

# Taking Action Toward a Better Future

## Shaping the Health of Black Americans in Future Generations

**Success will require investments of time, effort, money and influence as well as recognizing that many opportunities exist to support positive change.**

- Many Black Americans would prefer to have a healthier mix of food choices than they have now.
- Changing environments and behaviors can be difficult; however, taking action for change in obesity is critical for Black Americans.

## Motivating Change

**People have to want change in their communities for it to happen.**

- Successful community level change requires the input, support and action of community members.
- Motivated community members across the country have been successful in improving opportunities for physical activity and the availability of healthy food options in their neighborhoods.

## Taking action for healthy weight is critical for Black Americans.



## Understanding What Works

Practical, long-term solutions for people who face obesity-promoting environments in their communities can only be identified through research that takes place **IN** and **WITH** communities. Action research that equally partners the strengths of academic researchers with the strengths of the community, known as Community-Based Participatory Research (CBPR), can create community-focused change that works.



The African American Collaborative Obesity Research Network (AACORN) is a national network that brings together African American and other interested researchers, researchers-in-training, and community-based research partners to develop innovative, holistic, and sustainable strategies for obesity prevention and control in Black American communities. [www.AACORN.org](http://www.AACORN.org)