Tools for Change
A Resource Catalog for Community Health
ChangeLab Solutions creates healthier communities for all through equitable laws & policies.

Our innovative policy solutions address all aspects of a just, vital, and thriving community. Explore this catalog to see how our tools can help your community!

The selected model policies, how-to guides, infographics, fact sheets, online trainings, and other practical resources featured in this catalog focus on these topic areas:

- Good Governance (p. 3)
- Healthy Neighborhoods (p. 6)
- Food & Beverages (p. 10)
- Child Care & School Environments (p. 14)
- Tobacco Prevention (p. 17)
- Health Care (p. 21)

Visit changelabsolutions.org to download these resources at no cost; join our email list for updates on our work to improve health equity; and support our work to provide quality resources for policymakers, community leaders, and others working for healthy communities.

We’re ready to help you create a healthier, more equitable future for your community!

ChangeLab Solutions is a nonprofit organization that provides legal information on matters relating to public health. The legal information in this document does not constitute legal advice or legal representation. For legal advice, readers should consult a lawyer in their state.

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Good Governance

Laws and policies are powerful tools for making our communities healthier and more equitable. A good governance process is inclusive, transparent, and effective, and helps foster a clear understanding of policy landscapes, local resources, and potential partnerships. Explore our resources on the essentials of public health law and policy and learn how to create meaningful, lasting change.
What Is Policy?
When communities launch policy initiatives, a common question that arises is, What do you mean by policy? ChangeLab Solutions created this fact sheet to define policy, to provide evidence for why policy is such a strong tool for change, and to give examples of how communities have used policy to improve health. It’s a helpful resource for introducing government staff, community leaders, and other health stakeholders to the concept of policy change.

What Is Policy? An Introductory Fact Sheet that Defines Policy

Health in All Policies
Every part of government has a role to play in creating a healthy community. That’s the idea behind Health in All Policies: to adopt a collaborative approach to policymaking and improve the health of a community. By recognizing shared goals, collaborating, and coordinating their efforts, public agencies can work with the communities they serve to ensure that public policies and public resources address local needs and improve health outcomes.

These resources are intended for anyone interested in building healthier communities through more collaborative and efficient policymaking. They include best practices and lessons learned from community leaders across the country.

Collaborative Health: A Health in All Policies Presentation
A Roadmap for Health in All Policies: Collaborating to Win the Policy Marathon (New)
From Start to Finish: How to Permanently Improve Government Through Health in All Policies
Commitment to Change: Model Health in All Policies Model Policies

Multisector Partnerships
Cultivating partnerships among government agencies, local organizations, and community institutions is key to improving health outcomes. Successful public health initiatives engage residents, advocates, and policymakers in developing and realizing the community’s vision of a healthier future. These resources provide strategies for building and strengthening partnerships for public health.

Pathways to Policy: A Step-By-Step Playbook for Young People Who Want to Change The World (New)
Healthy Planning Guide: An Overview of Development Strategies for Healthier Communities
Partners for Public Health: Working with Local, State, & Federal Agencies to Create Healthier Communities
Putting Business to Work for Health: Incentive Policies for the Private Sector
Know the Rules: An Overview of State Agency Rulemaking

Preemption: Why It Matters for Public Health
Local control is essential for increasing access to nutritious food, clean air, active transit, and healthy, affordable 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. These publications explain what you need to know about preemption and its impact on public health.

Preemption, Public Health, and Equity: The Search for Local Solutions (Webinar) (New)
Preemption & Public Health (Online Training)
Preemption: What It Is, How It Works, & Why It Matters to Public Health
Fundamentals of Preemption
Preemption by Any Other Name
Negotiating Preemption: Questions to Consider
The Consequences of Preemption for Public Health Advocacy
How State Preemption of Local Smokefree Air Laws Adversely Impacts Quitting
Public Health Law Academy

The Public Health Law Academy, supported by the Centers for Disease Control and Prevention (CDC), offers free courses that provide a solid understanding of the use of law and policy to improve population health outcomes. These easy-to-use online trainings are essential for all public health professionals, especially those with no legal background.

Visit www.publichealthlawacademy.org to see all of our courses.

Introduction to Public Health Law

- Public Health Law: Past & Present
- Preemption & Public Health

Hot Topics in Public Health Law

- Public Health Threats & the U.S. Constitution: What Responders Need to Know
- Legal & Policy Approaches to Reducing Prescription Drug Overdose
- Pharmacist Collaborative Practice Agreements: Who, What, Why, & How (New)

Legal Epidemiology

- Introduction to Legal Epidemiology (New)
- Introduction to Legal Mapping (New)
- Advanced Legal Epidemiology Methods (New)

Building Healthy, Equitable Communities

What are the elements of a healthy and equitable community? How do we create conditions in which all children and families can thrive? To foster collaborative thinking on these essential questions, we created the Building Healthy, Equitable Communities Series, where we explore the topic of health equity. We discuss how law and policy coupled with community power can catalyze new opportunities for everyone to achieve their full health potential. Explore our blog posts from this series:

- 10 Local Laws That May Be Doing More Harm Than Good (New)
- 6 Federal Policies That Fall Short of Supporting Working Families (New)
- Critical Thinking on Health Equity & Food Systems: 8 Policies (New)
- 8 Policies That Have Contributed to Place-Based Health Disparities Across Generations (New)
- Creating Safe and Supportive Schools: 5 Promising Areas for Policy Change (New)
- Inclusive Community Engagement & Equitable Participation to Improve 4 Core Functions of Local Government (New)

Community Planning

This introductory curriculum provides community leaders and workshop participants with information about policies and practices that improve community health. It offers tools to help residents advocate for themselves with local officials and provides strategies to bring their voices into public decisionmaking processes. The activities, icebreakers, and accompanying materials are offered in both Spanish and English. The Changemaker’s Guide was originally developed for residents in the Los Angeles area; however, it can be modified to fit many other community contexts.

- The Changemaker’s Guide: A Community Planning Curriculum (also in Spanish)
- Training Presentation: Roses in the Concrete (also in Spanish)
- Training Presentation: Run With It (also in Spanish)
Healthy Neighborhoods

Growing evidence shows that our neighborhoods play a strong role in our health. Housing, workplaces, streets, and transportation all provide opportunities to promote safety, physical activity, access to healthy food, community engagement, and affordable living. Use our tools to connect the dots between neighborhood resources and achieve policy goals for healthy neighborhoods.
Complete Parks: Essential Elements of a Park System

Parks provide communities with numerous social, environmental, and health benefits, which every person in every neighborhood should be able to enjoy. Too many cities, counties, and neighborhoods are “park poor,” lacking adequate parks and green spaces. The residents of these places don't have access to safe open spaces where they can play, exercise, or unwind after a long day.

Recognizing the importance of parks, many communities are now looking for ways to expand, improve, and maintain their parks systems. These resources can help decisionmakers and advocates develop a safe and accessible parks system that is well integrated with a community’s built environment, hosts activities and programs, and addresses residents’ needs.

Complete Parks Overview: Creating an Equitable Parks System (New)
Complete Parks Indicators: A Systems Approach to Assessing Parks (New)
Complete Parks Model Resolution (New)
Complete Parks Playbook: Seven Elements of a Safe, Connected, & Healthy Parks System (also in Spanish)
Funding Complete Parks: Local Agency Strategies for the Development of Parks & Recreation Facilities

Safe, Stable, & Affordable Housing

Safe, stable, and affordable housing is central to the health of individuals, families, and communities. Without policies to keep housing affordable, residents are at higher risk for displacement.

Practitioners and community advocates working at the intersection of housing and health have a unique role to play in preserving, protecting, and expanding the number of affordable housing options in every neighborhood. These resources explain the connections between housing and public health, and provide strategies for ensuring that all families have safe housing they can afford.

The Health & Housing Starter Kit: A Guide for Public Health Departments, Housing Authorities, and Hospitals Working at the Intersection of Health and Housing (New)
Preserving, Protecting, & Expanding Affordable Housing: A Policy Toolkit for Public Health
A Primer on Qualified Allocation Plans: Linking Public Health & Affordable Housing
Housing & Health: New Opportunities for Dialogue & Action
Up to Code: Code Enforcement Strategies for Healthy Housing
Healthy Housing Laws that Work: Creating Effective Implementation & Enforcement Clauses
Healthy Housing Through Proactive Rental Inspection (Summary, Guide, & Model Ordinance)
Mold & Moisture in the Home: Strategies for Local & State Government
Under One Roof: Model Healthy Housing Policies for Comprehensive Plans

Designing for Physical Activity

Many communities are taking steps to retrofit their streets to promote walking and biking. Diverse types of places—urban, suburban, and rural—are addressing infrastructure gaps and building a network of pedestrian- and bicycle-friendly facilities between key destinations. These improvements increase opportunities for physical activity, create easier access to neighborhood resources, and help strengthen the social fabric of communities.

Making Streets Welcoming for Walking: A Fact Sheet About Principles of Walkable Streets
Road Signs Pedcast: The Road Diet (A Complete Street Podcast)
Let’s Ride! 4 Requirements for a Bikeable Community (Infographic)
Move This Way: Making Neighborhoods More Walkable & Bikeable
Rural Places Make Active Spaces: Rural Community Profile
Shared Use: Unlocking Community Spaces

Shared use is a winning strategy with wide-ranging benefits because it maximizes the use of public resources to benefit the community as a whole. **Shared use**—also called **joint use** or **community use**—occurs when government entities or private nonprofit organizations agree to open or broaden access to their facilities for community use. By increasing opportunities for physical activity, shared use can be effective in reducing health disparities. Because it makes use of existing facilities, shared use is a particularly potent tool in underserved neighborhoods, where a lack of funding prevents the development of new recreational spaces.

**Shared Use Playbook** *(New)*

- Benefits of Shared Use: An Infographic for Communities, Advocates, & Public Health Practitioners
- Fair Play: A Fact Sheet for Advancing Health Equity Through Shared Use
- The Benefits of a Written Shared Use Agreement: Partnership to Open Access
- Contracts & Memorandums of Understanding (MOUs): Understanding Key Terms
- Joint Use Agreement Fact Sheet, Checklist, Model Resolutions & Agreements *(National & California)*
- Shared Use Agreements & Tribal Nations: A Fact Sheet for Shared Use In or Near Indian Country
- Playing Smart: A National Toolkit on Maximizing the Potential of School & Community Property
- This Land Is Our Land: A Legal & Policy Primer for Accessing Public Property for Recreation
- Congregation to Community: Shared Use by North Carolina Faith-Based Organizations
- Dig, Eat, & Be Healthy: A Guide to Growing Food on Public Property
- State Surveys on Shared Use Liability: Using Public School Property During Non-School Hours
- Covering Your Bases: Checklist & Tips About Insurance for Nonprofits

- Visit [www.changelabsolutions.org/unlocking-possibilities](http://www.changelabsolutions.org/unlocking-possibilities) to see all of our shared use resources.

**Land Use Policies: General Plans & Zoning**

Land use planning and zoning are key to building a healthier community. It’s essential to have a fundamental understanding of how land use decisions are made and how advocates can effectively participate in those decisions. We have developed a library of resources, including model policies, addressing a range of key land use issues. They include information about assessment of local conditions and needs, community engagement, and implementation.

- Building Healthy, Equitable Communities Through Comprehensive Long-Range Planning *(Webinar)* *(New)*
- 8 Policies That Have Contributed to Place-Based Health Disparities Across Generations *(New)*
- How to Create & Implement Healthy General Plans
- A Roadmap for Healthier General Plans: Step-by-Step, Who Does What?
- Health in All Policies in General Plans
- Licensing & Zoning: Tools for Public Health
- General Plans & Zoning: A Toolkit for Building Healthy, Vibrant Communities
- From the Ground Up: Land Use Policies to Protect & Promote Farmers Markets
- Seeding the City: Land Use Policies to Promote Urban Agriculture
- Model Comprehensive Plan Language on Complete Streets
- Healthy Planning Policies: A Compendium from California General Plans
Community Development

Healthy homes require healthy neighborhoods. Our resources help communities redesign neighborhoods to be more convenient so residents can walk, bike, or take public transit to meet their daily needs. These tools provide a variety of strategies and policy options, including incentives to locate grocery stores in underserved areas, build more sidewalks, require bike programs, and make public transit more accessible. Communities can also change local codes to encourage the development of farmers markets and community gardens.

Building In Healthy Infill: A Guide for Improving Public Health Through Development
Room for Improvement: Key Strategies for Healthy Infill
Creating Healthier Suburbs: Tools for Transforming Sprawl into Livable Communities
Healthier Communities Through Redevelopment: Rebuilding Neighborhoods for Active Living
How Four Bay Area Cities Brought Health into Redevelopment Projects (A Podcast Series)

Interested in more healthy neighborhood resources?

- ChangeLab Solutions’ BLOCK Project examines how housing policies and practices can exacerbate health inequities, and identifies promising solutions. Visit Medium to read the BLOCK Project articles.
- See the Child Care & School Environments section for resources on complete streets.
- See the Tobacco Prevention section for resources on smokefree housing.
A healthy diet is key to maintaining good health. But many low-income children and families – those at greatest risk for preventable diseases like diabetes and heart disease – don’t have access to healthy foods and beverages in their neighborhoods. Explore our range of policy strategies that make it easier for everyone to access healthy foods and beverages at home, at work, at school, and in stores.
Sugary Drinks

Many studies have demonstrated a link between obesity and the consumption of sugary drinks, 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 to help limit the harm and other costs associated with the consumption of sugary drinks.

10 Ways to Limit Sugary Drinks in Your Community (Infographic) (New)
Sugary Drink Strategy Playbook: Reducing Sugary Drinks to Promote Community Health and Equity (New)
Model Ordinance Regulating Sales of Sugar-Sweetened Beverages
Sugary Drinks: Approaches to Reduce Sugary Drink Consumption (Roadmap & Brochure)
Breaking Down the Chain: A Guide to the Soft Drink Industry
Model Legislation Requiring a Safety Warning for Sugar-Sweetened Beverages
Energy Drink Policies: Mini-Case Studies
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: Fact Sheets About Innovative Strategies

Alcoholic Drinks

Excessive alcohol use is a public health problem with a variety of potential consequences, ranging from violence to increased risk of disease and increased health care costs for society. ChangeLab Solutions highlights 3 evidence-based strategies to reduce excessive alcohol use in communities: alcohol taxes, commercial host liability, and reduced alcohol outlet density.

Alcohol Taxes Infographic
Commercial Host Liability Infographic
Alcohol Outlet Density Infographic
Status of State Dram Shop Liability: 2015 Prevention Status Report Update
Status of Local Authority to Regulate Alcohol Outlet Density: Update of State Data & Coding

Water Access

By providing drinking water as an alternative to soda and other sugary drinks, communities can support overall health. But there are a variety of challenges to making drinking water readily available, including deteriorating school and park infrastructure, fears about water quality, and the prevalence of sugary drinks. To help schools and other community advocates overcome these barriers, we created this set of resources to help encourage water consumption.

Improving Well Water Quality and Well Stewardship: 4 Case Studies on Promoting Policy Change In Private Well Systems (OR, IA, NH, NM) (New)
Closing the Water Quality Gap: Using Policy to Improve Drinking Water in Federally-Unregulated Drinking Water Systems
Drinking Water Access in Schools: A Fact Sheet to Help Encourage Water Consumption
Every Drop Counts: Promoting Health by Removing a Tax on Bottled Water
Model Wellness Policy Language for Water Access in Schools
How State Plumbing Codes Can Increase Access to Drinking Water in Schools
• See the Child Care & School Environments section for more resources on nutrition and water.
Procurement

Large institutions such as government agencies and hospitals purchase food and drinks in large quantities every day. When these institutions make purchasing decisions based on good food values, it produces wins for community wellness, the local economy, and the environment. These resources explain how healthy purchasing practices can be leveraged to help improve community health.

Homegrown: Implementing State & Local Preferences for Food Procurement (New)
Institutions Buying Food for Health & Equity: An Infographic
A Fact Sheet on Establishing Healthier Food Service Guidelines for Government Facilities
Understanding Healthy Procurement: Using Government Purchasing to Increase Access to Healthy Food
Making Change: Healthier Vending for Municipalities (Guide & Model Agreement)
Reach for More: Healthier Beverage Vending for Government Agencies in Rural Settings
The Shakedown On Sodium: Using Group Purchasing to Provide Lower-Sodium Foods

• Visit www.exceedtool.com to learn more about federal food service procurement guidelines.

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 & Vegetables in Your Neighborhood (also in Spanish)
Getting to Grocery: Tools for Attracting Healthy Food Retail to Underserved Neighborhoods
Making Healthy Food Affordable: Rural Community Profile
Understanding the Role of Community Development Finance in Improving Access to Healthy Food
How to Use Economic Development Resources to Improve Access to Healthy Food (also in Spanish)
Community Development Block Grants: Linking Health & Economic Development Through Food Retail
Green for Greens: Finding Public Financing for Healthy Food Retail
Food as a Catalyst for Change: Rebuilding the Food System in Birmingham, AL (Case Study & Slideshow)
Banking on Health: Improving Healthy Beverage & Nutrition Standards in Food Banks
Model Healthy Food System Resolution: The Role of Local Government

Healthy Food Retail

It’s important to take a comprehensive approach to improving the retail environment. When public health practitioners in different agencies—such as tobacco control, alcohol regulation, and nutrition advocates—work together and with their community they can create stores where it’s easy to make healthier choices.

Check Out Healthy Retail (Infographic)
Health on the Shelf: A Guide to Healthy Small Food Retailer Certification Programs
Healthy Retail Playbook & Collaboration Workbook
Licensing for Lettuce: A Guide to the Model Licensing Ordinance for Healthy Food Retailers
Model Healthy Checkout Aisle Ordinance
Fruitful Collaboration: Funding to Promote Fruits & Vegetables in Food Retail Stores (Fact Sheet & Memo)
Incentives for Change: Rewarding Healthy Improvements to Small Food Stores
Calculating Selling Area for Healthy Retail: A Fact Sheet About Improving Access to Healthy Food

• Visit www.changelabsolutions.org/healthy-retail to see all of our resources on healthy food retail.
• See the Tobacco Prevention section for resources on Tobacco Retailer Licensing.
Healthier Restaurants

Many communities are looking for ways to make the restaurant environment healthier, given that families are now eating out more than ever. Some communities use healthy restaurant programs to improve menu items. Other communities prevent fast food restaurants from locating near schools or set healthy nutrition standards.

What Can States and Local Governments Do About Menu Labeling? (New)
Putting Health on the Menu: A Toolkit for Creating Healthy Restaurant Programs
Model Healthy Restaurant Program Agreement
Creating Successful Healthy Restaurant Policies: Understanding the Laws Regulating Restaurants
Model Ordinance for Toy Giveaways at Restaurants
Model Healthy Children’s Meals Ordinance

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.

Digging In: Local Policies to Support Urban Agriculture (Infographic)
Ground Rules: A Legal Toolkit for Community Gardens
Seeding the City: Land Use Policies to Promote Urban Agriculture
From the Ground Up: Land Use Policies to Protect & Promote Farmers Markets
Dig, Eat, & Be Healthy: A Guide to Growing Food on Public Property
Green for Greens: Finding Public Funding for Healthy Food Retail
Model Healthy Food System Resolution: The Role of Local Government
Creating a Permit Program for Produce Cart Vendors (Fact Sheet & Model Ordinance)
Healthy Mobile Vending Policies: A Win-Win for Vendors & Obesity Prevention Advocates
Child Care & School Environments

Families have tremendous influence over the health of their children, but children are also cared for by other adults in their community. Child care and school environments often determine what children eat and drink, as well as how much they participate in physical activity. Learn about how our child care and school policies can support families in raising healthier children.
Child Care Environments
Many strategies, including licensing programs, can 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.

Funding the Fundamentals: A Primer on Early Care & Education Funding for Public Health Practitioners
A Fact Sheet for Understanding the Model Child Care Licensing Statute for Obesity Prevention
Policies that Support Breastfeeding in Child Care Facilities

School Wellness Policies
Federal law requires all school districts participating in the National School Lunch Program and/or School Breakfast Program to adopt a local school wellness policy. This requirement reflects the essential role schools play in promoting student health and preventing childhood obesity. Wellness policies are written documents that outline how school districts plan to help kids eat well, be physically active, and lead healthier lives. These resources address various issues related to local school wellness policies and provide strategies to help school districts promote student health.

Addressing Sugary Drinks through the Local School Wellness Policy
Addressing Bullying in Local School Wellness Policies
Incorporating Safe Routes to School into Local School Wellness Policies
Incorporating Shared Use into Local School Wellness Policies
The Healthy, Hunger-Free Kids Act & School Fundraisers: A Fact Sheet for Schools & Communities
How to Enforce a Wellness Policy: A Fact Sheet for Parents & Community Advocates
Model Wellness Policy Language for Water Access in Schools
Food & Beverage Marketing Model School Wellness Policy Language

School Discipline Practices
We work to identify the barriers to young children’s healthy development and academic success and illustrate how schools can effectively address discipline issues while promoting positive school environments where all students have the opportunity to learn, heal, and thrive.

Building Healthy, Equitable Communities Through Transforming the School Climate (Webinar) (New)

Marketing to Youth
Despite epidemic rates of childhood obesity in the United States, food marketers continue to promote unhealthy products to young people—on TV, in schools, through digital media like cell phone applications 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.

Marketing Matters: Strategies to Reduce Unhealthy Food Marketing to Young Children (Toolkit & Infographic)
Restricting Food & Beverage Advertising in Schools: A Fact Sheet on Local School Wellness Policies
A Fact Sheet on Identifying & Reporting Unfair, Misleading, & Deceptive Ads & Marketing
First Amendment Implications of Restricting Food & Beverage Marketing in Schools
Model Statute Limiting Food Marketing at Schools
Restricting Junk Food Advertising on School Buses: The First Amendment & Defining Junk Food
Breaking Down the Chain: A Guide to the Soft Drink Industry
Digital Food Marketing to Children & Adolescents: Problematic Practices & Policy Interventions
Model California Ordinance for Reducing Storefront Window Signage
School Nutrition & Water Access
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 clean drinking water, and establishing a healthy food zone in school neighborhoods.

- Drinking Water Access in Schools: A Fact Sheet to Help Encourage Water Consumption
- How State Plumbing Codes Can Increase Access to Drinking Water in Schools
- Improving School Nutrition: Rural Community Profile
- Developing a Healthy Beverage Vending Agreement (Fact Sheets & Sample Policies)
- 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
- A Memo on Serving School Garden Produce in the Cafeteria
- Model School Board Resolution in Support of Establishing a Farm-to-School Program
- Making Change: Healthier Vending for Municipalities (Guide & Model Agreement)
- Spinach to Schoolyards: Legal Requirements for Starting a School Produce Stand in California

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?
- A Guide to Building Healthy Streets
- Road Signs Pedcast
- National Model Complete Streets Laws and Resolutions (also for California)
- Model Complete Streets Language for Local Governments
- Model Comprehensive Plan Language on Complete Streets

Safe Routes to School (SRTS)
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 communities overcome challenges and adopt policies that support biking and walking to school.

- SRTS: Approaches to Support Children Walking & Bicycling to School (Roadmap & Fact Sheet)
- SRTS: An Overview for California Advocates
- Backing Off Bike Bans: The Legal Risks of Banning Bicycling to School
- Crossing with Confidence: Managing Risk When Managing Crossing Guard Programs in California
- Get Out & Get Moving: Opportunities to Walk to School Through Remote Drop-Off Programs
- On the Move: SRTS Policies in Rural School Districts
- Getting the Wheels Rolling: A Guide to Using Policy to Create Bicycle Friendly Communities
- Maximizing Walkability, Diversity, & Educational Equity in U.S. Schools (Convening Report)
- Incorporating Safe Routes to School into Local School Wellness Policies
- Safe Routes to School District Policy Workbook (Online Policy Builder)
Tobacco Prevention

Limiting access to tobacco products is the first step in preventing tobacco-related diseases. Effective strategies include reducing exposure to secondhand smoke, eliminating the sale of tobacco products to minors, regulating electronic cigarettes, and increasing enforcement of existing laws. Explore policy options, and learn how retailer licensing can help ensure compliance.
Tobacco Control 101

ChangeLab Solutions has worked on tobacco control policy for almost two decades. Our model laws and policies have helped make smoking less acceptable and accessible throughout California and, increasingly, throughout the nation.

There Is No Constitutional Right to Smoke (National & California)

Tobacco Retailer Licensing (TRL)

Requiring a retail license to sell tobacco can be an effective way for local jurisdictions to enforce tobacco control ordinances, providing a mechanism for communicating with retailers to improve policies and ensure compliance. The following resources provide practical advice on implementing a TRL policy.

Comprehensive Tobacco Retailer Licensing Model Ordinance (includes Checklist & Supplemental Policy Options) (New)
Tobacco Retailer Licensing: An Effective Tool for Public Health (New)
Show Me Your License: The Basics of Tobacco Retailer Licensing (New)
Tobacco Retailer Licensing Strategies (Infographic)
Tobacco Retailer Licensing Playbook
Point of Sale Playbook: Policy Options to Regulate the Sale & Marketing of Tobacco Products
Budgeting for a Local Tobacco Retailer License Fee in California (Checklist & Online Calculator)
Implementation Checklist for Tobacco Retailer Licensing
Q&A: Can Newly Adopted Tobacco Retailer Licensing Restrictions Apply to Existing Tobacco Retailers?
Q&A: How Should Tobacco Retailer Licensing Fees Be Determined?

Smokefree Housing

Well-designed smokefree housing policies are an important tool for ensuring the health of tenants. Likewise, housing stability is critical for ensuring the health and well-being of families. Smokefree housing policies and housing security are both key resources for community health. We provide leadership in smokefree housing options, working with communities to develop strong, humane smokefree housing policies.

A New Lease on Life: Landlords’ Right to Make Properties Smokefree (New)
Smokefree Housing: A Model California Ordinance Regulating Smoking in Multiunit Residences (New)
How Disability Laws Can Help Tenants Suffering from Drifting Tobacco Smoke (New)
Legal Options for Tenants Suffering from Drifting Tobacco Smoke (New)
Smokefree Multi-Unit Housing: Protecting Tenants from Secondhand Smoke (Roadmap & Brochure)
A Guide to Making a New Smokefree Housing Law Work
Support for Smokefree Housing: A Fact Sheet Summarizing the Benefits
Working with Landlords & Property Managers on Smokefree Housing: A Guidebook
A Fact Sheet on Smokefree Multi-Unit Housing Policies: Strategies to Support Resident Compliance
Creating Smokefree Policies for Affordable Housing in California (with Supporting Documents)
How Landlords Can Prohibit Smoking in Rental Housing (also in Spanish)
How to Make a Condo Complex Smokefree (also in Spanish)
Adopting Smokefree Policies in Multi-Unit Housing, including Rent-Controlled Properties
Smokefree Housing Resources for California Communities with Rent Control Laws
Implementing & Enforcing a Smokefree Multi-Unit Housing Ordinance: A Fact Sheet for Local Jurisdictions
Smokefree Places
One of the most important steps a community can take to improve its residents’ health is to create more smokefree spaces. The following resources are designed to help local and state lawmakers and advocates reduce or even eliminate secondhand smoke exposure where people work, play, and live.

Pharmacies that Sell Tobacco Send a Mixed Message (infographic) (New)
Comprehensive Smokefree Places Model Ordinance & Checklist (New)
Left Behind in the Smoke: How Exemptions in California’s Smokefree Workplace Act Impact Inequities
Protection Against Employee Retaliation in California
Can My Health Care Facility Go Smokefree?
Leveraging Hospital Community Benefits to Reduce the Burden of Tobacco Use
Support for Smokefree Parks: A Fact Sheet of Benefits
Tobacco Shops & Smokers’ Lounges: Understanding the Exceptions to California’s Smokefree Workplace Act
Interpreting the Law: How to Prohibit Smoking in Places Operated by Volunteers, & in Enclosed Places
Model Tobacco-free or Smokefree Event Policy
Understanding AB 795: Using Citations & Fines to Enforce Smokefree Campus Policies in California
How State Preemption of Local Smokefree Air Laws Adversely Impact Quitting
How State Laws Preempting Local Authority to Reduce Youth Access to Tobacco Adversely Impact Health

Tobacco Sales, Marketing, & Advertising
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.

Tobacco Retailer Density: Place-Based Strategies to Advance Health and Equity (New)
How to Reduce Tobacco Retailer Density & Why: An Infographic
Tobacco Companies Use Local Stores to Talk to Kids: An Infographic
Model Legislation Establishing a Minimum Retail Sales Price for Cigarettes (& Other Tobacco Products)
Q&A: Can Communities Legally Limit the Amount of Storefront Signage?
Model California Ordinance for Reducing Storefront Window Signage
Restricting Tobacco Sales, Advertising, & Sponsorship at California Public Colleges & Universities (Policy)
Model Tobacco-free or Smokefree Event Policy
Limiting “Teen-Friendly” Cigars: A Fact Sheet About What Communities Can Do

The Federal Tobacco Control Act
The Family Smoking Prevention and Tobacco Control Act gives the US Food and Drug Administration (FDA) authority to regulate products that contain tobacco. Not every provision in the Tobacco Control Act, however, applies to every kind of tobacco product. These fact sheets explain issues related to the 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?
Model Resolution Encouraging the FDA to Ban the Use of Menthol in Cigarettes
Emerging Tobacco Products
As the popularity of electronic cigarettes and flavored tobacco productsskyrockets, many communities have been increasingly concerned about the appeal of these products to minors and about the potential risk to public health posed by e-cigarette vapor in places otherwise required to be smokefree, such as schools, hospitals, and workplaces.

How to Regulate E-Cigarettes & Other Electronic Smoking Devices (Flowchart)
Model Ordinance Regulating Electronic Smoking Devices
Limiting “Teen-Friendly” Cigars: A Fact Sheet About What Communities Can Do
Local Strategies to Regulate Vape Shops & Lounges: A Fact Sheet About Regulatory Policy Options
Pipe Down! How to Address Drug Paraphernalia in Your Community
Q&A: Can Localities Use Smokefree Air Laws to Restrict the Use of Non-Nicotine Electronic Smoking Devices?
Regulating Toxic Vapor: A Policy Guide to Electronic Smoking Devices
Smoke & Mirrors: Why Smokefree Air Laws Can Address Electronic Smoking Devices’ Vapor
Policy Options for Restricting Sales of Menthol Cigarettes & Other Flavored Tobacco Products
Model California Ordinance Restricting Sales of Flavored Tobacco Products
Model Resolution Encouraging the FDA to Ban the Use of Menthol in Cigarettes
Health Care

Health care systems and hospitals have opportunities to get involved in community public health initiatives. Partnering with advocates and local agencies, providing healthier foods and beverages, and leveraging community benefits allocations from hospitals can all help keep people healthy and out of the emergency room. Learn how our tools can help health care organizations and hospitals partner for community-based prevention.
Hospital Community Benefits

Hospitals can be powerful allies in helping to create healthier communities. Not only do nonprofit hospitals play an important role in treating disease, they also help communities prevent chronic disease through their community benefits investments. These resources provide information about what hospital community benefits are and how advocates can work with local nonprofit hospitals to promote healthy environments.

The Health & Housing Starter Kit: A Guide for Public Health Departments, Housing Authorities, and Hospitals Working at the Intersection of Health and Housing (New)

Leveraging Nonprofit Hospital “Community Benefits” to Create Healthier Communities

Maternal & Child Health

ChangeLab Solutions has developed resources detailing the positive health effects of both breastfeeding and paid family leave policies for families, young children, and new mothers. We highlight the health benefits and equity-enhancing components of current policies and laws.

Baby-Friendly Hospital Initiative (Infographic) (New)
Breastfeeding from the Start: Health Benefits & Policy Implications of the Baby-Friendly Hospital Initiative (New)
Breastfeeding & Racial Equity (Infographic) (New)
Changing the System to Address Racial Inequities in Breastfeeding (New)
Breastfeeding-Supportive Hospital Practices: Fact Sheets on Laws that Support Breastfeeding Among Maternity Patients (in the 18 States with Relevant Laws) (New)
Paid Family Leave Ensures Health Equity for All (Fact Sheet, Literature Review, & Infographic)

Chronic Disease

Our resources outline several strategies to address chronic diseases such as diabetes, asthma, obesity, and addiction. We discuss interventions to expand insurance coverage that communities can use to address diabetes and how state and local jurisdictions can implement policies that improve access to healthy food. Public health advocates, policymakers, and local and state institutions can use these publications to understand the patterns, trends, and gaps in efforts to prevent and treat chronic diseases.

Diabetes

A Report on Expanding Health Insurance Coverage for the National Diabetes Prevention Program
Diabetes Prevention Program Return on Investment Fact Sheet
Understanding Diabetes Self-Management Education & Training (50 State Profiles & Policy Poster)

Obesity

Why Adopt an Obesity Prevention Resolution? (Fact Sheet & Model Resolution)
State Attorneys General: Allies in Obesity Prevention (A Fact Sheet Series)
What Does the City Attorney Have to Do with Obesity Prevention? A Fact Sheet for Advocates

Asthma

Using Local & Institutional Policy to Address Root Causes of Asthma: A Hospital-Community Partnership

Smokefree Facilities

One of the most important steps a community can take to improve its residents’ health is to create more smokefree spaces, especially at hospitals and pharmacies that aim to improve health outcomes. These resources are designed to help local and state lawmakers and advocates reduce or even eliminate secondhand smoke exposure in health care facilities.

Pharmacies that Sell Tobacco Send a Mixed Message (infographic) (New)
Can My Health Care Facility Go Smokefree?
A Prescription for Health: Tobacco-Free Pharmacies