

HEAL Cities and Towns Campaign

Examples of HEAL 'Active Community' Policies

ACTIVE COMMUNITY

Positive impacts on active living can be made when municipal leaders consider health, including improved access to opportunities for physical activity, when updating or adopting comprehensive or transportation plans, regulating land use through zoning, and determining infrastructure investments. Realizing an active community through access to everyday physical activities, such as walking and biking and the availability of open space for recreation, depends on good land use and transportation policies.



Comprehensive Plan Updates

Municipalities can use their comprehensive plan update process to increase opportunities for healthy eating and active living.

Healthy Zoning Regulations

Zoning regulations are a powerful land use tool for promoting active living. The use of zoning to promote compact, mixed-use and transit-oriented development as well as pedestrian- and bike-friendly street design standards are strategies to improve access to active living.

Transportation Plans

Cities and towns can incorporate transportation plans in their comprehensive plans to increase options for active transit, such as biking, walking, and public transportation, and to improve access to public facilities, commercial amenities, and recreation and natural areas.

Healthy Infrastructure Investments

Municipalities can focus infrastructure investments on walking, biking, public transit, and access to recreation and natural areas.