

Policy Levers



Community

1. Healthy food financing initiatives—Support public funding to increase the amount of healthy food being offered in underserved communities.
2. SNAP—Support allowing Supplemental Nutrition Assistance Program (SNAP) recipients to use their benefits at the market and/or funding for programs that significantly increase SNAP benefits when used on fruits and vegetables.
3. Healthy food procurement—Support healthy vending, service, and institutional feeding food procurement policy on government property.
4. Healthy restaurant meals—Ensure all restaurant meals marketed to children meet nutrition standards. Remove sugar-sweetened beverages from all restaurant children’s meals.
5. Bike and pedestrian appropriations—Support state and local financing mechanisms that create long-term funding for bicycling and walking.
6. Complete streets— At the state and local level, require that all road construction and reconstruction create complete streets that are safe and convenient for all users and all modes of transportation.
7. Shared use in schools—Support appropriations for state level reporting and implementation of shared use programs as well as incentives to schools to promote shared use. Clarify liability in those states that continue to need liability clarified.
8. Safe routes to school—Codify safe routes to school programs in state law and secure state level appropriations or Transportation Alternatives Program (TAP) allocations for both infrastructure and non-infrastructure projects.

Schools

9. School foods—Increase the number of states that have statewide policies for schools to implement both federal competitive foods standards and the meal standards outlined in the Healthy and Hunger Free Kids Act.
10. Physical activity and physical education—Promote more frequent, effective physical education in schools as the cornerstone of comprehensive physical activity before, during and after the school day. Address standards-based curriculum, appropriate professional development for teachers, teacher certification/licensing, waivers/substitution, student assessment, and accountability. Support other physical activity opportunities including active transportation policy (Safe Routes to School), recess, classroom physical activity breaks, shared use policies, and intramural/club/varsity sports programs.
11. School marketing—Eliminate marketing of unhealthy foods and beverages in schools.
12. Wellness policies—Establish state regulations to support and strengthen the local school wellness policy requirements of the U.S. Department of Agriculture’s (USDA) proposed rule under the Healthy, Hunger-Free Kids Act of 2010. Support the creation and strengthening of school health councils.
13. Water access—Ensure water is free, clean and accessible in the school setting.
14. Every Student Succeeds Act—Increase the number of states education accountability plans that include physical education as an indicator. Secure funding for physical education, health education and physical activity programs available through block grants to states under Title IV of ESSA.

Early Care and Education & Out-of-School Time

15. Early care & education—Establish statewide nutrition, physical activity, and screen time standards for early childcare providers. Create recognition or designation program. Secure public funding for technical assistance. Eliminate marketing in child care settings.
16. Out-of-school time providers—Pursue policy changes that require out-of-school time programs to integrate national healthy eating and physical activity (HEPA) standards into recognition programs, accreditation programs, certifications, and rating systems.