



# Innovation and Action

## Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention

CX<sup>3</sup> is a place-based initiative focusing on improving low-income neighborhoods. It is an evidence-based approach to program planning, using innovative research methods to map and survey communities. Data is collected by health department staff, community members, and youth to show access to food sources, the quality of the foods available and marketing cues present at food establishments. Convenience stores to supermarkets, fast food outlets, mobile vending, and emergency food outlets are all surveyed, generating an in-depth analysis of neighborhoods. Results help plan action steps that community members and local partners can take to improve conditions that support healthy eating.

- A growing number of California's local health departments have participated in CX<sup>3</sup> over the last six years. By 2013, over 40 local health departments will be collecting this in-depth food environment neighborhood level data.
- Measures used by health department staff to activate change and foster improved neighborhood conditions include a store score, the percent of stores meeting healthy standards, an index of healthy to less healthy food sources, the ratio of fast food outlets to the neighborhood population, fast food outlet scores, the percent of fast food outlets meeting healthy standards and the percent of the population within a 1/2 mile of a supermarket.
- Local health departments report their data being used to identify projects for schools, afterschool programs, garden projects, and for youth to connect with city leaders and community retail vendors to advocate for healthy foods.
- Exposing food deserts and food swamps through the data helped several local health departments get grant funding to improve conditions. Several city planners and community leaders have been inspired to make sustained changes.



## 2012 CX<sup>3</sup> Local Neighborhood Assessments - April – August 2012

- 22 Local Health Departments
- 86 Low-income Neighborhoods
- 200+ Schools
- 650+ Stores Surveyed
- 500+ Fast Food Outlets Surveyed



Category	Score	Passing Score
Store Food Offerings	4	4/4
Store Food Quality	4	4/4
Store Food Safety	4	4/4
Store Food Labeling	4	4/4
Store Food Storage	4	4/4
Store Food Handling	4	4/4
Store Food Display	4	4/4
Store Food Preparation	4	4/4
Store Food Service	4	4/4
Store Food Cleanliness	4	4/4
Store Food Security	4	4/4
Store Food Accessibility	4	4/4
Store Food Affordability	4	4/4
Store Food Variety	4	4/4
Store Food Quality Score	27.5	100

**CX<sup>3</sup> LOCAL HEALTH DEPARTMENT CONTACTS - FFY 2012**

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**Health Departments - FFY 2011  
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**Health Departments joining in FFY2013  
CX<sup>3</sup> LOCAL HEALTH DEPARTMENTS  
(will post contact information on CX<sup>3</sup> Website when available)**

Butte	Lake	Long Beach	Los Angeles
Madera	Marin	Mendocino	Nevada
Pasadena	Placer	Sacramento	San Bernardino
San Mateo	Sutter	Tehama	Yuba

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