

# The Road to an Age Friendly Community

## Building a Foundation for Health

Valerie Sullivan

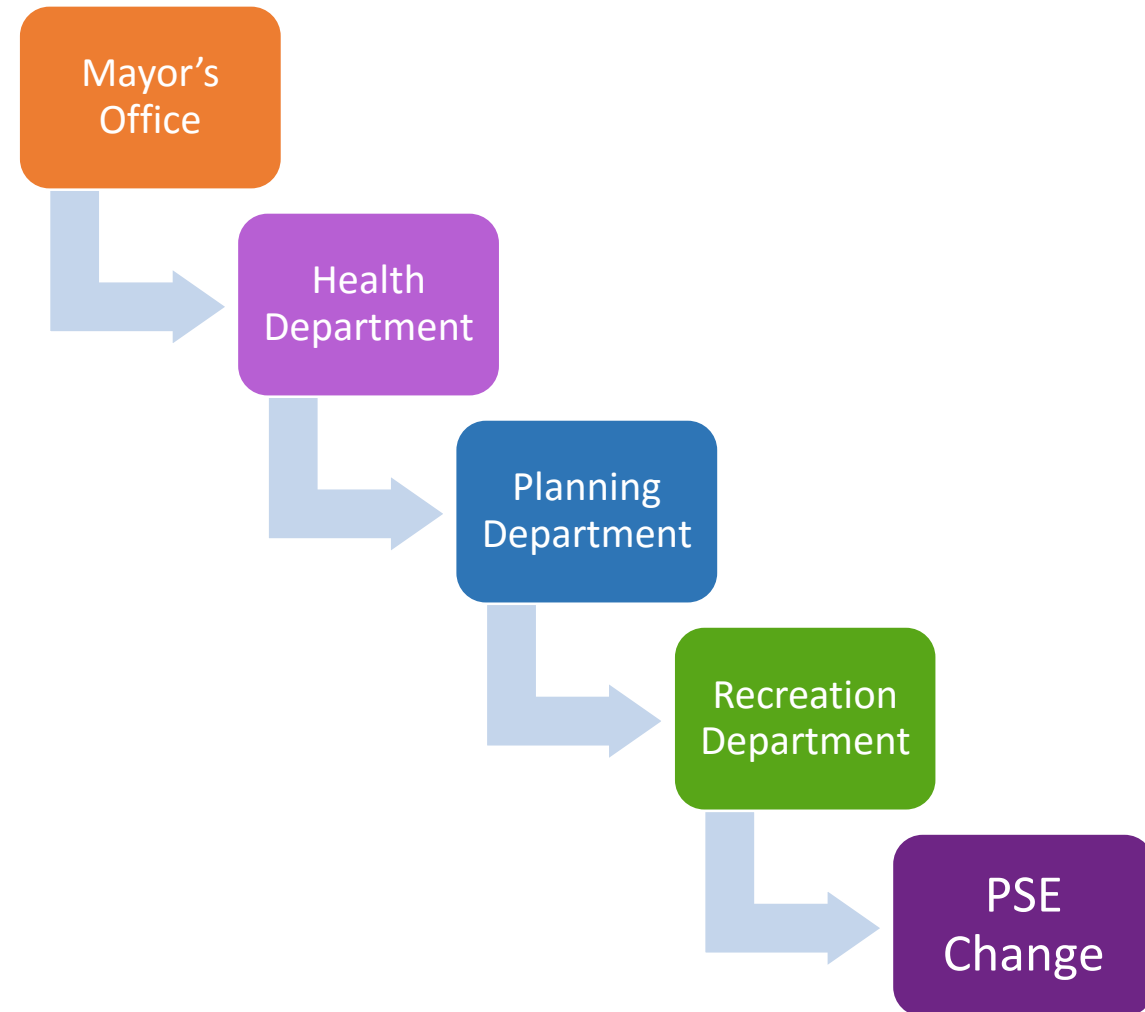
Town of Weymouth

Healthy Wey and Mass in Motion



# A Strong Foundation

- Mass in Motion
- Cross and Multi-Sector Partnerships
- Community presence
- Awareness and conversation about the link between health status and the built environment
- Continual key stakeholder involvement
- Navigating detours and roadblocks
- Explore “non-traditional” partners
  - Town Grant writer



# Highlight on: Mass In Motion



**Mass in Motion is made up of 70 cities, towns, and neighborhoods across Massachusetts**

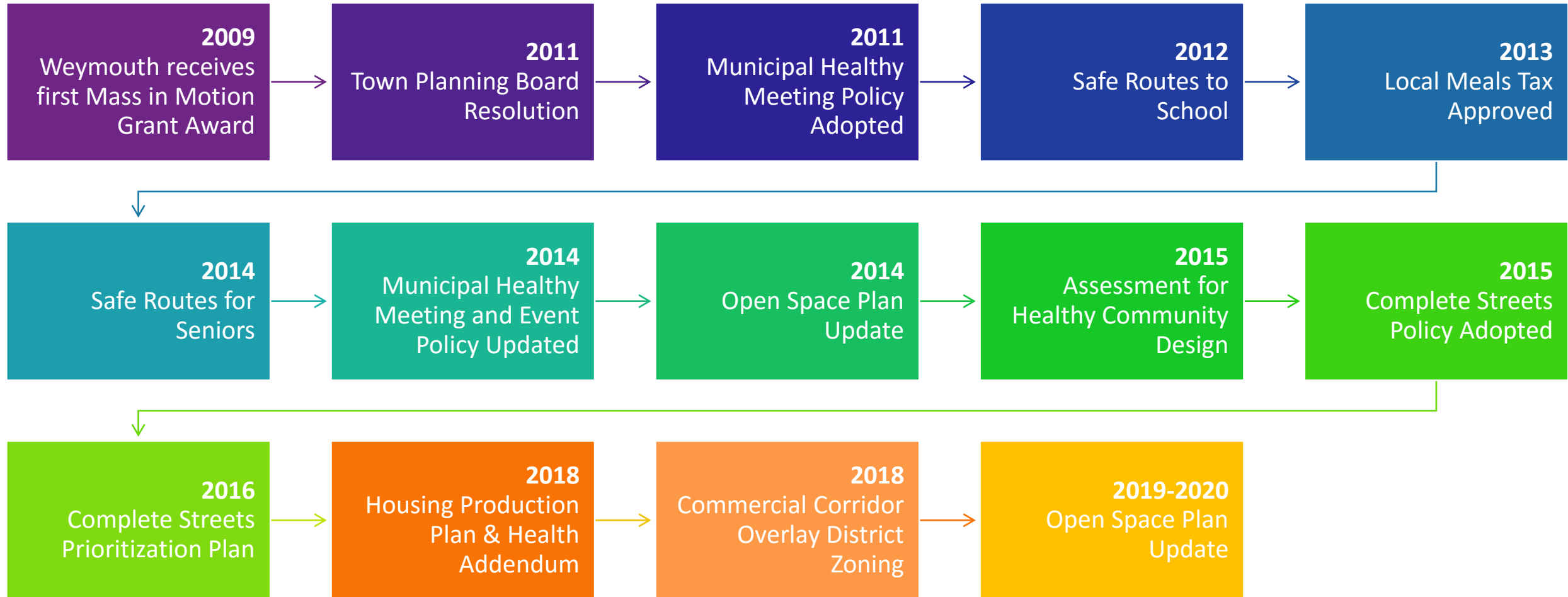
- Strategies aim to design neighborhoods and communities that promote walking and biking, while creating easier access to affordable, healthy foods for all residents – especially neighborhoods and populations experiencing health inequities.



**A Focus on Health Equity**

- Mass in Motion works to ensure that people most at risk for chronic diseases like obesity and diabetes, particularly communities of color, are engaged in and benefit from changes in policies and practices. This ensures that everyone has full and equal access to opportunities that enable them to lead healthy lives.

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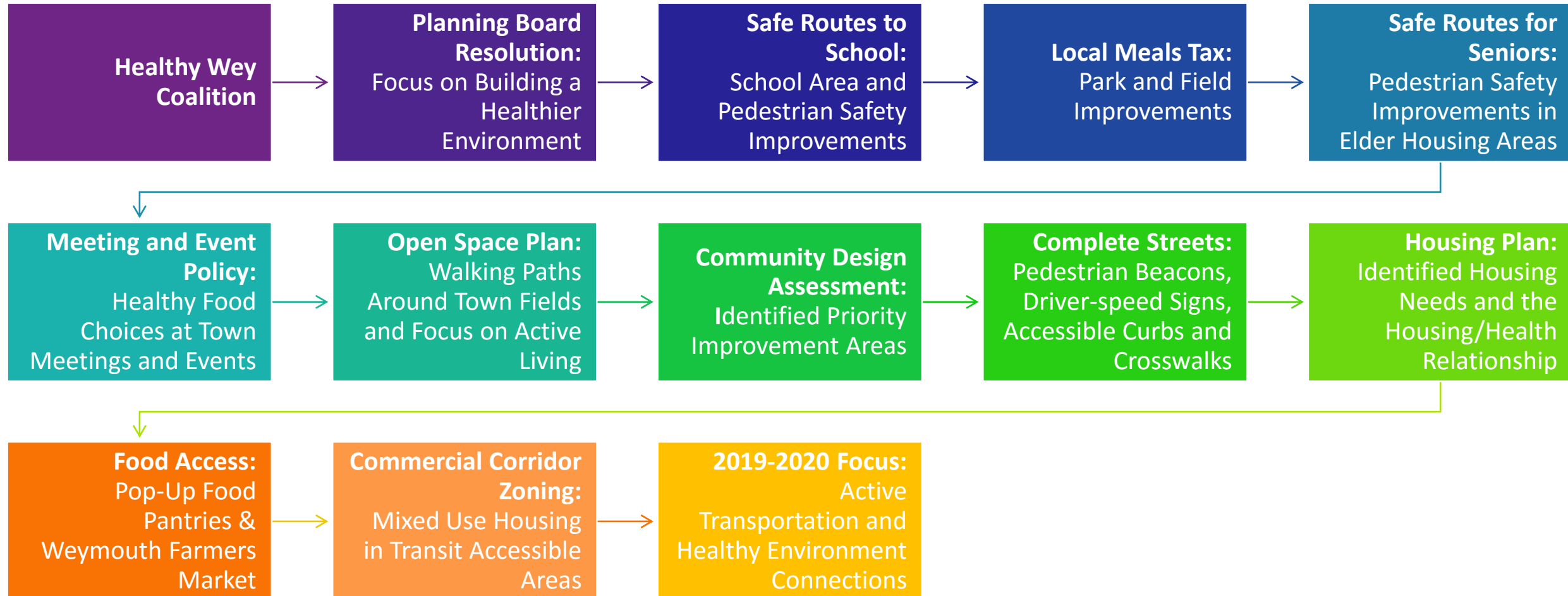
# Highlight on: Policy, Systems, Environmental Change



*Policy, systems, and environmental change (PSE) strategies are a way of making sustainable, lasting change within a community to make healthy choices practical and available to all residents.*

Where we live affects how we live - we can't make healthy choices if those healthy choices aren't available to us. PSE changes shape the physical environments that impact our behavior. By making changes to laws and rules and shaping environments, communities can go beyond providing programs and services to create long-lasting conditions so people can eat better and move more where they live, learn, work, and play.

# Policy, Systems, Environmental Change: Weymouth





# Sustainable Solutions for Healthier Communities



## **Multi-Sector Partnerships**

Collaborating with many different types of partners with the goal of considering health when making decisions across sectors and policies



## **Spending Funds with Health in Mind**

Influencing the way municipalities already plan to or do spend funds and resources so that dollars are spent in a way that will improve health



## **Policy, Systems, and Environmental Change Strategies**

Implementing sustainable, lasting changes within a community by looking at the laws, rules, and environments that impact our behavior. These changes can make healthier choices practical and available to all community members

# Questions?

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