

# STRATEGIES - INTERVENTIONS BY SETTING

## Phase 1/Phase 2

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### Community-Based Initiatives

#### Nutrition

1. Advocate for the reauthorization of federal supplemental food programs.
2. Develop “healthy corner store projects” in underserved areas.
3. Expand the number of farmers markets in underserved areas.
4. Increase the number of farmer markets wherever located that accept SNAP, WIC and other food assistance programs.
5. Increase the number of community gardens in central Indiana.
6. Work in partnership with food retailers to incentivize, develop and expand full-service grocery stores and supermarkets in underserved communities.
7. Increase local food store marketing of healthy products across the spectrum of product, placement, price and promotion marketing strategies.
8. Develop community-based “nutrition hubs” (access, cooking classes, education and counseling).
9. Identify and promote community-based programs that provide healthy eating classes and nutrition education using a variety of community venues and communication channels.
10. Work with public venues to add and promote healthier food choices at affordable prices.
11. Identify and advocate for policy changes that provide additional affordable food resources to low-income families.
12. Reduce and eliminate the advertising of unhealthy foods to children.
13. Increase the promotion of healthy food choices by restaurants and other prepared food vendors through efforts such as menu labeling, calorie counts and portion options.
14. Promote services and programs that support and sustain healthy eating behaviors.

#### Physical Activity

1. Support the adoption of active transportation policies, including Complete Streets and investment in the built environment (e.g., sidewalks, trails and greenways, bike paths, and mass transit).
2. Promote the development of additional and the improvement of existing neighborhood playgrounds and parks.
3. Align with the "Top 10" initiative to promote the use of shared use agreements to give children and families access to public facilities for physical activities.
4. Encourage health care providers to adopt and prescribe prevention and treatment strategies that optimize PA among their pediatric patients.
5. Enhance community capacity to provide additional programs, events, and other opportunities for children to engage in moderate to vigorous physical activity.