

What families & individuals can do

- Get involved with your local physical activity and nutrition coalition to develop and promote alternative means of transportation such as walking and biking and provide better access to healthy foods. Find your local coalition: www.dhs.wisconsin.gov/physical-activity/Resources/CoalitionInfo/index.htm

What communities can do

- Assess coalition membership and recruit active and diverse members
www.dhs.wisconsin.gov/physical-activity/Resources/CoalitionBuilding/index.htm
- Identify key needs in the community and develop an action plan to address the needs
www.dhs.wisconsin.gov/physical-activity/Resources/Planning/Index.htm
- Select key settings or groups that your coalition can work with to implement some of the strategies listed with those groups
- Consider leading a city-wide worksite wellness initiative

What early care & education providers can do

- Connect with a local coalition in your area. To find contact information for a coalition in your area, visit: www.dhs.wisconsin.gov/physical-activity/Resources/CoalitionInfo/index.htm

What healthcare providers can do

- Take a focused family history and assess diet and physical activity behaviors
- Give consistent messages to all children, regardless of weight, on: empty calorie foods and beverages, eating the recommended amount of fruits and vegetables, being physically active at least 60 minutes/day, limiting screen time to < 2 hours/day, limiting energy-dense foods



What schools can do

- Make the connection with community activities to strengthen buy-in. *Examples include:*
 - Join or form a local coalition to coordinate nutrition and physical activity initiatives
 - Integrate school activities with community, business and healthcare initiatives. Form partnerships with community organizations to support or develop programs. Tie into existing promotions, media campaigns and special events (i.e., walk-to-school day, etc)
 - Develop a plan connecting summer programs for year-round activity

What worksites can do

- Make the connection with community activities to strengthen buy-in. *Examples include:*
 - Join or form a local coalition to coordinate nutrition and physical activity initiatives
 - Integrate business activities with community, school and healthcare initiatives
- Organize or participate in any community-wide worksite wellness or well city initiatives

