

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.



Local and State Government Care for residents

Local and state government play a role in creating healthy weight environments in communities. Local and state government include elected officials, local and state health departments, boards of health, planning departments, planning boards, parks and recreation departments, and police departments, among others. Local and state government can make the healthy choice easier by creating safe places to be active, planning land use with physical activity and access to healthy foods in mind, providing public transportation, and supporting farm stands and grocery stores, especially in underserved areas.

Increase community access to healthy foods through supermarkets, grocery stores, and convenience/corner stores by creating incentive programs to attract supermarkets and grocery stores to underserved neighborhoods, providing transportation, and implementing zoning regulations to enable healthy food providers to locate in underserved neighborhoods.

Improve the availability and identification of healthful foods in restaurants by requiring menu labeling in non-chain restaurants and offering incentives for restaurants that promote healthier options.

Promote efforts to provide fruits and vegetables in a variety of settings, such as farmers' markets, farm stands, mobile markets, community gardens, and youth-focused gardens.

Ensure that publicly-run entities such as after-school programs, child-care facilities, recreation centers, and local government worksites implement policies and practices to promote healthy foods and beverages, and reduce or eliminate the availability of calorie-dense, nutrient-poor foods.

Increase participation in federal, state, and local government food and nutrition assistance programs (e.g., WIC, the National Breakfast and Lunch Programs, the Child and Adult Care Food Program [CACFP], the Afterschool Snack Service, the Summer Food Service Program, SNAP, Expanded Food and Nutrition Education Program [EFNEP]).

Encourage breastfeeding and promote breastfeeding-friendly communities by adopting the Baby-Friendly Hospital Initiative USA (United Nations Children's Fund/World Health Organization), informing parents of their right to breastfeed in public, supporting construction laws that require government buildings to have lactation rooms, and allocating funding to WIC clinics for the Breastfeeding Peer Counselor Program.

Increase access to free, safe drinking water in public places to encourage water consumption instead of sugar-sweetened beverages.

Implement fiscal policies and local ordinances to discourage the consumption of calorie-dense, nutrient-poor foods and beverages (e.g., taxes, incentives, land use and zoning regulations).

Promote media and social marketing campaigns on healthy eating and childhood obesity prevention.

Encourage walking and bicycling for transportation and recreation through improvements in the built environment by adopting a pedestrian and bicycle master plan, building and maintaining a network of sidewalks and street crossings that creates a safe and comfortable walking environment and that connects to important destinations.

Promote programs that support walking and bicycling for transportation and recreation by adopting community policing strategies that improve safety and security of streets, collaborating with schools to develop and implement a Safe Routes to School program, and increasing transit use.

Promote other forms of recreational physical activity by building and maintaining parks and playgrounds that are safe and attractive, adopting community policing strategies that improve safety and security for park use, collaborating with school districts and other organizations to establish joint use of facilities agreements, and other similar strategies.

Promote policies that build physical activity into daily routines by instituting regulatory policies mandating minimum play space, physical equipment, and duration of play in preschool, after-school, and child-care programs; creating incentives for remote parking and drop-off zones and/or disincentives for nearby parking and drop-off zones at schools, public facilities, shopping malls, and other destinations, and improving stairway access and appeal.

Promote policies that reduce sedentary screen time.

Adopt regulatory policies limiting screen time in preschool and after-school programs.

Develop a social marketing program that emphasizes the multiple benefits for children and adults of sustained physical activity.