



*Do you have access to healthy foods in your neighborhood?  
 Do you feel safe to walk, play, or bike in your community?*

Where you live, work, learn, and play matters.




People who live in neighborhoods with grocery stores, schools, sidewalks, playgrounds, and safe parks are often healthier than people who don't.

City policies that support this can make it easier for you to make healthy choices in your neighborhood. Help to make your neighborhood a healthier place by asking your city to adopt policies that support healthy eating and active living.

Share your concerns at town hall meetings, talk to elected officials, use social media, and join or start a group in your community to address these issues.



## Legend

Policies that have been adopted by your city are marked with   
 Policies that have not yet been adopted are marked with   
 Policies in progress are marked with 




## General Plan

 **General Plan Health Element**  
 Includes policies related to safety, healthy eating, and active living










## Healthy Eating Policies

-  **Community Garden Ordinance**  
 Makes it easier for people to create community gardens
-  **Urban Agriculture Policy**  
 Outlines policies for practices of cultivating, processing, and distributing food
-  **Farmers' Market Policy**  
 Outlines where, when, and how farmers' markets can operate
-  **Lactation Accommodation Policy**  
 Supports policies that support breastfeeding on city property
-  **Healthy Food Procurement Policy**  
 Advocates for healthy foods and beverages purchased by the city
-  **Vending Nutrition Standards**  
 Requires healthy foods and beverages to be available in vending machines on city property



## Active Living Policies

-  **Pedestrian Master Plan**  
 Prioritizes sidewalks and street design improvements and promotes walking, bicycling, and public transportation
-  **Bicycle Master Plan**  
 Updates bikeways to improve safe bicycling
-  **Complete Streets Policy**  
 Ensures city streets support walking, bicycling, cars, and public transit for people of all ages and abilities
-  **Safe Routes to School Plan**  
 Improves walking and bicycling routes to schools
-  **Active Transportation Plan**  
 Develops walking, biking, and public transportation infrastructure
-  **Trails Master Plan**  
 Outlines plans for hiking trails, bike paths, and horse trails where cars are not allowed
-  **2015 Regional Walk Scorecard Ranking 17 out of 18**  
 Measures the city's policies, projects, and walking conditions as compared to 17 other cities in San Diego County



# Ways to Get Involved

Resident Leadership Academy

Empower community members with the knowledge, tools, and strategies to make lasting changes in their neighborhoods

Live Well San Diego

Live Well San Diego regional teams work to support healthy, safe, and thriving communities

San Diego Bike Coalition

Advocates for bicycle projects throughout San Diego County

COI Domain Workgroup Meetings

Bring together partners to collectively address childhood obesity in San Diego County

San Diego Food System Alliance

Develop and maintain an equitable, healthy, and sustainable food system

Circulate San Diego

Dedicated to advancing mobility and making the region a better place to live, work, learn, and play



# Resources

COI Action Plan

A countywide plan to reduce and prevent childhood obesity by working together with the different sectors

CHAMP Map

Map of community groups who are making healthy changes in their neighborhoods

COI Policy Clearinghouse

Provides local healthy eating and physical activity policies categorized by sectors

SANDAG Data Surfer

A data warehouse for the San Diego region

City of El Cajon

Provides information on neighborhoods, city planning, resources, and activities

Regional Walk Scorecard

Measures how San Diego's 18 regional cities are responding to the call for more walkable neighborhoods

Food Policy Scan

Outlines farmers' market, community agriculture, and healthy government procurement policies

For more information visit our website: [www.ourcommunityourkids.org](http://www.ourcommunityourkids.org)

A Project of:



Core funding provided in part by:



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