How can I support healthy living in my community?

Select one, or more, of the suggestions in this flyer for increasing physical activity and healthy eating and make it happen.

Texas Obesity Awareness Week was established in 2007 through HB 2313 authored by State Representative Patrick Rose

### Community

**Physical Activity**
- Organize a neighborhood walk or bike ride
- Schedule a clean up the park and trail day
- Plan a family play day at the neighborhood park
- Start a neighborhood walking or biking club
- Ask officials to build and/or upgrade tennis and basketball courts, playgrounds, soccer fields, and swimming pools
- Work with physical trainers from the local health center, or gym to start classes on physical activity and exercise
- Ask officials to build well-lit, safe trails and activity stations in parks
- Conduct exercise classes at local community or senior centers

**Nutrition**
- Set up a neighborhood garden
- Organize a healthy recipe exchange and/or contest
- Provide community-based nutrition and cooking classes
- Work with dietitians from the local health center, clinic, or hospital to start classes online healthy eating and cooking
- Plan a picnic or a block party with healthy foods from around the world
- Ask restaurants to offer and point out healthy food choices on their menus
- Ask grocery stores to give out information on healthy eating, cooking, and food safety and storage
- Plan tours of grocery stores that focus on healthy eating

### School

**Physical Activity**
- Have students lead a brief physical activity as part of morning announcements
- Hold a student and teacher assembly or play related to physical activity
- Organize recess activities
- Develop a walking school bus group
- Encourage students and parents to walk or bicycle to school
- Offer physical activity equipment and facilities to the community
- Develop a school walking club for students and/or staff
- Provide opportunities for extracurricular physical activity after school

**Nutrition**
- Organize a cafeteria tour to highlight healthy foods
- Hold a student and teacher assembly or play related to healthy eating
- Start a school gardening project
- Ask your principal about setting up a farm-to-school salad bar program
- Organize a healthy recipe exchange and/or contest
- Hold a contest for kids to make cafeteria table tents or tray liners that explain healthy foods
- Ask the school principal to plan a "Taste of the World." Give out samples of healthy foods from around the world
- Suggest that students prepare and taste healthy snacks during school hours

### Work-site/Organization

**Physical Activity**
- Circulate PR, OpEd, radio spots, and other media pieces related to physical activity
- Implement a take the stairs campaign
- Place articles, tips, and recipes about physical activity on bulletin boards and other public spaces in the work environment
- Start a group to do stretching exercises during breaks
- Start a walking club at lunchtime or after work
- Arrange a group physical activity class at or near the workplace

**Nutrition**
- Circulate PR, OpEd, radio spots, and other media pieces related to healthy eating
- Provide and offer fresh fruit and veggie snacks during the work week
- Organize a healthy recipe exchange and/or contest
- Promote local farmers' markets
- Place articles, tips, and recipes about healthy eating on bulletin boards and other public spaces in the work environment
- Schedule a healthy potluck

For more information and resources visit the Michael & Susan Dell Center for Healthy Living on the web at www.sph.uth.tmc.edu/dellhealthyliving/
Online Resources

Research and Policy Information
Live Smart Texas  
www.livesmarttexas.org
Partnership for a Healthy Texas  
www.partnershipforahealthytexas.org
Texas DSHS Obesity prevention resources  
www.dshs.state.tx.us/obesity/
Texas Health Institute obesity policy briefs and publications  
www.texashealthinstitute.org/programs/obesity.php
African American Collaborative Obesity Network  
www.aacorn.org
Salud America - research network to prevent obesity among Latino children  
www.salud-america.org

Communities and Families
Guide to community preventive services  
www.thecommunityguide.org/PA
Action for Healthy Kids  
www.actionforhealthykids.org
American Medical Association – Healthier Life Steps  
www.texmed.org/lifesteps

Families, Food and Fitness
www.extension.org/families_food_fitness
Building Healthy Families, Step by Step: 6 part video series to help families create healthy home environments  
www.bcm.edu/cnrc/buildinghealthyfamilies/

CDC recommendations to promote healthy eating and active living  
www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm

Schools
School Gardening Project  
www.kidsgardening.org
National Center for Safe Routes to School  
www.saferoutesinfo.org

Nutrition
Square Meals  
www.squaremeals.org
Healthy Foods Grocery List  
www.nutrition.about.com/library/ngrocery_list.htm
Reading Nutrition Facts Labels  
www.nutrition.about.com/od/recipesmenus/ss/learnlabels.htm
25 Healthy Snacks for Kids  
www.eatright.org/ada/files/Snacks_for_Kids_English.pdf
Healthy low fat recipes, diet plans, holiday recipes, and free online diets  
www.foodfit.com
Breast Milk Counts  
www.breastmilkcounts.com
Locate a farmer’s market in your area  
www.localharvest.org
Texas 4H Food and Nutrition Project  
texas4-h.tamu.edu/projects/food_nutrition.html
USDA Dietary Guidelines for Americans  
www.health.gov/DietaryGuidelines/
Nutrition information from MyPyramid  
Dinner Tonight  
healthyliving.tamu.edu

Physical Activity
HHS Physical Activity Guidelines  
www.health.gov/paguidelines
Walk Across Texas  
walkacrosstexas.tamu.edu
Sample Walking Program  
Americans In Motion  
www.aafp.org/online/en/home/clinical/publichealth/aim.html
CDC StairWELL to Better Health worksite campaign  
www.cdc.gov/nccdphp/dnpa/hwi/toolkits/stairwell/index.htm

For more information and resources visit the Michael & Susan Dell Center for Healthy Living on the web at  
www.sph.uth.tmc.edu/dellhealthyliving/