

Sample Policy, Systems & Environmental
Strategies for
Worksites, Communities, Healthcare Providers,
Schools, and Community Organizations
Organized by Topic

Adapted from the CDC CHANGE Tool

Physical Activity

Schools

1. Ban using physical activity (e.g., recess or unstructured play time) or withholding physical education class as punishment.
2. Provide access to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
3. Provide opportunities for student feedback about available physical activity resources.
4. Provide equal opportunity for all students to participate in physical activity regardless of mental or physical abilities.
5. Require that all equipment complies with Americans with Disabilities Act requirements (equal access to appropriate play spaces for individuals with disabilities).
6. Implement a walk to school initiative.
7. Mandate 60 minutes of physical activity every school day of the week, with 45 minutes of that being from physical education. (middle/high schools only)
8. Mandate 60 minutes of physical activity every school day of the week, with 30 minutes of that being from physical education. (elementary schools only)
9. Provide daily recess breaks for unstructured play. (elementary schools only)

Worksite

1. Provide flexible work arrangements or break times for employees to engage in physical activity.
2. Provide paid time off to attend health promotion programs or classes.
3. Encourage non-motorized commutes (e.g., walk, bike).
4. Enhance access to public transportation (e.g., bus stops or transit stations) within reasonable walking distances.
5. Promote stairwell use (e.g., make stairs appealing and/or post signs to promote stair use for exercise).
6. Implement or support sports teams, walking clubs, or events to encourage physical activity among its employees.
7. Provide safe area outside to walk or exercise (e.g., trails or sidewalks, lighting).
8. Designate a walking path on or near building property.
9. Provide access to onsite fitness center, gymnasium, or physical activity classes.
10. Provide a changing room or locker room with showers.
11. Provide access to offsite workout facility or subsidized membership to local fitness facility.
12. Provide bicycle parking for employees (e.g., bike racks).
13. Implement activity breaks for meetings that are longer than one hour.
14. Provide direct material support (e.g., money, land, a pavilion, donated advertising) for supporting community-wide physical activity opportunities (e.g., donations for building physical activity friendly facilities; sponsoring recreation teams).

Community

1. Create and maintain a network of walking routes, with signage.

2. Create and maintain a network of biking routes, with signage.
3. Maintain a network of parks, with signage.
4. Require sidewalks to be built for all developments (e.g., housing, schools, commercial)?
5. Require bike lanes to be built for all developments (e.g., housing, schools, commercial)?
6. Provide access to parks, shared-use paths, or open spaces within reasonable walking distance of most homes?
7. Require sidewalks to be in compliance with Americans with Disabilities Act (ADA) requirements (all routes accessible for people with disabilities)?
8. Provide access to recreation facilities (e.g., parks, play areas, community and wellness centers) for people of all abilities?
9. Enhance access to public transportation (e.g., bus stops or transit stations) within reasonable walking distance?
10. Institute street traffic calming measures (e.g., road narrowing, central islands, roundabouts, speed bumps) to make areas (e.g., neighborhoods, major intersections) where people are or could be physically active (e.g. walk, bike) safer?
11. Adopt strategies (e.g., neighborhood crime watch, lights) to enhance personal safety in areas (e.g., playgrounds, parks, bike lanes, walking paths, neighborhoods) where people are or could be physically active (e.g., walk, bike).
12. Adopt media campaign to promote active transportation (bicycling and walking) or counter-advertising for "screen time".
13. Adopt a Health Impact Assessment for city planning, zoning and transportation.

Health Care

1. Assess patients' physical activity as part of a written checklist or screening used in all routine office visits.
2. Provide regular counseling about the health value of physical activity during all routine office visits.
3. Implement a referral system to help patients' access community-based resources or services for physical activity.
4. Promote stairwell use (e.g., make stairs appealing or post signs to promote stair use for exercise) to patients, visitors, and staff.

Community Organizations & Institutions

1. Promote stairwell use (e.g., make stairs appealing or post signs to promote stair use for exercise)
2. Provide safe area outside to walk or exercise (e.g., paths, trails or sidewalks, lighting)
3. Provide access to a walking path on or near building property
4. Encourage non-motorized commutes (e.g., walk, bike) to facility
5. Enhance access to public transportation (e.g., bus stops or transit stations) within reasonable walking distance
6. Provide access to onsite fitness center, gymnasium, or physical activity classes
7. Provide a changing room or locker room with showers
8. Provide bicycle parking for patrons (e.g., bike racks)
9. Provide access to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities
10. Provide opportunity for unstructured play or leisure-time physical activity?
11. Prohibit using physical activity (e.g., recess or unstructured play time) or withholding physical education class as punishment
12. Promote stairwell use (e.g., make stairs appealing or post signs to promote stair use for exercise)
13. Provide safe area outside to walk or exercise (e.g., paths, trails or sidewalks, lighting)

Nutrition

Schools

1. Institute healthy food and beverage options in the cafeteria or onsite food venues.
2. Institute healthy food and beverage options beyond school food services (e.g., all vending machines, school stores, food brought in for celebrations, fund-raising efforts).
3. Institute healthy food preparation practices (e.g., steaming, low fat, low salt, limiting frying) in cafeteria/onsite food venues.
4. Ban the sale and distribution of minimal nutritional foods throughout the school grounds until after the end of the last lunch period.
5. Ban marketing of unhealthy food onsite, including through vending machines, posters and other print materials.
6. Provide adequate time to eat school meals (10 minutes for breakfast/20 minutes for lunch, from the time students are seated).
7. Ban giving students food as a reward and withholding food as punishment.
8. Provide water to drink (have bottled water, clean sources of tap water or working water fountains).
9. Provide free and reduced-price meals for qualified students.
10. Provide access to school land or other resources to support school gardens.

Worksites

1. Institute healthy food and beverage options at company-sponsored meetings or events.
2. Institute healthy food and beverage options in vending machines.
3. Institute healthy food and beverage options in cafeteria or onsite food venues.
4. Institute healthy food purchasing (e.g., to reduce the fat content of food offered) for cafeteria, onsite food venues or vending machines.
5. Institute healthy food preparation practices (e.g., steaming, low fat, low salt, limiting frying) in cafeteria or onsite food venues.
6. Ban marketing of unhealthy food onsite, including through vending machines, posters, or other print materials.
7. Provide smaller portion size options in cafeteria or onsite food venues.
8. Provide water to drink (e.g., have bottled water, clean sources of tap water, or working water fountains).
9. Institute labels (e.g., 'low fat,' 'light,' 'heart healthy,' or 'no trans fat') at the worksite's cafeteria, snack bar, or food service.
10. Encourage food vendors or cafeteria managers to provide affordable, healthy food options.
11. Provide refrigerator access for employees.
12. Provide microwave access for employees.
13. Provide a sink with water faucet access for employees.
14. Provide direct material support (e.g., money, land, a pavilion, donated advertising) for supporting community-wide nutrition opportunities (e.g., farmers' markets or community garden initiatives).
15. Provide a comfortable, private space for employees to nurse or pump to support employees' ability to breastfeed at work.

Community

1. Connect locally grown foods to local restaurants or retail food establishments.
2. Encourage community gardening initiatives.
3. Promote the purchase of fruits and vegetables at local restaurants and retail food establishments.
4. Institute healthy food and beverage options at local restaurants and retail food establishments.
5. Enhance access to public transportation options to supermarkets and large food outlets.
6. Establish supermarket accessibility.
7. Provide access to Farmers' Markets or farm stand programs.
8. Accept Women, Infants and Children (WIC) Farmers Market Nutrition Program vouchers or Food Stamp Benefits at local farmers' markets.
9. Institute nutritional labeling at local restaurants or retail food establishments.
10. Encourage smaller portion size options at local restaurants and retail food establishments.
11. Ban local restaurants and retail food establishments from cooking with trans fats.
12. Adopt strategies to encourage food retailers (e.g., bodegas, grocery, corner or convenience stores) to provide healthy food and beverage options (e.g., fresh produce) in underserved areas.
13. Adopt strategies to recruit large supermarkets in underserved areas
14. Provide comfortable, private spaces for women to nurse or pump in community venues (e.g., government buildings, restaurants, retail establishments) to support residents' ability to breastfeed.
15. Adopt media and advertising restrictions and/or counter advertising for unhealthy choices
16. Reduce the density of fast food establishments
17. Adopt "point of purchase" campaign using signage for healthy vs. less healthy items and product placement & attractiveness.
18. Change relative pricing of healthy vs. unhealthy items, e.g., through build purchasing/procurement/ competitive pricing.

Health Care Providers

1. Assess patients' nutrition as part of a written checklist or screening used in all routine office visits.
2. Provide regular counseling about the health value of good nutrition during all routine office visits.
3. Implement or support breastfeeding programs for future or current moms.
4. Provide free or low cost weight management and nutrition programs.
5. Implement a referral system to help patients access community-based resources or services for nutrition.
6. Institute healthy food and beverage options in vending machines.
7. Institute healthy food and beverage options served to their patients.
8. Institute healthy food and beverage options in the cafeteria or onsite food venues.
9. Institute labels at the healthcare facility's cafeteria, snack bar, or onsite food service (e.g., 'low fat,' 'light,' 'heart healthy,' or 'no trans fat').

Community Organization & Institution

1. Institute healthy food and beverage options at institution-sponsored meetings or events
2. Institute healthy food and beverage options in vending machines
3. Institute healthy food and beverage options in cafeteria or onsite food venues
4. Institute healthy food purchasing (e.g., to reduce the fat content of food offered) for cafeteria, onsite food venues or vending machines
5. Institute healthy food preparation practices (e.g., steaming, low fat, low salt, limiting frying) in cafeteria or onsite food venues
6. Ban marketing of unhealthy food onsite, including through vending machines, posters, or other print materials
7. Provide smaller portion size options in cafeteria or onsite food venues
8. Institute labels (e.g., 'low fat,' 'light,' 'heart healthy,' or 'no transfat') at the institution's cafeteria, snack bar, or food service
9. Provide water to drink (e.g., have bottled water, clean sources of tap water, or working water fountains)
10. Encourage food vendors or cafeteria managers to provide affordable, healthy food options
11. Provide direct material support (e.g., money, land, a pavilion, donated advertising) for supporting community-wide nutrition opportunities (e.g., farmers' markets or community garden initiatives)
12. Provide a comfortable, private space for women to nurse or pump to support patrons' ability to breastfeed
13. Prohibit giving food as a reward and withholding food as punishment

Tobacco

Schools

1. Institute a tobacco free policy 24/7.
2. Adopt health messages about the harm of tobacco use and exposure.
3. Provide cessation referrals for students who use tobacco.
4. Provide support around limiting exposure to cigarette advertising through visible billboards, placards, or store signs.
5. Ban wearing or carrying of tobacco promotional items at school.
6. Institute a selective purchase policy indicating that tobacco company subsidiary food products will not be bought or accepted as a donation.
7. Provide tobacco use prevention specific training for teachers.
8. Involve families in support of school-based tobacco use prevention.

Worksites

1. Institute a tobacco free policy 24/7.
2. Ban tobacco vending machines onsite.
3. Provide access to smoking cessation resources or programs.
4. Provide insurance coverage for tobacco cessation services.
5. Provide insurance coverage for tobacco cessation products (e.g., pharmacological quitting aids).
6. Implement a referral system to help employees to access community-based cessation resources and services, such as quitlines (i.e., 1-800-QUIT-NOW).

Community

1. Regulate tobacco advertising.
2. Institute a tobacco free policy 24/7 for indoor community venues (e.g., restaurants, retail establishments, government buildings).
3. Institute a tobacco free policy 24/7 for outdoor community venues (e.g., parks, sporting events).
4. Regulate smoking in places not primarily intended for recreational use, such as public walkways, streets, shopping centers.
5. Ban the sale of single cigarettes.
6. Restrict the placement of tobacco vending machines.
7. Regulate the number, location, and density of tobacco retail outlets (e.g., conditional use permits).

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| 8. Prohibit the distribution of free or low-cost tobacco products, coupons, coupon offers, or rebate offers for tobacco products. |
| 9. Ban tobacco litter in public places including parks, playgrounds, beaches. |
| 10. Increase the price of tobacco products and generate revenue with a portion of the revenue earmarked for tobacco control efforts (e.g., taxes, mitigation fees). |
| 11. Provide access to culturally and linguistically appropriate behavior modification-based tobacco cessation resources and services, such as quitlines (i.e., 1-800-QUIT-NOW). |

Health Care

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| 1. Institute tobacco free policy 24/7. |
| 2. Assess patients' smoking habits as part of written checklist or screening used in all routine office visits. |
| 3. Provide regular counseling about the harm of tobacco use and exposure during all routine office visits. |
| 4. Provide access to smoking cessation resources and programs. |
| 5. Implement a referral system to help patients access community-based cessation resources and services, such as quitlines. |
| 6. Provide access to free or low cost pharmacological quitting aids for their patients. |
| 7. Implement a tracking system to follow up with people who smoke. |

Community Organizations & Institutions

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| 1. Institute a tobacco free policy 24/7 |
| 2. Ban tobacco vending machines onsite |
| 3. Provide access to smoking cessation resources or programs |
| 4. Institute a selective purchase policy indicating that tobacco company subsidiary food products will not be bought or accepted as a donation |
| 5. Implement a referral system to help patrons to access community-based cessation resources and services, such as quitlines (i.e., 1-800-QUIT-NOW) |
| 6. Ban tobacco company contributions or advisements |

Chronic Disease Management

Schools

1. Meet the nutritional needs of students with special health care or dietary requirements (e.g., allergies, diabetes, and physical disabilities).
2. Adopt curricula to raise awareness of signs and symptoms of heart attack and stroke among students.
3. Adopt curricula to raise awareness of the importance of calling 9-1-1 during a medical emergency among students.
4. Offer school-based CPR training for students.
5. Provide access to chronic disease self-management programs (e.g., diabetes, obesity – such as Weight Watchers).
6. Provide a full-time licensed, registered school nurse onsite.
7. Provide immediate and reliable access to student medications (e.g., inhaler, insulin, epinephrine pen) for chronic disease conditions throughout school day.
8. Establish communication plans with students, families, and school staff about action steps necessary to help manage chronic disease conditions for at-risk students.

Worksites

1. Provide flexible work arrangements or break times for employees to engage in physical activity.
2. Provide paid time off to attend health promotion programs or classes.
3. Encourage non-motorized commutes (e.g., walk, bike).
4. Enhance access to public transportation (e.g., bus stops or transit stations) within reasonable walking distances?
5. Promote stairwell use (e.g., make stairs appealing and/or post signs to promote stair use for exercise).
6. Implement or support sports teams, walking clubs, or events to encourage physical activity among its employees.
7. Provide safe area outside to walk or exercise (e.g., trails or sidewalks, lighting).
8. Designate a walking path on or near building property.
9. Provide access to onsite fitness center, gymnasium, or physical activity classes.
10. Provide a changing room or locker room with showers.

11. Provide access to offsite workout facility or subsidized membership to local fitness facility.

Community

1. Enhance access to chronic disease self-management programs (e.g., diabetes, obesity – such as Weight Watchers)?

2. Adopt strategies to educate its residents on the importance of obesity prevention?

3. Adopt strategies to educate its residents on the importance of controlling high blood pressure?

4. Adopt strategies to educate its residents on the importance of controlling cholesterol?

5. Adopt strategies to educate its residents on the importance of controlling blood glucose or insulin levels?

6. Adopt strategies to educate its residents on heart attack and stroke symptoms and when to call 9-1-1?

7. Adopt strategies to educate its residents on the importance of preventive care?

8. Provide emergency medical services (e.g., 9-1-1, transport system)?

9. Adopt strategies to address chronic disease health disparities?

Health Care

1. Provide regular counseling about the importance of healthy lifestyle behaviors in preventing chronic diseases (e.g., cardiovascular disease, obesity, and diabetes) during all routine office visits.

2. Provide routine follow-up counseling and education to patients to help prevent and control chronic disease risk factors.

3. Provide screening for chronic diseases in adults with risk factors.

4. Measure weight and height, and calculate BMI for age percentile for every patient at each visit.

5. Implement a referral system to help patients' access community-based resources and services for chronic disease management.

6. Adopt a plan or process to increase patient adherence with chronic disease treatment (e.g., cardiovascular disease, diabetes).

7. Institute a systematic approach to the processes of diabetes care.

8. Institute the latest emergency heart disease and stroke treatment guidelines (e.g., Joint National Committee 7, American Heart Association).

9. Provide access to resources and training for using a stroke rating scale.

10. Provide specialized stroke care units.

11. Provide specialized heart disease units.

Community Organizations & Institutions

1. Provide access to an onsite nurse

2. Provide an onsite medical clinic to monitor and address chronic disease risk factors (e.g., high blood pressure, high cholesterol, blood glucose)

3. Provide routine screening and follow-up counseling and education to patrons to help prevent and control chronic disease risk factors (e.g., poor nutrition, physical inactivity, hypertension, elevated blood sugar levels, tobacco use)

4. Provide access to chronic disease self-management programs (e.g., diabetes, obesity – such as Weight Watchers)

5. Adopt curricula to raise awareness of the signs and symptoms of heart attacks and strokes

6. Adopt curricula to raise awareness of the importance of calling 9-1-1 immediately when someone is having a heart attack or stroke

7. Promote chronic disease prevention to patrons (e.g., post signs reminding patrons to get blood pressure checked, quit smoking, avoid secondhand smoke)

8. Adopt an emergency response plan (e.g., appropriate equipment such as Automatic External Defibrillators [AED] or instructions for action) in place