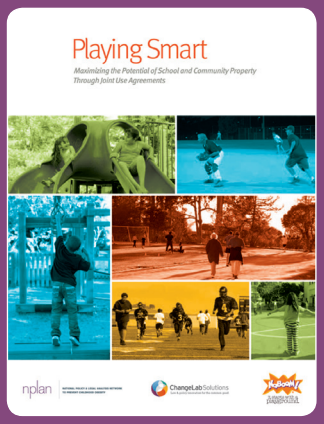
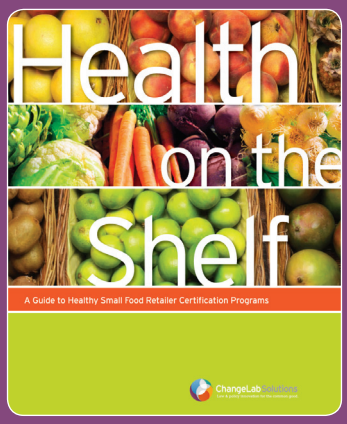
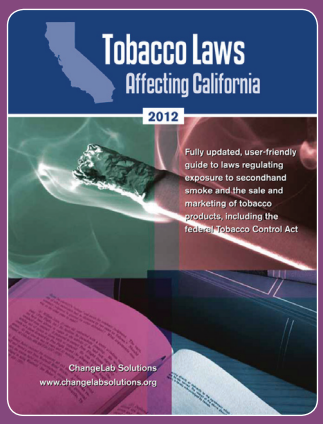
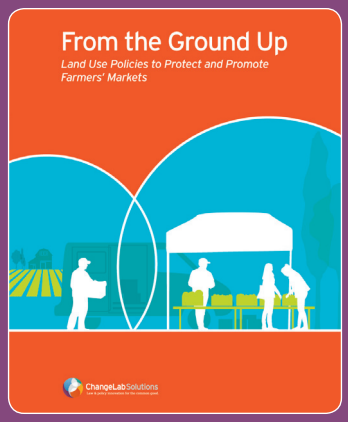
Publications Catalog

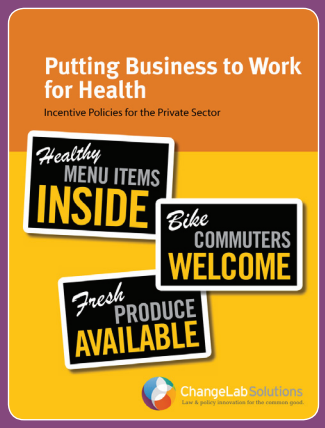
2014

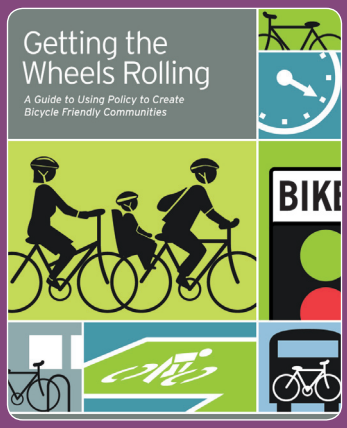


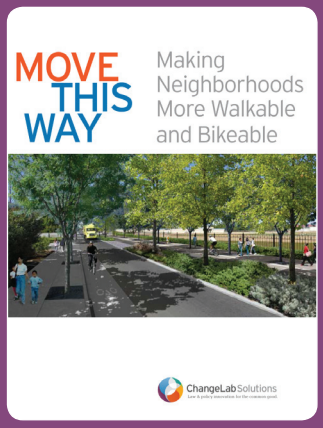


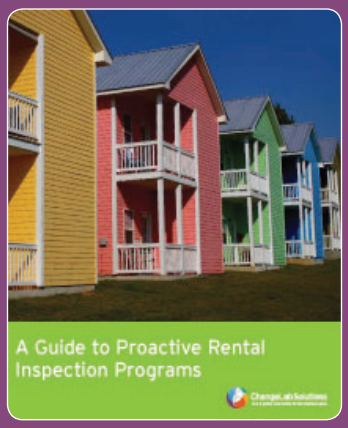


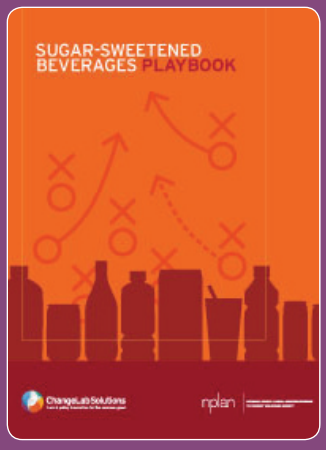


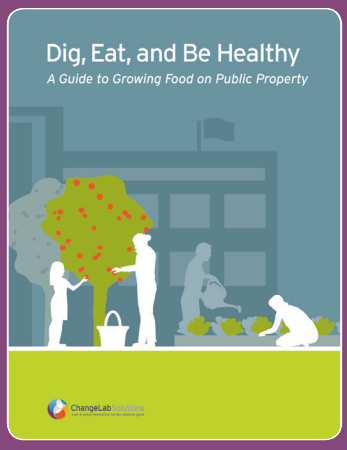


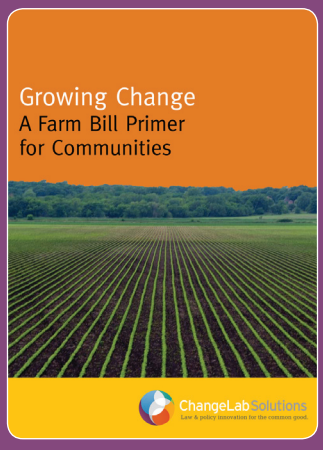


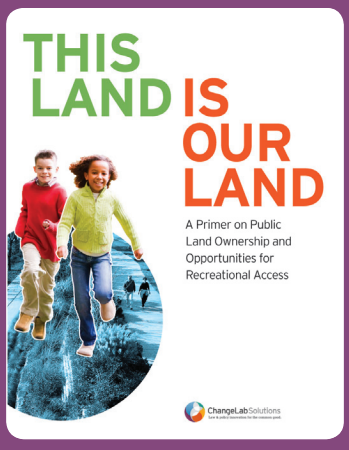












ChangeLab Solutions
Law & policy innovation for the common good.

ChangeLab Solutions is a national nonprofit creating law and policy innovation for the common good. We work with government, community, and business leaders to build their capacity to use legal and policy tools to create environments where healthy options are available to everyone. The model policies, how-to guides, fact sheets, and other resources described in this catalog are all available at no cost from our website: click on the TOOLS tab throughout the website to search our full library of resources. You can also select a topic area from the four at the top of our website — Healthy Planning, Tobacco Control, Childhood Obesity, Healthy Housing — and explore the TOOLS tab in that section for resources organized by more specific categories.

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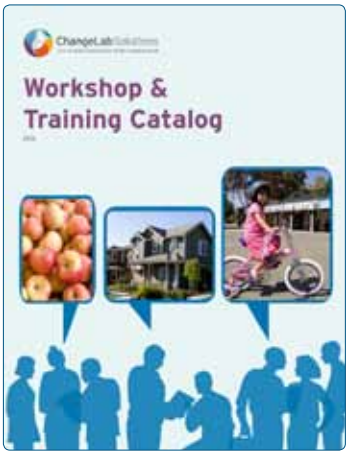
Workshops & Trainings

Every community is unique. ChangeLab Solutions will help craft a training tailored to your community's realities and health improvement goals. Trainings can be as short as an hour or run over several days. Many of the workshops we offer are outlined in our Workshop & Training Catalog.



Feel free to contact ChangeLab Solutions to discuss customization options and price at info@changelabsolutions.org or 510.302.3380.

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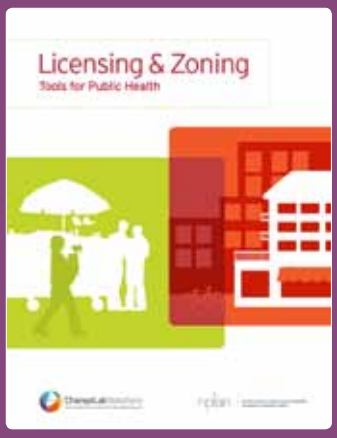
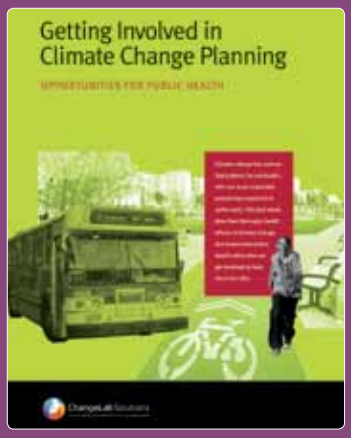
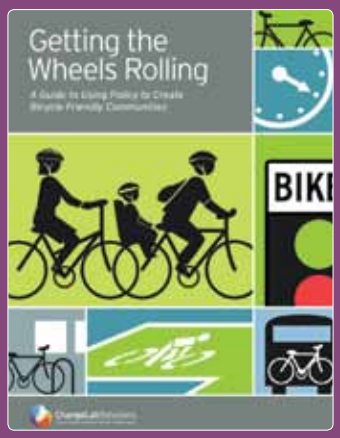
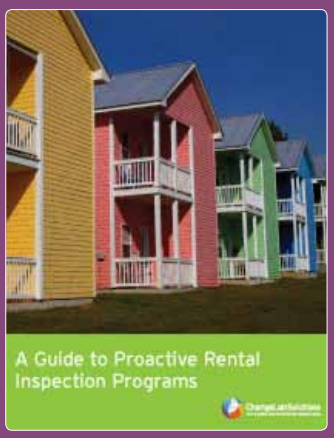
Healthy & Sustainable Neighborhood Design

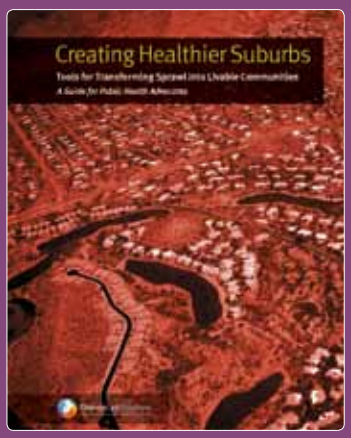
Growing evidence shows the neighborhoods in which we live play a strong role in determining access to healthy foods, transportation, physical activity, and more. ChangeLab Solutions offers many resources to show how governments, private developers, and community groups can all work to create patterns of development that improve community health.











Economic Development & Redevelopment

Economic development and redevelopment agencies manage a range of local, state, and federal economic development and public financing programs. How can you leverage local redevelopment initiatives as a way to improve public health? These resources for public health advocates and community residents can help improve access to healthy foods and physical activity.

Getting Involved in Redevelopment

Working with Public Health: A New Ally for Redevelopment

Healthier Communities through Redevelopment: Rebuilding Neighborhoods for Better Nutrition and Active Living

How to Use Economic Development Resources to Improve Access to Healthy Food

Economic Development and Redevelopment: A Toolkit for Building Healthy, Vibrant Communities

New Partnerships for Healthier Neighborhoods: Bringing Public Health and Redevelopment Together

How to Use Redevelopment to Create Healthier Communities (available in Spanish)

Transit-Oriented Development (TOD)

Investing in TOD can play a vital role in public health. Beyond its impact on environmental conditions like noise and air quality, TOD affects housing, employment, and a neighborhood's community assets. These resources explore the connections, highlighting transportation strategies that promote public health.

Getting Involved in Transportation Planning

Making a Place for Bicycles: Using Bicycle Parking Laws to Support Health, Business, and the Environment

Model Bicycle Parking Ordinance (national, California, and Illinois versions available)

Urban Trails: Building More Active Communities

Backing Off Bike Bans: The Legal Risks of Banning Bicycling to School

Let's Ride! 4 Requirements for a Bikeable Community

Getting the Wheels Rolling: A Guide to Using Policy to Create Bicycle friendly Communities

Move This Way: Making Neighborhoods More Walkable and Bikeable

Making Streets Welcoming for Walking

Complete Streets

Complete streets policies change how streets are designed so people of all ages and abilities can travel safely and easily, whether they are walking, biking, riding the bus, or driving. These resources can help you put complete streets policies into practice.

What Are Complete Streets?

State/Regional/Local Resolutions on Complete Streets

Local Ordinance and Findings on Complete Streets

Comprehensive Plan Language on Complete Streets

Model State Statute on Complete Streets

California Complete Street Policies

Climate Change & Public Health

Climate change initiatives offer a major opportunity for public health professionals to help create sustainable communities and prevent chronic disease. These resources identify the role the public health community can play in articulating a climate change strategy that improves community health.

Getting Involved in Climate Change Planning: Opportunities for Public Health

Senate Bill 375: An Opportunity to Design Healthy, Sustainable Communities

An Action Plan for Public Health: Initial Recommendations for Involving Public Health in Climate Change Policy

Local Policy Scan on Climate Change Adaptation

Healthy Housing

A healthy, safe home environment provides a critical foundation for residents' well-being. Learn about the connections between housing and public health, and the tools available to protect healthy housing. For smokefree healthy housing, be sure to check out the Tobacco Control section.

Housing and Health: New Opportunities for Dialogue and Action

Creating Healthier Suburbs: Tools for Transforming Sprawl into Livable Communities

A Guide to Proactive Rental Inspection Programs

Smokefree Multi-Unit Housing: Approaches to Protect Tenants from Secondhand Smoke (Roadmap & Brochure)

Legal Options for Tenants Suffering from Drifting Tobacco Smoke (available in Spanish)

A New Lease on Life: Landlords' Right to Make Properties Smokefree

Safe Routes to School (SRTS) & School Siting

Biking or walking to school is an easy way for children to incorporate physical activity into their day. But the number of kids walking or biking to school has dropped dramatically over the last four decades. SRTS programs and smart school siting can make neighborhoods better places for physical activity while encouraging kids to walk to school safely. These resources can help you overcome challenges and adopt policies that support biking and walking to school.

SRTS: Approaches to Support Children Walking and Bicycling to School (Roadmap & Brochure)

SRTS Talking Points (available in Spanish)

SRTS: Minimizing Your Liability Risk (California-specific and national versions available)

Covering Your Bases: Basic Tips About Insurance for Nonprofit Organizations

SRTS: An Overview for California Advocates

Safe Routes to School District Policy Workbook (online policy builder)

Volunteers and Liability: The Federal Volunteer Protection Act

Smart School Siting: How School Locations Can Make Students Healthier and Communities Stronger

Model National School Siting Policies for School Districts

A Tool for Towns and Counties to Promote Walkable Schools: Understanding the Illinois Model Land Cash Ordinance

General Plans & Zoning

It's essential to have a fundamental, introductory understanding of how land use decisions are made and how advocates can effectively participate in those decisions. These resources show how to improve public health through zoning and land use planning.

How to Create and Implement Healthy General Plans

A Roadmap for Healthier General Plans

Licensing & Zoning: Tools for Public Health

Participating in the Planning Process

Many public agencies make policy decisions that affect the built environment. These resources link key aspects of the built environment to public health outcomes, outline policies to consider in the planning process, and address ways for public health professionals to get involved.

Healthy Planning Guide: An Overview of Development Strategies for Healthier Communities

Partners for Public Health: Working with Local, State, and Federal Agencies to Create Healthier Communities

Putting Business to Work for Health: Incentive Policies for the Private Sector

Healthy Places, Healthy Regions: A Closer Look at Opportunities to Invest in Health and Sustainability in San Mateo and Santa Clara Counties

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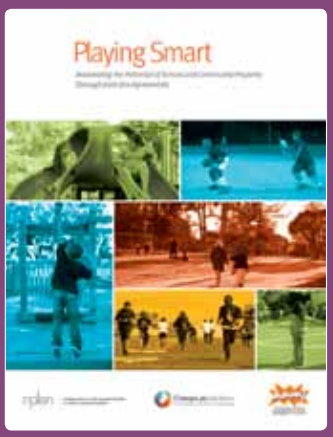
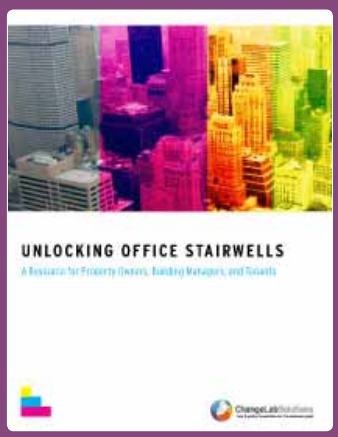
Creating Opportunities for Physical Activity

How can your community encourage residents to be more active? Strong policy interventions in schools and communities can increase opportunities for safe physical activity. Our materials provide advocates and local leaders with legally sound guidance.





Opening the Schoolyard

Many communities lack safe, adequate places for children and their families to exercise and play. Schools often have a variety of recreational facilities – including gymnasiums, playgrounds, fields, and courts – but many districts close their property to the public after school hours because of concerns about security, maintenance, liability, and other costs. Joint use agreements between school districts and local government or nonprofit partners can address these concerns, making it easier to open school facilities to the community.

What Is a Joint Use Agreement?

Checklist for Developing a Joint Use Agreement

Model Joint Use Resolution

Fifty-State Scan of Laws Addressing Community Use of Schools

Playing Smart: Maximizing the Potential of School & Community Property (National toolkit)

Opening School Grounds to the Community After Hours: A Toolkit for Increasing Physical Activity (California toolkit)

Model Joint Use Agreements (California & national versions)

Liability for Use of School Property After Hours: An Overview of California Law

This Land is Our Land: A Legal and Policy Primer for Accessing Public Property for Recreation

Tennessee's Shared Use Law

Mississippi's Shared Use Law

State Surveys on Shared Use Liability: Using Public School Property During Non-School Hours

Child Care Settings

Community leaders can use licensing programs to help encourage physical activity and promote good nutrition in child-care settings. Learn about the framework that governs child-care settings and how communities can improve these environments.

Model Child-Care Licensing Statute for Obesity Prevention

Understanding the Model Childcare Licensing Statute for Obesity Prevention: A Fact Sheet

Stairway Access

Building owners and managers sometimes keep stairwells locked because of concern about liability for injuries – but so long as they take reasonable care, opening stairwells for use by employees or the public is not likely to lead to any significant increase in risk for building owners, managers, or tenants. Our resources outline the benefits and risks of opening up office stairwells.

Unlocking the Stairwells: It's Not Risky – and It's Good for Business

Opening Up Stairways for Physical Activity: An Analysis of the National Landscape for Stairwell Use

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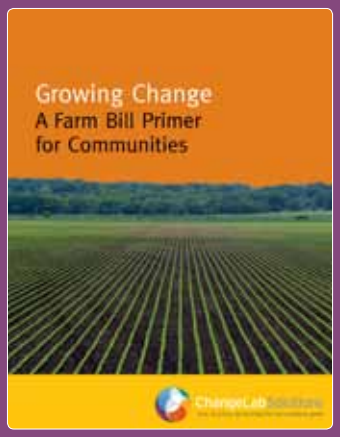
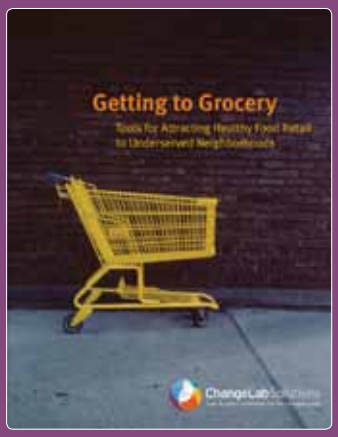
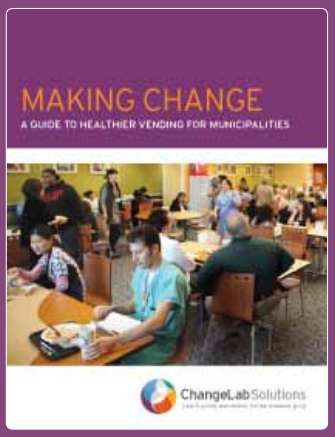
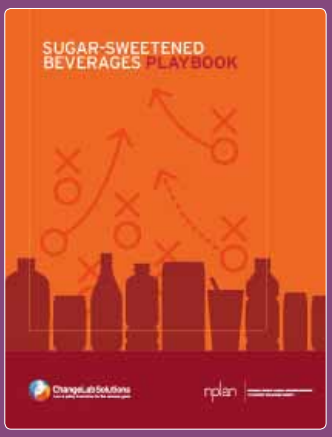
Improving Food Systems & Healthy Food Access

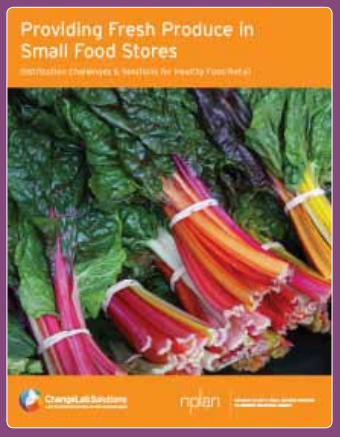
With obesity rates at epidemic levels, Americans have been urged to eat healthier foods. But many low-income children and families – those at the greatest risk for obesity-related diseases like diabetes and heart disease – face major challenges accessing healthy foods in their neighborhoods. Community leaders can pursue a range of strategies to create a healthier, more sustainable food system and to make it easier for residents to access healthy foods.

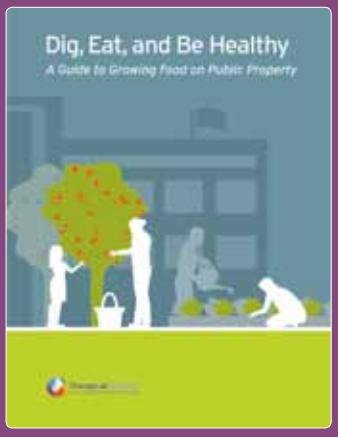


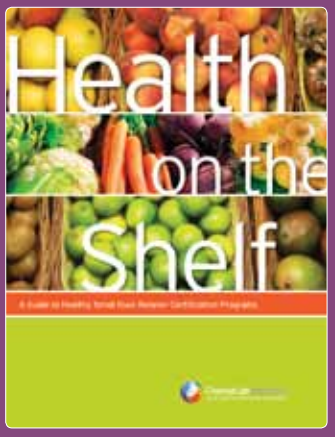


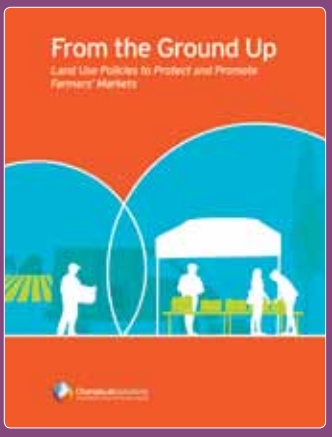












Healthy Food Access

Corner stores, grocery stores, and convenience markets can be healthy community assets. Our resources cover strategies to encourage neighborhood retailers to stock healthier products (like fresh produce) and to limit the damage caused by the sale of unhealthy products.

Eight Steps to Get More Fruits and Vegetables in Your Neighborhood (available in Spanish)

Getting to Grocery: Tools for Attracting Healthy Food Retail to Underserved Neighborhoods

Green for Greens: Finding Public Financing for Healthy Food Retail

Stumped at the Supermarket: Making Sense of Nutrition Rating Systems

Healthy Corner Stores: The State of the Movement

How to Use Economic Development Resources to Improve Access to Healthy Food (available in Spanish)

Changes in the WIC Food Packages: A Toolkit for Partnering with Neighborhood Stores

USDA Authority to Set Nutrition Standards for All Competitive Foods

Health on the Shelf: A Guide to Healthy Small Food Retailer Certification Programs

Licensing for Lettuce: A Guide to the Model Licensing Ordinance for Healthy Food Retailers

Model Healthy Small Food Retailer Certification Program Agreement

Calculating Selling Area for Healthy Retail

Fruitful Collaboration: Funding to Promote Fruits and Vegetables in Food Retail Stores (fact sheet & memo)

Toward a Sustainable Model for Small-Scale Healthy Food Retail

Supplying Health in NYC: Lessons from Shop Healthy NYC's Partnership with Wholesale Suppliers for Healthy Food Retail

Providing Fresh Produce in Small Food Stores Distribution Challenges & Solutions for Healthy Food Retail

Incentives for Change: Rewarding Healthy Improvements to Small Food Stores

Community Gardens, Farmers' Markets, & Mobile Vending

Communities have many options for expanding access to fresh produce. These resources explore strategies for supporting farmers' markets, community and school gardens, and mobile carts offering healthy foods for sale.

Ground Rules: A Legal Toolkit for Community Gardens

Seeding the City: Land Use Policies to Promote Urban Agriculture

California Certified Farmers' Markets and Farm Stands: A Closer Look at State Law

Healthy Mobile Vending Policies

Mobile Vending Laws in the 10 Most Populous US Cities

Creating a Permit Program for Produce Cart Vendors

Model Produce Cart Ordinance and Findings

From the Ground Up: Land Use Policies to Protect and Promote Farmers' Markets

Dig, Eat, & Be Healthy: A Guide to Growing Food on Public Property

Procurement

State and local governments make food available in a variety of settings, including schools, health care facilities, jails, children's and senior programs, and more. By adopting healthy "procurement" or purchasing practices, they can provide healthier food to community members. These resources explain how procurement policies can be leveraged to help improve public health.

Local Food for Local Government: Considerations in Giving Preference to Locally Grown Food

Understanding Healthy Procurement: Using Government Purchasing Power to Increase Access to Healthy Food

Making Change: A Guide to Healthier Vending for Municipalities

Healthy Agriculture

The health community is increasingly involved in conversations about agriculture policy at the local, state, and federal levels. Farmers and other agriculture stakeholders are great partners for health advocates hoping to improve access to healthy food because they know what it takes to grow, process, and sell healthy food.

Growing Change: A Farm Bill Primer for Communities

Model Healthy Food System Resolution

Farm Bill 2012 Report: Building Coalitions for Change

Finding Common Ground (issue brief series):

- *Environmentally Sound and Economically Viable Agriculture*
- *Increasing Fruit and Vegetable Consumption*
- *SNAP for Agriculture, Health, and the Economy*
- *Local and Regional Food Systems*
- *Health and Safety for Farmworkers and Farmers*

School Nutrition

Creating a healthier food environment at school is a key strategy for reducing childhood obesity. We provide resources to improve the food landscape on campus, including strategies for ensuring healthy beverages in school vending machines, increasing access to fresh drinking water, and establishing a "healthy food zone" in school neighborhoods.

Creating a Healthy Food Zone Around Schools (fact sheet & model ordinance)

Model State Parent-Teacher Association Childhood Obesity Prevention Resolution

The Healthy, Hunger-Free Kids Act of 2010: Provisions That Improve the School Food Environment

Serving School Garden–Grown Produce to Students

Model School Board Resolution Supporting Farm-to-School Programs

Drinking Water Access in Schools

Wellness Policy Language for Water Access in Schools

Making Change: A Guide to Healthier Vending for Municipalities

Food Marketing

Despite epidemic rates of childhood obesity in the United States, food marketers continue to market unhealthy products to young people – on TV, in schools, through digital media like cell phones and computer games, and more. These resources show how the food industry targets young people, from toddlers to teens, and explore strategies for limiting the impact of this type of marketing.

Restricting Junk Food Billboards: What Can Communities Do?

Digital Food Marketing to Children and Adolescents: Problematic Practices and Policy Interventions

District Policy Restricting Food and Beverage Advertising on School Grounds

District Policy Restricting Food and Beverage Advertising Not Permitted to be Sold on School Grounds

First Amendment Implications of Restricting Food and Beverage Advertising in Schools

Restricting Junk Food Advertising on School Buses: The First Amendment and Defining Junk Food

Ethical and Responsible Food and Beverage Marketing to Children and Adolescents

Targeted Marketing of Junk Food to Ethnic Minority Youth

Putting a Stop to Misleading Marketing: How to Report Ads that Violate Industry Self-Regulatory Guidelines

CARU's Food-Related Guidelines and Examples of Cases

Model Statute Limiting Food Marketing at Schools

Healthier Restaurants

Many communities are looking for ways to make the restaurant environment healthier, given that families are eating out now more than ever. Some communities use healthy restaurant programs as a way to build relationships with the restaurant community to improve menu items. Other communities limit fast food restaurants from locating near schools and set healthy nutrition standards for chain restaurant snacks, beverages, and meals that include a toy or other incentive item. These resources explore how communities can improve the restaurant environment in accordance with the law.

Putting Health on the Menu: A Toolkit for Creating Healthy Restaurant Programs

Creating Successful Healthy Restaurant Policies: Understanding the Laws Regulating Restaurants

Model Ordinance for Healthier Toy Giveaway Meals

How McDonald's New Happy Meal Standards Line Up Against the Nutrition Standards in Three Toy Giveaway Policies

Model Healthy Restaurant Program Agreement

Sugar-Sweetened Beverages (SSBs)

Many studies have demonstrated a link between obesity and the consumption of soda and other sugar-sweetened beverages, including energy drinks, sweet teas, and sports drinks. New policies, including portion size restrictions and taxes, can help change how individuals consume these products and generate funds for programs that address obesity. The following resources were developed help local and state policymakers act to limit the harm and other costs associated with the consumption of sugary drinks.

Sugary Drinks: Approaches to Reduce Sugary Drink Consumption (Roadmap & Brochure)

Breaking Down the Chain: A Guide to the Soft Drink Industry

Sugar-Sweetened Beverages Playbook (& Poster)

Model Sugar-Sweetened Beverage Tax Legislation

Local Soda Taxes on Sugar-Sweetened Beverages in California: Legal Considerations and Procedural Requirements

Developing a Healthy Beverage Vending Agreement

School District Policy Establishing a Healthy Vending Program

Model Ordinance Regulating Where Sugar-Sweetened Beverages May Be Sold

Model Local Resolution Supporting a Statewide Excise Tax or Regulatory Fee on SSBs

Model Ordinance Regulating Sales of Sugar-Sweetened Beverages

Addressing Sugary Drinks through the Local School Wellness Policy

Regulating Retail Sales of Sugar-Sweetened Beverages:

- *Healthier Choices on the Shelf*
- *Portion Size Limits and Beyond*
- *Who Can Sell, and Where?*

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Tobacco Control

Laws have had a major impact on reducing tobacco-related deaths and disease.ChangeLab Solutions offers many resources on tobacco control issues and strategies, including reducing exposure to secondhand smoke, limiting the sale and promotion of tobacco products to minors, and increasing enforcement of existing laws.

Secondhand Smoke

One of the most important steps a community can take to improve its residents' health is to create more smokefree spaces. These resources are designed to help local and state lawmakers and advocates reduce and even eliminate secondhand smoke exposure where people work, play, and live.

Smokefree Multi-Unit Housing: Approaches to Protect Tenants from Secondhand Smoke (Roadmap & Brochure)

Legal Options for Tenants Suffering from Drifting Tobacco Smoke (available in Spanish)

How Landlords Can Prohibit Smoking in Rental Housing (available in Spanish)

How Disability Laws Can Help Tenants Suffering from Drifting Tobacco Smoke (available in Spanish)

How to Make a Condo Complex Smokefree (available in Spanish)

Options for Condo Owners Suffering from Drifting Secondhand Smoke

Creating Smokefree Policies for Affordable Housing in California

Making a New Smokefree Housing Law Work

How to Prohibit Smoking in Owner-Operated Businesses, in Places Operated by Volunteers, & in Enclosed Places

Protecting Children from Secondhand Smoke When Parents Divorce or Separate

Protection Against Employee Retaliation in California

Model Tobacco-free or Smokefree Event Policy

Smokefree Recreational Areas Model Ordinance & Checklist

Smokefree Housing Model Ordinance & Checklist

There Is No Constitutional Right to Smoke

Comprehensive Smokefree Places Model Ordinance & Checklist

Smokefree Multi-Unit Housing and Rent Control Laws (fact sheet & model ordinance plug-in)

A New Lease on Life: Landlords' Right to Make Properties Smokefree

AB 795: Using Citations & Fines to Enforce Smokefree Campus Policies in California's Public Colleges & Universities

Tobacco Shops & Smokers' Lounges: Understanding the Exceptions to California's Smokefree Workplace Act

Tobacco Sales

State and local governments are increasingly looking for ways to limit or prohibit the sale of tobacco products to minors. These resources offer different options and outline key considerations for advocates and community leaders. ChangeLab Solutions has also developed a series of resources around Tobacco Retailer Licensing. For more detailed information regarding this policy tool, please see our Tobacco Retailer Licensing page.

Tobacco Retailer Licensing: An Effective Tool for Public Health

Implementation Checklist for Tobacco Retailer Licensing

Tobacco Retailer Licensing Ordinance, Associated Plug-ins, and Checklist

Land Use Model Ordinance and Checklist

Laws Regulating Tobacco Retailers: Comparison Chart

Case Studies on the Implementation and Enforcement of Local Tobacco Retailer Licensing Ordinances in California

Municipal Authority to Regulate the Location and Operation of Tobacco Retailers

Sign Law Amendments Legal Memo

Pipe Down: How to Address Drug Paraphernalia in Your Community

Using Tobacco Retailer Licensing to Provide Penalties for Violation of State Drug Paraphernalia Laws

Limiting "Teen-Friendly" Cigars

A Prescription for Health: Tobacco Free Pharmacies

Model Legislation Establishing a Minimum Retail Sales Price for Cigarettes [and Other Tobacco Products] (& Findings)

In Bad Taste: What Communities Can Do About Fruit- and Candy-Flavored Tobacco Products

Model California Ordinance Restricting Sales of Flavored Tobacco Products

The Tobacco Control Act

The Family Smoking Prevention and Tobacco Control Act gives the U.S. Food and Drug Administration (FDA) authority to regulate products that contain tobacco. Not every provision in the 2009 Tobacco Control Act, however, applies to every kind of tobacco product. These fact sheets explain issues related to the 2009 law.

What Tobacco Products Are Covered by the 2009 FDA Law?

Getting Your Voice Heard: Commenting on Federal Regulations

Sampling: How Does the FDA Law Affect Local Ordinances in California

E-Cigarettes: How They Are – and Could Be – Regulated

Model Resolution Encouraging the FDA to Ban the Use of Menthol in Cigarettes

Additional Tobacco Control Resources

Additional resources include our tools for restricting tobacco industry sponsorship at events, allowing citizen enforcement of tobacco laws, and limiting tobacco industry giveaways.

Model Fraternity/Sorority Policies Prohibiting Tobacco Sponsorship

Model Policy for Rodeos: Prohibiting Tobacco Sponsorship

Model Policy for Motorsports: Prohibiting Tobacco Sponsorship

Private Right of Action Model Provision and Legal Memo

Sample California Policy Restricting Tobacco Sales, Advertising, & Sponsorship at Public Colleges & Universities

Tobacco Sampling Ordinance and Checklist

Tobacco Laws Affecting California (2012 Booklet & 2013 Supplement)

Administrative Enforcement Roadmap

Criminal Enforcement Roadmap

Model California Ordinance Regulating Electronic Smoking Devices (Checklist & Flow Chart)

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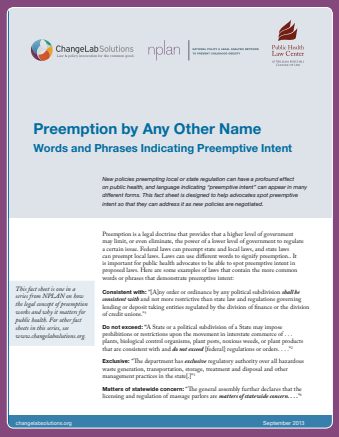
Public Health Law & Policy 101

Having a clear understanding of the legal and policy context for any public health effort is critical for everyone working to create lasting, meaningful change. ChangeLab Solutions offers a series of publications exploring the essentials of public health law and policy.



Obesity Prevention

Communities can implement policies that address the obesity epidemic by improving the physical activity environment, healthy food access, and disparities in your community, as well as promote more obesity prevention policies in your schools, parks and recreation, community and day care centers, the food and beverage industry, hospitals, and the workplace.

Why Adopt an Obesity Prevention Resolution? Fact Sheet and Model Resolution

State Attorneys General: Potential Allies in Childhood Obesity Prevention

What Does the City Attorney Have to Do with Obesity Prevention?

Enforcing Local Laws

A law is only effective if it is enforced. Laws should clearly specify how enforcement will happen and, if possible, include funding for enforcement efforts. Our publications are designed to help ensure effective enforcement of public health laws.

How to Partner with Government to Enforce Laws in Your Community

Effective Implementation and Enforcement Clauses in Ordinances

How to Enforce a Wellness Policy

Getting Your Voice Heard: Commenting on Federal Regulations

Identifying & Reporting Misleading Ads: How to Help Enforce Federal Regulations Limiting Deceptive or Unfair Marketing

Preemption: Why It Matters for Public Health

Local control is essential for increasing access to nutritious food, clean air, active transit, and habitable housing – but local leaders face a real threat in preemption, when a higher level of government restricts or even eliminates the authority of a lower level of government to take action. Preemption often ties the hands of local leaders as they work to improve retail establishments, land use planning, housing availability, and other municipal concerns. These publications explain what you need to know about preemption and its impact on public health.

Fundamentals of Preemption

Preemption by Any Other Name

Negotiating Preemption: Questions to Consider

Preemption: What Is It, How It Works, and Why It Matters to Public Health

The Consequences of Preemption for Public Health Advocacy

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