

County Nutrition Action Partnerships

In nearly every California county, local collaboratives are bringing together a diverse collection of individuals, organizations, community leaders, decision makers, policymakers and health experts to reshape the health of their community and to make the healthy choice the easy choice.

Catalysts for Change

Recognizing that something needs to be done to counter the serious and expensive chronic health conditions related to obesity, especially in low-income communities, Supplemental Nutrition Assistance Program – Education (SNAP-Ed) partners* throughout the state bring together passionate leaders from diverse groups of public, private and non-profit organizations to change the status quo.

To do this, they formed County Nutrition Action Partnerships (CNAPs) comprised of a variety of community partners to share expertise, leverage resources and use their collective voices and influence to transform communities into healthy places where all residents can thrive.

* SNAP-Ed partners include Area Agencies on Aging, Catholic Charities, local health departments, social services departments and the University of California (UC) Cooperative Extension.

Finding Local Solutions

Working collaboratively, CNAP partners assess and identify opportunities to help people eat better and be more physically active. Armed with this information CNAPs activate communities to make positive changes, such as:

- Increasing access to healthy food and beverages and physical activity across the age and ability spectrum through efforts such as connecting farmers to institutions, establishing farmers' markets, creating gardens and bringing more produce to corner stores
- Implementing school and organizational wellness policies
- Promoting physical activity through environmental improvements such as safe routes to schools and playground stencils
- Increasing access to healthy beverages by installing hydration stations in schools and parks
- Building the capacity of low-income mothers and youth to advocate for neighborhood improvements
- Educating policymakers

Powerful Partnerships

CNAP members are responsive to the needs of each county and may include local food banks and hunger task forces, city and county planners, parks and recreation departments, non-profit organizations, health care providers and hospitals, schools, parent groups, local farmers and agricultural organizations, youth groups, faith-based groups, community leaders and decision makers.

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