

I'm a County Supervisor—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, go to <http://www.ccscenter.org/afterschool/Centers%20Near%20You>
2. Become more knowledgeable about the childhood obesity crisis and the role that schools and afterschool programs can play in addressing it.
3. Identify discretionary funding that can be used to increase funding for afterschool programs in your county—including Healthy Behaviors Learning Centers—in order for them to strengthen their programs' nutrition and physical activity components in their fight against childhood obesity.
4. Consider sponsoring joint use agreements between county parks (and other county facilities) and school districts to maximize the availability and use of safe, friendly playgrounds, parks and gyms for children year round.
5. Support county policies that add healthy food and beverage choices to all vending machines on county property and decrease unhealthy offerings.
6. Support policies and funding that promote safe walk-to-school routes and increased safe walking routes throughout your county.
7. Support policies and funding that increase access to safe parks and playgrounds, especially in low-income communities.
8. Support county policies that increase the number of farmers' markets and stores that provide fresh fruits and vegetables in your county, especially in low-income communities.