

ALABAMA PHYSICAL ACTIVITY AND NUTRITION PLAN (ALPAN) 2023-2033 AT-A-GLANCE



The Alabama Wellness Alliance (AWA) is delighted to present ALPAN, which employs evidence-based physical activity and nutrition strategies to improve the health of Alabamians, reduce chronic disease rates, and address health disparities through collaborative and consistent approaches. ALPAN, which includes recommendations regarding policies, programs, and initiatives to support physically active lifestyles and nutritious food choices for all Alabama citizens, is supported by the Governor of Alabama and the State Health Officer. ALPAN was developed by members and non-members of AWA from a wide range of regions and sectors across Alabama, including:

- **Business and Industry**
- **Education**
- **Fitness and Sports**
- **Healthcare**
- **Non-Profit, Volunteer, and Faith-Based Organizations**
- **Public Health**
- **Public Lands, Parks, and Recreation**
- **Transportation, Community Planning, and Access**

ALPAN was developed using the Social Ecological Model, which addresses change at the individual, interpersonal, organizational, community, and public policy levels to ensure sustainable health behavior change reaches every individual, family, and community across Alabama.

ALPAN seeks to advance strategies that give every person the opportunity to achieve optimal health regardless of race, ethnicity, educational level, gender identity, sexual orientation, ability, or where they work, live, worship, and play. Working together, partners can provide support at the state and local level to improve the health of all Alabamians.

State and local leaders, members and leaders of community groups, coalitions, and individuals working to improve physical activity and nutrition opportunities in Alabama, may use ALPAN to:

- **Lead changes in policies, systems, and environments.**
- **Promote development, dissemination, and utilization of resources.**
- **Encourage healthy lifestyles across the life span.**
- **Identify strategies to improve personal health.**
- **Live active and healthy lives within communities.**

If you are interested in joining AWA, or if you have any questions, contact us at AlabamaWellnessAlliance@gmail.com or visit our website at alabamapublichealth.gov/awa.

Access ALPAN here: <https://adph.org/Extranet/Forms/Form.asp?formID=8785>

