

Cambridge Food and Fitness Policy Roadmap

Environment, Economy, and Equity

Promote health through improving access for all residents to healthy and culturally appropriate foods and physical activity

Communication

- Monitor and support city efforts to improve food and fitness environments
- Inform the city and community about existing resources
- Assess food and fitness environments to identify & report on issues and assets
- Share and replicate successful models

Community Engagement

- Increase justice through access to food and fitness
- Collaborate to create opportunities for people to eat healthfully and engage in physical activity
- Facilitate dialogue about access, needs and solutions

Policy Development

- Engage in local, statewide and national advocacy
- Develop policies and practices to recommend and be implemented
- Support healthy food and fitness business development
- Ensure city planning includes access to healthy food and fitness

Infrastructure Development

- Increase workplace and business engagement in making healthy food and fitness available
- Increase access to healthy and locally grown food for: schools, business, city programs, and in neighborhoods
- Continue to strengthen opportunities for physical activity including alternative and active transportation



Community informed, educated and empowered about food and fitness. Reduced chronic disease, hunger, increased health equity across populations

Strong policies include access for all to affordable 1) fitness activities and 2) healthy foods; the City leads by example, creating greater efficacy and visibility of programs and services, including those that create a healthier environment.

Infrastructure in place to support a healthy food environment and fitness for all. Greater food and fitness justice: access for all to healthy, diversified and culturally appropriate foods and physical activity.

