



CAPITOL HILL BRIEFING: *Active People, Healthy Nation*SM – Centers for Disease Control and Prevention’s (CDC) New Initiative to Increase Physical Activity, Improve Health, Improve Quality of Life and Reduce Healthcare Costs

With Special Guest VADM Jerome M. Adams, Surgeon General of the United States

**Thursday, January 16, 2020
Registration & Breakfast: 8:30 AM to 9:00 AM
Briefing: 9:00 AM to 10:15 AM
2168 Rayburn House Office Building**

Physical activity is one of the best things people can do to improve their health. It is vital for healthy aging, reduces the burden of chronic diseases and prevents early death. Unfortunately, too few Americans get the recommended amount of physical activity.

Intentionally creating communities with activity-friendly routes to everyday destinations is one key strategy to increasing physical activity, while also reducing healthcare costs and building neighborhoods that are economically and socially vibrant.

At this briefing, the CDC will unveil *Active People, Healthy Nation*SM, an initiative to help create an active America by helping 27 million Americans become more physically active by 2027. The CDC plans to release new data on racial / ethnic disparities in physical activity by state. In addition, national experts will discuss why building communities where everyone has equitable access to safe and reliable active transportation options is important for our nation’s health, economy, national security and our communities, and how policymakers can help achieve these goals.

For more information on *Active People, Healthy Nation*, please visit: <https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html>.

Moderator: Emiko Atherton, Vice President of Thriving Communities, Smart Growth America and Director of the National Complete Streets Coalition

Speakers:

- VADM Jerome M. Adams, M.D., M.P.H., Surgeon General of the United States
- Dr. Ruth Petersen, M.D., M.P.H., Director of the Division of Nutrition, Physical Activity and Obesity, Centers for Disease Control and Prevention
- Dr. Melicia Whitt-Glover, Ph.D., FACSM, President and CEO of Gramercy Research Group and Member of the 2018 Physical Activity Guidelines Advisory Committee
- Mayor Jay McGowan of Cle Elum, Washington
- Emily Holubowich, M.P.P., Vice President of Federal Advocacy, American Heart Association

Briefing Hosts: America Walks, National Association of Chronic Disease Directors, Safe Routes Partnership, Smart Growth America, The League of American of Bicyclists, Trust for America’s Health, YMCA of the USA

Please RSVP by January 10, 2020. [Click here.](#)