

NACo launches Healthy Counties Database

WASHINGTON, D.C. – The National Association of Counties today announced the release of the Healthy Counties Database, a new resource containing more than 100 profiles of model policies, programs and initiatives that counties nationwide enacted to prevent childhood obesity.

The database is designed to help county officials promote healthy living by improving the health of their environments. Each individual profile includes a brief description of the practice, county demographics, contact information, funding sources and additional resources.

Today, obesity is one of the most urgent health concerns for our children. During the past four decades, obesity rates have soared among all age groups, increasing more than four times among children ages 6 to 11. Nearly one-third of all U.S. children and adolescents, more than 23 million, are either overweight or obese. County officials, as lead policy-makers at the local level, have a unique role to play in making it easier for children and families to make healthy choices. Many counties have begun developing initiatives to help children improve their health, and by accessing the Healthy Counties Database and connecting with peer leaders who have implemented model practices and policies, leaders can learn from each other's successes.

County-led efforts to prevent childhood obesity often go hand-in-hand with initiatives to support healthy populations and to create robust economies. The profiles contained in the database therefore focus on a variety of topic areas, including some not traditionally considered health-related, such as zoning, economic development and agricultural sustainability. The benefits created by these types of model practices positively impact children's access to healthy foods and physical activities.

The Healthy Counties Database is available on NACo's Web site at www.healthycounties.org/database.

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