



How to Make Healthy Changes in Your City

Tips from Champion Mom Brenda P.

Champion Mom Brenda is passionate about good health. From an early age, Brenda was taught healthy habits that she carried into adulthood, like eating lots of fruits and vegetables and being physically active every day. When Brenda became a mother, she passed her healthy traditions on to her two children.

“As Champions for Change, it’s important that we share our knowledge however we can to improve the legacy of our children.”

Becoming a Champion for Change was a good fit for Brenda's strong commitment to better health. In this role she inspires and motivates parents in her community and throughout California.

Brenda works hard to make her hometown of Rialto a healthier place to live. Through the Champions for Change Program, she has taken part in programs in her community and in her children's schools. She is also a member of the city's Wellness Committee where she coordinates weekly group walks for residents and organizes an annual family wellness festival. Brenda also helped establish a weekly farmers' market.

“It might seem like it’s hard to change an entire city, but just like making changes to improve your own health, citywide efforts can start with simple steps that add up over time,” Brenda said.

Need help getting started? Brenda offers these tips:

1. Find out if your city already takes part in the Healthy City program or has a Wellness Program. Start by calling the city or county community development or planning departments to ask if there is a program for you to join.
2. If your city does have an existing program, explain your involvement with the Champions for Change Program and your interest in making healthy changes in your community. Ask if you can attend the next meeting to learn more and share ideas.
3. If your city does not have a program, offer to help start one by bringing other motivated parents to a city council or county supervisors' meeting.



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