

# 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](http://www.healcitiescampaign.org/policy_submission.html)

## Land Use Policies

- General Plan—Health Goals and Policies
- Mixed-use neighborhoods
- Transit-oriented development
- Safe Routes to Schools
- Complete streets
- Bike and pedestrian plans
- Parks and open space
- Preservation of agricultural land
- Community gardens/urban agriculture
- Farmers markets

## Healthy Food Retail Policies

- Planning and economic incentives
- Healthy mobile vending/produce carts
- Corner store revitalization

## Workplace Wellness Policies

- Health incentives
- Physical activity breaks
- Breastfeeding accommodation
- Walking meetings and use of stairways
- Nutrition standards for city facilities, programs, meetings
- Healthy Vending

## Related Policies

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The Campaign recognizes cities that adopt varied healthy eating and active living policies with three designations. To be designated **ACTIVE** or **FIT**, cities must submit their qualifying policies along with the resolution or policy through which they are joining the campaign.

<b>Eager</b>	<b>EAGER CITIES</b> join the campaign by resolving to focus on a HEAL Cities Campaign area or a policy related to a campaign area.
<b>Active</b>	<b>ACTIVE CITIES</b> have already adopted and implemented two policies in at least one campaign area. <b>ACTIVE CITIES</b> join the campaign by adopting a HEAL Cities Campaign Resolution that includes at least two commitments for further policy development OR by adopting an additional policy in one of the campaign areas they have not yet addressed.
<b>Fit</b>	<b>FIT CITIES</b> have already adopted and implemented at least one policy in each of the three campaign areas. <b>FIT CITIES</b> join the campaign by adopting a HEAL Cities Campaign Resolution that includes at least two commitments for further policy development OR by adopting an additional policy in one of the campaign areas.

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
<b>Eager</b>	✓	✓	✓	✓		
<b>Active</b>	✓	✓	✓	✓	✓	
<b>Fit</b>	✓	✓	✓	✓	✓	✓

Your city and email address: \_\_\_\_\_



The **HEAL Cities Campaign** is a partnership of the California Center for Public Health Advocacy and the League of California Cities. It is funded by Kaiser Permanente. To learn more, visit [www.HealCitiesCampaign.org](http://www.HealCitiesCampaign.org) or call Charlotte Dickson, Campaign Director, at 510-302-3387.