

Systems and Environmental Change Web-based Toolkit

Suzanne Haydu, MPH, RD
Jenny Wong, MPH

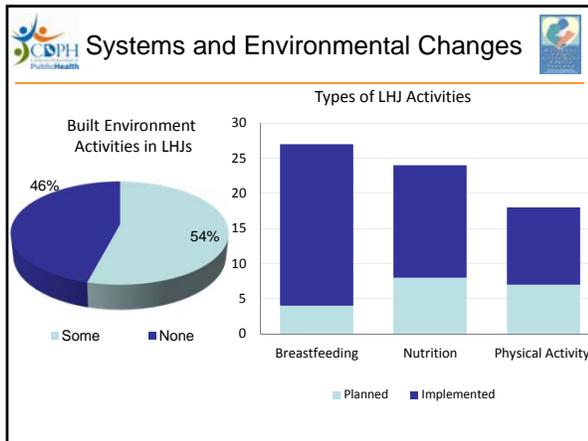


Project Overview



Systems and Environmental Changes





Toolkit

Systems and Environmental Changes for Nutrition and Physical Activity

The purpose of this toolkit is to support public health officials, advocates, and community-based organizations in promoting environmental changes that support healthy eating and active living. This toolkit provides a comprehensive overview of environmental change projects that are useful for supporting healthy eating and active living in the community, and provides a list of resources.

LEADERS

- Alameda County Public Health Department
- California Department of Public Health
- California Department of Agriculture
- California Department of Industrial Relations

Toolkit - Selected Content

A coalition of organizations that work to build food security. Here, you can learn about local, state and federal policies, review case studies and possible funding sources, and obtain training and technical assistance for community food projects.

Community Gardens

[Community Gardens and Public Health Powerpoint \(PDF\)](#)

A presentation template to explain why public health should be involved with gardens and what role the government and policy plays.

[A Guide to Start for Community Gardens](#)

Includes sample lease, agreement, rules and discussion checklists for starting a community garden.

Farmer's Markets

[How to Start a Farmers Market \(PDF\)](#)

A Powerpoint presentation created by the US Department of Agriculture with easy-to-follow steps on establishing a farmer's market.

[How to Make Healthy Changes in Your Neighborhood \(PDF\)](#)

A user-friendly fact sheet to help consumers get more fruits and vegetables in their neighborhoods.

[Checklist for Establishing a Farmers Market](#)

Great fact sheets on certified farmer's markets, establishing land use protections, and creating permit programs for farmer's markets.

Success Story

The Alameda County Public Health Department's Maternal, Paternal, Child and Adolescent Health partnered with the Building Blocks Collaborative and applied for a Change Foundation Grant. They succeeded and received a three-year, \$750,000 grant to work to improve the availability of fruits and vegetables in local corner stores in two low-income areas of Alameda County.

Toolkit – Backgrounder

Systems and Environmental Changes for Nutrition and Physical Activity

What is it?

Most Popular Links

- 1. Case Study: A Strategic Framework
- 2. Learning and Certification

Quick Links

- 1. About Us
- 2. Operations Planning & Implementation
- 3. Resources & Guidelines
- 4. All Organizations
- 5. Local Health Services
- 6. Programs
- 7. Public Availability of Documents

Related Links

- 1. California Health and Human Services Agency
- 2. Department of Health Care Services (includes CHS-CAP)
- 3. State Agencies Directory

Systems and Environmental Changes for Nutrition and Physical Activity

The purpose of this toolkit is to support school nutrition, physical activity, and breastfeeding through learning partnerships between school health officials, program and funding organizations to promote healthy environmental design. The document that this toolkit is based on is **Systems and Environmental Changes for Nutrition and Physical Activity**, which will be available in the coming fall and will be available in the coming fall.

Toolkit – PowerPoint Template

SAMPLE INTERVENTION 1: SAFE ROUTES TO SCHOOL (SRTS)

What is it?

- An initiative to help communities assess the bike and pedestrian conditions around schools in order to make the routes safer through various projects:

Questions
