

Leadership for Healthy Communities



March 9, 2011
National Bike Summit

**Leadership for
Healthy Communities**
*Advancing Policies to Support
Healthy Eating and Active Living*

Vision

- *Leadership for Healthy Communities* envisions a nation where national, state, local and tribal government leaders advance policies that improve healthy eating and active living opportunities for children--especially those at greatest risk of obesity.

Which Communities Does LHC Focus On?

- LHC places special emphasis on promoting policies with the greatest potential for increasing sustainable opportunities for physical activity and healthy eating among children at highest risk for obesity.
- The program targets 15 priority states which include: Alabama, Arizona, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, New Mexico, North Carolina, Oklahoma, South Carolina, Tennessee, Texas and West Virginia. Efforts funded under this program are expected to contribute to the Foundation's goal of reversing the epidemic of childhood obesity by 2015.
- Obesity rates have skyrocketed among both children and adults, as have rates of related illnesses like type 2 diabetes, hypertension, heart disease and asthma. These illnesses disproportionately affect African-American, Latino, Native American, Asian American and Pacific Islander children living in low-income communities.

Grantees

- Current grantee members include:
 - Association of State and Territorial Health Officials (ASTHO)
 - National Association of County and City Health Officials (NACCHO)
 - National Association of Latino Elected and Appointed Officials Educational Fund (NALEO)
 - National Association of State Boards of Education (NASBE)
 - National Conference of State Legislatures (NCSL)
 - National Congress of American Indians (NCAI)
 - National League of Cities Institute for Youth, Education & Families (NLCI)
- Previous grantee members included:
 - U.S. Conference of Mayors
 - Local Government Commission
 - National School Boards Association
 - National Governors Association Center for Best Practices
 - American Association of School Administrators
 - National Association of Counties
 - International City/County Management Association

Sample Grantee Accomplishments

- NASBE helped the West Virginia State Board of Education adopt nutrition standards for school meals incorporating the majority of the Institute of Medicine's Nutrition Standards for Foods in Schools.
- NASBE was responsible for facilitating the Colorado State Board of Education passage of a school beverage regulation, which included a ban on all soda in Colorado schools.
- NALEO provided technical assistance to Mayor Veres of San Fernando, CA to facilitate the development of Heritage Park, a three-acre park that is the city's first new park in nearly 30 years.
- NCSL provided technical assistance to Hawaii State Legislature that facilitated passage of a complete streets policy.

Sample Grantee Accomplishments (Cont.)

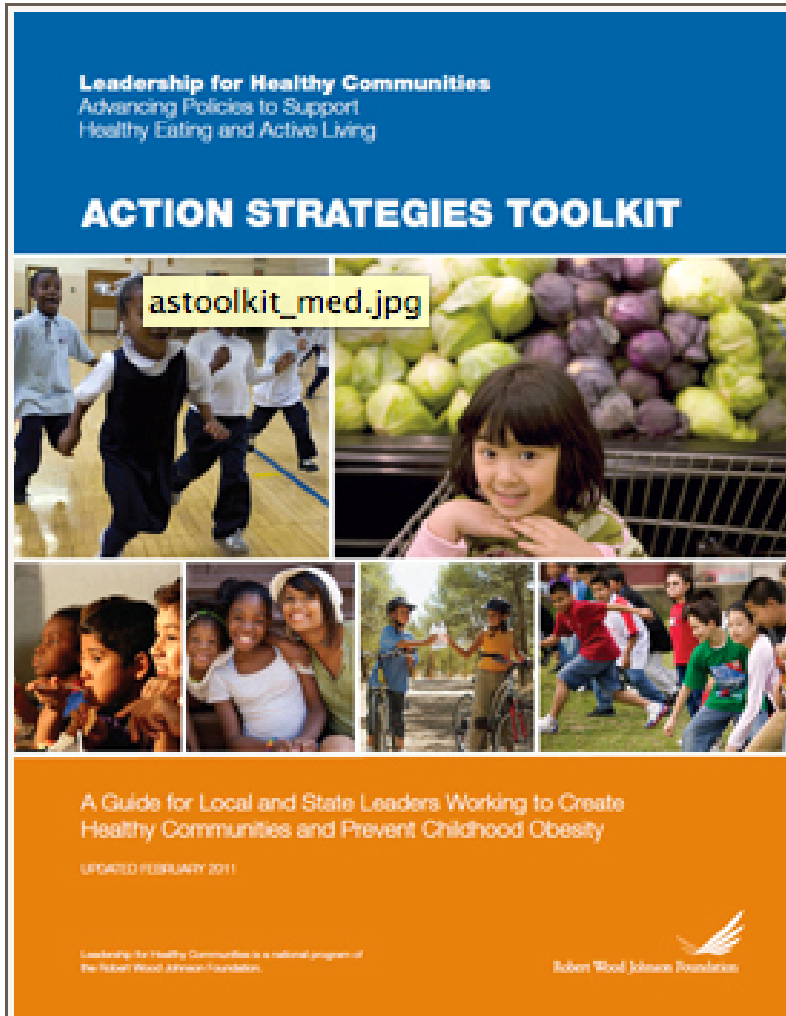
- LGC organized the Yuba/Sutter Obesity Prevention forum, resulting in the elimination of junk food and soda in schools in Yuba County, CA.
- AASA and NLC provided technical assistance to Jackson, TN that resulted in the passage of a county-wide wellness policy. The wellness policy includes provisions to improve the built environment and support coordinated school health efforts.
- AASA and NLC helped create the Healthy Savannah Initiative. The Healthy Savannah team influenced policy and program changes including the overhaul of school vending policies to provide healthy options for children and the creation of a civic master plan that aims to promote physical activity.
- Stemming from the dialogue at the Healthy Communities session organized by ICMA, NACo, and AASA in 2008, the city of Spartanburg, SC created the Spartanburg Childhood Obesity Task Force and approved a Pedestrian and Bicycle Master Plan, providing guidance on how to make the city more bike- and pedestrian-friendly.
- ICMA provided technical assistance to the city of Decatur, GA and helped incorporate Health Impact Assessments (HIA) into land use and transportation planning efforts to promote physical activity.



Leadership for Healthy Communities

ACTIVE LIVING FOCUS

LHC's Updated Action Strategies Toolkit



- New resources and examples of promising practices at the end of each section
- Revisions to the Quality Nutrition in Schools and Food & Beverage Marketing sections to reflect recent developments in policy; and
- The addition of three new policy-maker organizations signing on to the toolkit in recognition of its relevance in their work: Association of State and Territorial Health Officials, National Association of County and City Health Officials and National Congress of American Indians

Making the Connection

- *Linking Policies to Prevent Climate Change and Childhood Obesity*
 - Improve safety conditions for sidewalks, crosswalks and bike paths to encourage usage and thereby reduce carbon emissions
- *Linking Academic Achievement to Policies to Promote Physical Activities*
 - Children with more physical activity opportunities perform better in school environments
- *Linking Economic Growth to Policies to Prevent Childhood Obesity*
 - In Portland Oregon, a redevelopment to add mixed-use and improve walkability lead to 20 to 30 percent increases in home-sale prices

Community Engagement

- San Antonio's Bicycle Mobility Advisory Committee
 - Continue to work towards increasing minority engagement in the program



- Denver's Bicycle Advising Committee
 - Outreach to directly include minorities has been suggested

Change





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Eating and Active Living*

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