



# HEALTHY EATING & ACTIVE LIVING

PATH TO IMPACT

CHANGE  
WE WANT  
TO SEE



More residents of all ages are meeting the recommended guidelines for nutrition and physical activity

Fewer residents of all ages will have weight-related chronic disease

WHAT WE  
FUND



OUR PRIORITIES

**NUTRITIOUS FOOD & BEVERAGE AVAILABILITY**

Creating policy, systems and environmental changes that increase opportunities for healthy eating

**PHYSICAL ACTIVITY ACCESS**

Creating policy, systems, and environmental changes that increase opportunities for active living

**HEALTHY ENVIRONMENTS**

Implementing system-wide opportunities for sustainable change in settings (e.g. schools, churches, worksites)

**MOTIVATE USAGE**

Encouraging individuals to make choices that reflect healthy eating and active living

EXPECTED OUTCOMES

Increased policies and improved sustainable systems for greater access and availability of nutritious foods/beverages.

Increased policies and improved environmental supports aligned with comprehensive master plans, to incorporate physical activity into daily life.

More environment based sustainable availability of nutritious foods/beverages, opportunities for physical activity AND expanded policies and practices promoting healthy eating and active living.

Increased community awareness as measured through social media activity, paid media analytics, and setting-based data collection.

Residents will more easily access affordable and nutritious food/beverages within their community.

Residents will more frequently access community infrastructure that integrates physical activity into their daily routines.

Residents live, learn, work, play and worship in healthier and more physically active environments.

Residents will increase consumption of nutritious foods and beverages and decrease consumption of unhealthy foods and beverages.

Residents will increase their minutes of moderate and/or vigorous physical activity

SHORT-TERM

MID-TERM