



POLICIES | SYSTEMS  
ENVIRONMENT

# & HEALTHY COMMUNITY SITES



## WHAT WE DO

In coordination with our Take Control program, Steps to Health works with site leaders to develop policies and practices that result in healthier community sites. Our toolkit, *The Building Blocks of a Healthy Community Site*, provides guidance on best practices related to increasing opportunities for physical activity and healthy eating.

## HOW IT WORKS

### Training Materials

We offer two training sessions for community site leaders, teaching them how to be healthy role models and to promote healthy choices at their site.



### Baseline & Follow-up Assessment

Before the training begins, site leaders will complete a short and simple assessment of the space, practices, and capacity. They will complete the same assessment six months later to evaluate progress and reassess goals.



### Comprehensive Resource Guide

As part of our toolkit, we include a comprehensive resource guide that outlines best practices, for creating healthy community sites. These resources help us assist sites with reaching their goals!



### Action Planning Tool

Finally, we work with community sites on creating a roadmap to success. With our action planning tool, site leaders and other stakeholders have the opportunity to set goals and monitor their progress through smaller objectives.



## FOR MORE INFORMATION

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