

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.

Through cross-sector *partnerships*, PCFSN promotes programs and initiatives that *motivate* people of all ages, backgrounds, and abilities to lead active, healthy lives.



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 pre- and post-measures on individuals with disabilities levels of activity, fitness and healthy eating
- ICDI has expanded to over 90 sites



Photo credit: Jayne Greenberg, ICDI May 2012



Surgeon General's Call to Action



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.whitehouseconferenceonaging.gov/2015-WHCOA-Final-Report.pdf>