



## HEALTHY EATING

Healthy Kids, Healthy Communities is a national program of the Robert Wood Johnson Foundation whose primary goal is to implement healthy eating and active living policy- and environmental-change initiatives that can support healthier communities for children and families across the United States. This annotated resource guide provides a listing of relevant programs, organizations, tools and presentations intended to support increasing healthy eating via community design. Policy and environmental changes for healthy eating will allow families and children to have access to affordable and healthy choices for their meals. The annotated resource guide is divided into the following categories:

- A. Federal Food Programs
- B. Food Security/Food Deserts
- C. Health Disparities
- D. Food Retail (Stores, Markets, Restaurants, etc.)
- E. Land Use/Planning
- F. Food and Nutrition Policy
- G. Gardens
- H. Farm-to-School
- I. School Policy and Fundraising
- J. Other School Resources
- K. Other Institutions (Worksites, Hospitals, etc.)
- L. Youth Engagement
- M. Other Youth Resources
- N. Collaboration
- O. Data Sources/Indicators
- P. Action and Assessment Tools
- Q. Presentations
- R. Robert Wood Johnson Foundation's Childhood Obesity Programs

This guide was created in August 2009 and was updated in August 2011.



## A. Federal Food Programs

Supplemental Nutrition Assistance Program (SNAP, formerly the Food Stamp Program)  
[www.fns.usda.gov/snap/](http://www.fns.usda.gov/snap/)

This website, sponsored and updated by the United States Department of Agriculture, is intended to provide the most current information for potential customers, providers, and policy-makers about this federal program. The program, which has been in existence in some form or another since the 1940s, aims to help supplement low-income families' food budgets. Each program is state administered and may have slightly different participation guidelines.

Women, Infants and Children (WIC) Program  
[www.fns.usda.gov/wic/](http://www.fns.usda.gov/wic/)

The WIC program was established in the early 1970s and is supported by the United States Department of Agriculture (USDA) and offers information for potential program participants, policy makers, researchers, and providers. Information on how to apply for WIC, program services, educational materials, up-to-date statistics, and state-specific criteria is found on the website. Formerly named the Special Supplemental Nutrition Program for Women, Infants and Children, the WIC program offers federal funds to states to provide additional food, health care, and nutrition education to low-income pregnant, breastfeeding, and postpartum women, infants and children up to five years of age.

WIC Farmers' Market Nutrition Program  
[www.fns.usda.gov/wic/fmnp/fmnpfaqs.htm](http://www.fns.usda.gov/wic/fmnp/fmnpfaqs.htm)

For WIC participants and providers, this updated website provides information about how the WIC program works with local farmers' markets to provide fresh local produce to program participants, which states participate in the Farmers' Market Nutrition Program, state contact information, and funding sources. In 2008, 2.3 million participants used this supplemental component to the WIC program.

Changes in the WIC Food Packages: A Toolkit for Partnering with Neighborhood Stores  
[http://www.phlpnet.org/healthy-planning/products/changes-wic-food-packages-toolkit-partnering-neighborhood-stores\](http://www.phlpnet.org/healthy-planning/products/changes-wic-food-packages-toolkit-partnering-neighborhood-stores/)

Developed in the spring of 2009, Public Health Law & Policy (PHLP) and the California WIC Association (CWA) developed a step-by-step toolkit for what neighborhood stores need to know in order to participate as vendors of the WIC program. Information provided in this 42-page document is intended for WIC and health food advocates as well as those working in neighborhood stores.

State Implementation of the New WIC Produce Package: Opportunities and Barriers for WIC Clients to Use Their Benefits at Farmers' Markets  
<http://www.foodsecurity.org/pub/WIC-FarmesMarketReport.pdf>

The fall 2009 implementation of changes in the WIC program food package presents opportunities for program participants to receive produce from program vendors. This June 2009 report from the Community Food Security Coalition provides an overview of opportunities, barriers, case examples, and policy recommendations related to farmers' markets as WIC program vendors.

Summer Food Service Program  
[www.fns.usda.gov/cnd/summer/](http://www.fns.usda.gov/cnd/summer/)

Part of the United States Department of Agriculture's (USDA's) funding initiatives, the Summer Food Service Program (SFSP) is the largest federal resource available for summer programs that want to combine summer activities with healthy eating for kids. The website provides information on starting and promoting a SFSP program in a community, as well as answers to commonly asked questions. Originating from the National School Lunch Act in 1946, this program provides low-cost or free meals to qualified children.

Child and Adult Care Food Program (CACFP)  
[www.fns.usda.gov/cnd/care/](http://www.fns.usda.gov/cnd/care/)

The CACFP provides nutrition for low-income children and adults in nonresidential daycare settings. Information on the CACFP website explains the program, guidelines, eligibility requirements, and provides healthy eating resources for current and potential participants and providers. The program has operated since 1946 through the United States Department of Agriculture (USDA) and feeds almost 3 million children a day.

USDA Nutrition Assistance Programs  
[www.fns.usda.gov/fns/](http://www.fns.usda.gov/fns/)

The United States Department of Agriculture (USDA) Food and Nutrition Service webpage displays a comprehensive inventory of their available nutrition assistance programs for different populations, including food assistance during disasters and school lunch programs. This website also provides resources, statistics, and news about current nutrition issues for social service organizations and school administrators.

## **B. Food Security/Food Deserts**

The Links between the Neighborhood Food Environment and Childhood Nutrition  
<http://www.rwjf.org/files/research/foodenvironment.pdf>

With funding from the Robert Wood Johnson Foundation, the Prevention Institute created this paper in November 2007 to examine the neighborhood food environment in low-income communities and its impact on children. The paper, intended for researchers, describes how the neighborhood food environment influences children's eating behaviors. The authors also include evaluation ideas for communities and recommended priorities for new research in the field.

Impact of Food Deserts on Public Health  
[www.marigallagher.com/projects/](http://www.marigallagher.com/projects/)

The Mari Gallagher Research and Consulting Group, based in Chicago, maintains a summary of current publications, briefs, and case studies about food deserts, community planning, and public health. The reports, intended for practitioners, decision-makers, and researchers, provide data and information specific to many Midwest cities but can be applied to other urban areas. The website also posts relevant resources about food desert definitions and descriptions.

Food Geography: How Food Access Affects Diet and Health  
[www.thefoodtrust.org/catalog/download.php?product\\_id=120](http://www.thefoodtrust.org/catalog/download.php?product_id=120)

In this February 2006 report, the Food Trust documents the need for more access to fresh fruits and vegetables in urban areas. Intended for those interested in social justice, health disparities, and community development, the four-page brief succinctly explains the strong association between poverty, lack of access to healthy foods, and poor health. While all of the data is specific to Philadelphia, other urban areas can use the report to justify the need for healthy foods in low-income communities.

Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences - Report to Congress  
<http://www.ers.usda.gov/Publications/AP/AP036/>

Highlights of a national assessment of food deserts conducted as part of the Food, Conservation, and Energy Act of 2008 are included in this June 2009 United States Department of Agriculture report to Congress. The assessment examined factors that impact access to healthy foods such as proximity to supermarkets or grocery stores and transportation access. The role of and lessons learned from federal food programs, and policy strategies to address food deserts are also included in the report.

Child Food Insecurity in the United States: 2005-2007  
<http://feedingamerica.org/our-network/the-studies/~media/Files/research/child-food-insecurity.ashx>

Published by Feeding America in May 2009, with support from The ConAgra Foods Foundation, this report provides the first ever state-by-state analysis of childhood food insecurity/hunger, using data collected by the United States Department of Agriculture (USDA). An update of data from 2006-2008 that was published in 2010 can be found at: <http://feedingamerica.org/our-network/the-studies/~media/Files/research/state-child-hunger-2010.ashx?.pdf>

Access to Healthy Foods in Low-Income Neighborhoods: Opportunities for Public Policy  
<http://yaleruddcenter.org/resources/upload/docs/what/reports/RuddReportAccessToHealthyFoods2008.pdf>

Strategies for improving healthy food access in low-income communities through public policy are provided in this resource in a format that is easy to read and understand. Published by the Rudd Center for Food Policy and Obesity at Yale University in fall 2008, topics include definition of the problem, opportunities for policy changes, examples of local and state initiatives, and an evidence summary.

Improving Access to Healthy Foods: A Guide for Policy-makers  
<http://www.rwjf.org/pr/product.jsp?id=23153>

Community leaders and state- and local-level policy-makers seeking to improve access to affordable, healthy foods will find this guide a useful resource. Published in fall 2007, it highlights reasons many Americans often do not have access to healthy foods and outlines action steps to improve access to affordable, healthy foods. Leadership for Healthy Communities has also published a companion guide that addresses similar topics for physical activity titled, "Increasing Active Living: A Guide for Policy-makers."

Healthy Eating and Physical Activity: Addressing Inequities in Urban Environments  
[www.preventioninstitute.org/sa/pdf/RWJNC.pdf](http://www.preventioninstitute.org/sa/pdf/RWJNC.pdf)

A Prevention Institute publication that focuses on approaches for sustainable changes in food access and physical activity opportunities for low-income and racially/ethnically diverse neighborhoods, this May 2007 report represents the results of a working group, and includes a background on the issues, strategies and priorities when addressing inequities, and approaches to make healthy initiatives sustainable.

Action Strategies Toolkit: A Guide for Local and State Leaders Working to Create Healthy Communities and Prevent Childhood Obesity  
<http://www.rwjf.org/pr/product.jsp?id=72049>

Promising and evidence-based practices to promote healthy, active communities, as well as access to healthy, affordable foods are provided in this toolkit published in May 2009. This toolkit is the result of collaborative work spearheaded by Leadership for Healthier Communities and is a useful resource for anyone engaged in active living and healthy eating policy efforts.

Funding Sources for Healthy Food Retail: A Guide to Federal and California State Economic Development Resources  
[http://www.csufresno.edu/ccchhs/institutes\\_programs/CCROPP/links/FoodRetailPrograms.pdf](http://www.csufresno.edu/ccchhs/institutes_programs/CCROPP/links/FoodRetailPrograms.pdf)

Created in April 2008, Public Health Law & Policy (PHLP) assembled a guide which includes an overview of 18 federal funding mechanisms (and five within California) to develop new grocery stores, cooperatives, and farmers' markets. The resources are intended for community leaders, organizations, and convenience store owners who are interested in providing healthier options and economic development in neighborhoods.

Urban Agriculture and Community Food Security in the United States: Farming from the City Center to the Urban Fringe  
[www.foodsecurity.org/PrimerCFSCUAC.pdf](http://www.foodsecurity.org/PrimerCFSCUAC.pdf)

The Community Food Security North American Urban Agriculture Committee wrote this primer in October of 2003 focusing on strategies for production, processing, and distribution of locally grown food in urban areas. The resource uses case studies to promote food security and sustainable urban agriculture. Intended for practitioners, policy-makers, and researchers, the paper outlines challenges facing urban agriculture and provides potential policy solutions that encourage urban farming.

## C. Health Disparities

Reducing Health Disparities through a Focus on Communities  
[http://www.calendow.org/uploadedFiles/reducing\\_health\\_disparities.pdf](http://www.calendow.org/uploadedFiles/reducing_health_disparities.pdf)

This comprehensive report was published by PolicyLink in November 2002. It describes the direct links between health disparities and communities, and provides insights and conclusions that are informed by researchers and community-based practitioners who are dedicated to reducing health disparities in communities across the nation.

Rural Children at a Glance

[www.ers.usda.gov/publications/EIB1/EIB1.pdf](http://www.ers.usda.gov/publications/EIB1/EIB1.pdf)

Compiled by the United States Department of Agriculture (USDA) in March 2005, this brief offers socioeconomic, geographic, and ethnic data about rural children in the nation. It gives an overview of challenges facing children living in rural areas, and reinforces the need for focusing efforts related to well-being on this vulnerable population.

The Active Living Diversity Project

[www.rwjf.org/files/publications/other/PublicDiversityReport.pdf](http://www.rwjf.org/files/publications/other/PublicDiversityReport.pdf)

The Active Living Diversity project, funded by the Robert Wood Johnson Foundation in 2003, examined barriers and opportunities for physical activity and healthy eating in African American, Latino and Native American communities. The report also includes promising practices, model programs and recommended strategies for supporting physical activity and healthy eating within these vulnerable populations.

Crime Prevention through Environmental Design (CPTED)

[www.cpted-watch.com/](http://www.cpted-watch.com/)

CPTED is part of the National Community Development and Crime Prevention Institute. There are four principles that guide CPTED: natural access control, natural surveillance, territorial reinforcement, and target hardening. The organization offers courses for law enforcement, community planners, and business leaders and government officials on a variety of topics including safety techniques, ordinances, and the basics of CPTED principles.

## **D. Food Retail (Stores, Markets, Restaurants, etc.)**

Healthy Corner Stores: The State of the Movement

<http://www.phlpnet.org/php/products/healthy-corner-stores>

This document, prepared in 2009, explains the history, current situation, and future directions for the healthy corner store movement. Funded by Kaiser Permanente and prepared by Public Health Law & Policy, this paper discusses the continuing need for corner stores in low-income communities (both urban and rural) to supply healthy options for residents. Advocates can get up-to-date information on the issues facing low-income communities and link into this constantly growing national network.

Healthy Corner Stores Network

[www.healthycornerstores.org](http://www.healthycornerstores.org)

The Healthy Corner Stores Network promotes healthier food options in corner stores in low-income areas. The network encourages stakeholders, including nonprofits, government officials, and community members to share best and emerging practices that are replicable nationwide. The website includes a list of related publications, upcoming events, and potential networking opportunities.

Healthy Corner Store Initiative

<http://www.thefoodtrust.org/php/programs/corner.store.campaign.php>

Funded by the Robert Wood Johnson Foundation and supported by the Food Trust, the Healthy Corner

Store Initiative is a pilot project introduced in Philadelphia in 2008. This resource provides ideas for funders, schools, and local agencies interested in working with convenience stores to provide healthier options. The Initiative works collaboratively with local corner stores and schools through social marketing campaigns and youth education.

Pennsylvania Fresh Food Financing Initiative

<http://www.thefoodtrust.org/php/programs/fffi.php>

Closing the Grocery Gap in Underserved Communities: The Creation of the Pennsylvania Fresh Food Financing Initiative

[http://www.thefoodtrust.org/catalog/download.php?product\\_id=149](http://www.thefoodtrust.org/catalog/download.php?product_id=149)

This article from June 2008 tells the story of the Pennsylvania Fresh Food Financing Initiative, and the report created to influence policy-makers to support this initiative. Using GIS mapping technology and other statistical data, the research found that low-income communities were less likely to have access to healthy food options in their community. This initiative is the country's first ever food financing system meant to increase grocery stores in underserved areas.

A National Fresh Food Financing Initiative: An Innovative Approach to Improve Health and Spark Economic Development

<http://www.policylink.org/site/apps/nlnet/content2.aspx?c=IkIXLbMNJrE&b=5136581&ct=8047759>

A brief compiled in the spring of 2009 and supported by PolicyLink, the Food Trust, and the Reinvestment Fund, the two-page document highlights the Pennsylvania's Fresh Food Financing Initiative success story. It explains how the initiative is a national model for increasing access to healthy foods for low-income communities, as well as a means to spark economic development. Also, the Food Trust offers a brief description about the Pennsylvania model, its strategies for success, the details of the initiative, and why it should be disseminated throughout the country.

Stimulating Super Market Development: A New Day for New York

<http://www.thefoodtrust.org/pdf/0509nycommission.pdf>

The Supermarket Commission, comprised of planners, local store owners and nonprofit organizations, developed this report in April 2009 detailing nine recommendations and offering examples for ensuring access to health foods for all New York City residents. Although specific to New York City, these recommendations, supported by the Food Trust, can be transferable as guidelines for policy-makers in other urban settings.

The Food Retail Expansion to Support Health (FRESH) Program

[www.nyc.gov/html/dcp/html/fresh/index.shtml](http://www.nyc.gov/html/dcp/html/fresh/index.shtml)

The FRESH program, currently run by New York City Office of City Planning, is interested in providing more healthy food options in low-income neighborhoods in New York City. The website provides information for policy-makers and health food advocates about how the City recently assessed which neighborhoods had the greatest need and how to incentivize healthy options through public policies. In collaboration with the local Economic Development Corporation and the Department of Health and Mental Hygiene, the City offers zoning and tax incentives to grocery stores that offer healthy options. This is an innovative strategy from which other towns and cities can learn.

The Changing Models of Inner City Grocery Retailing

[http://www.icic.org/ee\\_uploads/publications/TheChangingModels-02-July.pdf](http://www.icic.org/ee_uploads/publications/TheChangingModels-02-July.pdf)

Funded by the Garfield Foundation, this report from 2002 outlines the strengths and challenges that are unique to inner city markets. This compilation of qualitative and quantitative research incorporates case studies and statistics for inner city planners and policy-makers interested in better understanding issues facing America's local market retailers.

Neighborhood Groceries: New Access to Healthy Food in Low-Income Communities

<http://www.cfpa.net/Grocery.PDF>

The California Food Policy Advocates developed this report in January 2003 about implementing healthy options in community grocery stores. This report offers a unique perspective, focusing on the economic advantages to having healthy food options in low-income communities as well as assessing need before implementing strategies.

Grocery Store Attraction Strategies: A Resource Guide for Community Activists and Local Governments

<http://www.policylink.org/site/apps/nlnet/content2.aspx?c=IkIXLbMNJrE&b=5136581&ct=6994695>

This manual by PolicyLink and Bay Area Local Initiatives Support Coalition (LISC) outlines practical strategies and resources to attract grocery stores in low-income neighborhoods. Published in 2008, this document is part of broader work of the partnership between PolicyLink and LISC, and is the result of a 2007 strategic meeting of local government representatives, community-based organizations, economic development stakeholders and other key informants.

Bringing Healthy Foods Home: Examining Inequalities in Access to Food Stores

[http://www.healthyeatingresearch.org/images/stories/her\\_research\\_briefs/her%20bringing%20healthy%20foods%20home\\_7-2008.pdf](http://www.healthyeatingresearch.org/images/stories/her_research_briefs/her%20bringing%20healthy%20foods%20home_7-2008.pdf)

Healthy Eating Research developed this research brief in July 2008 to address the issue of unequal access to food stores in low-income neighborhoods. It examines how food store and healthy food access is related to diet and obesity.

Public Markets and Community-Based Food Systems: Making Them Work in Lower-Income Neighborhoods

[http://www.pps.org/pdf/kellogg\\_report.pdf](http://www.pps.org/pdf/kellogg_report.pdf)

In November 2003, the Project for Public Spaces, with support from the W.K. Kellogg Foundation, prepared this analysis of three case studies, one food center and two farmers' markets. The organization researched the various levels of impact, from the community to the individual. Intended for local policy-makers, the case studies offer a systems view of the economic and health impact when food markets are implemented in low-income communities.

Restaurant Realities: Inequalities in Access to Healthy Restaurant Choices

[http://www.healthyeatingresearch.org/images/stories/her\\_research\\_briefs/her%20restaurant%20realities\\_7-2008.pdf](http://www.healthyeatingresearch.org/images/stories/her_research_briefs/her%20restaurant%20realities_7-2008.pdf)

This July 2008 research brief by Healthy Eating Research examines the potential links between restaurant availability, diet quality and obesity, and includes inequities in low-income communities. Strategies to improve the accessibility and selection of healthy foods in restaurants are also provided.



Menu Labeling: Does Providing Nutrition Information at the Point of Purchase Affect Consumer Behavior?

<http://www.rwjf.org/files/research/20090630hermenulabeling.pdf>

This June 2009 research synthesis from Healthy Eating Research is based on reviews of studies that have examined the use and potential impact of menu labeling in restaurants, cafeterias and away-from-home food establishments. Summaries of the existing research data and areas for future research are included.

Effect of Point-of-Purchase Calorie Labeling on Restaurant and Cafeteria Food Choices: A Review of the Literature

<http://www.rwjf.org/pr/product.jsp?id=46808>

Published in the *International Journal of Behavioral Nutrition and Physical Activity* in October 2008, this academic review article compiled all of the current publications regarding calorie labeling. Intended for audiences interested in food policies, this review looks at six studies and their effectiveness.

Menu Labeling in Chain Restaurants: Opportunities for Public Policy

<http://www.yaleruddcenter.org/resources/upload/docs/what/reports/RuddMenuLabelingReport2008.pdf>

This easy-to-read report by the Rudd Center for Food Policy and Obesity at Yale University assists policy-makers and interested community members in deciding if menu labeling should be considered in their community. Including both sides of the argument strengthens the validity of the 2008 report and allows the reader to see advantages and disadvantages of this strategy. The information is presented clearly and concisely, and scientific studies and opinion polls are considered.



## E. Land Use/Planning

How to Create and Implement Healthy General Plans

[http://www.phlpnet.org/healthy-planning/create\\_implement\\_gp](http://www.phlpnet.org/healthy-planning/create_implement_gp)

This publication, written by Public Health Law & Policy and Raimi & Associates in 2008, with funding from the California Endowment, is a comprehensive toolkit intended for public health personnel and city planners interested in food policies as they relate to communities. The guide looks at how to create healthy community environments at the policy level. Resources include sample policy language, strategies to build relationships, and tools to assess existing conditions.

Establishing Land Use Protections for Farmers' Markets

<http://www.nplanonline.org/nplan/products/establishing-land-use-protections-farmers-markets>

Intended for policy-makers, planners, and health food advocates, this document serves as a guide to solidify and sustain farmers' markets in local municipalities' general plans. Navigating policy language and understanding zoning policies can be difficult, and this paper, created by Public Health Law & Policy in March 2009, includes sample language intended for local general plans to establish, protect and expand farmers' markets.

Health Benefits of Urban Agriculture

<http://www.foodsecurity.org/UAHealthArticle.pdf>

Members of the Community Food Security Coalition wrote this 12-page academic article for health professionals in 2006 outlining the positive impacts of urban gardens and farming on the local community, environment, and individuals' health and well-being. They include potential risks and barriers, yet make a persuasive argument encouraging city farming by citing nearly 100 sources to validate their claims.

Promising Strategies for Creating Healthy Eating and Active Living Environments

[www.preventioninstitute.org/documents/promisingstrategies.pdf](http://www.preventioninstitute.org/documents/promisingstrategies.pdf)

Strategies for Enhancing the Built Environment to Support Healthy Eating and Active Living

[www.preventioninstitute.org/documents/builtenvironment.pdf](http://www.preventioninstitute.org/documents/builtenvironment.pdf)

These two reports, prepared by the Prevention Institute in May 2008, were developed with input from several stakeholders in the fields of public health, transportation, planning, and economic development to outline cross sector strategies to create healthier environments. They highlight current and hopeful public policies that promote healthier communities and focus on the built environment. Key audiences include funders, health professionals, and advocates who are interested in an overarching strategy for how the built environment can promote healthy eating and active living.

Cultivating Common Ground: Linking Health to Sustainable Agriculture

[www.preventioninstitute.org/pdf/Cultivating\\_Common\\_Ground\\_112204.pdf](http://www.preventioninstitute.org/pdf/Cultivating_Common_Ground_112204.pdf)

This 2004 report by the Prevention Institute examines the links between health and agriculture and was informed by interviews, facilitated conversations and small group meetings with sustainable agriculture, health and public health professionals and advocates. It highlights opportunities for collaboration, keys to building successful partnerships, and recommendations to create a collaborative movement that bridges sectors.

How to Turn a Place Around: A Handbook for Creating Successful Public Spaces

Available for purchase (\$30): [www.pps.org/info/Books\\_Videos/htta](http://www.pps.org/info/Books_Videos/htta)

Published in 2000 by the Project for Public Spaces, this handbook and the workbook included in the appendix provide eleven principles for creating successful public spaces. The book is a straightforward guide that offers success stories from U.S. cities as learning opportunities for planners and government officials.

A Research Perspective on Findings from Bridging the Gap

[www.rwjf.org/files/research/100107researchperspective.pdf](http://www.rwjf.org/files/research/100107researchperspective.pdf)

Bridging the Gap is one of several national research programs funded by the Robert Wood Johnson Foundation (RWJF) that examines policy and environmental factors influencing healthy eating and physical activity among children in low-income populations and communities of color. This paper, published in the *American Journal of Preventive Medicine* in 2007, highlights Bridging the Gap's contributions to building the evidence base for promising strategies. The authors also share their findings to inform advocacy and policy efforts. This paper also describes the collaborative work of three RWJF research programs (Bridging the Gap, Active Living Research, and Healthy Eating Research).

American Planning Association (APA) Policy Guide on Community and Regional Food Planning  
<http://www.planning.org/policy/guides/adopted/food.htm>

Directed for an audience of city and regional planners, this guide by the APA in May 2007 lists seven general policies to consider when implementing community and regional food planning. The guide highlights important issues for planners to consider such as the loss of farmland and the connections between the food system, economy and social equity. Without delving into specifics, this guide provides a general overview of the APA's stance on food planning.

A Planners Guide to Community and Regional Food Planning: Transforming Food Environments, Facilitating Healthy Eating  
Available for purchase(\$50): <http://www.planning.org/apastore/Search/Default.aspx?p=3886>

Multidisciplinary community partnerships that include professional planners will find this report to be a useful resource. Published in August 2008 by the American Planning Association, it provides promising strategies and practical case studies for improving food environments and facilitating healthy eating in communities. It also includes survey results about planners' opinions and involvement in healthy eating and food access work.

Zoning for Public Markets and Street Vendors  
<http://www.planning.org/zoningpractice/2009/pdf/feb.pdf>

Published in February 2009 as part of the American Planning Association's monthly Zoning Planning series, this issue focuses on the benefits of public markets and street vendors in communities. Considerations for addressing common opposition are also included. Though written for professional planners, this resource is helpful for anyone advocating for zoning changes to support healthy food markets and vendors.

The Role of the Built Environment in Physical Activity, Eating, and Obesity in Childhood  
[http://www.sph.emory.edu/EPRC/resources/pubs/glanz\\_the%20role%20of%20built%20environments.pdf](http://www.sph.emory.edu/EPRC/resources/pubs/glanz_the%20role%20of%20built%20environments.pdf)

This academic brief, published in the *Future of Children's* journal in Spring 2006, investigate the linkages between physical activity, nutrition and obesity among children. The authors identify the influences of the built environment on physical activity and nutrition, strategies for change, and lessons learned and challenges to overcome in order for children to live in healthy environments.



## F. Food and Nutrition Policy

The ENACT Local Policy Database  
[www.preventioninstitute.org/sa/policies/index.php](http://www.preventioninstitute.org/sa/policies/index.php)

Created by the Prevention Institute in 2006, this is a searchable database of local policies related to healthy eating and physical activity. The database includes policy language, municipalities that have successfully implemented plans, and promising practices. Advocates for local policy change may look here to find successful solutions in other communities that are replicable or to network with others working in similar areas.

National Alliance for Nutrition and Activity  
[www.cspinet.org/nutritionpolicy/nana.html](http://www.cspinet.org/nutritionpolicy/nana.html)

The National Alliance for Nutrition and Activity (NANA) advocates for national policies and programs that promote healthy eating, physical activity and obesity control with a Steering Committee that is comprised of national organizations and partners. NANA strives for educational programs, adequate funding, environmental supports, and congressional and federal agency champions for healthy eating and physical activity. Its website provides a list of the group's national policy priorities, as well as national, state and local organizations involved in related efforts.

North American Food Policy Council  
[www.foodsecurity.org/FPC/index.html](http://www.foodsecurity.org/FPC/index.html)

Food Policy Councils (FPCs) are coalitions that use the expertise of many disciplines within a community to address the local food system. The Community Food Security Coalition's National Food Policy Council provides free technical assistance and support for communities interested in developing and operating local FPCs. This resource is intended for nonprofit organizations, local governments, public health and planning personnel, and any other grassroots organization interested in local food systems.

Soft Drink Taxes: A Policy Report  
<http://www.yaleruddcenter.org/resources/upload/docs/what/reports/RuddReportSoftDrinkTaxFall2009.pdf>

Published in May 2009, this policy brief by the Rudd Center for Food Policy and Obesity at Yale University examines considerations for determining whether soft drink taxes are a viable option for policy-makers and communities. It also provides related research data and policy recommendations, and outlines the perspectives of both proponents and opponents of soft drink taxes.

Sugar-Sweetened Beverage Taxes and Public Health  
<http://www.rwjf.org/files/research/20090731ssbbrief.pdf>

Key research findings and promising policy strategies for positively impacting childhood obesity through sugar-sweetened beverage taxes are summarized in this July 2009 policy brief created through collaboration between Bridging the Gap and Healthy Eating Research, two programs supported by the Robert Wood Johnson Foundation. Community leaders, citizens and policy-makers considering this approach may find useful information in this brief.

Tax Increment Financing: A Tool for Advancing Healthy Eating and Active Living  
[http://www.leadershipforhealthycommunities.org/images/stories/lhc\\_policybrief\\_tif\\_31.pdf](http://www.leadershipforhealthycommunities.org/images/stories/lhc_policybrief_tif_31.pdf)

This report from February 2009, created by Leadership for Healthy Communities, examines how Tax Increment Financing (TIF) can be used as a means of funding initiatives to promote healthy eating and active living. Written for those in community economic development, this primer includes innovative approaches through the tax system to create healthy communities.

Supporting Healthy Communities through the American Recovery and Reinvestment Act  
<http://www.leadershipforhealthycommunities.org/index.php?option=content&task=view&id=285>

This policy brief, developed by Leadership for Healthy Communities in April 2009, discusses how local policy-makers can use funds from the American Recovery and Reinvestment Act of 2009 in order to

reinvest in their communities. Focusing on potential funding areas, such as transportation, schools, housing, access to food, and overall health, the paper provides research and examples supporting these reinvestments.

Healthy Community Design and Access to Healthy Food Legislation Database  
[www.ncsl.org/programs/enviro/healthyCommunity/healthycommunity\\_bills.cfm](http://www.ncsl.org/programs/enviro/healthyCommunity/healthycommunity_bills.cfm)

This database of the National Conference of State Legislatures is a valuable tool for anyone interested in state-level legislation related to active living and healthy eating. Users can search by state, topic area(s), year, bill type, bill status, and/or bill number. The website also has a text search feature.

THOMAS (Library of Congress)  
<http://thomas.loc.gov/>

THOMAS makes legislative information from the Library of Congress available to the public. The THOMAS website allows users to search up-to-date information on bills and resolutions, public laws, the Congressional Record, and activity in Congress. Search tips are provided on the “Help” option within the site.



## G. Gardens

Cultivating Community Gardens: The Role of Local Governments in Creating Healthy, Livable Neighborhoods  
[www.lgc.org/freepub/docs/community\\_design/fact\\_sheets/community\\_gardens.pdf](http://www.lgc.org/freepub/docs/community_design/fact_sheets/community_gardens.pdf)

In a four-page brochure, the Local Government Commission (LGC) describes many benefits for health food advocates and policy-makers to create local gardens in communities. Unlike comparable informational sheets that focus only on the food system, this brochure offers other indirect opportunities for cultivating community gardens, such as networking, economic significance, learning opportunities, and environmental benefits. The LGC also offers brief case examples of success stories when governments partner with local programs to create community gardens.

American Community Garden Association  
[www.communitygarden.org](http://www.communitygarden.org)

The American Community Garden Association’s website provides resources for anyone interested in establishing and/or maintaining community gardens, including instructional materials and tools, training and funding opportunities, and advocacy information. Users can access resources focused on youth gardening, and search for community gardens throughout the United States and Canada.

Establishing Land Use Protections for Community Gardens  
<http://www.nplanonline.org/nplan/products/establishing-land-use-protections-community-gardens>

Created in March 2009 by Planning for Healthy Places, a project of Public Health Law & Policy, this document is useful for community leaders and decision-makers involved in advocating for policies to support community gardens. It includes model language in general/comprehensive plans (to protect and create community gardens), as well as information about open space and use zone protections as model ordinances. Related strategies implemented by communities across the country are also cited in this document.

#### The Edible Schoolyard

[www.edibleschoolyard.org/resources](http://www.edibleschoolyard.org/resources)

The Edible Schoolyard is a program established by the Chez Panisse Foundation founded by Alice Waters in Berkeley, California in 1995. The website contains a list of publications for purchase, curriculum to use in school settings and other resources for school-based gardens.

#### California School Garden Network

[www.csgn.org](http://www.csgn.org)

The California School Garden Network (CSGN) was created to enhance academics, health, the environment and community development for California school-aged students. Its website has a variety of resources, including curricula, funding opportunities, related research, and how to start a school garden. While the CSGN focuses on California schools, policies, and gardens, many of the resources are replicable and compatible for other states and municipalities.

#### Evaluation Summary - 2008 National Garden Association Grant Winners

[http://www.kidsgardening.org/sites/www.kidsgardening.org/files/2008.rmr\\_eoy\\_.pdf](http://www.kidsgardening.org/sites/www.kidsgardening.org/files/2008.rmr_eoy_.pdf)

The National Gardening Association prepared this August 2008 summary about its youth and community garden grant-funded programs. The summary includes data collected from 2005-2008. The summary includes the types of lead organizations, target audiences, and academic subjects taught through gardening, as well as information about the costs and impact of the garden programs.

## H. Farm-to-School

#### The National Farm to School Network

[www.farmtoschool.org](http://www.farmtoschool.org)

The National Farm to School Network offers training, technical assistance, networking, policy, media and marketing resources for anyone involved or interested in becoming involved in farm to school efforts. Farm to School national and state statistics, relevant events, and the organization's "Farm to School Routes Newsletter" can be accessed at its website. Much of the information is geared towards informing school administrators and other local leaders how to use local farms as hands-on learning opportunities for students.

#### Bringing Local Food to Local Institutions A Resource Guide for Farm-to-School and Farm-to-Institution Program

<https://attra.ncat.org/attra-pub/summaries/summary.php?pub=261>

Created in October 2003 by the National Sustainable Agriculture Information Service, this resource is intended to help connect farmers, school administrators, and food service planners with others who have implemented successful farm-to-school and farm-to-institution programs. The website provides lessons learned, benefits, barriers and coordination issues for those who want to implement this program locally.

A Growing Movement: A Decade of Farm to School in California

[http://departments.oxy.edu/uepi/publications/a\\_growing\\_movement.pdf](http://departments.oxy.edu/uepi/publications/a_growing_movement.pdf)

This June 2007 report prepared by the Urban and Environmental Policy Institute and funded by the W.K. Kellogg Foundation and the U.S. Department of Agriculture provides an in-depth overview of farm to school programs in California. It presents the history of the program, impacts, and future directions for farm to school initiatives, as well as evaluations of the program. Case studies demonstrate the benefits for schools and farmers.

State Farm-to-School Policies: Programs Benefit Many Economic Sectors

<http://www.leadershipforhealthycommunities.org/index.php?option=content&task=view&id=225>

School and community leaders, policy-makers and farmers will find this briefing paper from the National Conference of State Legislatures a helpful resource in their efforts to support farm-to-school programs. Published in August/September 2008 by the National Conference of State Legislatures, it outlines benefits and strategies for farm-to-school policies.

## I. School Policy and Fundraising

Local School Wellness Policies: How Are Schools Implementing the Congressional Mandate?

<http://www.yaleruddcenter.org/resources/upload/docs/what/reports/RWJFBriefLocalSchoolWellnessPolicies2009.pdf>

This June 2009 research brief of the Robert Wood Johnson Foundation provides a summary of local school wellness policy implementation since the Child Nutrition and WIC Reauthorization Act of 2004 mandated that school districts participating in any federally reimbursed school meal program develop local school wellness policies by the 2006-07 school year. Data in three key areas are summarized in the brief: quality, evaluation and funding of the policies; nutrition standards and nutrition education requirements; and physical activity requirements.

School Wellness Policies: A Policy Brief

<http://www.yaleruddcenter.org/resources/upload/docs/what/reports/RuddReportSchoolWellnessPolicies2009.pdf>

Recommendations and strategies for strengthening school wellness policies are provided in this easy-to-read resource. Published in 2009 by the Rudd Center for Food Policy and Obesity at Yale University, the report includes recommendations to address common weaknesses in school food policies such as incomplete policies, vague language and food marketing in schools.

Healthy School Food Policies: A Checklist

[http://departments.oxy.edu/uepi/cfj/publications/healthy\\_school\\_food\\_policies\\_05.pdf](http://departments.oxy.edu/uepi/cfj/publications/healthy_school_food_policies_05.pdf)

With the help of health and community activists, legislators, parents, and school officials, the Urban and Environmental Policy Institute developed this extensive checklist in June 2005. The checklist covers the school environment, quality, and educational opportunities regarding food, using reliable sources, for school administrators to replicate within their own organizations.



Approach 3: Make More Healthy Food and Beverages Available

<http://www.cdc.gov/healthyyouth/mih/pdf/approach3-success.pdf>

Making It Happen! is a report by the Center for Disease Control and Prevention (CDC) from January 2005. Approach 3 - just one part of Making It Happen! – describes 32 success stories of schools implementing healthy eating strategies. Six different approaches are identified, and Approach 3 focuses specifically on how schools can provide healthier options in vending machines, school stores, and a la carte items to enable children to make healthier food choices.

Healthy Youth! CDC Fact Sheets on Nutrition Standards for Foods in Schools

[www.cdc.gov/healthyyouth/nutrition/standards.htm](http://www.cdc.gov/healthyyouth/nutrition/standards.htm)

The Centers for Disease Control and Prevention (CDC) developed four audience-specific fact sheets to help school staff and boards, parents and youth to development and support healthy school nutrition standards. The fact sheets are aligned with the recommendations issued by the CDC and Institute of Medicine in their report titled “Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth,” which was released in April 2007 (<http://www.iom.edu/CMS/3788/30181/42502.aspx>).

School Wellness Policy and Practice: Meeting the Needs of Low-Income Students

[http://www.frac.org/pdf/wellness\\_guide2006.pdf](http://www.frac.org/pdf/wellness_guide2006.pdf)

The Food Research Action Center (FRAC) developed this guide in February 2006 for parents, school community leaders, and anti-hunger advocates addressing nutrition needs specifically for low-income students. The guide contains sample programs, policies, and key research to develop school wellness policies that meet the needs of vulnerable students.

District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds

<http://www.nplanonline.org/nplan/products/district-policy-restricting-food-and-beverage-advertising-school-grounds>

The National Policy and Legal Analysis Network (NPLAN), funded by the Robert Wood Johnson Foundation, created this sample policy in February 2009 to restrict advertising of food and beverages on school grounds. This document serves as an example policy that includes the purpose and goals, appropriate policy language, and key definitions.

Healthy Kids, Healthy Communities: School and Local Government Collaborations

[http://www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=116](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=116)

The Local Government Commission and the Cities, Counties and Schools Partnership produced this fact sheet in April 2007 showing how collaborative efforts between government officials and schools can join forces to reduce childhood obesity. It provides research resources and eight specific examples of policies (some of which are safe routes to schools initiatives), joint use agreements, community garden programs, and fast food zoning policies.



National School Boards Association: Addressing Wellness Policies 101

[http://65.181.142.130/images/stories/nsba\\_addressingwellnesspolicies101.pdf](http://65.181.142.130/images/stories/nsba_addressingwellnesspolicies101.pdf)

This one-page document from July 2007 by the National School Boards Association (NSBA) provides a brief compilation of issues related to school wellness policies, from background information to tools and policies for school administrators. The brief covers obesity prevention, healthy eating and physical activity, and provides links to resources about other school wellness policies.

National Association of State Boards of Education

[www.nasbe.org/index.php/component/content/article/78-model-policies/122-policies-to-encourage-healthy-eating](http://www.nasbe.org/index.php/component/content/article/78-model-policies/122-policies-to-encourage-healthy-eating)

The National Association of State Boards of Education (NASBE) has created model policy language for replication and dissemination. Intended for schools to implement healthy eating strategies, this document is for school wellness advocates and school administrators.

Sweet Deals: School Fundraising Can Be Healthy and Profitable

[www.cspinet.org/new/pdf/schoolfundraising.pdf](http://www.cspinet.org/new/pdf/schoolfundraising.pdf)

This February 2007 publication by the Center for Science in the Public Interest is a helpful resource for school and community leaders working on school fundraising strategies that support healthy eating, physical activity and obesity prevention. It includes practical ideas for healthy school fundraising and recommendations for supportive school policy.

Model State Parent Teachers Association Resolution: Healthy School Fundraiser

[http://cspinet.org/new/pdf/model\\_state\\_pta\\_resolution.pdf](http://cspinet.org/new/pdf/model_state_pta_resolution.pdf)

Parents, teachers, and school administrators will find this document helpful when drafting school wellness policies. Prepared by the Center for Science in the Public Interest in 2006, this mock policy resolution uses evidence-based research to reinforce the need for such policies and uses appropriate language to help even those with minimal policy writing experience.

Healthy Fundraising: A Local Success Story

[http://www.eatsmartmovemorenc.com/SchoolFundraisingTIkt/Texts/070604\\_school\\_fundraising\\_kit.pdf](http://www.eatsmartmovemorenc.com/SchoolFundraisingTIkt/Texts/070604_school_fundraising_kit.pdf)

This checklist, prepared by Eat Smart Move More North Carolina in 2007 provides tips and resources for Booster Club parents, PTA members, and anyone else involved in school fundraising. The document includes a brief success story and additional resources.



## J. Other School Resources

United States Department of Agriculture (USDA) School Meals Programs

[www.fns.usda.gov/cnd/](http://www.fns.usda.gov/cnd/)

The USDA School Meals Program provides school meals for breakfast, lunch, and after-school programs. The website includes information for parents, social service organizations, and school administrators on summer meals, eligibility requirements, and guidelines. In addition, the website includes fact sheets about each program and resources for school administrators.

Team Nutrition

[www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)

Team Nutrition is a United States Department of Agriculture (USDA) Food and Nutrition Service initiative designed to provide training and technical assistance for nutrition educators that work in schools, community centers, and other childcare organizations that provide food for children. The website includes information and interactive games for kids, funding opportunities, and successful case examples in schools.

Action for Healthy Kids

[www.actionforhealthykids.org/index.php](http://www.actionforhealthykids.org/index.php)

[www.actionforhealthykids.org/resources.php](http://www.actionforhealthykids.org/resources.php)

Action for Healthy Kids (AFHK) provides a wealth of valuable resources for school and community partners involved in creating healthier schools. AFHK works with teams in all states to implement programs and other supportive strategies to improve nutrition and physical activity among children. The searchable database developed by Action for Healthy Kids allows users to find healthy eating resources based on setting, topic, audience, geographic location and more for policies, fact sheets, and curricula. This user-friendly database provides specific information for most topics as they relate to schools and healthy eating.

Healthy Schools Program-Alliance for a Healthy Generation

[www.healthiergeneration.org/schools.aspx?id=78](http://www.healthiergeneration.org/schools.aspx?id=78)

The Healthy Schools Program is part of the Alliance for a Healthy Generation. The focus of the program is to increase opportunities for students to exercise, put healthy food in schools, and increase resources provided to teachers. The website provides further information, resources, contacts, and technical assistance on how to get a program started locally.

Healthy Schools, Healthy Communities, and Youth Obesity

[http://www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=212](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=212)

School and community leaders will find useful information from peers in this report published in April 2007 through the work of the National Association of Counties' Center for Sustainable Communities, the American Association of School Administrators, and the National Association of Counties. School district officials at the county and state levels and community stakeholders provided insights about challenges and opportunities for healthy school environments via three community dialogues held in Charlotte-Mecklenburg County, North Carolina; Santa Fe County, New Mexico; and Santa Clara County, California. The report also includes practical information obtained through two forums that were held with African American and Latino county officials regarding the impact of childhood obesity on youth.

Healthy Kids, Healthy Communities School and Local Government Collaborations

[http://www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=116](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=116)

This fact sheet offers ideas and resources for implementing policies that support school-community partnerships to address childhood obesity. Created in April 2007 by the Local Government Commission as part of the Robert Wood Johnson Foundation's Active Living Leadership project (now called Leadership for Healthy Communities), this document provides information and examples to increase affordable access to healthy eating and physical activity that city, county and school district leaders will

find useful.

How to Start a Healthy Food Market: A teacher's guide for grades K-12  
[http://www.thefoodtrust.org/catalog/download.php?product\\_id=124](http://www.thefoodtrust.org/catalog/download.php?product_id=124)

The Food Trust created this guide in April 2006 to assist anyone interested in developing school markets. School markets are an innovative approach in which students create, own and operate fresh produce market stands in their schools as a means to teach and reinforce healthy eating habits as well as business skills. Practical tips for selecting sale products/produce, selecting vendors, operating a business market and food safety are included in this resource.



## K. Other Institutions (Worksites, Hospitals, etc.)

Take Action! A Worksite Employee Wellness Program

[http://www.sdnnonline.org/index.php?option=com\\_content&view=article&id=82:take-action-employee-wellness-challenge&catid=38:worksite-wellness-program&Itemid=146](http://www.sdnnonline.org/index.php?option=com_content&view=article&id=82:take-action-employee-wellness-challenge&catid=38:worksite-wellness-program&Itemid=146)

The California Fit Business Kit Tools, developed by Network for a Healthy California in early 2008, include ten programs that help employees and employers incorporate healthy eating and physical activity into the workday. These downloadable materials are meant to inform worksite policy or simply assist with an individual's goals. The materials also include assessment checklists, program ideas, and potential wellness policies. Although the website is specific to California worksites, most of the tools are applicable to worksites elsewhere.

Focus on Hospitals-Healthy Food Environment

<http://www.healthyhospital.org/gettingstarted.asp>

This resource is specific to hospitals interested in modifying or developing worksite food policies. North Carolina Prevention Partners (NCPH) created a five-point program in 2008 to change the nutrition policies, vending options, and food offered in hospitals. The resource includes how to market healthy eating principles, benefits to the employer and employee, and case examples from North Carolina.

Farm to Hospital: Supporting Local Agriculture and Improving Health Care

[www.foodsecurity.org/F2H\\_Brochure.pdf?utm\\_source=CFSC+Member+Updates&utm\\_campaign=ce3aa96cc0-Grapevine\\_Issue\\_7\\_May\\_2009&utm\\_medium=email](http://www.foodsecurity.org/F2H_Brochure.pdf?utm_source=CFSC+Member+Updates&utm_campaign=ce3aa96cc0-Grapevine_Issue_7_May_2009&utm_medium=email)

This resource discusses and promotes hospitals and farmers to partner together to provide healthy local foods available. Citing the congruence in the missions of hospitals and local farms to provide healthy options to its customers, this brief document offers suggestions for hospital administrators to use local produce; It was developed in May 2009 by the Center for Food & Justice, a division of the Urban & Environmental Policy Institute at Occidental College, and the Community Food Security Coalition.

Kaiser Permanente Farmers' Market Resource Guide

[http://info.kp.org/communitybenefit/assets/pdf/about\\_us/global/Farmers\\_Markets\\_Guide.pdf](http://info.kp.org/communitybenefit/assets/pdf/about_us/global/Farmers_Markets_Guide.pdf)

The Permanente Medical Group: Farmers' Markets and Healthy Eating

[www.permanente.net/homepage/kaiser/pages/f40669.html](http://www.permanente.net/homepage/kaiser/pages/f40669.html)

In August 2004, Kaiser Permanente put together a guide for medical centers and clinics interested in bringing local fruits and vegetables to their employees through a farmers' market. This 42-page guide

offers models in California and Hawaii, marketing resources, and sample contracts for dissemination. While it is tailored to Kaiser Permanente institutions, other hospitals and clinics can benefit from these resources.

Bring Fresh Produce to Your Setting

<http://www.eatsmartmovemorenc.com/FreshProduce/FreshProduce.html>

This guide by Eat Smart, Move More North Carolina from September 2007 provides tips to worksite employers on how to provide and encourage employees to eat local healthy produce in work settings. The guide is geared to those in North Carolina; however, many of the tips are transferrable to other communities. For those new to the initiative, the guide offers success stories, other resources, steps to success, and planning tips.

Healthy Meeting Guide

<http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html>

Designed for anyone organizing an event or meeting involving food, this guide offers five guidelines to ensure people have healthy options available. Eat Smart, Move More North Carolina developed this concise guide in 2006 that promotes healthier foods in a worksite culture where many people are eating together.

Sample Healthy Foods Policy

[http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/Texts/sample\\_health\\_foods.pdf](http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/Texts/sample_health_foods.pdf)

This healthy food policy template is meant for worksites, schools, churches, health care facilities and other community groups/organizations. It was created in September 2006 by the North Carolina Department of Health and Human Services and the Division of Public Health as part of their Eat Smart, Move More North Carolina initiative.

Active Living By Design's Policies and Practices Regarding Active Living and Healthy Eating

<http://www.activelivingbydesign.org/about-albd/policies>

Established with support from the Robert Wood Johnson Foundation, Active Living By Design (ALBD) was a founding program of its Active Living initiative. ALBD staff members are committed to modeling active living and healthy eating in their workplace and personal lives. The organization's policies reflect the many ways in which routine active living and healthy eating is put into practice, and is a resource for other worksites.



## L. Youth Engagement

Growing Together: A Guide to Building Inspired, Diverse and Productive Youth Communities

Available for purchase (\$24.95) [www.thefoodproject.org/buy/internal1.asp?ID=144](http://www.thefoodproject.org/buy/internal1.asp?ID=144)

The Food Project created this guide for youth coordinators, teachers, and community members who work with youth to promote community engagement. The guide offers 10 years of the Food Project's

success stories and lessons learned working with urban and suburban youth to create “dynamic, diverse and productive communities”. The book offers workshop ideas and what strategies do and do not work to engage youth.

Youth VOICES in Community Design Handbook

<http://www.planning.org/resourceszine/articleview.htm?ArticleID=9265>

Developed by the California Center for Civic Participation with funding from the Robert Wood Johnson Foundation in 2004, this is a how-to handbook for planners, teachers, nonprofit leaders, or any other youth advisors. It is intended to give examples and ideas for youth involvement in policy making and local community design processes. The resource also addresses challenges as well as resources for further assistance.

The Ladder of Young People’s Participation

[www.freechild.org/ladder.htm](http://www.freechild.org/ladder.htm)

The “Ladder of Children’s Participation,” also called the “Ladder of Youth Participation,” depicts different degrees of youth-adult participation in decision making. The Ladder is a significant tool, part of sociologist Roger Hart’s 1997 book entitled, *Children's Participation: The Theory And Practice Of Involving Young Citizens In Community Development And Environmental Care*. The Freechild Project Youth Voice Toolbox can also be accessed at this website.

Community Youth Mapping-A Ten Step Process

<http://cyd.aed.org/cym/tensteps.html>

The Center for Youth Development and Policy Research developed a ten-step guide to engaging youth in an innovative assessment process: community mapping. Community mapping allows youth to document their neighborhood’s places of interest using a survey tool. The resource is meant for community leaders interested in giving youth a structured voice in the assessment process.

Center for Teen Empowerment

[www.teenempowerment.org](http://www.teenempowerment.org)

The Center for Teen Empowerment is a resource for youth and adults to serve as agents of individual, institutional and social change in their communities. The website provides a good overview of the organization and their Teen Empowerment Model. Programs, learning opportunities, consulting services, and other resources are also available on the website.

Youth Leadership Institute

[www.yli.org](http://www.yli.org)

The Youth Leadership Institute (YLI) is a nonprofit organization dedicated to youth empowerment and creating positive social changes in their environments. The organization focuses its efforts on topics effecting youth, including tobacco, drug, and alcohol policies and prevention programs. The YLI website also provides consulting services for effective strategies for youth engagement and other resources.

## M. Other Youth Resources

### Talking Points: Childhood Obesity

[http://www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=114](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=114)

Developed by Leadership for Healthy Communities, this fact sheet from May 2008 provides all necessary and basic talking points about childhood obesity and its financial and political implications in the United States. The two-page quick reference guide is intended for policy makers and is useful in shaping arguments for action.

### Centers for Disease Control and Prevention-Childhood Obesity Fact Sheets

[www.cdc.gov/HealthyYouth/obesity/facts.htm](http://www.cdc.gov/HealthyYouth/obesity/facts.htm)

Several fact sheets are available from the Centers for Disease Control and Prevention with national, state and large urban school district data about dietary and physical activity behavior, and school environments. Combined data from the 2007 National Youth Risk Behavior Surveillance System (YRBSS) survey, the 2006 School Health Policies and Programs Study, and the 2006 School Health Profiles Survey results are included in the fact sheets.

### Overweight and Obesity Among Latino Youths

[www.leadershipforhealthycommunities.org/images/stories/lhc\\_factsheet\\_latino\\_2.3.09.pdf](http://www.leadershipforhealthycommunities.org/images/stories/lhc_factsheet_latino_2.3.09.pdf)

### Overweight and Obesity Among African-American Youths

<http://www.leadershipforhealthycommunities.org/index.php?option=content&task=view&id=267>

These two Robert Wood Johnson Foundation fact sheets, updated in February 2009, underscore the incidence, cost, and causes of overweight and obesity among Latino and African-American children and youth. The document is divided into different subject areas, including the food environment, culture, and media influences. It is a useful reference for those working in Latino and/or African-American communities, funders, and public health and social justice advocates.

### Improving the Nutrition and Physical Activity Environment for Children in California

[http://www.cfpa.net/cacfp/rwjf\\_child\\_care\\_final.pdf](http://www.cfpa.net/cacfp/rwjf_child_care_final.pdf)

This paper prepared by the Prevention Institute in 2002 examines physical and social environmental factors that are common barriers to physical activity and healthy eating for children. The authors offer potential ideas for policy change to overcome each environmental obstacle. This resource is useful for healthy food advocates and policy-makers interested in understanding the potential barriers children face to healthy eating in their everyday environment.

### Food and Beverage Marketing to Adolescents: What Changes are Needed to Promote Healthy Eating Habits?

<http://www.rwjf.org/pr/product.jsp?id=35968>

The impact of marketing is discussed in this October 2008 research brief from Healthy Eating Research on what foods and beverages children consume. It includes data about food and beverage marketing venues and methods and examines limiting marketing exposure and other potential solutions to reduce childhood obesity.







## N. Collaboration

### Collaboration Resources from Tools You Can Use e-newsletters

[www.fieldstonealliance.org/client/signupNEW.cfm](http://www.fieldstonealliance.org/client/signupNEW.cfm)

The Field Stone Alliance provides consulting, publishing, training, and research and demonstration projects to help nonprofits, funders, networks, and communities. Reliable resources on topics such as effective management, collaboration, networking, funding, and dealing with transition can be accessed via their website. A link to subscribe to the organization's bi-monthly *Tools You Can Use* e-newsletter is also available on the website.

### What is the Work?

<http://www.activelivingbydesign.org/events-resources/resources/what-work-collaborative-community-problem-solving>

This North Carolina Community Solutions Network paper written in June 2006 defines collaborative community problem-solving as the integration of group process, planning, and technical support directed at short- and long-term change on issues such as education, health or the economy and long-lasting civic renewal. This is a useful tool for any partnerships wanting to know more about methods, skills and conditions necessary to complete these collaborative efforts.

### Empower the Coalition

[www.tools.iscvt.org/advocacy/empower\\_the\\_coalition/start](http://www.tools.iscvt.org/advocacy/empower_the_coalition/start)

The Institute for Sustainable Communities developed a set of advocacy resources, including how to strengthen networks and partnerships. Intended for nonprofit groups, community coalitions, and governmental entities, topics include creating effective coalitions and managing group dynamics. Further resources include lessons from the field, evaluating coalitions, and balancing diversity within coalitions.



## O. Data Sources/Indicators

### Nutrition Data and Statistics

<http://www.cdc.gov/nutrition/professionals/data/index.html>

<http://www.cdc.gov/obesity/stateprograms/index.html>

This Centers for Disease Control and Prevention website includes a broad spectrum of nutrition data and statistics resources. Nutrition surveillance and consumption information by demographic group and state, and a database of state nutrition and physical activity programs to prevent obesity and other chronic diseases are available.

### Healthy Development Measurement Tool

[www.thehdmtool.org/](http://www.thehdmtool.org/)

The San Francisco Department of Public Health created this evidence-based assessment tool in October 2008 intended to help planners measure how community design influences public health. Though the tool uses measures specific to San Francisco, the indicators and the accompanying rationale can help

any community understand and investigate how urban development projects, plans and policies affect health.

Healthy Counties Database

<http://www.naco.org/programs/csd/pages/healthycountiesdatabase.aspx>

In June 2008, the National Association of Counties created the Healthy Counties Database, funded by the Leadership for Healthy Communities. The database highlights model programs, initiatives, and policies to promote healthy behaviors and prevent childhood obesity. Intended for policy-makers and healthy eating and physical activity advocates, the database is meant for dissemination and for other communities to replicate similar successful policies nationwide.



## P. Action and Assessment Tools

Strategic Alliance ENACT (Environmental Nutrition and Activity Community Tool)

[www.preventioninstitute.org/sa/enact/members/index.php](http://www.preventioninstitute.org/sa/enact/members/index.php)

ENACT is an online tool developed for planners and public health practitioners to conduct assessments and select health priorities in a given community. Set up by the Strategic Alliance for Healthy Food and Activity Environments, the assessment tool includes seven environments to measure. Designed to help improve nutrition and activity environments on a local level, these strategies focus on both individual and community health related to childcare, school, after-school, neighborhood, workplace, healthcare, and government.

Healthy Community Checklist

[http://www.mihealthtools.org/checklist/Healthy\\_Community\\_Checklist.pdf](http://www.mihealthtools.org/checklist/Healthy_Community_Checklist.pdf)

The Healthy Community Checklist is a 40-item online quick assessment of a community's health environment related to promoting and supporting physical activity, healthy eating and tobacco-free lifestyles. The easy to use assessment tool is meant for those interested in creating healthier communities. While it is created specifically for Michigan communities, the 23 page scorecard is transferable to most communities.

General Plan and Zoning Toolkit

<http://www.phlpnet.org/healthy-planning/products/general-plans-and-zoning>

This toolkit is designed for public health advocates and provides an introductory understanding about land use advocacy and policy. Published in 2007 by Public Health Law & Policy, this resource describes the connection between land use and health, identifies the role of government officials in bridging this connection, introduces general plans and model language, gives an overview of zoning, and offer ways a public health practitioner can participate in land use decision-making.

Roadmap to Improving Food and Physical Activity Environments

[www.healthyeatingactivecommunities.org/downloads/HEAC\\_Roadmap/HEAC\\_Roadmap.pdf](http://www.healthyeatingactivecommunities.org/downloads/HEAC_Roadmap/HEAC_Roadmap.pdf)

The Healthy Eating, Active Communities (HEAC) program, funded by the California Endowment, developed this extensive guide (140 pages) informed by their six HEAC program communities in California. The "roadmap" framework incorporates six steps to successfully change environments. This



guide, released in 2008, offers strategies for coalition building, prioritizing issues, and resources and is organized by environmental setting (e.g., neighborhoods, schools, healthcare, and after-school).

Community Food Security Assessment Toolkit  
<http://www.ers.usda.gov/publications/efan02013/>

Materials covering six basic community food security assessment components are included in this toolkit. It includes guides for capturing data about community characteristics, food resources, household food security, food resource accessibility, food availability and affordability, and community food production resources. Data collection tools are also provided including focus group guides and a food store survey instrument. Developed through a collaborative process initiated at the Community Food Security Assessment Conference sponsored by the United States Department of Agriculture Economic Research Service in 1999, the toolkit is designed for community-based organizations, local government officials, community planners and citizens.

Community Food Project Evaluation Handbook and the Community Food Project Evaluation Toolkit  
Available for purchase (\$22): [http://www.foodsecurity.org/pubs.html#cfp\\_eval](http://www.foodsecurity.org/pubs.html#cfp_eval)

The handbook and toolkit are available for purchase through the Community Food Security Coalition. It provides practical information for anyone involved in community-based food security projects, including planning guides, evaluation tools and template surveys.

What's Cooking in Your Food System  
<http://www.foodsecurity.org/CFAGuide-whatscookin.pdf>

Community food assessment background information and methods are provided in this 2002 guide from the Community Food Security Coalition. Step-by-step information for planning and conducting community food assessments, and utilizing the results are included. Case studies of nine community food assessments provide helpful examples.



## Q. Presentations

Healthy Eating and Active Living Policy, Environmental, and Systems Change  
[http://www.activelivingbydesign.org/sites/default/files/HKHC\\_Systems\\_FPConferenceCall\\_25March09\\_PDFFinal.pdf](http://www.activelivingbydesign.org/sites/default/files/HKHC_Systems_FPConferenceCall_25March09_PDFFinal.pdf)

This PowerPoint presentation by Active Living By Design, funded by the Robert Wood Johnson Foundation, highlights the policy and systems change opportunities in a community regarding active living and healthy eating. The 2009 presentation defines a healthy eating system, visually displays potential opportunities in the built environment, and offers policy solutions.

Zoning for Zucchini: Planning Tools and Healthy Food Environments  
[http://nplanonline.org/files/PHLP\\_Zoning\\_for\\_Zucchini.pdf](http://nplanonline.org/files/PHLP_Zoning_for_Zucchini.pdf)

This presentation given at the 2009 American Planning Association conference by Planning for Healthy Places describes planning tools and resources to create a healthy environment. The presentation is targeted towards California communities but can be used by communities facing issues of sprawl and limited healthy food stores.

Access to Affordable & Nutritious Food: Understanding Food Deserts

<http://www.ers.usda.gov/Publications/AP/AP036/>

Fundamental concepts about food deserts are addressed in this 2008 presentation shared at a workshop of the United States Department of Agriculture Economic Research Service. At-risk populations, non-market food systems, food insecurity, civic structure and other related issues are covered in this presentation.

How San Francisco is Attracting Grocery Stores and Converting Corner Stores

[http://www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=240](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=240)

This presentation highlights the collaboration between the City of San Francisco and community-based organizations to increase access to healthy food in low-income communities. The city's Good Neighbor Program assists grocery and corner stores with selling healthy food options.

## R. Robert Wood Johnson Foundation's Childhood Obesity Programs



**Robert Wood Johnson Foundation  
Center to Prevent Childhood Obesity**

Robert Wood Johnson Foundation Childhood Obesity Program, National Program Offices

<http://www.rwjf.org/childhoodobesity/>

The Robert Wood Johnson Foundation (RWJF) is the nation's largest foundation devoted exclusively to health and health care. As part of its mission to promote healthy communities and lifestyles, it has funded a number of organizations that focus on active living and healthy eating at the community and policy level.

Robert Wood Johnson Foundation Center to Prevent Childhood Obesity

[www.reversechildhoodobesity.org](http://www.reversechildhoodobesity.org)

The RWJF's Center to Prevent Childhood Obesity highlights some of the most pressing public policy issues pertaining to childhood obesity, success stories in local communities, and networking opportunities. The Center's coalition includes the following leaders in the field working to prevent and reduce childhood obesity.



Active Living Research

[www.activelivingresearch.org](http://www.activelivingresearch.org)

Active Living Research is a Robert Wood Johnson national program office that works to build the science base on the links between environments, policies, and active living for children and their families.



African American Collaborative Obesity Research Network (AACORN)  
<http://www.aacorn.org/>

Combining the expertise of community-based experience and scholarly sources, AACORN focuses on improving access and translation of research about obesity in African American populations. The organization's strategies extend beyond just the individuals, but view the community context and policies in order to address weight related issues.



Alliance for a Healthier Generation  
<http://www.healthiergeneration.org/default.aspx>

The focus of the Alliance for a Healthier Generation program is to increase opportunities for students to exercise, put healthy food in schools, and increase resources provided to teachers. The website provides further information, resources, contacts, and how to get a program started locally.

Bridging the Gap  
[www.impactteen.org/](http://www.impactteen.org/)

Bridging the Gap is one of three primary national research programs funded by the Robert Wood Johnson Foundation that examines policy and environmental factors influencing healthy eating and physical activity among children in low-income populations and communities of color.



Communities Creating Healthy Environments  
[www.ccheonline.org](http://www.ccheonline.org)

Communities Creating Healthy Environments work with diverse community-based organizations to implement cultural sensitive and effective policy initiatives that address childhood obesity.



Healthy Eating Research  
<http://healthyeatingresearch.org>

Healthy Eating Research, funded by the Robert Wood Johnson Foundation, is a program that supports research strategies that promote healthy eating at the environmental and policy levels. Those in research and academia will find Healthy Eating Research a useful resource for efforts focused on preventing childhood obesity, especially within low-income groups and racial and ethnic populations.

## Healthy Kids, Healthy Communities

Supporting Community Action to  
Prevent Childhood Obesity

Healthy Kids Healthy Communities

[www.healthykidshealthycommunities.org](http://www.healthykidshealthycommunities.org)

Healthy Kids, Healthy Communities provides technical assistance and support to diverse communities nationwide with a goal of making healthier communities. Focusing on children who are at the highest risk of obesity due to income, geography, or race, this initiative promotes healthy eating and physical activity in those communities.

## LEADERSHIP FOR HEALTHY COMMUNITIES

*Advancing Policies to Support Healthy Eating & Active Living*

Leadership for Healthy Communities

[www.leadershipforhealthycommunities.org](http://www.leadershipforhealthycommunities.org)

The Leadership for Healthy Communities national program focuses on policies at the local and state levels to improve access to affordable and healthy foods, increase opportunities for safe physical activity, and improve the social environments of children.



National Initiative for Children's Healthcare Quality (NICHQ)

<http://www.nichq.org/>

NICHQ is a program aimed at providing all children the healthcare they need. Using research based evidence to inform their strategies, the organization focuses on issues around preventive care for children, specifically childhood obesity, healthcare for those with special needs, and perinatal care.



National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN)

[www.nplanonline.org](http://www.nplanonline.org)

Coming at the childhood obesity issue from a different perspective, NPLAN provides research and legal information, statistics, toolkits, training and technical assistance to communities to explain policy issues related to public health and other weight related issues for children.



Safe Routes to School National Partnership

<http://www.saferoutespartnership.org/>

This partnership, started in 2005, is made up of a vast network of community organizations and advocates that promote safe bicycling and walking to and from school for children and youth. In order to disseminate best practices, the national office helps local communities reduce the barriers to bicycling and walking through support and technical assistance.

**Salud America!**  
The RWJF Research Network to  
Prevent Obesity Among Latino Children

Salud America!

<http://www.salud-america.org/>

Salud America!, based in San Antonio, focuses on research related to Latino childhood obesity. The national program office encourages and supports more Latino researchers interested in working on environmental and policy solutions regarding Latino childhood obesity.



Rudd Center for Food and Policy and Obesity at Yale University

[www.yaleruddcenter.org](http://www.yaleruddcenter.org)

The Rudd Center for Food and Policy and Obesity at Yale University is a non-profit research and public policy organization devoted to improving the world's diet, preventing obesity, and reducing weight stigma. The website offers several resources, including policy reports covering topics such as soda tax initiatives and menu labeling.

## S. Key Organizations/Information Sources



Active Living By Design

[www.activelivingbydesign.org](http://www.activelivingbydesign.org)

Active Living By Design (ALBD) was established in 2001 by the Robert Wood Johnson Foundation and was a founding program in its Active Living initiative. ALBD creates community-led change by working with local and national partners to build a culture of active living and healthy eating. The organization is part of the North Carolina Institute for Public Health at the UNC Gillings School of Global Public Health in Chapel Hill, North Carolina. The vision of ALBD is healthy communities where routine physical activity and healthy eating are accessible, easy and affordable to everyone.



California Project LEAN (Leaders Encouraging Activity and Nutrition)

<http://www.californiaprojectlean.org/>

California Project Lean (CPL) is a joint program of the California Department of Public Health and the Public Health Institute. The website provides several resources on how to create healthier places through community-led efforts.



Centers for Disease Control and Prevention, Nutrition Resources for Health Professionals

<http://www.cdc.gov/nutrition/professionals/index.html>

The Centers for Disease Control and Prevention provides credible, evidence- and practice-based resources on a variety of health topics. Nutrition resources, including data and statistics; tools for planning, implementation and evaluation; training; reports and fact sheets can be found at the web address listed above.



The Food Trust

[www.thefoodtrust.org](http://www.thefoodtrust.org)

The Food Trust works to improve health among children and adults by advocating for better access to nutritious foods through policy and advocacy efforts. Their website describes community based programs which include a community nutrition program, a corner store campaign, and a farmers' market program. Most of their programs are located in Pennsylvania; however there are several reports on the website that are transferable to other communities doing similar work.



The Healthy Eating Active Living Convergence Project

[www.convergencepartnership.org](http://www.convergencepartnership.org)

The Healthy Eating/Active Living Convergence Project conducts research in order to understand the promising practices and outcomes of healthy eating and active living strategies, and what can be done within the health funding community to accelerate positive change.



Mari Gallagher Research and Consulting Group  
[www.marigallagher.com](http://www.marigallagher.com)

Mari Gallagher Research and Consulting Group is a third party research and consulting firm whose projects include a variety of qualitative and quantitative research related to housing, economic development, and public health. The Group has a specific expertise in how food deserts affect the public's health.



Measures of the Food Environment (NCI)  
<https://riskfactor.cancer.gov/mfe>

The National Cancer Institute website provides a collection of articles and instruments for communities wanting to measure the food environment and its effects on eating behaviors.



National Collaborative on Childhood Obesity Research  
[www.nccor.org](http://www.nccor.org)

The NCCOR brings together the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH) and the Robert Wood Johnson Foundation (RWJF) to address childhood obesity in America. The NCCOR website has a variety of resources including up to date publications and articles on current topics in the field.



National Gardening Association  
<http://garden.org/home>

The National Gardening Association has numerous resources, including how to start a vegetable garden, tips for gardening activities for kids, a library of public gardens, and answers to common gardening questions.



PolicyLink

[www.policylink.org](http://www.policylink.org)

PolicyLink highlights new research, advocacy campaigns, policy strategies, and promising practices to achieve economic and social equity from communities across the country. The focus areas include equitable development, housing, public investment, health, and leadership for change.



Prevention Institute

[www.preventioninstitute.org/healthdis.html](http://www.preventioninstitute.org/healthdis.html)

Prevention Institute addresses health and social issues using systematic and comprehensive strategies that change the conditions that impact community health. The organization's preventive approaches encourage interdisciplinary efforts to create the conditions necessary for healthier living.



Project for Public Spaces

[www.pps.org](http://www.pps.org)

Project for Public Spaces emphasizes place-making approaches to help people create and sustain public spaces that build community. Program areas include parks, transportation, civic centers, public markets, downtowns, mixed use development, campuses, public squares, and waterfronts.



Public Health Law & Policy, Planning for Healthy Places

[www.healthyplanning.org](http://www.healthyplanning.org)

Planning for Healthy Places builds public health knowledge regarding land use and economic development. Several resources are available on the website, including fact sheets and relevant articles.