

Community Physical Activity

Best Practice:

Adopt a land use plan.

#1

Community Physical Activity

Best Practice:

Maintain a network of walking routes.

#2

Community Physical Activity

Best Practice:

Maintain a network of biking routes.

#3

Community Physical Activity

Best Practice:

Maintain a network of parks.

#4

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Community Physical Activity

Best Practice:

Require sidewalks to be built for all developments (e.g., housing, schools, commercial).

#5

Community Physical Activity

Best Practice:

Require bike lanes to be built for all developments (e.g., housing, schools, commercial).

#6

Community Physical Activity

Best Practice:

Provide access to parks, shared-use paths, or open spaces within reasonable walking distance of most homes.

#7

Community Physical Activity

Best Practice:

Institute mixed land use.

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Community Physical Activity

Best Practice:

Require sidewalks to comply with the Americans with Disabilities Act (ADA) (i.e., all routes accessible for people with disabilities).

#9

Community Physical Activity

Best Practice:

Provide access to recreation facilities (e.g., parks, play areas, community and wellness centers) for people of all abilities.

#10

Community Physical Activity

Best Practice:

Enhance access to public transportation (e.g., bus stops or transit stations) within reasonable walking distance.

#11

Community Physical Activity

Best Practice:

Provide street traffic calming measures (e.g., road narrowing, central islands, roundabouts, speed bumps) to make areas (e.g., neighborhoods, major intersections) where people are or could be physically active (e.g. walk, bike) safer

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Community Physical Activity

Best Practice:

Adopt strategies (e.g., neighborhood crime watch, lights) to enhance personal safety in areas (e.g., playgrounds, parks, bike lanes, walking paths, neighborhoods) where people are or could be physically active (e.g., walk, bike).

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Community Tobacco Use

Best Practice:

Regulate tobacco advertising.

#1

Community Tobacco Use

Best Practice:

Institute a tobacco free policy 24/7 for indoor community venues (e.g., restaurants, retail establishments, government buildings).

#2

Community Tobacco Use

Best Practice:

Institute a tobacco free policy 24/7 for outdoor community venues (e.g., parks, sporting events).

#3

Community Tobacco Use

Best Practice:

Regulate smoking in places not primarily intended for recreational use, such as public walkways, streets, shopping centers.

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Community Tobacco Use

Best Practice:

Ban the sale of single cigarettes.

#5

Community Tobacco Use

Best Practice:

Restrict the placement of tobacco vending machines.

#6

Community Tobacco Use

Best Practice:

Regulate the number, location, and density of tobacco retail outlets (e.g., conditional use permits).

#7

Community Tobacco Use

Best Practice:

Prohibit the distribution of free or low-cost tobacco products, coupons, coupon offers, or rebate offers for tobacco products

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Community Tobacco Use

Best Practice:

Ban tobacco litter in public places including parks, playgrounds, beaches.

#9

Community Tobacco Use

Best Practice:

Increase the price of tobacco products and generate revenue with a portion of the revenue earmarked for tobacco control efforts (e.g., taxes, mitigation fees)?

#10

Community Tobacco Use

Best Practice:

Provide access to culturally and linguistically appropriate behavior modification-based tobacco cessation resources and services, such as quitlines (i.e., 1-800-QUIT-NOW)

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Community Nutrition

Best Practice:

Connect locally grown foods to local restaurants or retail food establishments.

#1

Community Nutrition

Best Practice:

Encourage community gardening initiatives.

#2

Community Nutrition

Best Practice:

Promote the purchase of fruits and vegetables at local restaurants and retail food establishments.

#3

Community Nutrition

Best Practice:

Institute healthy food and beverage options at local restaurants and retail food establishments.

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Community Nutrition

Best Practice:

Enhance access to public transportation options to supermarkets and large food outlets.

#5

Community Nutrition

Best Practice:

Establish supermarket accessibility.

#6

Community Nutrition

Best Practice:

Provide access to Farmers' Markets or farm stand programs.

#7

Community Nutrition

Best Practice:

Accept Women, Infants and Children (WIC) Farmers Market Nutrition Program vouchers or Food Stamp Benefits at local farmers' markets.

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Community Nutrition

Best Practice:

Institute nutritional labeling at local restaurants or retail food establishments.

#9

Community Nutrition

Best Practice:

Encourage smaller portion size options at local restaurants and retail food establishments.

#10

Community Nutrition

Best Practice:

Ban local restaurants and retail food establishments from cooking with trans fats.

#11

Community Nutrition

Best Practice:

Adopt strategies to encourage food retailers (e.g., bodegas, grocery, corner or convenience stores) to provide healthy food and beverage options (e.g., fresh produce) in underserved areas.

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Community Nutrition

Best Practice:

Adopt strategies to recruit large supermarkets in underserved areas.

#13

Community Nutrition

Best Practice:

Provide comfortable, private spaces for women to nurse or pump in community venues (e.g., government buildings, restaurants, retail establishments) to support residents' ability to breastfeed.

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Community
Chronic Disease Management

Best Practice:

Enhance access to chronic disease self-management programs (e.g., diabetes, obesity – such as Weight Watchers).

#1

Community
Chronic Disease Management

Best Practice:

Adopt strategies to educate its residents on the importance of obesity prevention.

#2

Community
Chronic Disease Management

Best Practice:

Adopt strategies to educate its residents on the importance of controlling high blood pressure.

#3

Community
Chronic Disease Management

Best Practice:

Adopt strategies to educate its residents on the importance of controlling cholesterol.

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Community
Chronic Disease Management

Best Practice:

Adopt strategies to educate its residents on the importance of controlling blood sugar or insulin levels.

#5

Community
Chronic Disease Management

Best Practice:

Adopt strategies to educate its residents on heart attack and stroke symptoms and when to call 9-1-1.

#6

Community
Chronic Disease Management

Best Practice:

Adopt strategies to educate its residents on the importance of preventive care.

#7

Community
Chronic Disease Management

Best Practice:

Provide emergency medical services (e.g., 9-1-1, transport system).

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Community Leadership

Best Practice:

Finance public shared-use paths or trails (by passing bonds, passing millages, levying taxes or getting grants).

#1

Community Leadership

Best Practice:

Finance public recreation facilities (by passing bonds, passing millages, levying taxes or getting grants).

#2

Community Leadership

Best Practice:

Finance public parks or greenways (by passing bonds, passing millages, levying taxes or getting grants).

#3

Community Leadership

Best Practice:

Finance public sports facilities (by passing bonds, passing millages, levying taxes or getting grants).

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Community Leadership

Best Practice:

Finance pedestrian enhancements (e.g., sidewalks, street crossing enhancements).

#5

Community Leadership

Best Practice:

Finance bicycle enhancements (e.g., bike lanes, bike parking, road diets).

#6

Community Leadership

Best Practice:

Address the community's operating budget to make walking, bicycling, or other physical activities a priority.

#7

Community Leadership

Best Practice:

Promote mixed land use through regulation or other incentives.

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Community Leadership

Best Practice:

Institute a management program to improve safety within the transportation system.

#9

Community Leadership

Best Practice:

Establish community coalitions and partnerships to address chronic diseases and associated risk factors (e.g., obesity, diabetes, tobacco use).

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