

# HEALTHY EATING AND ACTIVE LIVING (HEAL) FOR OLDER ADULTS

## RESOURCES FOR MUNICIPALITIES

Eating healthy and staying physically active can help to keep older adults feeling well and engaged in their communities as they age. These resources provide nutrition and exercise recommendations and information about the health benefits of eating healthy eating and active living for older adults. Also included are best practices and recommendations for creating community environments that provide older adults with access to healthy foods and with opportunities to be physically active.



### HEALTH BENEFITS OF HEALTHY EATING AND ACTIVE LIVING

- Centers for Disease Control and Prevention. *Physical Activity is Essential to Healthy Aging*. [https://www.cdc.gov/physicalactivity/basics/older\\_adults/index.htm](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm)
- USDA. *Healthy Eating as We Age*. <https://www.choosemyplate.gov/older-adults>
- National Institute on Aging. *What's on Your Plate?: Smart Food Choices for Healthy Aging*. <https://www.nia.nih.gov/health/publication/whats-your-plate/>
- National Institute on Aging. *Go4Life*. <https://go4life.nia.nih.gov/>

### HEALTHY EATING

Municipalities can improve access to healthy food for older adults by adopting policies and practices that improve access to fresh, healthy food. Encouraging healthy food retail, facilitating the development of farmers' markets/food stands and community gardens, and making it easy for older adults to use their Supplemental Nutrition Assistance Program (SNAP) benefits at farmers' markets and other food retail sources, are some of the ways in which municipalities can improve the food environment for older adults.

- National Prevention Council. *Healthy Aging in Action*. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General. 2016. <https://www.cdc.gov/aging/pdf/healthy-aging-in-action508.pdf>
- National Council on Aging. *Seniors and SNAP Best Practices Handbook*. 2015. [https://www.ncoa.org/wp-content/uploads/NCOA-SNAP-hdbk\\_0815.pdf](https://www.ncoa.org/wp-content/uploads/NCOA-SNAP-hdbk_0815.pdf)
- USDA Agricultural Marketing Service, USDA Food and Nutrition Service, Project for Public Spaces. *Supplemental Nutrition Assistance Program (SNAP) at Farmers Markets: A How-To-Handbook*. <https://www.ams.usda.gov/sites/default/files/media/SNAPat%20Farmers%20Markets%20Handbook.pdf>
- ChangeLab Solutions. *Getting to Grocery: Tools for Attracting Healthy Food Retail to Underserved Neighborhoods*. 2012. [http://www.changelabsolutions.org/sites/default/files/documents/Getting\\_to\\_Grocery\\_FINAL\\_20120514.pdf](http://www.changelabsolutions.org/sites/default/files/documents/Getting_to_Grocery_FINAL_20120514.pdf)
- ChangeLab Solutions. Champions for Change. *Taking Stock: Creating Healthy Changes at Grocery Stores and Small Markets*. Accessed at: [http://www.changelabsolutions.org/sites/default/files/Taking%20Stock\\_CX3\\_CDPH\\_FINAL\\_20140410.pdf](http://www.changelabsolutions.org/sites/default/files/Taking%20Stock_CX3_CDPH_FINAL_20140410.pdf)

- ChangeLab Solutions. *Dig, Eat, and Be Healthy: A Guide to Growing Food on Public Property*. Accessed at: [http://www.changelabsolutions.org/sites/default/files/Dig\\_Eat\\_and\\_Be\\_Happy\\_FINAL\\_20130610\\_0.pdf](http://www.changelabsolutions.org/sites/default/files/Dig_Eat_and_Be_Happy_FINAL_20130610_0.pdf)
- Design for Health. *Planning Information Sheet: Promoting Food Access with Comprehensive Panning and Ordinances*. Version 2.0. 2007. Accessed at: [http://designforhealth.net/wp-content/uploads/2012/12/BCBS\\_ISFood\\_090107.pdf](http://designforhealth.net/wp-content/uploads/2012/12/BCBS_ISFood_090107.pdf)

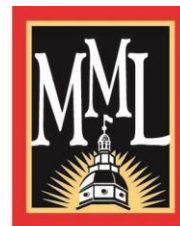
### ACTIVE LIVING

Walkable neighborhoods allow older adults to safely and conveniently walk to nearby destinations (e.g. public transportation, grocery store, senior center, a park) and walk for exercise. Municipalities can create walkable communities by implementing complete streets policies and principles. Safe and accessible parks can also serve as a place for older adults to be physically active and make social connections. Municipalities can help promote use of parks by older adults by incorporating features that promote a park's safety and comfort (e.g., design features that deter crime, walkways free of trip hazards, benches for resting). Walkable paths to nearby parks can also increase use by older adults.

- National Prevention Council. *Healthy Aging in Action*. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General. 2016. <https://www.cdc.gov/aging/pdf/healthy-aging-in-action508.pdf>
- Smart Growth America. National Complete Streets Coalition. *Benefits of Complete Streets: Complete Streets Improve Mobility for Older Americans*. <https://smartgrowthamerica.org/resources/older-adults-benefits-of-complete-streets/>
- AARP Public Policy Institute. *Planning Complete Streets for an Aging America*. 2009. <https://assets.aarp.org/rgcenter/ppi/liv-com/2009-12-streets.pdf>
- ChangeLab Solutions. *Complete Parks Playbook*. 2015. [http://www.changelabsolutions.org/sites/default/files/Complete-Parks-Playbook\\_FINAL\\_20150706.pdf](http://www.changelabsolutions.org/sites/default/files/Complete-Parks-Playbook_FINAL_20150706.pdf)

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The HEAL (Healthy Eating Active Living) Cities and Towns Campaign of the Mid-Atlantic provides free technical assistance to local government leaders to help them create healthy, prosperous communities by adopting policies and practices that improve their communities' physical activity and food environments. HEAL is a project of the Institute for Public Health Innovation, in partnership with the Maryland and Virginia Municipal Leagues, and funded by Kaiser Permanente, founding partner. For more information, visit the HEAL website at [www.healcitiesmidatlantic.org](http://www.healcitiesmidatlantic.org) and contact HEAL staff at 202-747-3455 or [jgroenfeldt@institutephi.org](mailto:jgroenfeldt@institutephi.org)



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