

CHOICES Community of Practice November Coffee Chat Resource Round-up

This document compiles resources shared during the November 16, 2023 coffee chat: *An Action Kit for Prevention: Prioritizing Cost-Effective and Equitable Healthy Eating and Physical Activity Strategies*. This coffee chat showcased the release of the CHOICES National Action Kit 2.0, an interactive tool to explore the cost-effectiveness of strategies to promote healthy eating and active living. [Recording](#) | [Presentation Slides](#)

Guest Speaker:

- **Steven L. Gortmaker, PhD**, Professor of the Practice of Health Sociology, Director of Prevention Research Center on Nutrition and Physical Activity, Department of Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health

Resources shared by our speaker

CHOICES National Action Kit 2.0

The CHOICES team has projected the national population reach, impact on health, implementation costs, health care cost savings, and health equity (when relevant data are available) for effective policies and programs that can be used in schools, early care and education and out-of-school settings, communities, and clinics. The kit allows you to compare up to four strategies at a time to help inform your organization's decision-making around promoting healthy weight.

<https://choicesproject.org/actionkit/>

Key resources now available in Action Kit 2.0:

- ➔ New **Strategy Reports** compile data and information about each strategy, including new **detailed cost information**, health equity indicators, and more! Check out several strategy reports that are available now:
 - [Promoting Water Consumption in Schools](#)
 - [Program in Early Care and Education Settings to Reduce TV Viewing](#)
 - [Creating Healthier Afterschool Environments](#)
 - [Counseling in WIC Visits to Reduce TV Viewing](#)
 - [Reducing Exposure to Unhealthy Food and Beverage Advertising](#)
 - [Sugary Drink Excise Tax](#)

CHOICES National Action Kit 2.0 | User Guide

Explore our user guide for more information about what is included in the Action Kit, how you can use this information to inform your organization's decision-making, and our methods for estimating cost-effectiveness and impacts on health equity.

<https://choicesproject.org/action-kit-user-guide/>

CHOICES National Action Kit 2.0 | Modeled Outcomes Glossary

CHOICES reports multiple metrics for the available strategies in this tool. See the CHOICES National Action Kit Modeled Outcomes Glossary for a list and description of the metrics reported in this tool.

<https://choicesproject.org/action-kit-glossary/>

CHOICES Project | Map of State and Local Efforts

Learn how state and local health departments partnered with the CHOICES Project to evaluate the potential costs and health impacts of different programs and policies in their community. Check out research briefs & reports highlighting their findings.

<https://choicesproject.org/choices-map/>

CHOICES Project | Resource Library

Browse a variety of resources and tools to support planning and prioritization of evidence-based, cost-effective policies and programs to help kids move more and eat healthy, including our [research briefs & reports](#), [stories from the field](#), [peer-reviewed publications](#), and more!

ABOUT THE CHOICES COMMUNITY OF PRACTICE

The CHOICES Community of Practice is an initiative of the CHOICES Project at the Harvard T.H. Chan School of Public Health. The CHOICES Community of Practice includes people whose work focuses on advancing obesity prevention, healthy eating, and active living and want to learn more about how cost-effectiveness analysis can advance their efforts and address health equity. **Sign up to access tools and resources, connect with members, and more!** Learn more about CHOICES:

<https://choicesproject.org>

- ⇒ Learn more about the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health <https://www.hsph.harvard.edu/prc>
- ⇒ Visit the CHOICES Community of Practice: <https://choicesproject.org/comm-of-practice>