



Healthy Eating and Active Living by Design Web Resources NYS Healthy Heart Program

The following is a list of internet resources for working in communities to make it easier to eat healthful foods and be physically active.

PHYSICAL ACTIVITY

[2008 Physical Activity Guidelines for Americans](#)

Information about the physical activity guidelines, the research behind them, and the specific recommendations for each population group.

[Robert Wood Johnson Reports on Physical Activity](#)

Provides evidence about the relationship between the environment and physical activity.

[Active Living by Design](#)

Provides rationale for active living initiatives, information about funded projects, and the community action model, including the 5 P strategies.

[Active Living Research](#)

Provides summaries of research and fact sheets on active living.

[The Guide to Community Preventive Services](#)

A systematic review of the effectiveness of approaches to improve physical activity:

1) informational, 2) behavioral, and 3) environmental and policy approaches.

[Complete Streets](#)

The streets of our cities and towns are an important part of the livability of our communities. They ought to be for everyone, whether young or old, motorist or bicyclist, walker or wheelchair user, bus rider or shopkeeper. But too many of our streets are designed only for speeding cars, or worse, creeping traffic jams. Now, in communities across the country, a movement is growing to **complete the streets**. States, cities and towns are asking their planners and engineers to build road networks that are safer, more livable, and welcoming to everyone.

[Initiative for Healthy Infrastructure \(iHi\)](#)

A project of the State University of New York at Albany designed to help communities create physical environments that support healthy, active lifestyles. 'Healthy Infrastructure' is a way of describing the connection between facilities for walking, bicycling and physical fitness as an integrated part of transportation, recreation and community quality of life. The initiative includes teaching, research, policy development, public outreach and planning in a cross-disciplinary approach.

Parks and Bike/Hike Trails

[Parks & Trails New York](#)

Information about existing trails, planning for trails, and updates about many trail issues.

[Trailfinder](#)

Information on all kinds of multi-use trails in every region of the state open to the public -- greenways,

rail trails, canal trails, bikeways, riverwalks.

[Rails to Trails Conservancy](#)

Information about trail location, development, and advocacy.

[New York State Department of Parks and Recreation](#)

Information on state parks, grant opportunities, historic preservation and more.

Bicycling and Walking

[Pedestrian and Bicycle Information Center](#)

Tools and a wonderful image library of transportation do's and don'ts that are great to use in presentations.

[National Center for Bicycling and Walking](#)

Information on promoting bicycling and walking.

[New York Bicycling Coalition](#)

Provides information on NYBC's efforts to promote Share the Road material, annual events, links to bicycling clubs in NYC and a newsletter of current issues.

HEALTHY EATING

Gardening

[Capital District Community Gardens](#)

Provides resources about gardening, lists gardens they manage in the Capital District and provides information on other programs they run.

[Cornell Cooperative Extension](#)

Provides links to Cornell-based resources, national resources and NY gardening groups by region.

[CDC's Gardening Health and Safety Tips](#)

Information on safety issues ranging from sun protection to using equipment without injury.

[New York State Department of Agriculture and Markets](#)

Provides information about using government land for community gardens, gardening associations in NYS, and links to other resources for community gardening.

[University of Missouri](#)

Provides a "how to" guide for community gardening, including information on how to start a community garden, steps to success, benefits of a garden, resources and more.

Eating Out

[Center for Science in the Public Interest](#)

Information about menu labeling in chain restaurants.

[Yale Rudd Center for Food Policy and Obesity](#)

Comprehensive report on menu labeling in chain restaurants.

Low-Fat Milk

[Florida Department of Health](#)

Provides resources for conducting a low-fat milk campaign, including lesson plans and a list of Web sites with helpful materials.

[Health Policy Guide](#)

Provides information about low-fat milk campaigns in West Virginia and Los Angeles.

Grocery Stores/Corner Stores

[Grocery Store Attraction Strategies](#)

A guide for government and community activists to determine neighborhood needs and bring healthy food opportunities to underserved areas.

[The Food Trust](#)

Information about the Food Trust's Supermarket Campaign. Other Food Trust programs available at this site include corner stores, healthy beverages and schools.

[Public Health Law and Policy](#)

This guide provides an overview of the range of federal/national and California funding programs available to support supermarkets, and other food retail strategies.

DATA SOURCES

[CDC interactive national heart disease and stroke maps](#)

[New York State Department of Health Prevention Agenda](#)

Information on nutrition and physical activity programming, strategies and reports.

[Behavioral Risk Factor Surveillance System \(BRFSS\)](#)

Data on a variety of topics from the statewide health survey.

[New York State County-Level Data Set](#)

Data on a variety of topics, including cancer rates, mortality, and managed care reports.

[New York State Obesity Statistics by County](#)

NYS LEGISLATURE

[NYS Assembly](#)

[NYS Senate](#)

OTHER

[NYSHEPA](#)

A statewide alliance dedicated to improving policy and practices that promote healthy eating and physical activity.

[People First – How to Plan events Everyone Can Attend](#)

This publication provides tips on planning meetings, conferences, and other events in which people of all abilities can participate.

[New York City Department of Health and Mental Hygiene \(NYC only\)](#)

Free health educational materials from the NYC DOHMH. Materials are available in English, Spanish, Mandarin and Cantonese.