Promote efforts to provide fruits and vegetables in a variety of settings, such as farmers’ markets and farm stands.

Restaurant

Improve the availability and identification of healthful foods in restaurants.

Grocery

Align bus routes or provide other transportation to ensure residents can access supermarkets easily.

Police

Convert neglected areas to community gardens.

Include drinking fountains, trees for shade and benches along streets and trails.

Encourage walking and bicycling through improvements in the built environment.

Collaborate with schools to develop and implement Safe Routes to School programs to increase the number of children safely walking and bicycling to schools.

School

Establish shared use agreements that allow use of public schools and facilities for physical activity by the public.

Locate schools within easy walking distance of residential areas.

The Path to a Culture of Health

The Policy, Systems and Environmental Change Approach for Community-Based, Healthy Eating and Physical Activity

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