



## ACTIVE LIVING

Healthy Kids, Healthy Communities is a national program of the Robert Wood Johnson Foundation whose primary goal is to implement healthy eating and active living policy- and environmental-change initiatives that can support healthier communities for children and families across the United States. This annotated resource guide provides a listing of relevant programs, organizations, tools and presentations intended to support increasing active living via community design. Policy and environmental changes for the built environment and active living will allow families and children to have access to affordable and healthy choices for their physical activity. The annotated resource guide is divided into the following categories:

- A. Youth/Child Resources
- B. Youth Engagement
- C. Collaboration
- D. Safety and Crime Resources
- E. Schools
- F. Land Use/Transportation
- G. Parks/Recreation
- H. Presentations
- I. Data Sources/Indicators
- J. Key Organizations/Information Sources
- K. Policy Databases
- L. Action and Assessment Tools
- M. Active Living
- N. Health Disparities

This guide was created in March 2009 and was last updated August 2011.



## A. Youth/Child Resources

Latino Childhood Obesity Fact Sheet (September 2008)

<http://65.181.142.130/images/stories/latinofactsheet.pdf>

This fact sheet by Leadership for Healthy Communities underscores the incidence, cost, and causes of obesity among Latino children. The document is broken up into different subject areas such as: the food environment and media influence. It can be used as a reference when discussing Latino childhood obesity.

African American Childhood Obesity Fact Sheet (June 2008)

[www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=267](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=267)

This fact sheet by Leadership for Healthy Communities underscores the incidence, cost, and causes of obesity among African-American children. The document is broken up into different subject areas such as: the food environment and media influence. It can be used as a reference when discussing African American childhood obesity.

Preventing Childhood Obesity: The Role of Local Government in Creating Healthy Communities (May 2008)

[www.leadershipforhealthycommunities.org/images/stories/issues\\_content/LGCFactsheetHealthyKidsHealthyCommunities.pdf](http://www.leadershipforhealthycommunities.org/images/stories/issues_content/LGCFactsheetHealthyKidsHealthyCommunities.pdf)

This article provides different examples of how cities, counties, and school districts have worked together to focus on childhood obesity. The document offers ideas and resources for policy-makers to implement policies that address childhood obesity.

Talking Points: Childhood Obesity (May 2008)

[www.leadershipforhealthycommunities.org/images/stories/issues\\_content/CSGCOTalkingPoints.pdf](http://www.leadershipforhealthycommunities.org/images/stories/issues_content/CSGCOTalkingPoints.pdf)

This fact sheet provides key talking points about childhood obesity and its consequences on health. It is directed towards policy makers and can be used to shape arguments for action.

Fact Sheet on Rural Children (2004)

[www.ers.usda.gov/publications/EIB1/EIB1.pdf](http://www.ers.usda.gov/publications/EIB1/EIB1.pdf)

This is a fact sheet compiled by the USDA that gives a brief overview of some challenges facing children living in rural areas. It compares metro children and non-metro (rural) children by different factors including the age of children, parental type, and income.

Center for Disease Control-Childhood Obesity Fact Sheets

[www.cdc.gov/HealthyYouth/obesity/facts.htm](http://www.cdc.gov/HealthyYouth/obesity/facts.htm)

This fact sheet combines data from the National Youth Behavioral Risk Survey and the School Healthy Policies and Programs Study to highlight the percentage of high school students who are overweight and identifies school policies that can address the problem of physical inactivity and obesity.

Designing for Active Living Among Children

[www.activelivingresearch.org/files/Built\\_Design.pdf](http://www.activelivingresearch.org/files/Built_Design.pdf)

This article provides a review of research on active living among children. It highlights basic facts and provides some solutions to the problem through new technology and by addressing safety concerns.

Active Living for Rural Youth (February 2008)

[www.activelivingresearch.org/files/ActiveLiving\\_Rural.Youth\\_Brief.pdf](http://www.activelivingresearch.org/files/ActiveLiving_Rural.Youth_Brief.pdf)

This research and policy brief summarizes the determinants of rural health from three different towns in Maine. Focus groups were conducted and key informants were interviewed including rural town planners, school personnel, recreation directors and parents. The report also cites the role of parents, programs, and school citing to create active living communities in rural areas. For more information about this study, contact David Hartley at (207) 780-4513 or davidh@usm.maine.edu.

## B. Youth Engagement

Youth VOICES in Community Design Handbook

<http://www.planning.org/resourceszine/articleview.htm?ArticleID=9265>

Developed by the California Center for Civic Participation this is a handbook of how to engage youth in local policy planning and community design. The website also has an extensive library of youth engagement materials.

The Ladder of Young People's Participation

[www.freechild.org/ladder.htm](http://www.freechild.org/ladder.htm)

In 1997 the sociologist Roger Hart wrote a book for UNICEF entitled, *Children's Participation: The Theory And Practice Of Involving Young Citizens In Community Development And Environmental Care*. One of the most useful tools to emerge from the book was the Ladder of Young People's Participation; it provides a visual for the different levels of participation by youth in creating social change.

Children as Partners in Neighborhood Placemaking: Lessons from Intergenerational Design Charrettes

[www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B6WJ8-462T8K3-G&\\_user=130907&\\_rdoc=1&\\_fmt=&\\_orig=search&\\_sort=d&view=c&\\_acct=C000004198&\\_version=1&\\_urlVersion=0&\\_userid=130907&md5=93fee906e941cb0ae8fc10bfdde30a3](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WJ8-462T8K3-G&_user=130907&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000004198&_version=1&_urlVersion=0&_userid=130907&md5=93fee906e941cb0ae8fc10bfdde30a3)

This article describes how children can be involved in a design charrette, a hands on workshop that results in designers and members of the community participating to create a design or land use plan for a design problem that the community is facing. The paper examines the benefits and barriers of two charrettes: one targeted for grades 4-5 and the other for grades 9-12.

Community Youth Mapping-A Ten Step Process

<http://cyd.aed.org/cym/tensteps.html>

The Center for Youth Development and Policy Research has developed a ten-step process for community youth mapping. Community youth mapping involves youth canvassing their neighborhoods for places of interest, using a survey tool. The Center has developed a ten step process for community youth mapping that outlines how to start a community mapping process.

Growing Together: A Guide to Building Inspired, Diverse and Productive Youth Communities

[www.thefoodproject.org/buy/internal1.asp?ID=144](http://www.thefoodproject.org/buy/internal1.asp?ID=144)

The Food Project created this guide for leaders who work with youth to create "dynamic, diverse and productive communities". The Food Project has had over 10 years of experience working with youth and although the guide is for purchase the first chapter is provided and it outlines the topic area that

covered which includes: what makes meaningful work, an introduction to straight talk, activities, and workshops.

Center for Teen Empowerment

[www.teenempowerment.org](http://www.teenempowerment.org)

The Center for Teen Empowerment creates dialogue between youth and adults and provides youth with tools to create change in their communities. The website provides a good overview of the organization and the Teen Empowerment Model. The Model is a methodology for working in groups that applies to youth and adults. The Center for Teen Empowerment also offers a variety of consulting services including program assessment, program design, communication skills, conflict resolution skills, and community building.

Youth Leadership Institute

[www.yli.org](http://www.yli.org)

Youth Leadership Institute develops communities where youth and adults come together to create social change. Their website provides a brief overview of their work on tobacco, drug, and alcohol prevention programs and policy efforts in California. YLI also provides consulting services for effective strategies for youth engagement.



## C. Collaboration

Collaboration Resources from Tools You Can Use e-newsletters

[www.fieldstonealliance.org/client/signupNEW.cfm](http://www.fieldstonealliance.org/client/signupNEW.cfm)

The *Tools You Can Use* e-newsletter is a publication of FieldStone Alliance, a nonprofit offshoot of the Amherst Wilder Foundation. The resources include “Six Best Practices for Complex Collaborations,” “How to ‘Nimble-ize’ a Collaboration,” “Four Keys to Collaboration Success,” and a Collaboration bibliography. There are also links to an online Collaboration Inventory, which is explained in “What Makes Collaborations Succeed.”

What is the Work?

[www.activelivingbydesign.org/events-resources/resources/what-work-collaborative-community-problem-solving](http://www.activelivingbydesign.org/events-resources/resources/what-work-collaborative-community-problem-solving)

This North Carolina Community Solutions Network paper defines collaborative community problem-solving as the integration of group process, planning, and technical support directed at short and long-term change on issues such as education, health or the economy and long-lasting civic renewal. It also describes tools, methods, skills and conditions necessary to complete these collaborative efforts.

Empower the Coalition

[www.tools.iscvt.org/advocacy/empower\\_the\\_coalition/start](http://www.tools.iscvt.org/advocacy/empower_the_coalition/start)

The Institute for Sustainable Communities has developed a set of tools to create successful coalitions. Topics addressed include: making the most of your coalition, diversity, and managing your coalition. Stories from the field regarding coalition work are also presented.



## D. Safety and Crime Resources

### Local Initiative Support Corporation (LISC)-The Community Safety Initiative

[www.lisc.org/section/resources/](http://www.lisc.org/section/resources/)

The Local Initiative Support Corporation (LISC) has an online resource library that is searchable by topic. The keyword “safety” pulls up several different documents such as *Designing with Safety In Mind: Creative Use of Space to Prevent Crime*. LISC also supports the Community Safety Initiative, which builds relationships between police departments, community organizations, and residents. To learn more about this program email [csi@lisc.org](mailto:csi@lisc.org) or contact Julia Ryan at 212-455-1618.

### CPTED-Crime Prevention through Environmental Design

<http://www.nicp.net/cpted.htm>

CPTED is a product of the National Institute for Crime Prevention. There are four principles that guide CPTED: natural access control, natural surveillance, territorial reinforcement, and target hardening. They offer courses on a variety of topics including techniques, the role of maintenance, and the basics of CPTED principles.

### CeaseFire

[www.ceasefirechicago.org/publications.shtml](http://www.ceasefirechicago.org/publications.shtml) - reports

Cease Fire is an initiative of the Chicago Project for Violence. CeaseFire works with community-based organizations and focuses on street-level outreach, conflict mediation, and the changing of community norms to reduce violence, particularly shootings. CeaseFire the website has several evaluation reports and data related to violence prevention which can be applied to creating safe physical neighborhoods.

### Police Athletic Leagues (PAL's)

[www.nationalpal.org/index.php?option=com\\_content&task=section&id=6&Itemid=26](http://www.nationalpal.org/index.php?option=com_content&task=section&id=6&Itemid=26)

Police Athletic Leagues across the country bring youth together to compete in various sports. National PAL is a membership organization that provides support to all of its chapters'. This support includes resources and opportunities to grow the individual chapters programs and enhance the quality of individual programming.

### Campbell Collaboration

[www.campbellcollaboration.org/news/\\_/improved\\_street\\_lighting\\_reduce\\_crime.php](http://www.campbellcollaboration.org/news/_/improved_street_lighting_reduce_crime.php)

The mission of the Campbell Collaboration is to “help people make well-informed decisions by preparing, maintaining and disseminating systematic reviews in education, crime and justice, and social welfare”. Campbell Corporation conducted a review, which concluded that there is a significant decrease in crime with improved street lighting.



## E. Schools

Healthy Schools, Healthy Communities, and Youth Obesity (April 2007)

[http://65.181.142.130/images/stories/issues\\_content/HealthySchoolsHealthyCommunitiesandYouthObesity.pdf](http://65.181.142.130/images/stories/issues_content/HealthySchoolsHealthyCommunitiesandYouthObesity.pdf)

This report is compiled by The National Association of Counties (NACo) and contains practical insights from a three-county school discussion. The report also includes information about two forums that were held with African-American and Latino county officials regarding the impact of childhood obesity on youth.

The Role of the Built Environment in Physical Activity, Eating, and Obesity in Childhood (Spring 2006)

[http://www.sph.emory.edu/EPRC/resources/pubs/glanz\\_the%20role%20of%20built%20environments.pdf](http://www.sph.emory.edu/EPRC/resources/pubs/glanz_the%20role%20of%20built%20environments.pdf)

The authors investigate the linkages between physical activity, nutrition and obesity among children in this paper. They explore the proposed influence of built environment on physical activity and eating behaviors, the potential influence of infrastructures changes, and the potential for environmental changes on the weight and health of children.

Healthy Kids, Healthy Communities: School and Local Government Collaborations (April 2007)

[http://www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=116](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=116)

The Local Government Commission and the Cities, Counties and Schools Partnership produced this fact sheet to help improve school and local government collaborations to fight childhood obesity. It provides resources and examples of policies such as safe routes to schools, joint use facilities, before, in-school, and after school physical activity, farm-to-school programs, community gardens and zoning of fast food outlets.

Livable Streets for Schoolchildren: How Safe Routes to School programs can improve street and community livability for children (March 2006)

[www.activeliving.org/files/Livable\\_streets\\_for\\_schoolchildren.pdf](http://www.activeliving.org/files/Livable_streets_for_schoolchildren.pdf)

This National Center for Bicycling and Walking Forum article describes how Safe Routes to Schools programs can improve street and community livability for children. The study used cognitive mapping to investigate the children's perceptions of their environment between home and school.

State Policies and School Facilities: How States Can Support or Undermine Neighborhood Schools and Community Preservation (May 2003)

[www.preservationnation.org/issues/historic-schools/additional-resources/schools\\_state\\_policies.pdf](http://www.preservationnation.org/issues/historic-schools/additional-resources/schools_state_policies.pdf)

This report by the National Trust for Historic Preservation reviews policies that encourage or undermine community schools, and covers the topics of responsible planning, site standards, renovation vs. new construction, funding structures and deferred maintenance. It also contains strategies for policy reform, a questionnaire about state school facility policies, and a menu of model state policies.

State Level Policies that Influence Safe Routes to School (August 2008)

[www.leadershipforhealthycommunities.org/images/stories/state\\_srts\\_policy\\_best\\_practicesfinal.pdf](http://www.leadershipforhealthycommunities.org/images/stories/state_srts_policy_best_practicesfinal.pdf)

This report offers best practices for implementing Safe Routes to School at the policy level and was written by the National Safe Routes to School Partnership for the National Governors Association.

Promoting Health and Preventing Obesity in After School Programs: Critical Issues to Consider

[http://www.calendow.org/uploadedFiles/Publications/Publications\\_Stories/CANFitAfterSchool.pdf](http://www.calendow.org/uploadedFiles/Publications/Publications_Stories/CANFitAfterSchool.pdf)

This working paper examines the role of after-school programs in encouraging physical activity among youth of color. Of particular interest is Appendix B, which lists criteria for reviewing the effectiveness of physical activity programs.

Safe Routes to School-Steps to a Greener Future

[www.saferoutespartnership.org/media/file/SRTS\\_built\\_environment\\_lo-res.pdf](http://www.saferoutespartnership.org/media/file/SRTS_built_environment_lo-res.pdf)

This report, prepared by the Safe Routes to School Partnership outlines how SRTS is reducing greenhouse gas emissions and harmful air pollutants. Five communities are profiled who have significantly reduced carbon emissions and other air pollutants around schools with implementation of SRTS.

Safe Routes to School: Improves the Built Environment

[www.saferoutespartnership.org/media/file/SRTS\\_built\\_environment\\_lo-res.pdf](http://www.saferoutespartnership.org/media/file/SRTS_built_environment_lo-res.pdf)

This report highlights ten states that are implementing SRTS to support infrastructure projects such as sidewalks, bike lanes, and traffic calming. The report also gives best practices, challenges with implementation, and how to obtain more resources for the built environment in your neighborhood.

Safe Routes to School: Leads to Greater Collaboration with Public Health and School Officials

[www.saferoutespartnership.org/media/file/Collaboration\\_Public\\_Health\\_School\\_Officials.pdf](http://www.saferoutespartnership.org/media/file/Collaboration_Public_Health_School_Officials.pdf)

This report highlights how various agencies such as the Department of Education and the Department of Health work together to create successful SRTS programs. It also addresses how school siting impacts biking and walking to school as well as other physical activity opportunities. Four case studies are provided which outline how state public health officials collaborated with school officials through a Safe Routes to School Advisory Committee.

Safe Routes to School: Increases Physical Activity and Improves Health

[www.saferoutespartnership.org/media/file/SafeRoutes\\_Health\\_Sept08\\_lowres.pdf](http://www.saferoutespartnership.org/media/file/SafeRoutes_Health_Sept08_lowres.pdf)

This report demonstrates that SRTS provides a means to improve student health. It provides four detailed case studies that demonstrate how SRTS has led to better public health.

Legal Tools to Help Communities Plan Joint Use Agreements

[http://www.phlpnet.org/healthy-planning/products/joint\\_use\\_toolkit](http://www.phlpnet.org/healthy-planning/products/joint_use_toolkit)

The National Policy for Legal Analysis to Prevent Childhood Obesity (NPLAN) has developed several legal resources for communities looking to create joint use agreements with schools, city and recreational facilities. Fact sheets, state laws for all 50 states, a checklist, and model joint use agreements are all available for community use.



## F. Land Use/Transportation

[ACCESS NOW! A Guide to Winning the Transportation Your Community Needs](#) (November 2004)

<http://transformca.org/resource/access-now>

The San Francisco Bay Area's Transform created this report as a resource for low-income communities and communities of color for getting involved with transportation decisions. This report includes an overview of transportation justice, an index of the issues, and background on key decision-makers.

[The Great Communities Toolkit](#)

<http://transformca.org/resource/great-communities-toolkit>

This report helps residents and community leaders understand transit-oriented development. It provides information to engage community members effectively, run a successful campaign, and includes sample fact sheets.

[Active Transportation for America: A Case for Increased Federal Investment in Bicycling and Walking](#)

[www.railstotrails.org/whatwedo/trailadvocacy/atfa/index.html](http://www.railstotrails.org/whatwedo/trailadvocacy/atfa/index.html)

This report by the Rails to Trails Conservancy makes the case for directing federal transportation dollars to improvement bicycling and walking infrastructure. The report outlines several different areas where improvements to walking and cycling provide benefits for all Americans.

[From the Margins to the Mainstream: A Guide to Transportation Opportunities in Your Community](#) (2006)

[www.transact.org/PDFs/margins2006/STPP\\_guidebook\\_margins.pdf](http://www.transact.org/PDFs/margins2006/STPP_guidebook_margins.pdf)

This Surface Transportation Policy Partnership guide covers the key people, steps and tools involved in transportation planning and how transportation funding works. Chapter IV offers ideas on how to improve project design and Chapter V connects opportunities to improve access with federal transportation funding.

[How to Turn a Place Around: A Handbook for Creating Successful Public Spaces](#) (2000)

Available for purchase at [www.pps.org/info/Books\\_Videos/httapa](http://www.pps.org/info/Books_Videos/httapa)

This handbook and the associated course by the Project for Public Spaces provides eleven principles for creating successful public spaces along with tools and methods for evaluating public spaces in communities.



## G. Parks/Recreation

[The Health Benefits of Parks](#) (2006)

[http://www.eastshorepark.org/HealthBenefitsReport\\_FINAL\\_010307.pdf](http://www.eastshorepark.org/HealthBenefitsReport_FINAL_010307.pdf)

This white paper from The Trust for Public Land draws from the latest research to demonstrate how parks and greenways support healthy lifestyles and promote psychological and social health. This resource could aid government and volunteer leaders in making the case that parks and open space are essential to the health and well-being of all Americans.

Healthy Parks, Healthy Communities: Addressing Health Disparities and Park inequities through Public Financing of Parks, Playgrounds, and Other Physical Activity settings (October 2005)  
[www.lchc.org/documents/HealthyParksHealthyCommunities.pdf](http://www.lchc.org/documents/HealthyParksHealthyCommunities.pdf)

This Trust for Public Land policy brief addresses health disparities and park inequities experienced by low income communities of color, public financing as a strategy to create parks and open space, and specific recommendations for the creation, safety and management of neighborhood parks.

The Excellent City Park System: What Makes It Great and How to Get There (2003, reprinted 2006)  
[http://www.treecanada.ca/programs/urbanforestry/cufn/Resources\\_Non\\_Canadian/Excellent%20City%20Park%20System.pdf](http://www.treecanada.ca/programs/urbanforestry/cufn/Resources_Non_Canadian/Excellent%20City%20Park%20System.pdf)

This report presents the seven, broad measures of effective park systems including purpose, planning and community involvement, assets, equitable access, user satisfaction, safety, and benefits beyond the park itself. The report also includes excellent practices and key questions to be asked throughout the process.

Partnerships for Parks: Lessons from the Lila Wallace - Reader's Digest Urban Parks Program (April 1999)  
[www.urban.org/pubs/parks/index.htm](http://www.urban.org/pubs/parks/index.htm)

The Urban Institute produced this resource to explore the partnerships between public agencies and nonprofit groups in the planning and implementation of park revitalization efforts. Their framework covers four key considerations of public-private partnerships: structure, control, assets and liabilities, and risks. Also included are the advantages of public-private partnerships and emerging issues.



## H. Presentations

Built Environment 101: PowerPoint Presentation by Rich Bell and Phil Bors  
[www.activelivingbydesign.org/Built\\_Environment\\_101](http://www.activelivingbydesign.org/Built_Environment_101)

This PDF file provides a background presentation of key themes related to the active living movement and the approaches to overcome inhospitable built environments for physical activity and healthy eating through systems and policy change. Slides include the features of activity-friendly communities and where to find further information and resources.

Complete the Streets PowerPoint : PowerPoint Presentation by the National Complete Streets Coalition  
[www.completestreets.org/resources.html](http://www.completestreets.org/resources.html)

This PowerPoint Presentation provides the health and safety rationales for creating streets that are safe, comfortable and convenient for travel via automobile, foot, bicycle, and transit. Slides describe complete street guiding principles, existing policies from across the nation, and design strategies illustrating the variety of ways to achieve complete streets.



## I. Data Sources/Indicators

### Active Living Research – Resource Search

[www.activelivingresearch.org/alr/resourcesearch/search](http://www.activelivingresearch.org/alr/resourcesearch/search)

This searchable web page created by Active Living Research, a national program of the Robert Wood Johnson Foundation, includes abstracts, publication summaries, tools and measures, and literature citations. More than 900 tools and resources are searchable by topic area, study population, resource type, and date. Examples include survey tools and protocols for measuring the quality of public parks and walkability in neighborhoods.

### State/ Metro Physical Activity Data

[www.cdc.gov/nccdphp/dnpa/physical/stats/index.htm](http://www.cdc.gov/nccdphp/dnpa/physical/stats/index.htm)

This Center for Disease Control and Prevention website includes a broad spectrum of physical activity resources including state-by-state physical activity statistics available by demographic group and metropolitan area, and a database of physical activity programs that can be searched by keyword or state.

### Healthy Development Measurement Tool

[www.thehdmtool.org/](http://www.thehdmtool.org/)

The San Francisco Department of Public Health created this evidence-based tool to help decision-makers consider health influences and outcomes during land use planning. Though this set of metrics is accompanied by data specific to San Francisco, the indicators themselves and the accompanying rationale can help communities understand and investigate how urban development projects, plans and policies affect health.

### National Cancer Institute Standardized Surveys of Walking & Bicycling Database

<http://appliedresearch.cancer.gov/tools/paq/>

This database contains surveys, questionnaires, and a list of validation studies concerning walking and biking. It provides easy access to a large number of questions assessing duration and frequency of walking and bicycling in the non-disabled adult population. The database can be searched using a number of factors including mode, purpose, international/domestic, interval, duration, distance units, and survey name.

## J. Key Organizations/Information Sources

### Active Living Partners

The Robert Wood Johnson Foundation is the nation's largest philanthropy devoted exclusively to health and health care. As part of its mission to promote healthy communities and lifestyles, it has funded a number of active living organizations including:

LEADERSHIP FOR HEALTHY COMMUNITIES  
Advancing Action to Support Health Equity of All Communities

Leadership for Healthy Communities - [www.leadershipforhealthycommunities.org](http://www.leadershipforhealthycommunities.org)

National program working towards government policies to improve access to affordable and healthy foods, increase opportunities for safe physical activity, and improve the social environments of children.



Active Living by Design- [www.activelivingbydesign.org](http://www.activelivingbydesign.org)

National program supporting innovative community approaches to increase

physical activity through community design, public policies and communications strategies;



Active Living Research - [www.activelivingresearch.org](http://www.activelivingresearch.org)

Research program building the science base on the links between environments, policies, and active living for children and their families;



National Policy & Legal Analysis Network to Prevent Childhood Obesity-  
[www.nplanonline.org](http://www.nplanonline.org)

Provides leaders that focus on legal research, model policies, fact sheets, toolkits, training and technical assistance to explain legal issues related to public health;



Salud America!- [www.salud-america.org](http://www.salud-america.org)

Works to unite and increase the number of Latino scientists working on environmental and policy solutions regarding Latino childhood obesity;

Robert Wood Johnson Foundation Childhood Obesity Portfolio-

[www.rwjf.org/files/publications/annual/2007/yir/childhood-obesity.html](http://www.rwjf.org/files/publications/annual/2007/yir/childhood-obesity.html)

Outlines statistics related to childhood obesity and outlines investment state policies on school nutrition;



Healthy Kids Healthy Communities-[www.healthykidshealthycommunities.org](http://www.healthykidshealthycommunities.org)

Targets children who are at the highest risk of obesity due to income, geography, or race.



Communities Creating Healthy Environments-[www.ccheonline.org](http://www.ccheonline.org)

Works to build the capacity of diverse community based organizations that have implemented cultural sensitive and effective policy initiatives that address childhood obesity.

The Healthy Eating/Active Living Convergence Project-

[www.convergencepartnership.org](http://www.convergencepartnership.org)

Healthy Eating/Active Living Convergence Project conducts research in order to understand the promising practices and outcomes of healthy eating and active living strategies, and what can be done within the health funding community to accelerate positive change.



PolicyLink

[www.policylink.org](http://www.policylink.org)

PolicyLink highlights new research, advocacy campaigns, policy strategies, and promising practices to achieve economic and social equity from communities across the country. The focus areas include equitable development, housing, public investment, health, and leadership for change.



Prevention Institute

[www.preventioninstitute.org/healthdis.html](http://www.preventioninstitute.org/healthdis.html)

Prevention Institute addresses health and social issues using systematic and comprehensive strategies that change the conditions that impact community health. The organization's preventive approaches encourage interdisciplinary efforts to create the conditions necessary for healthier living.



[Project for Public Spaces](http://www.pps.org)  
[www.pps.org](http://www.pps.org)

Project for Public Spaces emphasizes place-making approaches to help people create and sustain public spaces that build community. Their program areas include parks, transportation, civic centers, public markets, downtowns, mixed use development, campuses, public squares, and waterfronts.



[National Complete Streets Coalition](http://www.completestreets.org/index.html)  
[www.completestreets.org/index.html](http://www.completestreets.org/index.html)

The National Complete Streets Coalition is a collaboration of diverse groups of partners working in support of streets designed equitably for pedestrians, bicyclists, motorists and transit riders of all ages and abilities to move safely within our communities.



[National Center for Safe Routes to School](http://www.saferoutesinfo.org/)  
[www.saferoutesinfo.org/](http://www.saferoutesinfo.org/)

The National Center for Safe Routes to School provides communities with knowledge and technical assistance to create safe, welcoming environments for kids walking or biking to school and for pedestrians and bicyclists of all ages.



[The Pedestrian and Bicycle Information Center](http://www.pedbikeinfo.org; www.walkinginfo.org; www.bicyclinginfo.org)  
[www.pedbikeinfo.org; www.walkinginfo.org; www.bicyclinginfo.org](http://www.pedbikeinfo.org; www.walkinginfo.org; www.bicyclinginfo.org)

The Pedestrian and Bicycling Information Center strives to improve the quality of life in communities by increasing safe walking and bicycling opportunities as a viable means of transportation and physical activity. They offer extensive technical information supporting bicycling and walking in communities, e.g. images, guides, sample plans/policies, to ensure individuals, organizations, and government officials have access to the best possible information.



[The League of American Bicyclists](http://www.bikeleague.org/)  
[www.bikeleague.org/](http://www.bikeleague.org/)

The mission of the League of American Bicyclists is to promote bicycling for fun, fitness and transportation and work through advocacy and education. The League is the official site of National Bike Month, offers the only nationwide bicycling instructor certification, recognizes bicycling friendly municipalities through the Bicycling Friendly Communities Campaign, and advocates on behalf of bicycling legislation.

## [K. Policy Databases](#)



[The ENACT Local Policy Database](http://www.preventioninstitute.org/sa/policies/index.php)  
[www.preventioninstitute.org/sa/policies/index.php](http://www.preventioninstitute.org/sa/policies/index.php)

This is a Prevention Institute database of local promising policies for healthy eating and physical activity. The database includes concrete examples of attempted and adopted policies that can be searched by topic, environment (e.g., school, childcare, workplace, neighborhood, etc.), keyword, state and/or jurisdiction (i.e., city, county, school district, or special district).

Healthy Community Design Legislation Database

[www.ncsl.org/programs/environ/healthycommunity/healthycommunity\\_bills.cfm](http://www.ncsl.org/programs/environ/healthycommunity/healthycommunity_bills.cfm)

The National Conference of State Legislators, a bipartisan organization, maintains this database of state legislation, which covers a number of topics including bicycling and pedestrian, land use and smart growth, obesity, physical activity, and transportation. This database can be searched by state, topic area, year, bill type, text search, bill status, and/or bill number.

THOMAS ( Library of Congress)

<http://thomas.loc.gov/>

THOMAS allows the user to search up-to-date information on all bills and resolutions introduced in Congress since 1989, including bill text, abstracts, and legislative status. The user can also access the Congressional Record, the printed, daily account of debates, votes and comments in the House and Senate.

Search Tip: You can search this resource by keyword, bill number, and/or the bill sponsor. Don't not use AND, OR, NOT when searching by keyword. Select the bill of interest. The links at the top of the page above the bill text include Bill Summary & Status, a .PDF file of the bill, any Congressional Record References, a printer-friendly display, and an xml display. Click on **Bill Summary & Status** for a short summary, which includes the sponsors, latest major action, and related bills.

Walkability Checklist

How walkable is your community?

Take a walk with a child and decide for yourselves.

Review the checklist. This tool is designed to help you assess the walkability of your community. It is a good starting point for a walkability audit. The walkability audit is a good starting point for a walkability audit.

Getting started:

1. Get a group of people to walk with you. This could be a group of friends, family, or a group of people from your community.

2. Plan your walk. Choose a route that is safe and interesting. It should be a route that you can walk to and from easily.

3. Walk and observe. Take notes on what you see and hear. Pay attention to the things that make walking easy or difficult.

4. Share your findings. Talk to your group about what you saw and heard. Discuss the things that you liked and the things that you didn't like.

5. Use your findings. Use the information you gathered to help you make decisions about how to improve your community.

6. Repeat the process. Walkability is an ongoing process. You should walk and observe regularly to see how things are changing.

7. Celebrate your success. When you see improvements in your community, celebrate them. This will help you stay motivated and encourage others to get involved.



## L. Action and Assessment Tools

Neighborhood Scale-Planning Tools to Create Active, Livable Communities

[www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=117](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=117)

This document provides tips, tools, and case studies to help communities implement walkable communities.

Active Neighborhood Checklist and Protocol

<http://www.activeforlife.info/generations/Resources/Toolkits/Active%20Neighborhood%20Checklist.pdf>

Developed by the St. Louis University School of Public Health with support from Active Living Research, this resource is a practical checklist to help residents, community groups, local government officials and advocacy organizations determine whether their neighborhoods are activity friendly. The checklist rates communities on land use, presence of public recreational facilities, availability of public transportation and quality of the environment. See <http://prc.slu.edu/iafc.htm> for additional information on indicators of activity-friendly communities.

THRIVE: Tool for Health and Resilience in Vulnerable Environments

[www.preventioninstitute.org/thrive/index.php](http://www.preventioninstitute.org/thrive/index.php)

This online tool helps communities understand and prioritize the factors that can help improve local health and safety. The tool identifies key factors, allows a user to rate the importance of that factor, explains the relationships with health outcomes, and provides some direction about how to address the factor and where to go for more information.

Strategic Alliance for Healthy Food and Activity Environments' ENACT (Environmental Nutrition and Activity Community Tool)

[www.preventioninstitute.org/sa/enact/members/index.php](http://www.preventioninstitute.org/sa/enact/members/index.php)

ENACT is a tool to help communities prioritize strategies for improving conditions for health; it includes a menu of strategies designed to help you improve nutrition and activity environments on a local level. These strategies have been organized into seven environments selected for their importance in individual and community health: childcare, school, after-school, neighborhood, workplace, healthcare, and government.

Promoting Active Communities Program - Michigan Department of Community Health

Self Assessment Tool [www.mihealthtools.org/communities/documents/Section9\\_PrintVersion.pdf](http://www.mihealthtools.org/communities/documents/Section9_PrintVersion.pdf)

Designed as part of the Michigan Fitness Council's state award program, The Promoting Active Communities (PAC) program includes an online self-assessment that communities can use to evaluate their environments, policies, and programs related to promoting physical activity.

Healthy Communities Tool Kit - A Policy Guide for Public Health Practitioners and their Partners

[www.mihealthtools.org/documents/HealthyCommunitiesToolkit\\_web.pdf](http://www.mihealthtools.org/documents/HealthyCommunitiesToolkit_web.pdf)

This tool kit covers guidelines and ideas for implementing changes for a healthier community-including physical, policy and social changes. The topics included are community design and public health, working with communities and the media, and a list of must-read documents on physical activity, nutrition and tobacco-free environments.

Design Guidelines for Active Michigan Communities

[www.mihealthtools.org/communities/default.asp?tab=designguidelines](http://www.mihealthtools.org/communities/default.asp?tab=designguidelines)

This guidebook provides design information about how to become a more active community. Topics covered include design essentials for active living, pedestrians, bicyclists, and parks and trails, planning 101, action steps, and active living and recreation resources.

Healthy Community Checklist

[www.mihealthtools.org/checklist](http://www.mihealthtools.org/checklist)

The Healthy Community Checklist is a 40-item online quick assessment of a community's health environment related to promoting and supporting physical activity, healthy eating/healthy weight and tobacco-free lifestyles.

General Plan and Zoning Toolkit

<http://www.phlpnet.org/healthy-planning/products/general-plans-and-zoning>

This toolkit is designed for public health advocates who are seeking an introductory understanding of how land use decisions are made and how advocates can effectively participate in those decisions. The resource connects land use and health, identifies the role of government officials, introduces general plans and model language, gives an overview of zoning, and offer ways a public health practitioner can participate in land use decision-making.

SOPARC: System for Observing Play and Recreation in Communities

[www.activelivingresearch.org/node/10654](http://www.activelivingresearch.org/node/10654)

Designed primarily for research purposes, SOPARC is a tool to assess park users' physical activity levels, gender, activity modes/types, and estimated age and ethnicity groupings. It also gathers information on park activity area characteristics (e.g., accessibility, usability, supervision, and organization).

GREENSTAT Parks and Open Space Questionnaire

<http://www.activeliving.org/node/731>

GreenSpace, a U.K. organization advocating the economic, social and environmental benefits of better parks, gardens and green spaces, created this survey (GREENSTAT) to give local residents the opportunity to comment on the quality of their open spaces.

Walkability Checklist: Pedestrian and Bicycle Information Center

[www.walkinginfo.org/cps/checklist.cfm](http://www.walkinginfo.org/cps/checklist.cfm)

This checklist can help to evaluate your neighborhood's walkability by examining, safety, surface, intersections, driver behavior, and ease of use. In addition to the questions, the Checklist provides both immediate answers and long-term solutions to a neighborhood's potential problems.

Bikeability Checklist: Pedestrian and Bicycle Information Center

[www.bicyclinginfo.org/cps/checklist.cfm](http://www.bicyclinginfo.org/cps/checklist.cfm)

This checklist can help to evaluate your neighborhood's bikeability by examining, walking comfort, safety, surface, street crossings, and driver behavior. In addition to the questions, the Checklist provides both immediate answers and long-term solutions to a neighborhood's potential problems.

Bicycle Friendly Community Campaign

<http://www.bikeleague.org/programs/bicyclefriendlyamerica/communities/>

The Bicycle Friendly Community Campaign, a program managed by the League of American Bicyclists, recognizes municipalities that support bicycling. The process consists of a general community profile, and a detailed audit of the engineering, education, encouragement, enforcement and evaluation efforts around bicycling.

Active Design: Promoting Opportunities for Sports and Physical Activity through Good Design

<http://www.activeliving.org/node/739>

Active Design is an innovative set of design guidelines from *Sport England* promoting opportunities for sport and physical activity in the design and layout of new housing and community developments, both public and private. This guidance sets out a range of hard (physical) measures and soft (management) measures.

Road Map to improving Food and Physical Activity Environments

[www.healthyeatingactivecommunities.org/downloads/HEAC\\_Roadmap/HEAC\\_Roadmap.pdf](http://www.healthyeatingactivecommunities.org/downloads/HEAC_Roadmap/HEAC_Roadmap.pdf)

This guide was designed from the Healthy Eating Active Community (HEAC) funded by the California Endowment. The Roadmap explains these steps that are common in creating change for communities, and applies them to working to improve food and physical activity environments in five sectors. It also provides a set of useable tools for coalitions.

Training on Photovoice

[www.livewellcolorado.com/assets/Photovoice/Photovoice\\_Train\\_The\\_Trainer.ppt](http://www.livewellcolorado.com/assets/Photovoice/Photovoice_Train_The_Trainer.ppt)

This PowerPoint presentation gives a basic overview of what is Photovoice, how to use it in communities, and what Photovoice can provide for assessment, mapping, and evaluation.

## M. Active Living

Active Living Research Summaries (February 2005)

[www.activelivingresearch.org/alr/resourcesearch/summaries](http://www.activelivingresearch.org/alr/resourcesearch/summaries)

These summaries composed by Active Living Research cover the existing research about designing active living environments: “Designing to Reduce Childhood Obesity,” “Designing for Active Transportation” and “Designing for Active Recreation.”

Healthy Eating and Physical Activity: Addressing Inequities in Urban Environments (May 2007)

[www.preventioninstitute.org/sa/pdf/RWJNC.pdf](http://www.preventioninstitute.org/sa/pdf/RWJNC.pdf)

This Prevention Institute report provides approaches for sustainable change in food access and physical activity opportunities for low-income and racially/ethnically diverse neighborhoods. The report includes a background on the issue, strategies and priorities when addressing inequities, and approaches to make initiatives sustainable.

Guide to Community Preventive Services: Physical Activity Intervention Recommendations (June 2005)

[www.thecommunityguide.org/pa/Physical-Activity.pdf](http://www.thecommunityguide.org/pa/Physical-Activity.pdf)

This guide produced by the U.S. Preventive Service Task Force and the Centers for Disease Control and Prevention (CDC) reviews community-level interventions to increase physical activity. The guide covers three topic areas: informational approaches (e.g. campus-wide campaigns), behavioral and social approaches (e.g. school-based physical education) and environmental and policy approaches (e.g. walking trails) and highlights recommended approaches for increasing physical activity levels.

The Effectiveness of Urban Design and Land Use Transportation Policies and Practices to Increase Physical Activity: A Systematic Review (February 2006)

[www.activelivingresearch.org/alr/files/JPAH\\_5\\_Heath.pdf](http://www.activelivingresearch.org/alr/files/JPAH_5_Heath.pdf)

This article from The Journal of Physical Activity and Health reviewed policy and environmental interventions to increase physical activity using methods from the Task Force on Community Preventive Services. Two interventions were effective in promoting physical activity (community-scale and street-scale urban design and land use policies and practices) and are recommended.

Models for Change: Lessons for Creating Active Living Communities (February 2007)

[www.activelivingresearch.org/resourcesearch/journalspecialissues](http://www.activelivingresearch.org/resourcesearch/journalspecialissues)

These case studies prepared under the Active Living Research program, published in Planning Magazine, detail the experiences of eleven communities creating policy change for more active communities. Each case study covers the community’s story, the lessons learned, and the steps for replication if adopted at another site. The case studies cover topics such as comprehensive planning laws, brownfield redevelopment, traffic calming, bicycling, and trails.

Promising Strategies for Creating Healthy Eating and Active Living Environment

[www.convergencepartnership.org/site/c.fhLOK6PELmF/b.3917599/k.7472/Strategies\\_and\\_Tools.htm](http://www.convergencepartnership.org/site/c.fhLOK6PELmF/b.3917599/k.7472/Strategies_and_Tools.htm)

Prepared by Prevention Institute for the Convergence Partnership this document is a review of policy, strategy, and program recommendations for creating healthy eating and active living environments. The Prevention Institute conducted research with a diverse set of stakeholders and communities to develop strategies and techniques that would be useful for several different audiences.



## N. Health Disparities

Reducing Health Disparities through a Focus on Communities (November 2002)

<http://www.policylink.org/site/apps/nlnet/content2.aspx?c=IkIXLbMNJrE&b=5136581&ct=6999765>

This report by PolicyLink explores “policies and practices aimed at reducing health disparities in low-income communities and communities of color.” The report includes research evidence, lessons from the field, and proposed principles and strategies to reduce disparities.

The Active Living Diversity Project (February 2004)

[www.rwjf.org/files/publications/other/PublicDiversityReport.pdf](http://www.rwjf.org/files/publications/other/PublicDiversityReport.pdf)

This Robert Wood Johnson Foundation report details the Active Living Diversity project, which identifies barriers and opportunities to increase physical activity and healthy eating in African American, Latino and Native American communities. The report also includes innovative programs in each racial/ethnic subgroup and recommends effective programs.

Active Living and Social Equity – Creating Healthy Communities for All Residents: A Guide for Local Governments (January 2005)

<http://www.walkinginfo.org/library/details.cfm?id=2178>

The guide, created by the International City/County Management Association, provides a primer of active living and social equity; also included is a collection of local government strategies for promoting active living equitably with notable examples from around the country.