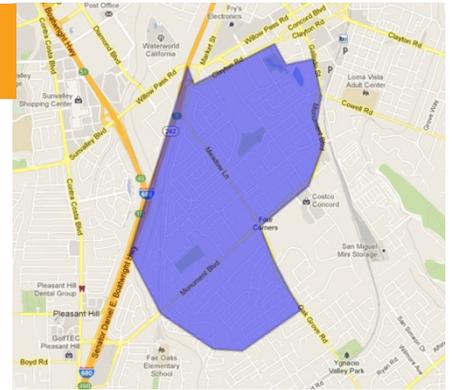


HEAL Zone Highlights • Monument

The Monument HEAL Zone is a network of organizations and residents working together to make healthy choices the easy choice for 26,000 people in Concord's Monument Corridor. In our community, 59% of adults and 42% of children are overweight or obese. Supported by Kaiser Permanente, our focus is to prevent diseases such as diabetes and hypertension that often result from being overweight. Working together we're creating environments that encourage our residents to eat better and move more as part of daily life. Here are just a few examples of what we've achieved so far.



www.healzones.org/monument



- 600** students received water bottles and education to encourage them to **choose water**
- 450** **kids' bike helmets** and safety training were distributed to encourage safe riding
- 5** Local agencies—Contra Costa County Board of Supervisor's office, Three Squares, Cambridge Walking Club, Monument Junior Giants, and Contra Costa Health Plan—**passed healthy food policies**
- 150** physicians and practitioners were trained in **breastfeeding support**, including Contra Costa Health Plan Advice nurses and resident leaders
- 215** students and 80 parent volunteers now participate in the **walking school bus program**
- 150** residents participate in ongoing weekly **Zumba classes** offered at 9 locations and led by the Monument HEAL Zone's 5 certified instructors

"Cars can't see my kids and it is not safe. I tell them to walk on the sidewalk but **what are they supposed to when there is no sidewalk?**"

— Monument resident talking about at a side street near Meadow Homes Elementary during the Monument HEAL Zone walk audit

"By creating a network of support, we want to give new moms the tools to **help them be successful with breastfeeding.**"

— Lisa Broughton, breastfeeding liaison for Women, Infants & Children, at a breastfeeding conference in Concord. The Monument HEAL Zone was able to negotiate a breastfeeding accommodation with WIC

"It was very fun...**great way to send positive messages to my kids.**"

— Cambridge Elementary parent talking about the Kaiser Permanente Educational Theatre performance of "The Best Me," a live show that helps teach kids, and their families, about healthy choices

"This is where you put your **fruit** and this is where you put your **vegetables.**"

— A preschooler eating lunch at a local child care center. Sixty percent of Monument's 20 child care centers were trained on the My Plate curriculum to improve day care meal choices—and help young kids learn about healthy eating

Get on the Bus — the Walking School Bus

More kids, and parents, are walking to school at two Monument elementary schools thanks to walking school bus program. At Meadow Homes, a low-income, largely Spanish-speaking neighborhood, 40 parent volunteers are walking over 150 kids to school along 8 different routes. "It's really important because we know we are making a difference," said parent volunteer Maria Gaytan. "And as parents, we want to be a wonderful example for our kids."

