



## ***GOVERNOR'S VISION FOR A HEALTHY CALIFORNIA***

If California is to lose the 360 million pounds it has gained over the last decade, bold action is necessary - by individuals and families, as well as business, community and government leaders - to promote an environment that encourages healthy eating, regular physical activity and responsible individual choices. To that end, Governor Schwarzenegger will set forth the following 10-point vision for a healthier California. The Governor recognizes that this comprehensive long-term vision will not be realized overnight. Rather, he has outlined an ambitious, forward-reaching guide to challenge all of us - government, business, community organizations and individuals - to make California a national model for healthy living.

### ***A Vision for California – 10 Steps Toward Healthy Living***

1. Californians will understand the importance of physical activity and healthy eating, and they will make healthier choices based on their understanding.
2. Everyday, every child will participate in physical activities.
3. California's adults will be physically active every day.
4. Schools will only offer healthy foods and beverages to students.
5. Only healthy foods and beverages will be marketed to children ages 12 and under.
6. Produce and other fresh, healthy food items will be affordable and available in all neighborhoods.
7. Neighborhoods, communities and buildings will support physical activity, including safe walking, stair climbing, and bicycling.
8. Healthy foods and beverages will be accessible, affordable, and promoted in grocery stores, restaurants, and entertainment venues.
9. Health insurers and health care providers will promote physical activity and healthy eating.
10. Employees will have access to physical activity and healthy food options.

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## California Obesity Prevention Plan

"To Protect and Improve the Health of All Californians"

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### California Obesity Prevention Plan - A Vision For Tomorrow, Strategic Actions For Today

The California Obesity Prevention Plan lays out the steps needed to address the obesity epidemic, through a united effort from the public, private, philanthropic and voluntary sectors. The plan expands beyond government and identifies strategies for different sectors to help create a shift to healthy eating and active living. It identifies recommendations for action for each sector to consider as their contribution to solving the obesity epidemic.

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