

# The Path to a Culture of Health

The Policy, Systems and Environmental Change Approach for Community-Based, **Healthy Eating** and **Physical Activity**

Promote efforts to provide fruits and vegetables in a variety of settings, such as farmers' markets and farm stands.



Improve the availability and identification of healthful foods in restaurants.



Convert neglected areas to community gardens.



Increase public safety efforts to enhance accessibility to healthy foods



Align bus routes or provide other transportation to ensure residents can access supermarkets easily.



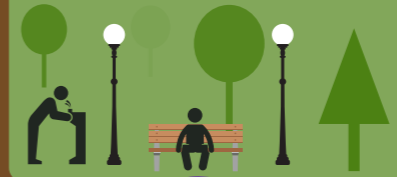
Locate schools within easy walking distance of residential areas.



Establish shared use agreements that allow use of public schools and facilities for physical activity by the public.

Collaborate with schools to develop and implement Safe Routes to School programs to increase the number of children safely walking and bicycling to schools.

Include drinking fountains, trees for shade and benches along streets and trails.



Improve safety for people who walk and bike.



Encourage walking and bicycling through improvements in the built environment.

