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COMMUNITY PLANNERS R E S O U R C E S

Roadmap to Improving Food and Physical Activity Environments

Tips and Tools from the *Healthy Eating, Active Communities Program*, This guide is designed to help coalitions working to build healthier communities, where people have access to healthy foods, and where being physically active can become a way of life for everyone. It is for coalition leaders and members that are new to this work, as well as those who are applying their experience to a new arena or are working with new partners.

Why Place Matters: Building a Movement for Healthy Communities

This 2007 document from *PolicyLink* and *The California Endowment* gives "place-based solutions to place-based problems" and it includes numerous case studies.

The Link between the Neighborhood Food Environment and Childhood Nutrition

This Prevention Institute paper identifies key findings of the neighborhood food environment, looks at current efforts to bring about improvements, and reviews new research and policy priorities. (Robert Wood Johnson Foundation [RWJF])

New Research Connects Transportation Options to Physical Activity and Health

Resources, from the *Active Living Research* program, "that examine the relationship between investments in active transportation, physical activity and obesity rates, and the extent to which regions across the country are making such investments." (RWJF)

Snacking in Children: The Role of Urban Corner Stores

This Pediatric article shows that easy availability of low-nutrition snacks may contribute to childhood obesity in minority and low-income communities. (RWJF)

Connecting Active Living Research and Public Policy

From *RWJF/Journal of Public Health Policy* [March 2009, Supplement, 30 (1)]. This paper shows how better environments can encourage people to be more active/how research can be used to influence policy-making.

The Prevention Institute

The Built Environment and Health: 11 Profiles of Neighborhood Transformation provides concrete examples of neighborhoods that have made changes in built environment that decrease health disparities and improve and safety.