

Action Planning for Community Health

Community: _____

A socio-ecological approach is necessary to create population-level improvements in physical activity and nutrition. Simply telling people to exercise and eat better is not enough. It will require a combination of the three Ps: *Programs*, infrastructure *Projects*, and *Policies*. During the team planning time, work through three steps:

- First quickly generate a handful of ideas under each category.
- Second review them, grouping those that naturally support one-another.
- Third, select one each of program, project, and policy that you are committed to implementing in your community to share with the group.
- Also add one exciting or wild idea (don't focus on how hard it would be to do) that you think would *really* make folks healthier in your community.

- **Programs.** Outreach, education and behavior change activities that encourage healthier behaviors, such as walking, cycling and transit use; programs can be demonstrations and events, and build awareness, support, and demand for improvements to the “active infrastructure.”

- **Projects.** Changes to the built environment that encourage healthy behaviors, such as a well-connected network of walk, bike, and transit facilities, and affordable healthy food choices. Also consider inexpensive physical projects, such as striping bike lanes, installing bike racks, and installing way-finding signs; and low-cost demonstration projects.

- **Policies.** Ordinances, rules, regulations, and procedures, such as zoning codes, subdivision rules and regulations, and site design guidelines, as well as roadway design standards and school siting requirements. But this can also include private sector policies such as employee transit reimbursements and parking fees, or school arrival and dismissal procedures.
