

## The Anniversary of the Governor's Action Summit **Recommitting to Health** **HIGHLIGHTS**

September 15, 2006 marks the one year anniversary of the Governor's Action Summit on Health, Nutrition, and Obesity. Governor Schwarzenegger is the first California Governor to make promoting healthy eating and physical activity a high priority, and his administration has taken many significant steps to address this issue. On this occasion, the Strategic Alliance for Healthy Food and Activity Environments is taking stock of the progress made in creating environments that support nutritious eating and regular physical activity in California.

The Strategic Alliance's *Taking Action for A Healthy California* priority checklist was used to identify what progress has been made towards improving these environments as well as areas where there are continued opportunities for action. While many successes were achieved over the past year, the year also includes missed opportunities to create truly healthy environments.

### **Important Progress**

**Junk food out of schools.** Last year's signing of the Healthy Schools Now Act marked a significant achievement for school nutrition and sent the message loud and clear that junk food and sodas have no place in California's schools. The

### ***Taking Action for a Healthier California*** **PRIORITY CHECKLIST**

- Eliminate the advertising of unhealthy foods and beverages to children and youth.
- Establish grocery stores with produce and other fresh, healthy items in all low-income neighborhoods and communities of color.
- Adopt model worksite policies that include access to healthy food and physical activity and to breastfeeding accommodations.
- Provide health plan benefits that cover prevention and wellness activities, including counseling, education, and access to weight-loss and physical activity programs.
- Support new mothers in breastfeeding and eliminate in-hospital marketing of artificial baby milk (formula) to new mothers.
- Ensure full and equitable access to parks, open spaces, and public facilities (community centers, schools, government buildings) that could house programs and services that increase the amount of physical activity for each community member.
- Adopt and implement "complete streets" policies and build trails to increase safety and convenience for people who walk, bicycle, or use wheelchairs.
- Ensure that children are receiving quality physical education that meets minimum state standards for duration and frequency.
- Institute healthy food and beverage standards for all food items available in preschool, school, and after-school programs.
- Implement farm-to-institution programs to make fresh, local, and sustainably grown food available at schools, hospitals, worksites, and other facilities.

Governor's current budget includes \$37.8 million to increase the quality of food served in the School Nutrition program and provides \$3 million in one-time funding for School Breakfast Startup grants.

**Time to play ball.** Due in large part to the Governor's support, the 2006-07 California Budget Act includes \$40 million in new ongoing incentive grant funding for schools to hire additional credentialed physical education teachers at the elementary and middle school levels. Additionally, the budget established a one-time block grant for the purchase of arts, music, and physical education supplies and equipment.

**Produce for everyone, everywhere—a step forward.** The Healthy Purchase Pilot Program bill (AB 2384) is on the Governor's desk. This bill will support small stores in underserved neighborhoods in offering produce and provide a bonus in selected counties to food stamp recipients for purchasing fruits and vegetables.

**Local government creates healthy environments.** Myriad cities and counties have passed policies to support healthy vending, healthy meal options, and physical activity in worksites and facilities serving community residents.

**Parks and open space poised for support.** The Governor has endorsed Proposition 84, an important parks and water quality bond. This bond provides funds for the development of open space and parks in communities that currently lack space for active play.

## Opportunities to Promote Health

**Food industry—where are you?** The manufacturers of soda, junk food, and fast food have largely failed to come forward with major improvements in products or marketing practices to children and youth.

**Breastfeeding—an optimal nutrition source.** The Governor did not address the importance of breastfeeding in preventing obesity and improving health disparities in his current "Vision for a Healthy California." This was a missed opportunity to promote simple, low-cost strategies in California hospitals, workplaces, and low-income communities.

**Instead of more supermarkets there are fewer.** One disappointment from the summit was no commitment from supermarket industry executives to help open stores in underserved communities. One potential source of support, The Healthy Foods Access Act (SB 1329), failed in its final step in the legislative process.

**State worksites—time for an Executive order.** State government has a valuable role to play in modeling healthy workplace environments. While localities are stepping up, we have not heard of any official action by the state government.

**Highway infrastructure bond was a missed opportunity for all.** The Highway Safety, Traffic Reduction, Air Quality, and Port Security Bond Act of 2006 did not allocate sufficient funds for the development of sidewalks, bike boulevards, and pedestrian and bike-friendly street design.

## CALL TO ACTION

The Governor's Summit served as a solid beginning to correct and improve damaging nutrition and physical activity environments throughout the state. Where the Governor and public policy have been involved, we have seen some improvements. However, progress has been largely inadequate when left to voluntary action. State government health officials have played a positive role in moving some of these issues forward; in fact, California is arguably one of the leading states in the nation in introducing positive change. Despite these positive steps there

is a public health epidemic, and all available resources should be mobilized to stop it. Resources should particularly be directed at addressing inequities in communities of color and low-income communities.

California has great power. The Summit Anniversary is an excellent opportunity for the Governor to build upon successes and take further action. Implementing the *Taking Action* priorities is crucial to enhancing healthy eating and physical activity environments. Strategic Alliance identified key areas where the Governor could demonstrate continued leadership and take immediate action to:

- **Support the placement of supermarkets and grocery stores** and promote increased access to healthy foods in underserved communities.
- **Promote the passage of the park bond** (Prop 84) and ensure funds are transmitted to communities most in need.
- Adopt and implement policies to **ensure state worksites serve as model environments** for healthy eating and regular physical activity.
- **Promote funding, training, and guidelines to support complete streets** throughout California. Complete streets are designed not only for cars, but for all modes of transportation, including pedestrians, bicycles, and people with disabilities, so that all users can travel safely and independently.
- **Encourage the food and beverage industry to make major improvements** by discontinuing marketing of unhealthy foods and beverages to children and making healthy options the default in their children's meals at fast food restaurants.
- **Ensure that every cabinet member sets goals and takes action** to address chronic disease prevention.
- **Look at the achievements of every other state** and analyze how to most effectively utilize these approaches in California.
- **Highlight local successes** and encourage more local policy change.

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For more information about these recommendations or the Strategic Alliance for Healthy Food and Activity Environments, contact Sana Chehimi at [sana@preventioninstitute.org](mailto:sana@preventioninstitute.org) or 510-444-7738, or visit our website at [www.eatbettermovemore.org](http://www.eatbettermovemore.org)

The Alliance Steering Committee: The California Adolescent Nutrition and Fitness Program (CANFit); California Center for Public Health Advocacy; California Food Policy Advocates; California Pan Ethnic Health Network; California Park & Recreation Society; California Project LEAN; California WIC Association; Child Care Food Program Roundtable; Latino Health Access; Partnership for the Public's Health; Prevention Institute; Samuels & Associates, Inc; YMCA of the East Bay

## The Anniversary of the Governor's Action Summit **Recommitting to Health**

*"The landscape has changed around these issues since we started in 1999. We were one of the few groups working in these issues. Since then obesity issues have become more popular, gained more momentum, and more attention." —Gwen Flynn, Racial and Ethnic Approaches to Community Health (REACH)*

*"The school nutrition bills were a good jumping off point for schools as they began to develop their wellness policies." —Amor Santiago, Healthy Silicon Valley*

**S**eptember 15, 2006 marks the one year anniversary of the Governor's Action Summit on Health, Nutrition, and Obesity. Governor Schwarzenegger is the first California Governor to make promoting healthy eating and physical activity a high priority, and his administration has taken many significant steps to address this issue. On this occasion, Strategic Alliance for Healthy Food and Activity Environments is taking stock of the progress made, and the areas that still need to be addressed, in creating environments that support nutritious eating and regular physical activity in California.

Californians have endured damaging environments that impact children's learning and healthy development and contribute to chronic diseases, such as diabetes, heart disease, and cancer, that are overburdening the health care system. The disability and premature death caused by these harmful environments takes a terrible toll not only on Californians but also on the state's economy. The unnecessary costs of this health crisis affect virtually every business in California by increasing employee absenteeism and contributing to lost productivity and high insurance premiums. Creating healthy environments is crucial to the future of the state and its residents.

Prior to last year's Summit, Strategic Alliance released its *Taking Action for a Healthy California* platform, which contained meaningful recommendations for change in eating and physical activity environments that could improve health outcomes, including a ten-item priority checklist. The Governor's Vision for a Healthy California, re-

*"The Governor's Vision for Healthy California was helpful. It was good because it was from a Republican Governor and showed that there was bi-partisan support for making change that can be embraced by all communities. Hopefully follow-up to the summit will help with getting my community to support more things."*

*—Michele Erickson, Shasta County*

leased at the meeting, echoed Strategic Alliance’s *Taking Action* platform. Strategic Alliance identified a number of next steps, which built upon the Summit’s successes while also addressing its gaps and oversights. This report reviews what has happened since the Governor’s Summit and is based on interviews with the Strategic Alliance Steering Committee, local coalition leaders, and technical experts. It surveys progress on the ten items in the *Taking Action* priority checklist and lays out steps for affirming California’s commitment to health for all its residents.

## A YEAR IN REVIEW: STATUS OF TAKING ACTION PRIORITIES

### PRIORITY #1

#### *Eliminate the advertising of unhealthy foods and beverages to children and youth.*

Children are targeted with \$1 million of junk food, soft drink, and high-sugar cereal advertising every hour of every day. Though the Governor may not be able to regulate all the different streams of advertising to which children are exposed, California can and should take control of what children are exposed to at school. At the summit, the Governor signed two of the nation’s most far-reaching pieces of legislation, sending the message across the country that California schools would not stand for business as usual (see Priority #9). A next step is to remove logos of unhealthy foods found on vending machines, scoreboards, cups, posters, and other school equipment.

The majority of foods that are advertised to children are junk foods—high in sugar, fat, and/or salt. While several companies took a positive step last year in eliminating trans fat from processed foods, and Subway has designed its regular children’s meal to contain healthy ingredients, manufacturers of soda, junk food, and fast food have largely failed to make major improvements in the ingredients in their products. More action is needed to shift the balance of the food supply towards healthier products. One place to start is for other fast food chains to join Subway in making the standard children’s meal a healthy one by including vegetables, fruit, and whole grains. These are generally lacking in quick service restaurant menus. Consumers would also benefit from improved access to nutrition information, through information included on menu boards (e.g., calories and fat) and existing labels (e.g., added sugars).

We ask the Governor to support California legislation to eliminate marketing of unhealthy food and beverages in schools, support federal regulation of digital and other marketing to children, and improve labeling and food products. The Governor should leverage his connections with the entertainment industry to encourage it to stop using beloved children’s characters to sell unhealthy products to children.

“It’s very disturbing to see how quick service chain restaurants are advertising and highlighting products like the ‘quad burgers’ with four beef patties, bacon, and cheese. The messages that these advertisements send are really glorifying unhealthy eating and overeating.”

—Joyce Houston, North Coast  
Region Nutrition Network

*“There needs to be more leadership and a push from state government to get businesses to react and follow through. This is a long term commitment for businesses. This is not a one time deal.”*—Dana Richardson, Chula Vista Healthy Eating, Active Communities (HEAC)

*“The soda ban is a good step, but all those same companies will keep their machines in the schools with soda logos all over them.”* —Betsy Imholz, Consumer’s Union.

## **PRIORITY #2**

### ***Establish grocery stores with produce and other fresh, healthy items in all low-income neighborhoods and communities of color.***

Low-income neighborhoods and communities of color, already facing a shortage of supermarkets and grocery stores, saw the problem worsen this year as large supermarkets closed their doors. In the Bay Area alone, Albertson’s shut 37 stores in July 2006, and the Kroger Co. recently announced its intention to sell 12 grocery stores. Unfortunately, the Healthy Foods Access Act (SB 1329, Alquist), which would have financed grocery stores, markets, and farmers markets in low-income communities, failed in its final step in the legislative process. However, there is still an opportunity for significant legislative progress this year with the Healthy Purchase Pilot Program (AB 2384, Leno), which would increase access to fruits and vegetables in small neighborhood grocery stores by offering cash incentives in selected counties encouraging food stamp users to buy fresh produce. This bill is on its way to the Governor’s desk; we ask the Governor to sign and fully fund this important legislation. We also ask the Governor to use the power of his office to work with the supermarket industry and appropriate state agencies to put supermarkets and other healthy food venues in the neighborhoods that need them most.

*“The Governor should be supportive of bills that address corner store conversion since there are a lot in South LA. We don’t have a lot of supermarkets, and of those that are here, many are leaving...There are so many corner liquor stores—if there was funding to install a freezer or if some community groups had access to produce at a discounted price, that would be great.”*

*—Jeremiah Garza,  
South LA HEAC*

*“The flight of supermarkets is a significant barrier to food access. The chains claimed that stores were not profitable because they were competing against Costco and Wal-Mart. However, these discount stores are not really in the neighborhood. It’s hard to get good retailers to come into communities of color and low-income communities although it creates competition and lowers prices. Supermarkets would be good for the local economy but it doesn’t seem the stores are making decisions about where to locate based on strictly economic criteria. There is something else going on.”*—Gwen Flynn, REACH

*“I’m disheartened by the death of the Alquist bill. This is an area where state government could have really thrown its weight behind the issue. This issue hits me personally, as the supermarket in my own neighborhood recently closed.”*—Melissa Guajardo, Gold Country Region Nutrition Network.

*“Our community has serious supermarket access issues. The closing of Albertson stores is out of our local control, but it really impacts the community.”*—Chineyere Madwaki, Healthy Eating, Active Living (HEAL) Richmond

### **PRIORITY #3**

#### ***Adopt model worksite policies that include access to healthy food and physical activity and to breastfeeding accommodations.***

There has been no significant action regarding state worksite wellness policies reported since last year’s summit. Several local city (including San Francisco, Berkeley, San Jose, and Chula Vista) and county (including Marin and Monterey) governments are adopting worksite policies to increase physical activity opportunities and access to healthy foods. The State should quickly build on these models for all parts of state government, both to improve the health of one of the State’s largest workforces and as a model for other employers. Some local government worksites are increasing physical activity among their employees by encouraging stairway use, providing bike racks, lockers and showers, offering flextime or breaks for physical activity, and using mini-grants to fund physical activity and wellness activities. City and county worksites are ensuring healthy food options by passing vending machine policies (ranging from 50-100% healthy foods), making sure a significant percentage of foods sold at worksites is healthy and affordable, and providing healthy food at meetings. These policies are also being applied to facilities that serve the public, such as libraries and youth centers. In addition to promoting healthy foods, the city of Chula Vista went one step further by implementing a policy supporting breastfeeding in city worksites. Recognizing the importance of supporting the California Lactation Accommodation Law, the local government wanted to reinforce compliance with the state law as well as set a standard for worksites. We strongly urge the Governor to take action and adopt and implement policies to make state worksites the model for other employers.

“Government needs to ‘walk the walk’ so that worksites across the state view state government as a model worksite for healthy eating and activity.”

—Joyce Houston, North Coast Region Nutrition Network

*“When state government changes workplace practices, this can greatly influence the business community and create a movement for environmental change at worksites. And this should not be about concentrating on individual employees but focusing on a healthy worksite.”* —Edie Jessup, Fresno Metro Ministries

*“Most worksite wellness efforts are directed to people who work in offices, but these strategies don’t address the majority of the workforce.”* —Diane Woloshin, HEAC Alameda County

### **PRIORITY #4**

#### ***Provide health plan benefits that cover prevention and wellness activities, including counseling, education, and access to weight-loss and physical activity programs.***

The Governor’s Summit Honor Roll recognized several health insurance companies that made “commitments of significance” to combat the obesity crisis. Some of these commitments included the launch of weight management programs, weight loss program discounts, fitness club memberships, and training of physicians and community health professionals to

identify overweight individuals and provide appropriate patient advice and counseling. While these commitments are important, they focus on individuals already overweight. Attention should also be paid to preventing unhealthy conditions by fostering healthy behavior. Long before disease symptoms are visible, providers should ask children and adults during routine health care visits about their eating and physical activity habits and provide them with appropriate support and/or referrals to adopt healthier habits. For this to happen, health care companies must support providers in offering prevention-focused services. The Governor should demonstrate his leadership by convening health professionals and the leaders of health care companies to determine how preventive services should be covered as well as to establish a process to develop practice guidelines for prevention and wellness activities.

#### **PRIORITY #5**

##### ***Support new mothers in breastfeeding and eliminate in-hospital marketing of artificial baby milk (formula) to new mothers.***

Breastfeeding is an optimal nutrition source for infants and can protect against poor health. According to a recent report produced by the California WIC Association and the UC Davis Human Lactation Center, breastfed infants are better able to self-regulate their food intake and are exposed to different flavors in the breast milk, which makes them more willing to try a variety of healthy foods. Breast milk may also affect the programming of an infant's metabolism and how fat is stored. The same report advocates for hospitals to support mothers who want to breastfeed and found "a strong correlation between good [hospital] practices and higher rates of breastfeeding." Nonetheless, breastfeeding was not mentioned in the "Governor's Vision for a Healthy California."

We ask the Governor to call for all California hospitals to become "baby friendly," a term designated to hospitals that foster breastfeeding over formula feeding according to stringent criteria. Opportunities for the Governor to show his support include identifying breastfeeding as a key strategy in his upcoming obesity prevention plan and providing funding for local communities to support these efforts. Also, as previously stated, government workplaces and facilities, including county hospitals, should model breastfeeding support.

#### **PRIORITY #6**

##### ***Ensure full and equitable access to parks, open spaces, and public facilities (community centers, schools, government buildings) that could house programs and services that increase the amount of physical activity for each community member.***

Currently, two propositions are going before voters in November that would provide valuable funding for state and local parks and open space: The Safe Drinking Water, Water Quality and Supply, Flood Control, River and Coastal Protection Bond Act of 2006 (Proposition 84) and Housing and Emergency Shelter Trust Fund Act of 2006 (Proposition 1C). The Governor issued a key endorsement for Proposition 84, which will set aside \$800 million for

*"There's a real need for after-school activities and recreational opportunities for young people."*

*—Susan Stuart,  
Steps to a Healthier Salinas*

state, regional and local parks and \$90 million for urban greening and joint-use projects. In addition to addressing drinking water, the bond would provide much needed funds to local parks and recreation facilities through competitive grants to build new parks and/or upgrade aging facilities. We applaud the Governor for his support of Proposition 84 and ask that he continue to seek funding opportunities, like Propositions 84 and 1C, that address the park and open space disparities in low-income urban and rural communities. Currently, both propositions 84 and 1C need funding guidelines to ensure that underserved areas will receive much needed resources. The Governor should craft a January budget that appropriately allocates Propositions 84 and 1C funds for the purposes dictated in the initiative, competitive urban and rural park programs. The California Clean Water, Safe Neighborhood and Coastal Protection Act (SB 153, Chesbro), which was not acted upon in this past legislative session, would have provided such a mechanism, but the Governor still has an opportunity to show his commitment to full and equitable park access by signing the Urban Park Act (AB 1559, Frommer), which emphasizes the expansion of neighborhood accessibility to parks.

*“The state needs legislative action like in New Jersey where, if the city or county has a ballot measure or benefit assessment district, the state will match funds to create more park space. This is a good way to keep open space on the local policy agenda.”*—Leah Fraser, HEAC

## **PRIORITY #7**

### **Adopt and implement “complete streets” policies and build trails to increase safety and convenience for people who walk, bicycle, or use wheelchairs.**

Complete streets are designed not only for cars, but for all modes of transportation, including pedestrians, bicycles, and people with disabilities, so that all users can travel safely and independently. The California Transportation Plan 2025 recognizes walking as a mode of transportation that will expand the transportation system’s capacity, particularly for short trips and easier connections for public transit. Though bicycle and pedestrian trips currently make up 6-7% of all trips taken, little funding is allocated to street improvements benefiting bicyclist and pedestrians. This year, the Governor vetoed a bill that would have sustained the state’s Bike Transportation Account at \$7.2 million per year, thereby reducing the funding to \$5 million annually. Although the Governor did make a one-time allotment of funds to bring the account to a total of \$9.2 million for this year only, there are currently no provisions to sustain funding beyond \$5 million in future years. The Highway Safety, Traffic Reduction Air Quality, and Port Security Bond Act of 2006 (SB 1266, Perata) missed an opportunity to allocate sufficient funds for the development of sidewalks, pedestrian- and bike-friendly street design, and bicycle boulevards.

We urge the Governor to increase the non-motorized transportation budget on all levels, as well as increase state investment in pedestrian and bicycle-friendly community design and training for public transportation and planning officials. Additionally, the Governor can

*“There should be formal education for planners on designing healthy communities. Although many planners are already supportive, it’s sometimes difficult to show the value of healthy community design to residents and city council members.”*

*—Janet Leader,  
Bay Area Nutrition and Physical  
Activity Collaborative (BANPAC)*

show his support by publicly endorsing complete streets, context-sensitive design, and California Blueprint policies. The Congestion Management and Motor Vehicle Mitigation Act (AB 2444, Klehs), which gives the Bay Area the ability to impose an up-to-\$10 vehicle registration fee to support programs including bike paths, trails, crosswalks, traffic calming, and public transit operations, is an excellent opportunity for the Governor to show his support. Though the bill’s jurisdiction only covers the Bay Area, by signing AB 2444 the Governor can set an example for the rest of the state to follow.

*“Planners are recently more interested in making healthy communities. The profession is changing and adjusting to demands for a healthier environment, but these changes tend to occur in pockets. Not as much change is visible in low-income areas where communities do not have as many financial resources. We need to be careful these issues are not co-opted and made ‘everyone’s issues’—they never reach low-income communities—but remain with a focus on social justice issues.” —Dolores Barrett, Orange County*

#### **PRIORITY #8**

***Ensure that children receive quality physical education that meets minimum state standards for duration and frequency.***

Due in large part to the Governor’s support, the 2006-07 California Budget Act includes \$40 million in new ongoing incentive grant funding for schools to hire additional credentialed physical education teachers at the elementary and middle school levels. Additionally, the budget established a one-time \$500 million block grant for the purchase of arts, music and physical education supplies and equipment. “If we succeed in training and hiring more credentialed PE teachers, and have PE and classroom teachers follow the standards, then we can make sure PE is appropriate for every child,” says Amanda Purcell of California Center for Public Health Advocacy. This is a significant first step, and we ask the Governor for his continued commitment in ensuring school districts and teachers receive training, tools, and financial support to implement quality PE as well as support for policies increasing opportunities and levels of physical activity in school PE, preschool, and after-school programs.

#### **PRIORITY #9**

***Institute healthy food and beverage standards for all food items available in preschool, school, and after-school programs.***

The Governor took important steps to strengthen school nutrition standards by signing the School Food Junk Ban (SB 12, Escutia), which sets limits on portion size, fat, and sugar for school snack foods and a-la-carte menu items, and the High School Soda Ban (SB 965, Ortiz), which will extend the current ban on elementary and middle school soda sales to include high schools. The Governor also took important first steps to improve the nutrition quality of school meals themselves by signing the Fresh Start Program bill (SB 281, Maldonado) and by appropriating \$18.2 million to increase servings of fruits and vegetables in the School Breakfast Program. Funding to continue and administer the California Fresh Start Pilot also

has been included in the state budget for FY 2007. Also, the Governor requested and got in the budget new funding for school gardens and increased funding for school breakfast start-up and expansion grants. In addition, this spring the Governor set aside \$38.7 million to increase state funding for low-income students' school meals, contingent upon the Legislature's developing nutrition standards to improve meal quality (by, for example, eliminating trans fats or deep frying). It remains to be seen whether the Governor will decide that the Legislature has met that condition.

As this year's budget did not include funds for implementing SB 12 and SB 965, we urge the Governor to work with both the Department of Health Services and the Department of Education to ensure successful implementation of these important new laws scheduled to take effect next year. Resources and training will be needed to implement the laws correctly in all 1000 school districts. We urge the Governor to continue with the critical nutrition improvements in school meals. As a complement to the Governor's original Vision Statement, he now should give attention to improving nutrition quality in preschool, child care, and after-school programs.

## **PRIORITY #10**

### ***Implement farm-to-institution programs to make fresh, local, and sustainably grown food available at schools, hospitals, worksites, and other facilities.***

As California is the largest produce-growing state in the nation, fresh fruits and vegetables should be an integral part of resident's diets, and the state should be at the forefront of developing farm-to-institution programs to encourage Californians to eat more fresh, healthy, sustainably grown food. The Fresh Start Program (SB 281, Maldonado), which received renewed funding for FY 2007, provides funding for fruits and vegetables in schools and opportunities for children to learn about local agriculture and sustainable, seasonal eating. The bill contains a "priority for fresh," but unfortunately, in last minute negotiations, a provision that limited purchases to fresh produce was weakened. Dedicated funds to purchase fresh produce are important not only to introduce children to good tasting fruits and vegetables; they also present an opportunity for much-needed expansion of markets for small and mid-range farmers. California hospitals, including Catholic Health Care West, Sutter, and Kaiser, are helping to build this market by implementing seasonal menus and trying to purchase more local, sustainably produced fruits and vegetables. They are taking these actions because they recognize that human health can be improved not only through better nutrition, but also by reducing air and water pollution associated with industrial agriculture. Dominican Hospital in Santa Cruz has an on-site organic garden that supplies produce for the entire facility, and John Muir Hospital is developing a food policy council to address how to get more sustainably produced foods into hospital meals.

State government must follow these leaders and help turn model initiatives into institutional practice. To promote more sustainable farming in the state, the Governor should also consider investing in infrastructure to help small and mid-sized farmers get their products to interested institutions.

**"Smaller farmers would love to distribute food locally. And schools would love to be the recipients of fresh, local produce."**

**—Edie Jessup,  
Fresno Metro Ministries**

*“Even though we are considered the ‘salad bowl’ of the nation, agricultural products produced here don’t usually stay here. Many of our residents don’t have access to our local produce.”*

—Susan Stuart, Steps to a Healthier Salinas

## CALL TO ACTION

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