

## Summary of Summit V Environmental, Policy, and Systems Change Suggestions

At Children's Optimal Health Summit V, participants were asked to use the city wide obesity maps of Austin to brainstorm environmental, policy, and systems changes that could be implemented to turn the curve on child obesity. Those suggestions were collected by the Austin/Travis County Health Department as potential ways to spend grant money targeted at city wide systems change. Over 120 recommendations were suggested at Summit V and below is a high level summary of those suggestions:

### Environmental Changes

Healthy Lifestyles:

- 1) Increase healthy food options (farmer's markets, gardens, and grocery stores)
- 2) Increased physical activity options

Safety:

- 1) Increased adult/police presence in areas of physical activity
- 2) Safe routes to parks and schools

Marketing:

- 1) Increase awareness of a healthy lifestyle through a variety of media outlets
- 2) Remove unhealthy media

### Policy Changes

School Policy:

- 1) Mandate physical education/health requirements
- 2) Standards to ensure healthy food options (including F/R lunch)
- 3) Allow more access to facilities (gyms, fields, etc.) after hours

Governmental Policies

- 1) Financial incentives for accessing healthy foods
- 2) Make enrollment into state/federal programs easier
- 3) Healthy food requirements for Food Stamps, WIC, and Food Banks

Service Provider Policies:

- 1) Set health standards for foods served, distributed and catered
- 2) Educate parents on how to live a healthy lifestyle
- 3) Target interventions on areas with the highest numbers of need

### System Changes

Community Providers:

- 1) Expand enrollment and increase physical activity in *all* classes and after school activities
- 2) Educate parents on how to shop for and cook healthy meals

Cultural:

- 1) Replace video games and watching TV with games that involve physical activity (i.e. Wii)
- 2) Introduce healthier food options at community celebrations (Juneteenth, Thanksgiving, etc)

Information Dissemination:

- 1) At the schools or doctors office, provide a health "report card"
- 2) Create a health info hotline for information regarding resources, food questions, healthy living
- 3) Show people the realities of obesity and the impact it has on health