

Community-Based Nutrition Programs and Services

What is the purpose of the programs and services?

To provide community-based programs and services within the core functions of public health: Assessment, Policy Development, Environmental Support and Assurance; and through the Nutrition Services Unit's key initiatives: healthy weights/obesity prevention, fruit & vegetable program, breastfeeding promotion and healthy pregnancy outcomes.

What does the program/service do?

Designing and implementing community nutrition services requires a new focus that includes not only client-based, clinically oriented services, but interventions, services and policies that reach the entire community or population group. These population-based interventions engage members of the community and employ multiple strategies that alter the environments where people work, live, learn and play in a way that makes eating healthy and being active the easy choice. The Nutrition Services Unit collaborates internally with the Office of Healthy Behaviors and the Women, Infants and Children Program (WIC) to effectively address gaps and minimize duplication of services.

How many people can be helped through these programs and services?

Georgia has a population of more than 9,000,000 within 18 health districts and 159 counties. The Nutrition Services Unit, together with public and private, internal and external partners, is dedicated to improving the health of all Georgia residents by improving health behaviors through population-based strategies.

Why are the programs/services important?

Client-centered nutrition education is an important piece of the intervention puzzle, but information alone will not produce sufficient motivation to adopt new, healthier lifestyle behaviors. We must incorporate interventions in the community, workplace, schools, social and health care settings that support positive, individual behavior change. Such interventions may target accessibility, purchase, selection, preparation and consumption of healthier food choices.

Who is eligible?

All Georgia residents

Where are programs/services located?

Programs and services are located statewide.

Outcome measures:

- Development and implementation of population-based strategies and their relevant indicators
- Creation of public/private partnerships to share responsibility for actions

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<http://health.state.ga.us/programs/nutrition/internship/index.asp>

