‘Tis the season for New Year’s resolutions—or at least a solid to-do list. Many people want to eat better and exercise more, and community-based and clinical programs are available to help. The Evidence-Based Cancer Control Programs (EBCCP) website features 96 diet and nutrition or physical activity programs that others can learn from and implement in their own setting.

If you need some inspiration, read how two implementers in California delivered Nutrition Pathfinders, a program designed to improve dietary habits and increase physical activity among fourth graders. Read our case studies from Riverside County and Monterey County to learn more.

Next Issue

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Feedback

We want your feedback! Do you like what you see? Do you have any recommendations to improve the EBCCP website? Do you plan to share the website with your colleagues and peers? Submit your feedback here — we would love to hear from you.