



# Healthy Children, Healthy Communities

An Action Guide for Communities

# Conditions of Children Task Force

- Appointed members from the League, CSAC and CSBA
- Met and studied for 6 months
- Made recommendations to CCS Partnership and a guide for communities

# Overall Recommendations

- Keep it local
- Keep it flexible
- Collaborate
- Do something!

# 7 Guiding Principles

1. It's a public problem
2. Don't blame the victim
3. Address the environmental aspects
4. Work collaboratively to maximize impact
5. Make information available in multiple languages
6. Every child has the right to walk and bike
7. Active healthy living can be California's norm

# 5 Strategies for Local Communities

## 1. Plan collaboratively

- Work across jurisdictions
- Use an existing planning body if possible
- Create a new collaborative body if needed
- Report back to elected officials
- Identify opportunities to share resources
- Identify the role of local government

# 5 Strategies for Local Communities

## 2. Ensure access to healthy foods

- Near homes and schools
- Establish zoning guidelines and incentives
- Establish policies for nutritional quality of foods
- Promote healthy food programs
- Partner with media to change the message

# 5 Strategies for Local Communities

## 3. Offer Programs and facilities for physical activity

- Coordinate between parks & rec. and schools
- Evaluate local parks and open space
- Provide for indoor physical activity
- Preserve and increase PE & recess time in schools
- Offer walking and biking programs

# 5 Strategies for Local Communities

## 4. Plan for walking, biking, & access to open space

- Include a healthy living component in general plans
- Negotiate active living infrastructure in development requirements
- Use *Safe Routes to Schools* to plan, fund and build safe walking and biking infrastructure

# 5 Strategies for Local Communities

## 5. Educate the public

- Use multiple media formats
- Celebrate “Healthy Living” month
- Teach portions and portion control
- Teach preparing traditional foods in healthy ways
- Involve teachers, parents, medical community, food industry
- Partner with universities and others for training

# Conclusion

- One-third of California children are impacted
- Childhood obesity is growing at an alarming rate
- The causes are multiple and pervasive
- Local government and schools are best positioned to effect change
- **You** can make the difference