

Is Your City a Healthy Eating Active Living City?



HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN

Use this checklist to identify policies for healthy eating and active living that your city has already established. Then submit them to the Campaign and we'll designate your city as an Eager, Active, or Fit HEAL city and work with you on the next steps. Send your policies to www.healcitiescampaign.org/policy_submission.html.

Land Use Policies

- General Plan—Health Goals and Policies
- Mixed-use neighborhoods
- Transit-oriented development
- Complete streets
- Bike and pedestrian plans
- Parks and open space
- Joint use
- Community gardens/urban agriculture
- Farmers' markets
- Healthy food retail

Zoning Ordinances

- Community garden/urban agriculture ordinance
- Farmers' market ordinance
- Ordinance to limit fast food

Healthy Food Retail Policies

- Planning and economic incentives
- Featured in redevelopment plans
- Retailer recognition

Employee Wellness Policies

- Health incentives
- Physical activity breaks
- Breastfeeding accommodation
- Walking meetings and use of stairways
- Nutrition standards
- Vending

Related Policies

The Campaign will recognize your city's efforts by designating it as an Eager, Active or Fit City, based on the following criteria:

Eager	These HEAL Cities have passed at least one HEAL Cities Campaign policy in at least one of the Campaign areas: land use; healthy food; employee wellness (e.g., HEAL resolution with specific action steps and a timeline; language in general plan; zoning ordinances governing street design or community gardens; joint use of recreational facilities; employee wellness policy).
Active	These HEAL cities have adopted at least two HEAL Cities Campaign policies and have at least one walkable, bikable neighborhood with access to healthy food within a reasonable distance of residential areas.
Fit	These HEAL cities are walkable, bikable cities with policies to support healthy food access in all neighborhoods and municipal facilities. They address healthy eating and active living within their general plan, zoning ordinances and their infrastructure, and have written implementation strategies with identified partners. They have an employee wellness policy in place with implementation standards.

Your City will receive these benefits from the Campaign:

	HEAL Cities Campaign logo for city Website	Framed campaign certificate	Recognition on the HEAL Cities Campaign Website	Tailored press release for local press outlets	Recognition at the League Annual Conference	Paid ad in <i>Western Cities</i> magazine
Eager	✓	✓	✓	✓		
Active	✓	✓	✓	✓	✓	
Fit	✓	✓	✓	✓	✓	✓

Your city and email address: _____



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The HEAL Cities Campaign is a partnership of the League of California Cities, California Center for Public Health Advocacy, and the Cities Counties and Schools Partnership. Funders include Kaiser Permanente and the Vitamin Cases Consumer Settlement Fund. One purpose of the Fund is to improve the health and nutrition of California consumers. To learn more, visit www.HealCitiesCampaign.org or call Charlotte Dickson, Campaign Director, at 510-302-3387.