

# Start the Conversation!

## Help to Build a Healthier Community for All

Starting a conversation is the first step toward making healthy choices **more accessible for everyone**. By talking with your neighbors, friends, family and local leaders, you can help bring better food options, safe places to be active, and healthier beverage choices to your community.

### STEP 1

#### Identify Opportunities for Change

Talk with others in your community about opportunities to make healthy choices easier. They may already be working toward similar goals!

#### TIP

*Connect with local schools, community centers, your CalFresh Healthy Living program or other health organizations.*

### STEP 2

#### Focus on One Change

Start small! Choose one specific action that could improve your community.

#### Examples:

- **Healthier Food Access:** Could we have a farmers' market or encourage local stores to offer healthier options?
- **Physical Activity:** What if we had safer walking paths or improved parks?
- **Sugary Drink Reduction:** What if schools or businesses made more water available and cut back on sugary drink options?

### STEP 3

#### Start the Conversation

Help others understand why these changes matter, small conversations can spark big change.

#### Here are a few easy ways to bring up the topic:

- "Did you know that drinking sugary drinks every day can lead to serious health risks like type 2 diabetes and heart disease?"
- "It would be great if we had a farmers' market in our neighborhood. It would make it easier to get fresh, healthy food!"
- "I think we could make our parks safer and more accessible for everyone. That way, more people would have places to walk, run or play!"
- "We could work together to encourage schools and local businesses to offer more water and fewer sugary drinks. It's a small change, but it would make a big difference."

## Make a Change Today!

Every conversation counts. Speak up, get involved and help shape a healthier future for your neighborhood.



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