising practices emerging in the nation, The Institute of Medicine’s (IOM’s) Committee on Accelerating Progress in Obesity Prevention was formed to address this challenge.

Their first stated goal, recommendation, and strategy are as follows:

Goal 1: Make physical activity an integral and routine part of life.

Recommendation 1: Communities, transportation officials, community planners, health professionals, and governments should make promotion of physical activity a priority by substantially increasing access to places and opportunities for such activity.

Strategy 1-1: Enhance the physical and built environment. Communities, organizations, community planners, and public health professionals should encourage physical activity by enhancing the physical and built environment, rethinking community design, and ensuring access to places for such activity.

For more information and to review the entire report, please visit <http://www.nap.edu>