

## **Appendix A: Approved Strategies and Interventions**

Approved strategies fall into the following 3 categories:

- **Access:** These strategies increase community members' access to healthy foods and/or physical activity opportunities.
- **Point of Decision Information:** These strategies provide information and signs to prompt a healthy choice at the point that a resident is making a decision.
- **Price:** These strategies utilize financial incentives and price changes to encourage healthy choices.

**Approved strategies are listed below in bold. Examples of interventions are provided (plain font) for each approved strategy. These are only examples and are not meant to indicate preference for these versus other eligible interventions.**

**Interventions must come from one of the following evidence-based strategies:**

### **Access: Safe, attractive, places for activity**

- Establish joint-use agreements for schools and parks, so that community members can access indoor and outdoor school recreation facilities
- Promote adoption and implementation of minimum standards for play space, equipment, and duration of play for children's programs
- Modify park and recreation department policies to increase access to culturally appropriate physical activity programs.
- Plan for and equip parks with adequate crime prevention measures
- Plan for and equip playgrounds with adequate safety features
- Enhance bicycling and walking infrastructure
- Adopt or modify land use policies to locate schools centrally in neighborhoods

### **Access: City planning, zoning, transportation**

- Incorporate healthy community elements in comprehensive plans
- Adopt or update bicycle and pedestrian master plans
- Use a "complete street" approach to promote walking and biking
- Plan for mixed-use development
- Assessment and transportation planning that supports achievement of physical changes for pedestrian and bicycle infrastructure
- Health Impact Assessments that focus on improving access to physical activity and nutritious foods

### **Access: Healthy food/drink availability**

- Provide for healthier food choices in public places, worksites
- Community gardens
- Implement vending machine nutrition guidelines/requirements
- Adopt policies that provide incentives for grocery stores to locate in underserved neighborhoods
- Modify code to allow small scale agriculture, greenhouses and farmers markets in residential, commercial and/or public zones

**Access: Limit unhealthy food/drink availability**

- Reduce availability of unhealthy items in public places, worksites (such as whole milk, high-fat snacks, sugar-sweetened beverages)
- Adopt policies that limit the density or locations of fast food restaurants

**Point of Decision Information: Signage for healthy vs. less healthy food items**

- Signage in cafeterias and near vending machines in public places, worksites

**Point of Decision Information: Signage for neighborhood destinations, parks, trails in walkable areas**

- System wide signage that show trail, sidewalk and bicycle system connections to parks, schools, retail or other local facilities
- Signage in public places

**Point of Decision Information: Signage for public transportation, bike lanes/boulevards**

- Signage in public places for public transportation
- Signage in public places to promote use of bike lanes
- Share-the-road promotion

**Price: Changing relative prices of healthy vs. unhealthy food items**

- Change relative prices through bulk purchase/procurement/competitive pricing
- Increase prices of less healthy items in cafeterias and vending machines
- Reduce prices of healthy items in cafeterias and vending machines

**Price: Reduced price for park/recreation facility use**

- Offer reduced price for recreation facility use
- Shared-use of open space, parks, and facilities (schools and communities)
- Offer employees subsidized memberships to recreational facilities