

Take Action for Fit Kids!

COMMUNITY ENVIRONMENTS

Children and adolescents live, learn and play in communities. Government, at all levels, has a responsibility to provide safe and accessible community environments that support physical activity and healthy eating.



Plan and design environments that encourage walking and biking to places where children live, learn and play:

- Use the *SC Health + Planning Toolkit* to incorporate healthy eating and active living best practice recommendations into community planning and design: (scaledown.org/pdf/SCHealthPlanningToolkit.pdf).
- Increase residential access and proximity to parks and recreation facilities.
- Prioritize sidewalk development and intersection safety improvements within close proximity to school sites.
- Improve walking and biking infrastructure, such as sidewalks, multi-use trails and bike lanes, which connects to existing facilities.
- Implement traffic-calming measures and streetscape design, including lighting, shade and pedestrian amenities, to encourage walking and biking for transportation.

Plan and design environments where everyone has access to healthy foods, preferably within walking or biking distance:

- Use the *SC Health + Planning Toolkit* to incorporate healthy eating and active living best practice recommendations into community planning and design: (scaledown.org/pdf/SCHealthPlanningToolkit.pdf).
- Support creation and expansion of farmers markets, to include supporting the use of SNAP/ EBT, WIC and/or senior nutrition benefits (gis.dhec.sc.gov/farmersMarkets).
- Build farm to institution networks that connect fresh produce from local farmers to child care centers, schools, worksites and other institutions.
- Establish or connect with local level food policy councils to advocate for healthier food access.
- Promote healthier food systems (rural/urban agriculture, food processing, food distribution, food access and consumption).