



www.livewellsbc.org/communities

HEAL resources for Communities

The Healthy Eating Active Living (HEAL) Campaign, funded by Kaiser Permanente and other partners, supports cities and communities in their efforts to improve the physical environment and give residents more opportunities to be physically active and eat healthful foods.



HEAL Communities

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- ✓ City of Lompoc HEAL Resolution (adopted Sept. 18, 2012)
- ✓ City of Santa Barbara HEAL Resolution (adopted Feb. 4, 2014)
- ✓ City of Santa Maria HEAL Resolution (adopted June 7, 2016)
- ✓ Santa Barbara County HEAL Resolution (adopted Feb. 2, 2016)



HEAL Workplaces

www.livewellsbc.org/workplace-wellness/

- ✓ Healthier employees are the foundation of a strong business.
- ✓ Project ACT is a collaborative effort to use the workplace as a venue for acquiring and sharing healthy lifestyle behaviors. www.project-act.com
- ✓ The California Fit Business Kit! www.cdph.ca.gov/programs/cpns/pages/worksitefitbusinesskit.aspx
- ✓ Healthy vending and meeting options. www.cspinet.org/nutritionpolicy/Healthy-Meeting-Toolkit.pdf



HEAL Schools

www.livewellsbc.org/schools/

- ✓ Improving children's safety while walking and bicycling is a central mission of **Safe Routes to School**.
- ✓ **The Whole School, Whole Community, Whole Child (WSCC)** model is an expansion and update of the Coordinated School Health (CSH) approach. www.cdc.gov/healthyschools/wsc/index.htm
- ✓ The **School Wellness Summit**: Share ideas with other leaders who are improving pupil outcomes by transforming schools into centers of health and wellness. www.SchoolWellnessSummit.org



www.healcitiescampaign.org