

# Cambridge Food and Fitness Policy Roadmap

*Environment, Economy, and Equity*

Promote health through improving access for all residents to healthy and culturally appropriate foods and physical activity

## Communication

- Monitor and support city efforts to improve food and fitness environments
- Inform the city and community about existing resources
- Assess food and fitness environments to identify & report on issues and assets
- Share and replicate successful models

## Community Engagement

- Increase justice through access to food and fitness
- Collaborate to create opportunities for people to eat healthfully and engage in physical activity
- Facilitate dialogue about access, needs and solutions

## Policy Development

- Engage in local, statewide and national advocacy
- Develop policies and practices to recommend and be implemented
- Support healthy food and fitness business development
- Ensure city planning includes access to healthy food and fitness

## Infrastructure Development

- Increase workplace and business engagement in making healthy food and fitness available
- Increase access to healthy and locally grown food for: schools, business, city programs, and in neighborhoods
- Continue to strengthen opportunities for physical activity including alternative and active transportation



Strong policies include access for all to affordable 1) fitness activities and 2) healthy foods; the City leads by example, creating greater efficacy and visibility of programs and services, including those that create a healthier environment.

Community informed, educated and empowered about food and fitness. Reduced chronic disease, hunger, increased health equity across populations

Infrastructure in place to support a healthy food environment and fitness for all. Greater food and fitness justice: access for all to healthy, diversified and culturally appropriate foods and physical activity.

