

In order to reduce the costly and preventable illnesses associated with overweight, obesity, and physical inactivity in California, public policies must be established to ensure that California communities are places where residents can easily make healthy eating and activity choices. In addition, when public funds are available they should be invested in communities with the highest rates of chronic disease and the greatest need for improved infrastructure and expanded prevention programs.

FEDERAL POLICIES

» **Make public health and prevention a core element of national health care reform in order to reorient our health system toward prevention.**

- Establish a National Prevention and Wellness Strategy that sets specific goals and objectives for improving the nation's health through federally-supported prevention programs.
- Support the inclusion of a Prevention and Public Health Investment Fund in the health care reform bill. Provide resources for the Fund through a mandatory appropriation or a set-aside of a portion of new revenue generated through the financing of health reform. The Trust Fund should augment the health care delivery system addressing health inequities whenever possible and fund the following:
 - Community-based prevention programs that promote healthy eating and physical activity
 - Clinical preventive services, both group and individual, (such as screenings, nutrition counseling and promotora programs) that are not covered by health insurance
 - Core state and local public health functions including tracking of key health indicators and monitoring and evaluation of disease trends
 - Development and training of the public health workforce

STATE POLICIES

» **State agencies that influence environments where Californians live, work, learn and play should purposefully promote health through their policy and funding decisions.**

- Allocate any remaining portion of California's share of American Recovery and Reinvestment Act (ARRA) funding to simultaneously create /maintain jobs and promote healthy and active communities. ARRA funds* should, among other things, be used to do the following:
 - Create and maintain recreation and physical activity opportunities

*Funding sources include the following: Community Development Block Grant Program, Energy Efficiency and Conservation Block Grant Program, the Workforce Investment Act, Brownfield Remediation Grants, Transit Capital Assistance, School Modernization funds, subsidized School Construction Bonds, National School Lunch Program equipment assistance funding and Prevention and Wellness Funds.



- Invest in pedestrian and biking infrastructure and public transportation
 - Improve nutrition and physical activity infrastructure in California schools
 - Develop and expand healthy food retail and regional agricultural networks
 - Establish community-based prevention programs to promote healthy communities and reduce health inequities
- The Strategic Growth Council should encourage regional planning commissions to incorporate community health goals into their sustainable growth strategies and should prioritize funding for land use planning and urban greening projects. In both efforts, goals should be established to improve access to healthy foods and opportunities to be physically active by emphasizing establishment of local sustainable food systems, increased access to parks and open space and expanded opportunities for walking and biking.

CITY AND COUNTY POLICIES

» **Establish local policies, utilize available funding (e.g., ARRA, Communit redevelopment funds) and incorporate health policies in General Plans to do the following:**

- Create convenient and safe opportunities for physical activity for all residents
- Locate residential, commercial and office buildings close together so more residents can walk and bike to meet their daily needs
- Build neighborhoods with safe and attractive parks and other places for recreational exercise
- Create transportation corridors that support pedestrians and bicyclists
- Provide safe and convenient opportunities to purchase fresh fruits and vegetables by ensuring that sources of healthy foods are accessible in all neighborhoods
- Preserve regional agriculture and farmland as a source of healthy, local fruits and vegetables and other foods, and connect local food markets to local agriculture
- Protect existing community gardens and support the creation of new ones as a source of fresh produce in underserved neighborhoods

