The Path to a Culture of Health

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

- Include drinking fountains, trees for shade and benches along streets and trails.
- Improve safety for people who walk and bike.
- Encourage walking and bicycling through improvements in the built environment.
- Collaborate with schools to develop and implement Safe Routes to School programs to increase the number of children safely walking and bicycling to schools.
- Establish shared use agreements that allow use of public schools and facilities for physical activity by the public.
- Locate schools within easy walking distance of residential areas.
- Align bus routes or provide other transportation to ensure residents can access supermarkets easily.
- Increase public safety efforts to enhance accessibility to healthy foods.
- Improve the availability and identification of healthful foods in restaurants.
- Convert neglected areas to community gardens.
- Promote efforts to provide fruits and vegetables in a variety of settings, such as farmers’ markets and farm stands.

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