

**Network for a Healthy California (Network)**

These are possible systems and environmental supports to be used in conjunction with your nutrition education and social marketing programs. Please work with your program managers to select appropriate systems and environmental supports for your program. Selections and assessments should include community input and address identified needs.

Interventions	Resources
<p>1. Qualifying childcare centers self-assess and undertake improvements in healthy eating and physical activity policies including healthier snacks or meals, making water the primary beverage of choice for snacks and meals, limiting the amount of screen time to no more than two hours per day, adding or increasing the amount of physical activity to their curricula, and establishing farm to preschool at early childhood sites.</p>	<p>Best Practices for Child Care Nutrition and Physical Activity Environments Handbook - A Guide for Self-Assessment and Policy Development *</p> <p><a href="http://www.ccfproundtable.org/docs/BestPractices/BestPracticesHandbook.pdf">http://www.ccfproundtable.org/docs/BestPractices/BestPracticesHandbook.pdf</a></p>
<p>2. Schools and/or districts establish model wellness policies that include afterschool that meet or exceed the USDA minimums.</p>	<p>Alliance for a Healthier Generation – Healthy Schools Program School: It’s Where Our Kids Are</p> <ul style="list-style-type: none"> <li>• Discusses school wellness policies, employee wellness, PE, etc.</li> </ul> <p><a href="https://schools.healthiergeneration.org/wellness_categories/">https://schools.healthiergeneration.org/wellness_categories/</a></p>
<p>3. Schools and/or districts, retail and/or worksite to participate in Farm to School/Farm to Fork</p>	<p>Bringing Healthy Food from Local Farms to California Schools</p> <p>California Farm to School <a href="http://www.cafarmtoschool.org/">http://www.cafarmtoschool.org/</a></p>

procurement systems.	
4. Schools and/or districts have Joint Use Agreements for recreational, gardening, and cooking facilities.	ChangeLab Solutions: Playing Smart – A Joint Use Toolkit <a href="http://changelabsolutions.org/childhood-obesity/joint-use">http://changelabsolutions.org/childhood-obesity/joint-use</a>
5. A healthy corner stores certification program is established and certifies stores to improve grocery store options.	Baltimore Healthy Stores <a href="http://www.centertrt.org">http://www.centertrt.org</a>
6. The overall <i>Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention</i> (CX <sup>3</sup> ) scores for the food environment are improved in low-income neighborhoods. Work with neighborhood vendors and restaurants to improve menu selections and marketing of healthier items.	Creating Successful Healthy Restaurant Policies: Understanding the Laws Regulating Restaurants <a href="http://changelabsolutions.org/sites/default/files/documents/Creating-Successful-Healthy-Restaurant-Policies_FINAL_20120424.pdf">http://changelabsolutions.org/sites/default/files/documents/Creating-Successful-Healthy-Restaurant-Policies_FINAL_20120424.pdf</a>
7. Institute an organizational policy to offer structured physical activity programs in low-income settings or for low-income children, youth, families, and elders.	100 Citizens: Role Models for the Future Fitness program for low-income communities – 100 citizens Program <a href="http://communities.challenge.gov/submissions/6815-100-citizens-role-models-for-the-future">http://communities.challenge.gov/submissions/6815-100-citizens-role-models-for-the-future</a>
8. Identify and provide opportunities to communities for	Fact Sheet: Establishing Protections for Community Gardens

<p>land, water, and other support for community and school “edible” gardens.</p>	<p><a href="http://changelabsolutions.org/publications/establishing-protections-community-gardens">http://changelabsolutions.org/publications/establishing-protections-community-gardens</a></p>
<p>9. Qualifying worksites self-assess and participate in the <i>Network’s</i> Worksite Program (California Fit Business).</p>	<p>California Fit Business Kit <a href="http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx">http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx</a></p>
<p>10. Promote active transport and work to improve access to safe streets through Complete Street projects or Safe Routes for all users, including bicyclists and pedestrians.</p>	<p>How to build and sustain a Safe Routes to School (SRTS) program: <a href="http://www.saferoutesinfo.org/program-tools/build-and-sustain-program">http://www.saferoutesinfo.org/program-tools/build-and-sustain-program</a></p>
<p>11. Increase access to farmers markets through location, Electronic Benefit Transfer (EBT) and Women, Infants, and Children Supplemental Nutrition Program (WIC) coupon acceptance to increase consumption of fresh fruits and vegetables or other systems changes that promote access to healthy foods.</p>	<p>SNAP/EBT at your Farmer’s Market: Seven Steps to Success <a href="http://www.pps.org/pdf/SNAP_EBT_Book.pdf">http://www.pps.org/pdf/SNAP_EBT_Book.pdf</a></p>
<p>12. Promote healthy beverage standards from county welfare offices, public housing units, city parks and recreational facilities and/or school vending machines</p>	<p>Network for a Healthy California: Worksite Program Vending Machine Food and Beverage Standards <a href="http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-VendingMachineStandards.pdf">http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-VendingMachineStandards.pdf</a></p>

<p>in eligible settings serving low-income populations. Provide healthy beverage alternatives in appropriate serving sizes.</p>	
<p>13. Collaborate with local youth-serving organizations working with low-income populations (such as parks and recreation, sports leagues, booster clubs, etc.) to ensure that healthy foods and beverages are available at community events for purchase. Encourage organizations to seek healthy beverage sponsorships.</p>	<p>Building Youth Leadership through the Healthy Eating Active Communities Program and the Central California Regional Obesity Prevention Program:  <a href="http://samuelsandassociates.com/samuels/upload/datareports/HEAC/HEAC_and_CCROPP_Youth_Focus_Group_Endpoint_Report.pdf">http://samuelsandassociates.com/samuels/upload/datareports/HEAC/HEAC_and_CCROPP_Youth_Focus_Group_Endpoint_Report.pdf</a></p>