July 29, 2011

RENEW LA County
Improving Nutrition, Increasing Physical Activity and Reducing Obesity in LA County

RENEW LA County is tackling the environmental conditions that contribute to overweight, obesity and sedentary lifestyles and replacing it with a new norm in which healthy eating and physical activity are the accepted choice for all residents of Los Angeles.

Through the $15.9 million received by LA County for obesity prevention, RENEW is working with 23 locally funded partners. Choose Health LA represents the efforts that will help make LA County a more satisfying place to live, work, learn and play for all residents.

RENEW is Helping LA County Eat Healthy by
- Working to increase accessibility of healthy foods and beverages in high-burden, high-need communities with childhood obesity rates above the county average

- Transforming the food environment through corner-store conversions in South Los Angeles by helping owners provide more healthy options, as well as accept federal food assistance programs, such as WIC and CalFresh

- Growing healthier students through more nutritious school meals, including more whole grains and fresh fruits and vegetables, and reducing fat, sugar, salt and calories

- Helping to adopt and implement breastfeeding policies in County hospitals and departments and other private employers

RENEW is Helping LA County Move Healthy by
- Expanding physical education in schools and opportunities for physical activity in after-school programs

- Creating more opportunities for walking and biking in communities by supporting the development of expanded bike networks and more pedestrian-friendly community design

RENEW is Helping LA County Live Healthy by
- Providing safe, open spaces for recreation through joint-use policies

- Helping to make streets friendlier for people using all modes of transportation, through Complete Streets policies and the drafting of a healthy design ordinance that promote physical activity in the form of walking, biking and exercising.