

NUTRITION SECTION

Comprehensive, Population-Based Approach

Nutrition Programs and Services

What is the purpose of the programs and services?

To provide population-based programs and services within the core functions of public health: Assessment, Policy Development, Environmental Support and Assurance and through the Nutrition Section's key initiatives: healthy weights/obesity prevention program, 5ADay program, breastfeeding promotion and healthy pregnancy outcomes.

What does the program/service do?

Designing and implementing population-based 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 the easy choice. The Nutrition Section collaborates internally with the Chronic Disease Prevention and Health Promotion Branch and the WIC Branch to effectively address gaps and minimize duplication.

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

Georgia has a total population of 8,684,715 within 18 health districts (159 total counties). Therefore, the Nutrition Section, together with public and private, internal and external partners, is dedicated to improving the health of Georgia residents through improved nutrition and physical activity through comprehensive population-based nutrition and physical activity strategies.

Why are the programs/services important?

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

Who is eligible?

All Georgia residents.

Where are programs/services located?

Statewide.

Outcome measures

Outcome measures include the development and implementation of population-based strategies and their relevant indicators and the creation of public/private partnerships to share responsibility for actions.

Contact: Frances Cook (404) 657-2884

E-mail: frcook@dhr.state.ga.us

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

Georgia Department of Human Resources
Division of Public Health
Family Health Branch

