CNAP at Chico State is now the Center for Healthy Communities (CHC)

Chico State’s Center for Healthy Communities (CHC) is a leader in research-based nutrition, physical activity, and policy changes to help reverse the world’s obesity epidemic. It was previously known as the Center for Nutrition and Activity Promotion (CNAP) as well as OPT (Overweight Prevention and Treatment) for Healthy Living. The new name acknowledges the Center’s broader health focus.

Modest Beginnings
The Center began in 2001 with one health program. Today it has 27 programs providing services to all age groups in 19 Northern California counties, including all 12 counties of CSU, Chico’s service area. During the past decade the Center has boosted the northstate economy with almost $30 million in grants.

Many Disciplines
The Center’s faculty and staff represent agriculture, business, child development, education, food safety, graphic design, health and community services, journalism, kinesiology, management information systems, nutrition, public administration, social work, and sociology.

Education & Excellence
The Center is recognized statewide, nationally, and internationally for its staff achievements and its excellence in community health outreach. In 2014, for example, the CHC’s Michele Buran presented preschool obesity prevention strategies to health departments in all 50 states through the federal Centers for Disease Control and Prevention.

Programs & Services
The Center’s community programs promote physical activity, nutrition education, and food security and provide resources and training to more than 100,000 northstate residents of all ages through:

- CalFresh Outreach
- Community health policy
- Community services & classes
- Evaluation and health program consulting
- Farm to school programs
- Food safety
- Preschool physical activity promotion
- Public health staff trainings and services
- Senior meals

Research & Evaluation
Peer-reviewed academic research in areas such as agriculture, education, food culture, food safety, nutrition, and public health, guided by Dr. Keiko Goto, the Center’s Assistant Director for Research, helps the Center maintain its cutting-edge focus.

Nationally Recognized Service Learning and Pre-Professional Training
The Center’s internship training program is a model for civic engagement and experiential education. Preliminary findings suggest that more than 90% of CHC student alumni achieve their employment/graduate school goals. The Center provides internships to more than 120 unpaid undergraduate and graduate students—in many different disciplines—and paid student employment to an average of 80 students each year.

CHC helps create healthy, connected and empowered communities