

Neighborhood Cafe

Putting health on the menu!

Take a Walk
Enjoy the outdoors by yourself or with a buddy.

Plant some trees
You'll want to spend more time outdoors. Trees make your neighborhood healthier and more beautiful

Create a Walking School Bus
Groups of parents and kids get to know each other while exercising at the same time.

Starters

Small + simple things to get you going!

Head to the Park
Be a kid again... Fly a kite. Blow bubbles. Red Rover, anyone?

Sweat Together
Organize a group exercise class at a local community center - especially when it's too hot to exercise outside.

Plant a Community Garden
Sow the seeds of healthy living and neighborhood connectedness.

Garden-n-Gab
Plant a garden in your FRONT yard where you can meet people.

Healthy neighborhoods... healthy people!

Put Health on the Menu
Get involved in your neighborhood association and put neighborhood health on the agenda. A healthier neighborhood is better for everyone, and your association will be excited to create some action!

Spread the Word
Write a short article about health-related topic for your neighborhood association newsletter.

Hoof It
When possible, walk or bike to local stores instead of driving.

Potluck in the Park
Plan a healthy potluck. Ask neighbors to share healthy recipes at a picnic in the park.

Main Courses

organized action

Desserts

Your sweet rewards!

- ~Stronger sense of community
- ~Safer, more liveable neighborhood
- ~Increased fun & activity
- ~Committed, connected residents
- ~Healthier people & healthier places

Spruce up the Block
Secure grant funds to create walking paths, update parks, repair sidewalks, or secure better lighting - things that make your neighborhood more activity-friendly.

See back for more details!

Community Health Workers
Start a CHW program - CHWs provide education & screenings, and they keep neighborhoods connected to resources & services.

Neighborhoods & Health

Understanding the Link

When you think about health, you may think about doctors, hospitals, pharmacies - places to get medical care. But what about the place you live - your neighborhood?

Research shows neighborhoods can have a profound effect on the amount of physical activity and general health of residents. Our neighborhoods can make it easier or harder to practice healthy behaviors. For example, it is easier to get exercise if you live next to a park than if you live on a major thoroughfare, and it is easier to eat healthy foods if stores nearby sell them. Being neighborly by simply saying "hi" to those you see can increase social connectedness and establishes relationships with those around you. This may seem small, but can have a great impact on quality of life, happiness, and health.

If we want to be healthier, we can enhance our neighborhoods so that they make it easier for us to live a more healthy life.

Inspire healthy changes by working with others where you live. Get involved in your neighborhood.

For tips, go to:

www.chip4health.org/neighborhoods

Here you'll find...

- A toolkit full of tips on how to organize and create healthy changes where you live.
- Resources for understanding the connection between neighborhoods and health.
- Links to local & national agencies involved in helping neighborhoods.
- A Storybank! See what local neighborhoods have accomplished and tell us what you have done!

What Makes a Neighborhood Healthy?

Lighting and "neighborhood visibility" discourage crime and violence. Crime can be prevented with street lighting, especially at bus and streetcar stops, and building features like porches and street-level windows that make it easier for residents to watch outdoor areas.

Parks & playgrounds

are places where children and adults can exercise and where neighbors can talk to each other and solve common problems.

Safer street designs

encourage walking and prevent injuries. Wide sidewalks keep pedestrians away from car traffic. Well-marked crosswalks let drivers know that pedestrians have the right-of-way at intersections.

Bicycle lanes

provide a safe way for people to travel that gives them the benefit of exercise and does not cause air pollution.

Neighborhood health clinics

make it easier for children to receive immunizations and for adults to be tested for common diseases like high blood pressure and diabetes.

Public transportation

gets people out of cars, which increases their physical activity, and reduces air pollution from cars, which helps to reduce asthma. When more people are on the street, it also helps prevent crime.

Healthier corner stores

help people have healthier habits by selling fruits and vegetables (which prevent cancer, stroke, and heart disease) instead of chips, soda, cigarettes, and liquor. When small stores are near houses, people can get exercise by walking to shop.

Neighborhood schools

allow kids to walk or bike to school, increasing their physical activity and reducing car traffic. The whole neighborhood benefits when school buildings and grounds are used for community activities and events after school hours.

No liquor stores

stores that sell alcohol tend to encourage loitering, littering, crime, and violence, and make people afraid to walk outdoors.