

HEALTHY COMMUNITY INDICATOR



Healthy communities create safe places where kids can play and be physically active.



kchealthykids[™]

Discussion Questions:

Do you have safe places to play and be active in your neighborhood?

Does your community offer youth sports?

When you are at home, do you get 60 minutes of physical activity a day?

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Healthy communities make it easy to find and eat food that is fresh, healthy and affordable.



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Discussion Questions:

Do you have a grocery store near your home that sells healthy food?

Does your neighborhood have a farmers market?

Do the restaurants in your neighborhood serve healthy options?

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#3



Healthy communities make it easy for kids to walk or bike to school.



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Discussion Questions:

Can you safely walk or bike to school?

Are the sidewalks well maintained?
Do you have a crossing guard?

Do you participate in national Walk to School Day?

Does your neighborhood have bike lanes?

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#4



Healthy communities beautify their space with and get active together with community gardens.



Discussion Questions:

Do you have a vegetable garden at your house?

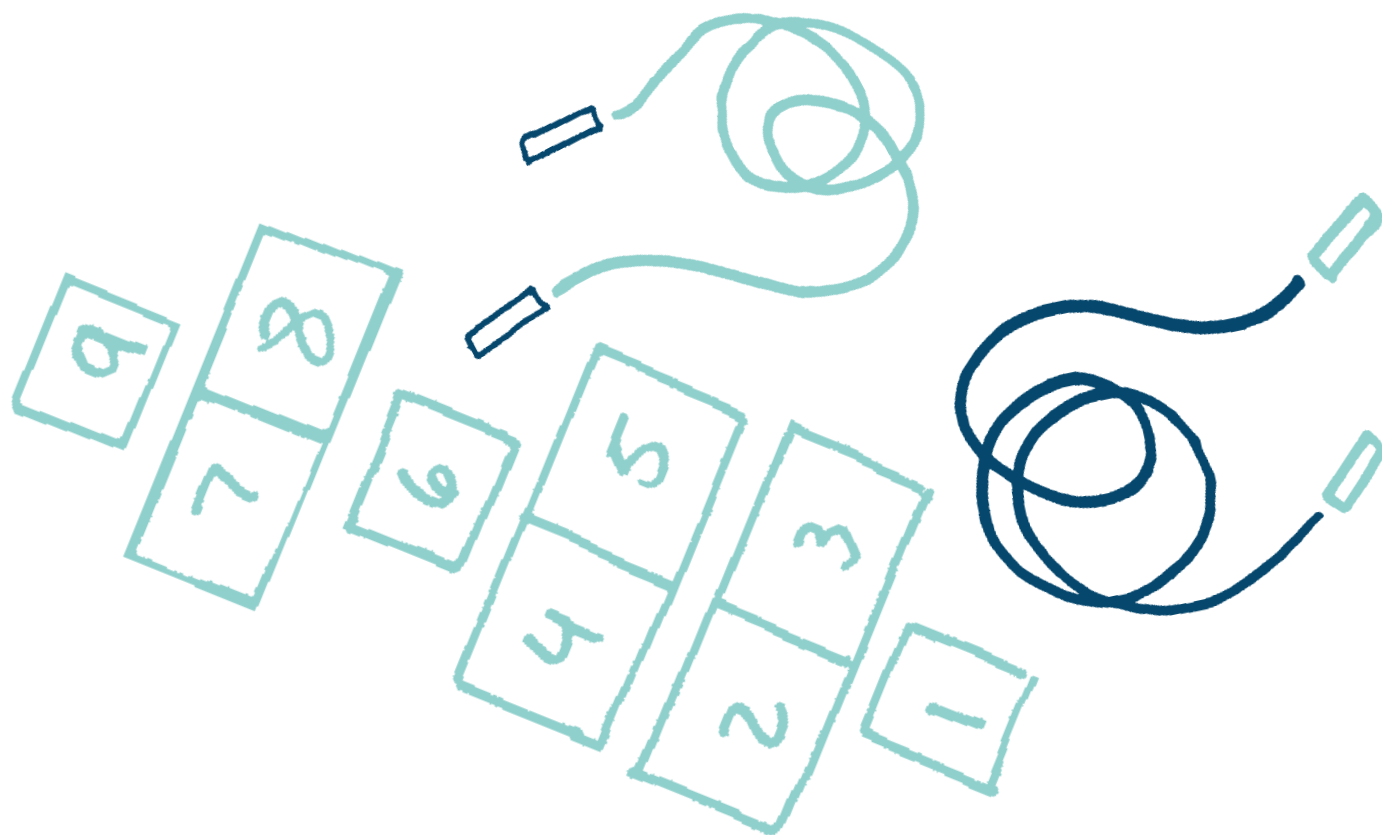
Are there empty lots or spaces where you could add a garden?

Does your neighborhood have a schoolyard or community garden?

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Healthy schools provide 60 minutes a day
for recess and P.E.



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Discussion Questions:

Do you get 60 minutes of recess a day?

How active are you during recess? Do teachers take away recess as a punishment?

Do you have a good space and the right equipment for P.E. and recess at your school?

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#6



Healthy schools provide breakfast and lunch that are both healthy and delicious and do not offer junk food options in the vending machines or ala carte lines.



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Discussion Questions:

Does your school serve breakfast and lunch?

Is the food healthy?
Do you like to eat it?
Why?

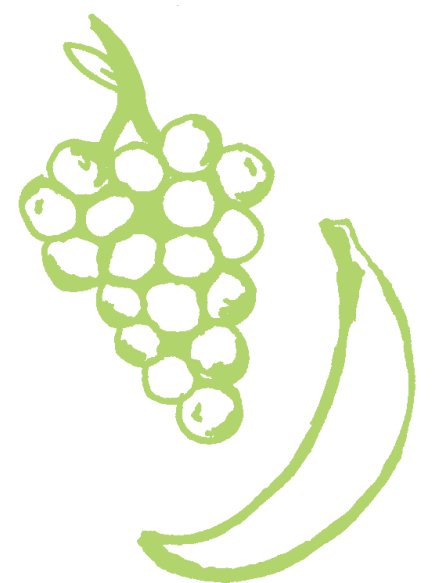
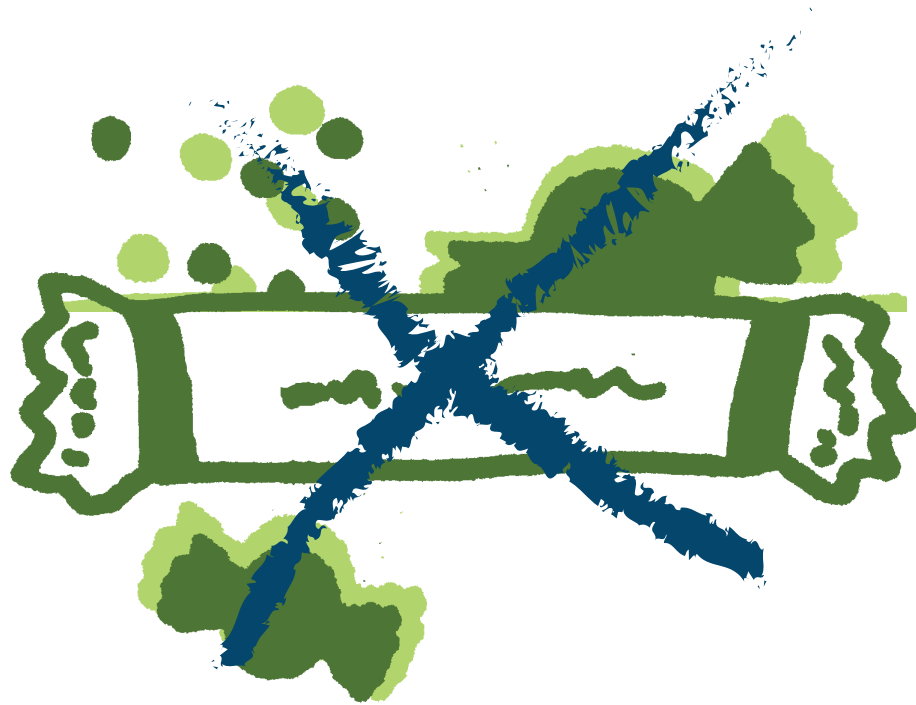
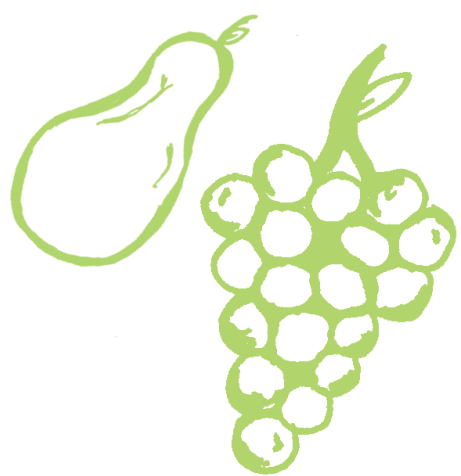
Can you buy junk food at school?

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#7



Healthy schools use non-food rewards like incentives, stickers or school supplies instead of candy.



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Discussion Questions:

Do you get candy as a reward for good behavior?

Can you earn pizza parties or ice cream parties for good class behavior or a class project?

What other types of rewards would you like if you could no longer get junk food?

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#8



Healthy schools create healthy celebrations
for holidays and school functions.



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Discussion Questions:

Do parents bring in treats for the class for birthdays? How many times a year?

Do you eat lots of junk food and sugar during classroom holiday parties?

What are some other fun activities besides foods that you would like to do for class parties?