

Grass Lake

Suggestions for Score Improvement based on NEAT and PAC surveys

PAC

1. Creating Community planning documents: master plans, other transportation plans
2. Creating bike routes/lanes
3. Creating a bike route map
4. Encouraging biking and walking to school through the Safe Routes to School program (an international movement—and now a federal program—to make it safe, convenient, and fun for children, including those with disabilities, to bicycle and walk to school)
5. Having written documents that guide the community's site plan review process offering incentives or expedited approvals for active living principles.
6. Having school policies that specify physical activity policies (having 20 min of recess, prohibiting physical activity as punishment, and prohibiting the restriction of recess as punishment)
7. Increase physical activity promotion at worksites

NEAT

1. Increasing healthy food choices at popular restaurants
2. Stocking convenience stores with healthy snacks and drinks
3. Promoting local media to report 2+ articles, stories, and/or announcements about the benefits of a healthy diet (TV, Radio, Print)
4. Nutrition education at worksites, bulletins/information for healthy eating at worksites
5. Involving the school community in healthy eating initiative (creating a committee to oversee health programs that meet twice a year, promoting parental involvement in school nutrition)