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Nebraska: Lincoln

February 5, 2015



Children enjoy a healthy snack at Fredstrom Elementary School in Lincoln, Neb.

Lincoln, Neb., is a city whose leaders are committed to a creating a Culture of Health across all sectors—and it shows. Residents are becoming more physically active and eating healthier, and obesity rates are declining among both school-age children and adult employees of local businesses.

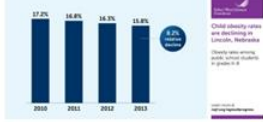
The Partnership for a Healthy Lincoln is a coalition dedicated to making healthy choices easier, through innovative efforts and programs.

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Declining Rates in Lincoln, NE



Year	Obesity Rate
2010	17.2%
2011	16.8%
2012	16.3%
2013	15.8%

Child obesity rates are declining in Lincoln, Nebraska. Obesity rates among school-age children in Lincoln, NE.

8.2% decline in obesity among Lincoln, Neb.'s K-8 students.
#SignsofProgress

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The Partnership for a Healthy Lincoln facilitates a coalition dedicated to making healthy choices easier, through innovative efforts and programs like:

- A healthy beverage initiative, including a “Rethink Your Drink” public service campaign and an effort to encourage employers to stock, promote and competitively price healthy beverage options;
- The Lincoln Public Schools Wellness office, which focuses on changing policies and practices to improve students’ health and fitness and is overseen by a full-time wellness facilitator;
- A community-wide initiative providing education and support to pregnant and breastfeeding moms; and
- Community engagement programs, like “Fit by 2015,” an effort to reduce the number of obese children in Lincoln’s elementary and middle schools to below 15 percent by the 2015-2016 school year and Streets Alive, an annual outdoor “moving festival” featuring events like a farmers’ market and a celebration of cycling.”