

Strategic Area 1: Articulate Your Vision

Action Steps	Supporting Documents
1. Assess Existing Policies	Online HEAL Policy Assessment Tool (submitted online) or PDF HEAL Policy Assessment Tool (If PDF, must submit to: info@healcitiesmidatlantic.org)
2. Share Existing Policies for inclusion in HEAL Mid-Atlantic Library	Submit to info@healcitiesmidatlantic.org
3. Formal adoption of a resolution articulating commitment to creating a healthy community that includes specific policy goals. (Mandatory)	Draft Resolution
4. Prioritize policies that affect under-resourced communities or communities/populations with higher burden of disease	Identify Under-Resourced Areas in Your Community: Instructions: Click the link and type the name of your municipality in the top right corner where it says "Go to..." Community Footprint: areas with more than 30% pop. Below poverty AND 25% pop. With less than HS Education Students Eligible for Free and Reduced School Lunch Population with Limited Food Access Population with Access to Park within ½ Mile Families Living Below the Poverty Level

Strategic Area 2: Physical Activity, Active Transportation, and Land Use

Action Steps	Supporting Documents
1. Include provisions in your comprehensive plan that promote bikeability and walkability	Model Comprehensive Plan Language
2. Include strategies that promote public safety/crime prevention through environmental design	Strategies for Crime Prevention through Environmental Design – Virginia Beach, VA Sample Policy: Crime Prevention Through Environmental Design – Portland, OR Case Study: Crime Prevention through Environmental Design in Parks – Portsmouth, VA

<p>3. Prioritize Transit-Oriented and Mixed- Use Development</p>	<p>Transit-Oriented Development Policy Guide</p> <p>Why Transit-Oriented Development and Why You Should Care</p> <p>Mixed-Use Development Standards</p> <p>Sample: Mixed Use Town Center Zone Development: Riverdale Park, MD</p>
<p>4. Adopt a Complete Streets policy</p>	<p>Fact Sheet: What are Complete Streets - (non-HEAL C&T)</p> <p>10 Elements of a Comprehensive Complete Streets Policy</p> <p>Local Government Policy Workbook</p>
<p>5. Promote slower vehicle traffic through traffic calming measures</p>	<p>FAQ on Traffic Calming from VDOT</p> <p>Traffic Calming Measures – Arlington, VA Sample Policy: Herndon, VA</p> <p>Neighborhood Traffic Calming Guide: Herndon, VA</p>
<p>6. Adopt a policy to paint bike lanes/shared use lanes (“Sharrows”) when re-paving/painting roads</p>	<p>Sharrows in action: Laurel, MD</p> <p>Sharrows in action: Arlington, VA</p>
<p>7. Adopt a policy to stripe crosswalks when re-paving/painting roads</p>	<p>Guidelines for the Installation of Marked Crosswalks - VDOT</p>
<p>8. Establish Joint Use Agreements for facilities, such as: school playgrounds, pools, etc.</p>	<p>Fact Sheet: Joint Use Agreements</p> <p>Joint Use Agreement Toolkit</p>
<p>9. Adopt Form Based Code Zoning ordinance</p>	<p>What is Form Based Code?</p> <p>Sample Policy: Arlington, VA</p>
<p>10. Require developers to include usable space for physical activity and recreation or pay fee</p>	<p>Sample Policy: Rockville, MD</p>
<p>11. Institute a Complete Streets requirement for new development</p>	
<p>12. Create an Active Living Community Policy Council or Task Force tasked with identifying recommendations for the City/Town to follow</p>	<p>Fit San Antonio, TX</p>
<p>13. For any policies, beyond those identified above that are proven to increase physical activity among residents</p>	

Strategic Area 3: Healthy Food Access

Action Steps	Supporting Documents
<p>1. Include provisions in your Comprehensive Plan that address access to affordable, nutritious foods</p>	<p>Promoting Food Access with Comprehensive Zoning and Ordinances</p> <p>Integrating Food Policy in Comprehensive Planning – Seattle, WA</p> <p>Sample Policy: San Francisco</p> <p>Report on Food Access from American Planning Association, including Case Studies</p> <p>Innovative Municipal Policies</p>
<p>2. Expedite permitting for new stores that offer healthy food</p>	<p>Model Licensing for Healthy Food Retail</p>
<p>3. Provide density bonuses or economic incentives for new grocery store development, especially in under-resourced communities</p>	<p>Incentive Policies for the Private Sector</p> <p>Economic Development Resources to Improve Access to Healthy Food</p>
<p>4. Provide density bonuses or economic incentives for improved healthy food offerings in existing corner or convenience stores</p>	<p>Incentive Policies for the Private Sector</p>
<p>5. Establish standards as a licensing requirement for new food retailers</p>	<p>Model Licensing for Healthy Food Retail</p>
<p>6. Encourage menu labeling with nutrition facts</p>	<p>Menu Labeling Legislation – Policy Options</p>
<p>7. Economic Incentives for restaurants that offer healthy foods</p>	
<p>8. Establish a Memorandum of Understanding or Joint Use Agreement formalizing use of land for Farmers' Market</p>	
<p>9. Encourage SNAP/EBT to be accepted at your city or town's farmers market</p>	<p>USDA Resource on SNAP at Farmers' Markets</p> <p>Guide to Federal Benefits at Farmers' Markets – North Carolina</p> <p>SNAP at Farmer's Markets: A How-To Handbook</p> <p>Land Use Policies to Protect and Promote Farmers' Markets</p> <p>Sample Farmers' Market Policy: Fresno, CA</p> <p>Sample Farmers' Market Zoning Ordinance: Modesto, CA</p>

10. Institute guidelines and/or zoning controls that allow Farmers' Markets	Baltimore City Permit Guide for New or Existing Farmers' Markets
11. Develop a process by which vacant land becomes available for community gardens/urban agriculture	From Neglected Parcels to Community Gardens
12. Adopt a Community Garden/Urban Agriculture Ordinance to promote and protect community gardens and urban agriculture	Fact Sheet from HEAL Cities & Towns Infographic on Community Gardens A Guide to Growing Food on Public Property Land Use Policies to Promote Urban Agriculture Establishing Protections for Community Gardens Legal Toolkit for Community Gardens Sample Garden Agreement: Sunnysvale, CA Sample Garden Agreement: Lafayette, CO Sample Garden Policy: Thornton, CO Sample Garden Policies from Around the Country
13. Adopt zoning ordinances that allow backyard poultry/animal husbandry	Sample Policy: Salem, VA Sample Policy: Baltimore, MD
14. Create a Food Policy Council or Task Force tasked with identifying recommendations for the City/Town to follow	Webinar: Successful Starting Food Policy Councils
15. Adopt/Implement at least 1 recommendation from the Food Policy Council or Task Force	
16. Conduct a community food assessment	Case Studies
17. Adopt a Food Charter	Sample Policy: Staunton, VA
18. Create a Community Food System Plan	Food System Plan: Portland, OR
19. For any policies, beyond those identified above that are proven to increase access and availability of affordable, nutritious foods for residents	

Strategic Area 4: Municipal Workplace Wellness

Action Steps	Supporting Documents
1. Adopt nutrition standards aligned with the Dietary Guidelines for Americans in all municipally- or county-owned or operated venues that serve food, including special events	Understanding Healthy Procurement USDA Nutrition Standard for Competitive Foods in Schools
2. Ensure that water is readily available in municipally owned buildings	Water Access in Schools – Can be applied to municipality
3. Establish a healthy vending policy	Guide & Model Policy for Healthy Vending in Municipalities Sample Policy: San Diego, CA
4. Encourage stairwell usage through an open, unlocked stairwell policy	Unlocking Office Stairwells: A Resource for Property Owners, Building Managers, and Tenants CA Active Stairwells
5. Encourage physical activity breaks for meetings over 2 hours in length	Sample Policy
6. Allow/encourage walking meetings	How to Run a Walking Meeting
7. Designate lactation space within each municipally owned/operated building for breastfeeding mothers	Business Case for Breastfeeding Sample Worksite Lactation Support Policy: Philadelphia, PA
8. Convene a Workplace Wellness Committee	Creating a Culture of Wellness in Municipal Workplaces Webinar Essential Elements of Effective Workplace Programs and Policies Example of a Comprehensive Workplace Wellness Policy Toolkit for Healthy Workplaces with Sample Policy Sample Workplace Wellness Nutrition Policy: Clark County
9. Adopt/Implement at least one recommendation from the Workplace Wellness Committee	
10. For any policies, beyond those identified above that are proven to increase physical activity and access to nutritious foods for municipal employees	