

LOW-COST WAYS TO

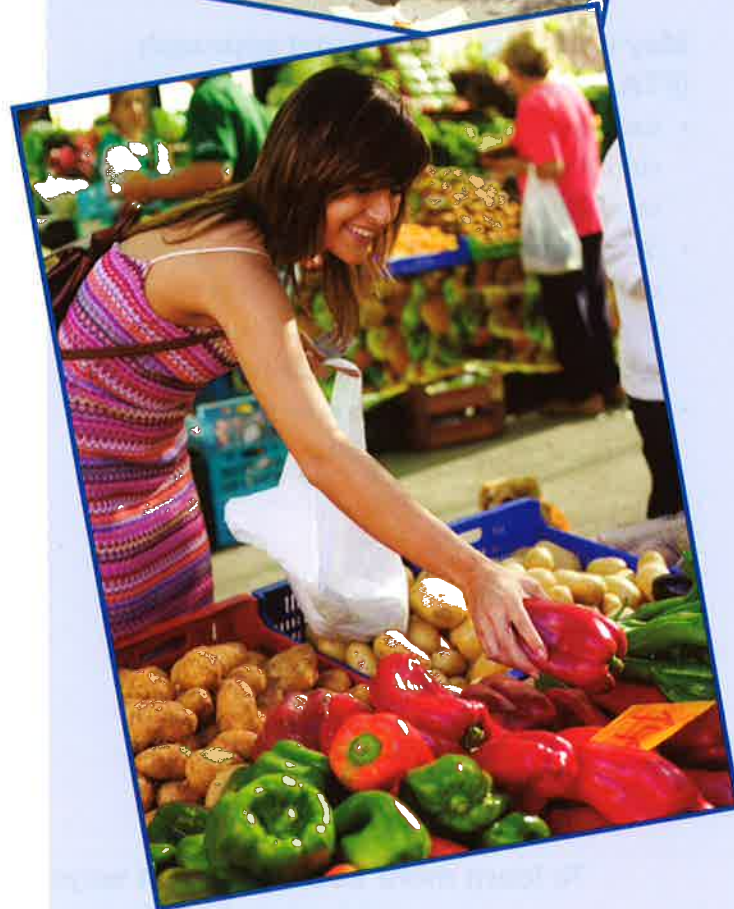
Make Your Community Healthier

Extremely Easy

- Use the Iowans Fit for Life Walking with a Purpose tool. This resource provides a way to assemble a group and assess the walkability of your neighborhood. Visit www.idph.state.ia.us/iowansfitforlife and click on “In your community.”
- Conduct a nutrition assessment of your local restaurants, convenience or grocery stores. Share the results with owner/manager(s) so they know people want healthy choices. Tools are available at <http://www.med.upenn.edu/nems/news.shtml>.
- Visit the Iowa Department of Transportation’s Safe Routes to School page for low cost ideas on how to make the routes to school safer in your community. www.iowadot.gov/saferoutes/projects.html
- Attend low-key influential meetings in your community. Your community structure is influenced every day by the city council and the planning and zoning commission.
- Write a letter to community leaders to request backing for a community environment supportive of physical activity.
- Showcase the areas of town that are walkable and bikeable by holding a community walking and biking event.

Will get by with a little help from your friends

- Bring the Safe Routes to School Training to your community. This free workshop will provide community ideas for making neighborhoods more walkable, many of which are low cost. Visit www.iowasaferoutes.org to sign up.
- Begin a community garden in your neighborhood. Learn more at www.communitygarden.org.
- Get together with the police department to assess traffic safety for bicyclists and pedestrians.
- Host a walk to school Wednesday: helping children walk to school safely and bringing attention to the issue.



- Use Google maps to map distances in walkable and bikeable areas of town. Distribute the maps through your Chamber of Commerce. Visit www.maps.google.com to learn more.
- Conduct a nutrition assessment of worksite vending machines. Share the results with worksite administration and/or currently existing organization wellness committee. Visit www.nems-v.com for a vending machine assessment tool, worksite report card and additional supportive resources.
- Collaborate with local restaurants to offer healthy side dish alternatives at no extra cost.
- Team up with local schools to open their facilities (including hallways) to the public.
- Advocate for changes in city zoning policies so new growth and revitalization plans include walking and biking.
- Work with the local media to showcase nutrition and physical activity opportunities in your community.
- Visit Iowa State University's Campus Community Partnership for Health site, www.ccph.iastate.edu, to find even more easy ways to make your community healthier.

May require organizational approach (PTA, Bike Club, Lions, etc.)

- Encourage your community to paint bike lanes on city streets. Paint is cheap! Repaint crosswalks to make them more visible to pedestrians and motorists.
- Start a farmer's market so locally grown produce is convenient and reasonably priced. Place the market in a location that is easily accessible on foot or by bike. Learn more at www.iafarmersmarkets.org.
- Design and implement bike racks in areas of town where people could easily bike.



To learn more about low-cost ways to make your community healthier visit www.idph.state.ia.us/iowansfitforlife or call 1-800-532-1579.