

3. HEALTH STRATEGIES

ACTIVE LIVING:

- Conduct a messaging campaign to promote physical activity in your community
- Offer free and/or low-cost community sports programs for both adults and children
- Organize a free or low-cost fitness event for your community
- Develop a new walking/biking trail or add to an existing one
- Add wayfinding signage for trails that provide both time and distance for routes
- Address active transportation connectivity gaps between key community destinations
- Conduct a movability audit
- Establish joint-use agreements for a physical activity facility, such as a school playground, pool, etc.
- Improve physical activity among youth by promoting a physical activity resource, program, or best practice in schools (ex: Safe Routes to School)
- Create an active transportation plan or update an existing one
- Adopt an ordinance that requires new subdivisions to provide sidewalks and lights
- Adopt a Complete Streets policy requirement for new development
- Update ordinances, zoning, and land use policies to promote physical activity and active transportation
- Provide supplemental infrastructure to improve walk and bike-friendly environments in your community (ex: add bicycle racks, water stations, etc.)
- Implement a Crime Prevention Through Environmental Design strategy to improve public safety while recreating outdoors
- Partner with a local organization to implement a program listed on the Physical Activity Menu of Services
- Implement one new worksite wellness strategy around physical activity among city employees and/or local businesses
- Other:

ACCESS TO HEALTHY FOOD:

- Conduct a messaging campaign to promote healthy eating in your community
- Establish a farmers market that accepts SNAP benefits
- Establish a community garden
- Create an edible park/food forest
- Host a community program to promote healthy eating (ex: seed exchange, gardening classes, cooking classes, etc.)
- Improve healthy eating among youth by promoting a healthy eating resource, program, or best practice in schools
- Improve access to emergency food by establishing a food pantry/program or improving an existing one
- Update ordinances, zoning, and land use policies to allow for better opportunities for urban agriculture
- Adopt ordinances that allow backyard poultry/animal husbandry
- Provide financial incentives for a grocery store to locate in an underserved area
- Improve the food retailer landscape (ex: expedite permitting for new stores that offer healthy food, limit the density of unhealthy food retailers, etc.)
- Implement a sugar-sweetened beverage tax
- Encourage menu labeling with nutrition facts
- Promote enrollment in SNAP, WIC, school meal program, and other food access programs
- Conduct a Community Food Assessment or healthy food access audit
- Create a Food Policy Council or Task Force tasked with identifying recommendations for your community to follow.
- Adopt a city plan to improve access to healthy food in your community such as revising the general plan, adopting a Food Charter, creating a Community Food System Plan, etc.
- Partner with a local organization to implement a program listed on the Healthy Food Access Menu of Services
- Implement one new worksite wellness strategy around healthy food among city employees and/or local businesses
- Other:

MENTAL HEALTH:

- Destigmatize mental illness through a community campaign or event
- Increase awareness of mental health hotlines or local resources available in your community
- Offer suicide prevention trainings for individuals and/or organizations in your community
- Train first responders on mental health crises and suicide prevention
- Address mental illness among youth by promoting a mental health resource, program, or best practice in schools
- Implement a strategy to promote safe use and disposal of medications (ex: provide medication disposal services, educational campaigns, or programs)
- Implement a strategy to promote safe use of guns (ex: provide free gun locks/safes to community members, educational campaigns, or safety classes)
- Implement policies that limit access to addictive substances (ex: limit the density of alcohol outlets, regulate use of cigarettes/vaping devices etc.)
- Provide free Naloxone training and rescue kits to community members
- Host a reoccurring community event that promotes social connection among a vulnerable demographic (ex: lunches for the elderly, afterschool programs, etc.)
- Beautify, enhance, or create a section of the community that promotes social gathering and connection
- Partner with a local organization to implement a program listed on the Mental Health Menu of Services
- Implement one new worksite wellness strategy around mental health among city employees and/or local businesses
- Other: