

Be Part of the SOLUTION ▶



You

Eat smart and move more to achieve and maintain a healthy weight. Track your steps or minutes of exercise each day. Include fruits and vegetables at every meal. Learn to recognize hunger and satiety. We are all role models and can be part of the solution.

Friends and Family

Encourage the families you work with to plan and fix simple healthy meals and make healthy snacks easy to "grab and go". Suggest they meet a friend for a walk or start a walking group in their neighborhood or work place. Have them explore local parks and playgrounds. Have them find outdoor and indoor recreational activities that are fun for them and their family.

The Places You Go

Make it easier and safer for people to be physically active, whether at the office, in the neighborhood, or to and from school. Advocate for more walking paths, trails, sidewalks, and greenways. Help make fruits and vegetables accessible to all including mobile markets and farmers markets. When serving meals or snacks, offer water and healthy food options. Make healthy choices possible for your employees, clients, patients, or students.



Community Care for its members

Community-based organizations, including faith-based organizations and other non-profits, have powerful influence over whether policies and environments support healthy weight. Faith-based and community-based organizations can start with their own members by making healthy choices available at meetings, events, and gatherings. Faith and community leaders can encourage members to take action in changing the local environment to support physical activity and healthy eating. If an organization has assets such as playgrounds or walking trails, it can share them during off hours with the community at large.

Participate in community coalitions or partnerships to address obesity.

Implement healthier food and beverage policies and practices.

Provide access to affordable healthy foods.

Institute policies and practices to provide options for smaller portion sizes.

Train lay leaders to increase children's physical activity, decrease children's sedentary behavior, and advise parents or caregivers about their children's physical activity.

Promote and support exclusive breastfeeding for six months and continuation of breastfeeding in conjunction with complementary food for one year or more.

Implement policies and practices to improve the availability of locally grown foods by expanding farmers markets and farm stands.

Provide incentives for the production, distribution, and procurement of foods from local farms

Implement policies ensuring that the amount of time toddlers and preschoolers spend sitting or standing still is minimized by limiting the use of equipment that restricts movement.

Increase point-of-decision prompts to encourage the use of stairs.

Enhance infrastructure to support bicycling, walking, and wheeling.

Adopt practices that enhance personal safety in areas where people are or could be physically active.

Adopt practices that enhance traffic safety in areas where people are or could be physically active.

Allow community members to use facilities (e.g., outdoor space, meeting rooms, playgrounds) for physical activity.

Give all children opportunities to be physically active throughout the day.

Advocate for implementation of comprehensive local plans for land use and transportation.

Discourage consumption of sugar-sweetened beverages, and encourage drinking water.

Advise adults to limit screen time to less than two hours per day for all children.