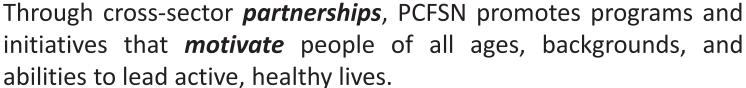
# President's Council on Fitness, Sports & Nutrition

PCFSN consists of 23 individuals who are appointed by the *President* of the *United States* and serve in an advisory capacity through the Secretary of Health and Human Services.





#### **Vision**

All Americans lead active, healthy lives.

#### Mission

Educate, engage and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition.

#### I Can Do It! You Can Do It!



- Mentoring program for children and adults with disabilities to be physically active
- PCFSN is working with a contractor to expand and evaluate the success of the program
- Enable PCFSN to collect preand post-measures on individuals with disabilities levels of activity, fitness and healthy eating
- ICDI has expanded to over 90 sites

  CAN DOIT

  YOU CAN DOIT



Photo credit: Jayne Greenberg, ICDI May 2012

### Surgeon General's Call to Action



# STEPITUP! Surgeon General's Call to Action to Promote Walking and Walkable Communities

5 goals to make it easier for individuals to walk, roll in a wheelchair or on a bike, and be active

- Make walking a national priority
- Design communities that make it safe and easy to walk for people of all ages and abilities
- Promote programs and policies to support walking where people live, learn, work, and play
- Provide information to encourage walking and walkability
- ❖ Fill surveillance, research, and evaluation gaps related to walking and walkability

## Memorandum of Understanding to Improve Public Health through Fitness, Nutrition and Sports Participation

- The US Department of Health and Human Services and the Brazilian Ministry of Sports signed a Memorandum of Understanding (MOU) to improve public health through fitness, nutrition, and sports participation.
- The MOU will allow for sharing ideas on national guidelines on physical activity and nutrition and expanding youth sports participation, with an emphasis on female youth and youth with disabilities.

## White House Conference on Aging

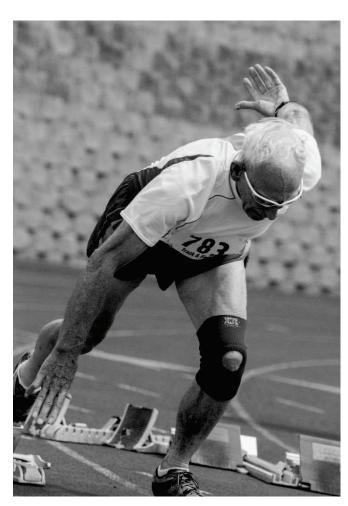


Photo by Elliot Burg 2015

- Washington DC July 2015
- Focused on four tracks
  - Caregiving
  - Financial Security
  - Healthy Aging
  - Technology
- Several new initiatives to help Americans remain healthy and active.
- Final Report available online:

http://www.whitehousecon ferenceonaging.gov/2015-WHCOA-Final-Report.pdf