

I'm a City Council Person—What can I do to support Healthy Behaviors?

1. Visit a Healthy Behaviors Learning Center near you to see the difference that afterschool can make in the lives of children and their families, and their staff. For a listing of Healthy Behaviors Learning Centers, visit <http://www.ccscenter.org/afterschool/Centers%20Near%20You>
2. Encourage afterschool programs in your city to contact that Learning Center to learn how they can address the obesity crisis through their program.
3. Become more knowledgeable about the childhood obesity crisis and the role that cities can play in addressing it.
4. Identify city discretionary funding that can be used to increase funding for afterschool programs in your jurisdiction—including Healthy Behaviors Learning Centers—in order for them to strengthen their programs in the fight against obesity and to help other programs do the same.
5. Sponsor or participate in events that feature the Healthy Behaviors Learning Centers in order to help get the word out about how afterschool can be part of the solution to the obesity crisis.
6. Talk to your local school district superintendent(s) about how their afterschool programs can become part of the afterschool solution to the obesity crisis. Resources are available to help you, including the Healthy Behaviors Learning Centers, the guide to *Developing Exemplary Practices in Nutrition, Physical Activity and Food Security*, a new step-by-step guide to the practices (*Changing Lives, Saving Lives!*), the California After School Resource Center (www.californiaafterschool.org) and organizations that specialize in nutrition education and physical activity such as the *Network for a Healthy California* (www.cdph.ca.gov/programs/CPNS/Pages/default.aspx).
7. Consider sponsoring joint use agreements between schools and city park districts (and other city facilities) to maximize the availability and use of safe, friendly playgrounds and parks for children.
8. Support efforts to bring farmers' markets and stores that provide fresh fruits and vegetables to your community.

9. Support policies and funding that promote safe walk-to-school routes.