

HEAL Your City

With These Top 10 Actions



HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN

1. Create safe routes for walking and biking between each residential neighborhood and the local school. Map it, and lead a walking or biking caravan during the first week of school.
2. Remove any obstacles in your local zoning code to establishing a community garden. Find a piece of property that can be used for a community garden. See if the 4H and the Senior Center can team up to run it.
3. Remove any obstacles in your local zoning code to establishing a small commercial garden growing fresh produce for local sale. Bring back the town produce wagon.
4. Ask your local school district to give community members access to the gym and playground at the end of the school day and over the summer. Formalize the arrangement in a joint use agreement.
5. Set up a Workplace Wellness Committee for city employees. For its initial charge, ask it to assess city workplaces, policies and practices, and survey city workers. Request that the Wellness Committee make recommendations.
6. Establish nutrition standards for snacks and beverages sold in city buildings, city parks and recreation centers. Use the Oregon K-12 standards as a model.
7. Adopt the Healthy Meeting rule for food served at workplace meetings: if food is served at a workplace meeting, set a policy that it must include healthy snacks like nuts, fresh fruits, or vegetables. Cake is fine as long as there is something healthy as well.
8. Make it the rule at City Hall: if the meeting lasts more than one hour, everyone takes a break for stretching or a brisk walk.
9. Set up a nice, comfy, quiet, private place for breastfeeding employees to express milk. Do not suggest the Ladies' Room.
10. Change the norm in your city by modeling walking meetings and taking the stairs.

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HEAL Cities provides training and technical assistance to help civic leaders create healthy communities. This fact sheet is one in a series with ideas for healthy cities.