

## STEPS TO BECOMING A HEAL CITY, TOWN, OR COUNTY

1. Visit the HEAL Cities & Towns website at: [www.healcitiesmidatlantic.org](http://www.healcitiesmidatlantic.org).
2. Inventory what your city or town is already doing and consider your policy/practice needs and opportunities – on the HEAL Cities website (under the Resources page) you may find the [Policy Assessment](#) and [Policy Menu](#) helpful.
3. Draft a HEAL Cities and Towns Resolution
  - Review the HEAL Cities and Towns sample resolution (on the Get Involved page Step 3)
  - Identify who will draft the resolution, whether it is an individual or a group of staff convened across departments
  - If needed, contact HEAL Cities & Towns staff to schedule a meeting or call to discuss how to tailor the resolution to meet your locality's needs
  - Craft a resolution for your city or town based on community priorities and the policy/practice opportunities identified in the assessment
  - Feel free to send drafts of your resolution to HEAL Cities and Towns staff for review
4. Schedule a date for the city, town, or county council to vote on the Resolution. HEAL Cities & Towns staff can be available to answer questions from councilmembers.
  - If passed, then your city or town will be a HEAL City, Town, or County! You will receive a welcome packet that includes a customizable press release, logo to be used on your town or city's website, and access to technical assistance from HEAL staff. **But we must first receive a copy of the signed Resolution!**
5. Identify Point of Contact for Next Steps
  - Adopting a Resolution is only the first step. Identifying a point of contact for your HEAL Cities and Towns initiative (usually a staff member) is critical to advancing the goals articulated in the Resolution. Please e-mail HEAL Cities and Towns staff to let us know who your point of contact is.
6. Identify Which Policy/Practice Goal to Start With
7. Receive Technical Assistance from HEAL Cities and Towns staff:
  - Visit the Resources page on the HEAL Cities & Towns website
  - Participate in upcoming webinars, trainings, and workshops
  - Join our mailing list for monthly updates and news from the HEAL Campaign
  - Request assistance from HEAL Cities & Towns staff



## HEAL POLICY/PRACTICE AREAS

### HEALTHY EATING

HEAL assists municipalities to adopt policies that promote healthy food access, such as:

- *Healthier food retail*
- *Farmers markets*
- *Nutrition standards for city programs / events*
- *Community gardens*

### ACTIVE LIVING

HEAL supports cities and towns to adopt policies promoting active lifestyles, including:

- *Mixed-use development*
- *Walking & biking, safe routes to schools*
- *Joint use of facilities: parks, recreation, schools*
- *Increased open space*

### WORKPLACE WELLNESS

HEAL provides municipalities with resources to adopt policies that create a healthy municipal workforce, such as:

- *Healthy Meetings*
- *Physical Activity Breaks*
- *Nutrition Standards*
- *Beverage Standards*
- *Vending Machine Standards*
- *Breastfeeding Accommodation*

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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 Cities and Towns Campaign Manager at [Sdaigle@institutephi.org](mailto:Sdaigle@institutephi.org).*

