

Healthy People, Healthy Places: How to Implement Environmental and Policy Change Strategies

together
WE BUILD A BRIGHTER FUTURE

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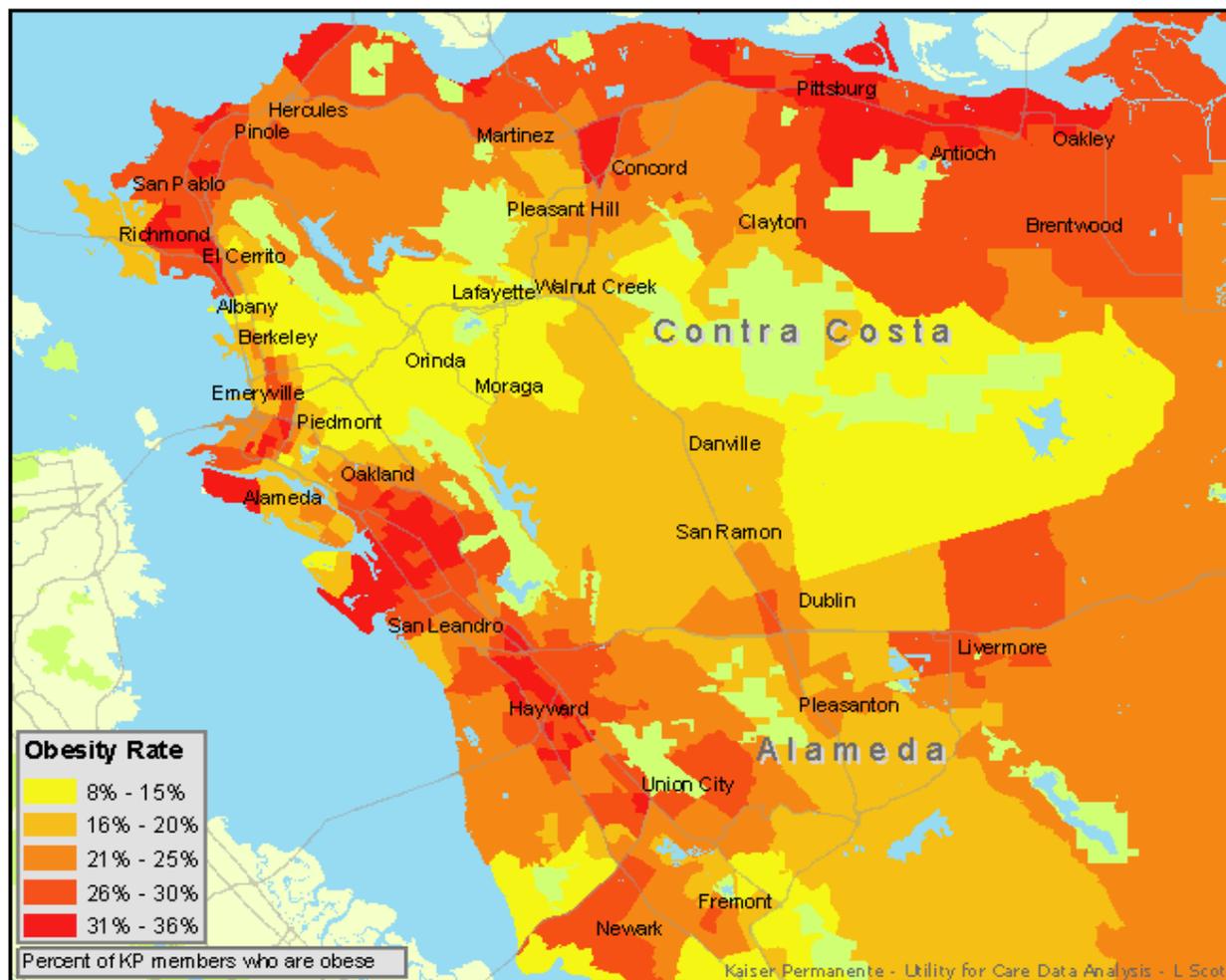
The Story of Lead

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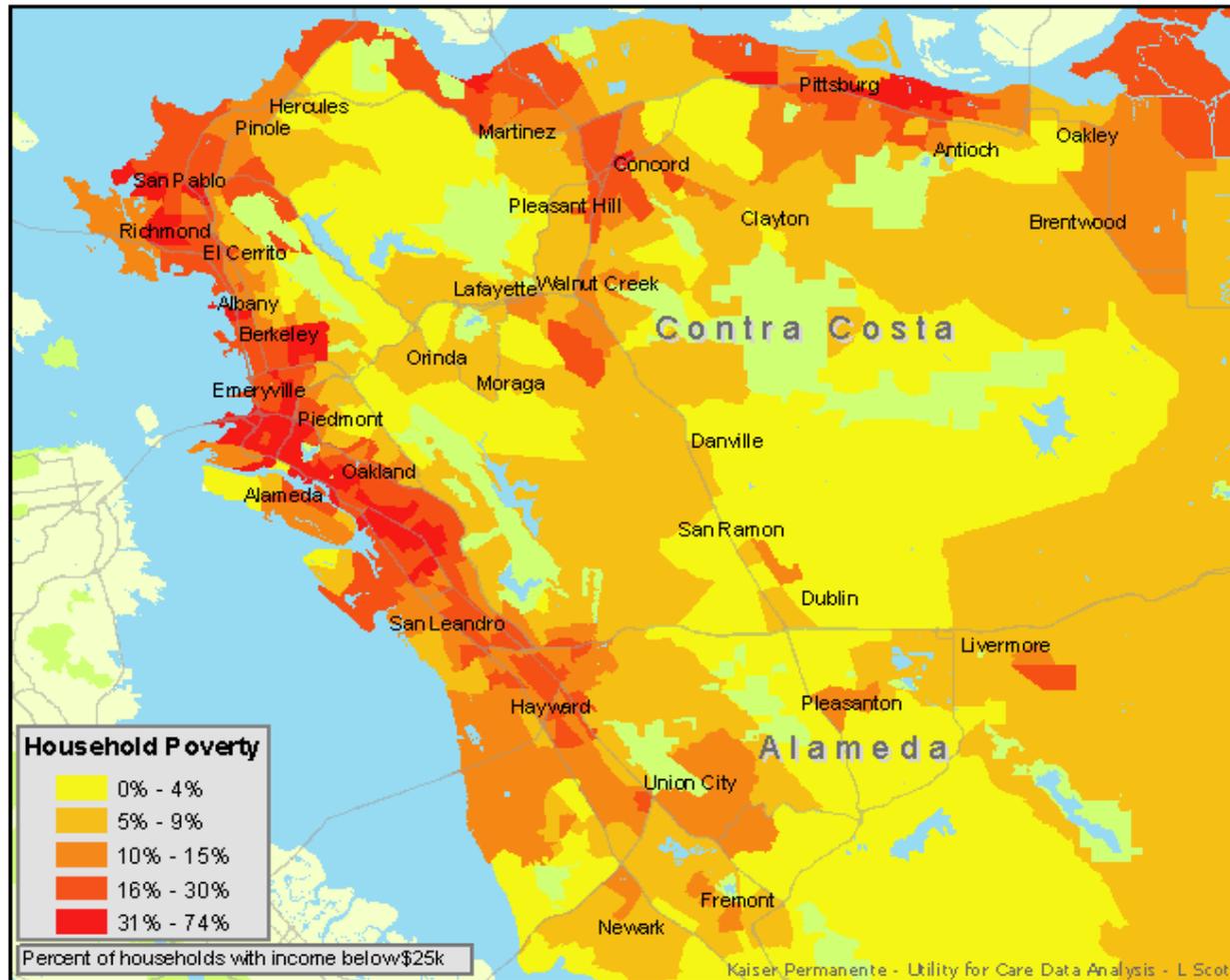
Place Predicts Obesity

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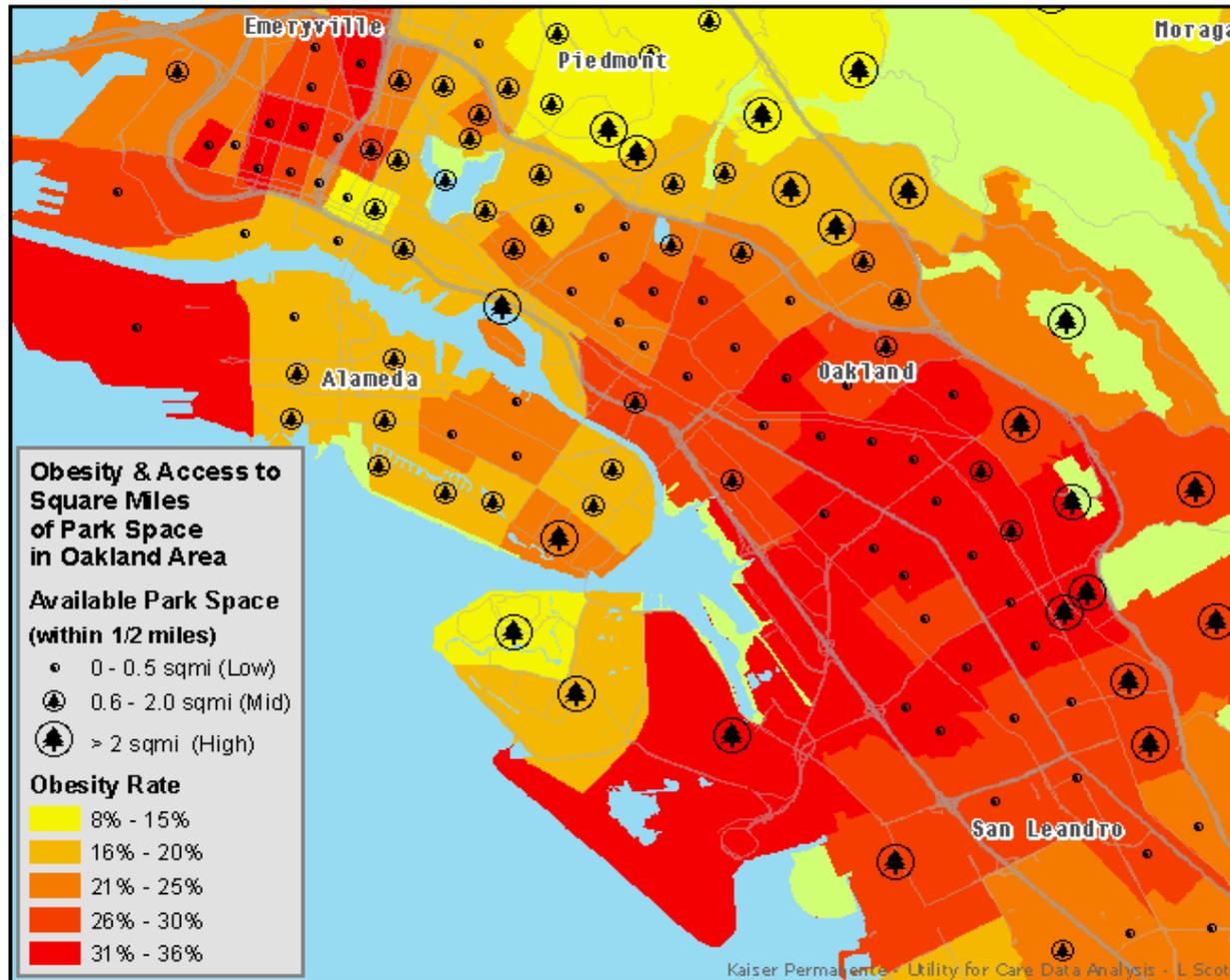
Diabetes and Obesity Tracks Poverty

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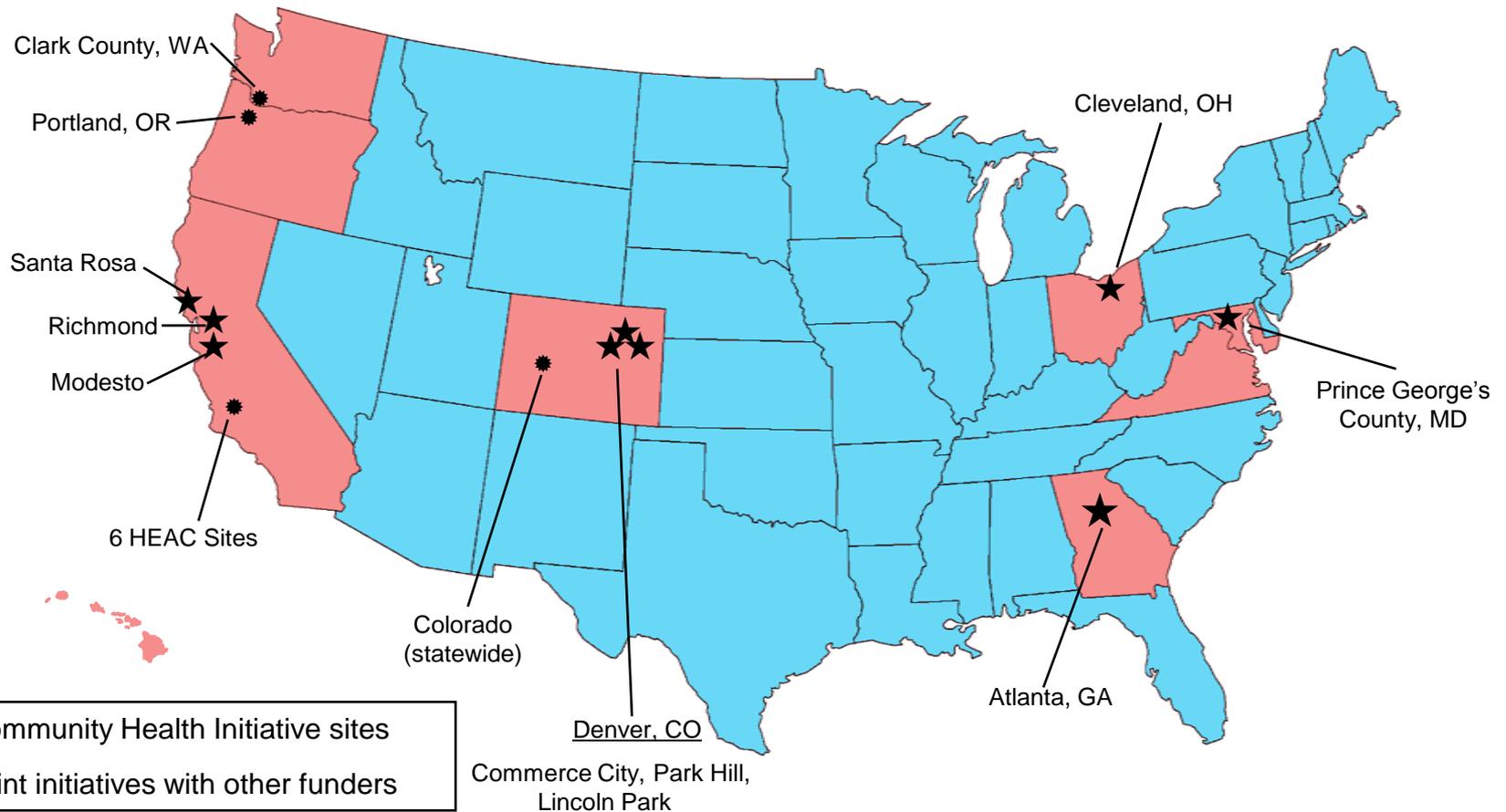
The Relationship Between Park Access and Obesity in Oakland

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Kaiser Permanente Supports Intensive HEAL Interventions in 40 Sites

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Common HEAL Strategies

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Neighborhoods

- Parks, trails and other active public spaces
- General Plan amendments
- Corner store conversion efforts
- Farmers markets and community gardens

Schools

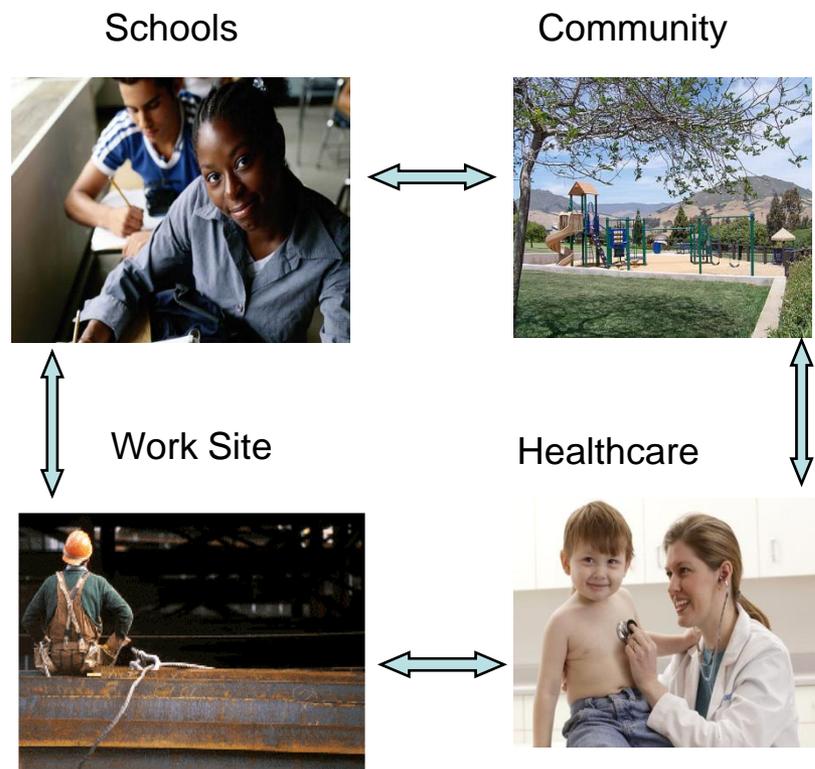
- Cafeteria reforms
- PE standards, after school programs
- Joint Use Agreements
- Safe routes to school

Healthcare

- BMI as a vital sign
- Breastfeeding promotion
- Hospital cafeterias

Worksites

- Stairwell prompts
- Lactation support
- Worksite wellness programs



Challenges/Lessons Learned

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- Policy and environmental change is “harrrrrd work.”
- Program and activities can be onramps, or dead ends
- Key aspects of policy change: enforcement and implementation
- In some cases, less is more

Ensuring sufficient dose is critical !!!

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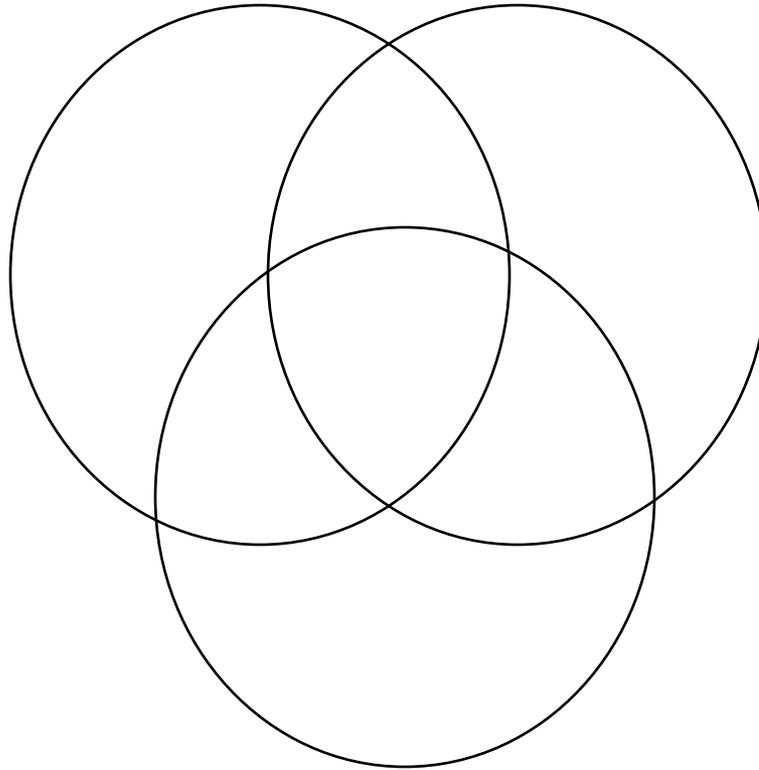
Ensuring sufficient dose is critical !!!

The Road Ahead: Environments and Health together

Healthy People



Healthy Environments



Thriving Local Economies

