“No epidemic has ever been resolved by paying attention to the treatment of the affected individual.”

George W. Albee
Childhood obesity. Don’t take it lightly.

EAT FRUITS & VEGETABLES AND BE ACTIVE

Food Stamps can help. Call 1-888-328-3483 to see if you qualify.

my kinda shoppin’ spree

Dollar Menu

i’m lovin’ it

Dollar Menu

Prevention Institute
Reframing the nutrition & physical activity debate...to corporate & government responsibility

from simply a matter of individual choice...
“It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.”

Institute of Medicine
Poor nutrition and physical inactivity have created a public health crisis in California.

What can business and government leaders do about it?

Factors that influence eating and activity are shaped by the decisions of businesses and government—decisions that are beyond the control of individual parents and families. We can solve this public health crisis—but only if business and government leaders join us in promoting what works.

Squeezed by time and money, Californians have succumbed to a lifestyle marked by physical inactivity and filled with high fat, high-sugar foods that are more available, affordable and convenient than healthier options. Poor nutrition and inactivity are dooming Californians to serious health problems—including diabetes, heart disease, stroke and cancer. While everyone is affected by these health concerns, limited access to healthy eating and regular activity options affect a disproportionate number of communities of color and low-income neighborhoods.

The mounting costs and consequences of this public health crisis are needlessly borne by government, employers, the overwhelmed health care system, families and individuals.

Thwarting this crisis requires not only that parents and individuals make good choices about eating and activity, but also a major shift in approach for California’s public and private sectors.

Today, Governor Schwarzenegger kicks off his Summit on Health, Nutrition and Obesity. There is no better time for our action plan to be used to inform the Governor, his administration, and civic and business leaders of the changes that are needed to stem the obesity crisis. Join us! Send in the coupon today.

Together, we can ensure a healthier future for California.
Governor signs bills to trim obesity in schools

Toughest diet rules in nation for students

By Lynda Gledhill

Sacramento = Gov. Arnold Schwarzenegger, kicking off a statewide campaign to reduce obesity, signed landmark legislation Thursday that will raise nutritional standards for food sold at California schools and ban the sale of sodas on all campuses by 2009.
COUNTERING THE PRODUCTION OF HEALTH INEQUITIES

A Framework of Emerging Systems to Achieve an Equitable Culture of Health

Extended Summary
August 2016
The Production of Inequities

Sample Policies, Practices, and Procedures that Produce Inequities
Inequitable Land Use System: Whose Health is Most At Risk?

Life Expectancy of Los Angeles Residents, by Zip Code. Source: The Health Atlas for the City of Los Angeles
Strategic Opportunities to Create a Healthy, Equitable Land Use System in Los Angeles

About the HEALU Network: The Healthy, Equitable, Active Land Use Network (HEALU Network) was formed to promote policies and practices in Los Angeles’ land use system that support health and social equity. The HEALU Network represents broad and diverse expertise—active transportation, parks and open space, affordable housing, environmental law, public health, and more—and varying approaches, from grassroots organizing to community development to strategic policy advocacy, across Los Angeles’ diverse landscape. We are joined by a shared belief that healthy, equitable land use can be intentionally produced through strategic multi-sector action. Together, we are committed to building a healthier, more equitable land use system in Los Angeles.

This brief was prepared by Prevention Institute on behalf of the Healthy, Equitable, Active Land Use Network (HEALU Network) and represents a broad vision for achieving health equity through land use. For a full list of HEALU Network partners and to learn more please visit www.preventioninstitute.org.

Source: Prevention Institute