



*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 1 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



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



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



Advocates for bicycle projects throughout San Diego County



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



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



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



Resources



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



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



Provides local healthy eating and physical activity policies categorized by sectors



A data warehouse for the San Diego region



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



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



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

For more information visit our website: www.ourcommunityourkids.org

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