

# HEALTHY VICTORVILLE MASTER PLAN

## Steps to Building a Healthier Victorville

- EAT HEALTHY – *Community Healthy Eating Campaign*
- WORK HEALTHY – *Workplace Wellness Campaign*
- PLAY HEALTHY – *Active Living Campaign*
- LIVE HEALTHY – *Healthy Development and Land Use*





# EAT HEALTHY

## Community Healthy Eating Campaign

- Policies
  - a) Community Garden Policy
- Programs
  - a) Nutrition Classes
  - b) Community Garden
- Projects
  - a) Healthy Choices Restaurant Outreach Campaign
  - b) Collaboration with Schools and County Meal Programs
  - c) “Eat Healthy at Home” Toolkit
  - d) Breast Feeding Advocacy





# WORK HEALTHY

## Workplace Wellness Campaign

- Policies
  - a) Healthy Vending Policy
- Programs
  - a) Worksite Walking Clubs
  - b) Stairwell Fitness Program
- Projects
  - a) “Healthy Workplace” Toolkit
  - b) Outreach Campaign to Local Business
  - c) Collaboration with the Chamber of Commerce





# PLAY HEALTHY

## Active Living Campaign

- Policies
  - a) Healthy Vending/Concession Policy
- Programs
  - a) Marketing and Advertising of Available Programs & Resources
  - b) Collaborative Regional Events
  - c) Regional Walking Program
- Projects
  - a) Fitness in the Park Project
  - b) Neighborhood Fit Toolkit
  - c) CX3 Community of Excellence Project





# LIVE HEALTHY

## Healthy Development and Land Use

- Policies
  - a) General Plan – pedestrian and bicycle transportation standards
- Projects
  - a) Non-Motorized Transportation Plan Implementation
  - b) Safe Routes to School
  - c) Substance Abuse Prevention
  - d) Community Education on Health Issues
  - e) ACA Advocacy

