



Vision

The vision of the **Coalition for Activity and Nutrition to Defeat Obesity** is to create a model community that supports healthy eating and active living.

Mission

The mission of **CanDo** is to engage community members and organizations in obesity prevention through support, advocacy and education.

Goals

1. Reduce the prevalence of overweight and obesity among citizens
2. Increase the percent of citizens who engage in regular physical activity
3. Increase the percent of citizens who practice healthy eating habits
4. Create environments and policies that support healthy eating, active living, and healthy weights.

Strategies

1. **School Wellness**: *Create school environments that support healthy eating and physical activity*
2. **Worksite Wellness**: *Create work environments that support healthy eating and physical activity*
3. **Food Environment**: *Increase the availability, affordability and consumption of healthy foods*
4. **Built Environment**: *Ensure that city planning policies create environments that support health and health equity*