

**Table A. Healthy Lifestyles Strategies: Recommended Strategies based on Strong Evidence-base**

Listed below are potential strategies and actions that have been recommended by the Task Force on Community Preventive Services. The strategies below shaded in yellow might be options that are short- to medium-range and feasible for Alexandria. Alexandria-specific information is provided for some strategies.

Potential Strategies	Level of Intervention*	Time Delineation (short, medium, long-range)	Criteria for Selecting Strategy
<b><u>Nutrition &amp;/or Physical Activity</u></b>			
<b><u>Community-based</u></b>			
<p>A1. Provide "point-of-decision" prompts to encourage stair use at worksites or in public places with stairs (could also include improvements with paint, carpeting, motivational signs, artwork and music in stairwells).</p> <p>Possible action: Hang posters that encourage stair use in all public facilities with stairs.</p>	I	Short-range	<p>Evidence based programs/resources:  <i>StairWELL to Better Health</i>  <a href="http://www.cdc.gov/nccdphp/dnpa/stairwell/index.htm">http://www.cdc.gov/nccdphp/dnpa/stairwell/index.htm</a>                      Guide to Community Preventive Services – <i>Point-of-Decision Prompts that Encourage People to Use the Stairs</i>  <a href="http://www.thecommunityguide.org/pa/pa-int-decision-prompts.pdf">http://www.thecommunityguide.org/pa/pa-int-decision-prompts.pdf</a>                      Motivational Posters  <a href="http://www.cdc.gov/nccdphp/dnpa/stairwell/motivational_signs.htm#Message%20Ideas">http://www.cdc.gov/nccdphp/dnpa/stairwell/motivational_signs.htm#Message%20Ideas</a></p>
<p>A2. Implement social support interventions by creating or working within existing social networks in a social setting outside the family.</p> <p>Possible action #1: Select and work with 3-5 Alexandria churches, synagogues, workplaces, or neighborhood groups to set up buddy systems &amp;/or walking groups to provide friendship and support in completing specified levels of physical activity.</p> <p>Possible action #2: Develop and implement a physical activity work place "competition" for City employees. Employees will establish teams of 8 people and walk or do other types of exercise, individually or as a team, for 8 weeks tracking their miles. Can hold a celebration event at the end and give awards/prizes, certificates, etc. See example at: <a href="http://walkacrosstexas.tamu.edu/">http://walkacrosstexas.tamu.edu/</a>. Have contacted Joseph Reyna, Chair of City Wellness Committee, to explore this possibility.</p>	N	Medium-range	<p>Evidence based programs/resources:                      Guide to Community Preventive Services – <i>Providing Social Support in Community Settings is Recommended To Promote Physical Activity</i>  <a href="http://www.thecommunityguide.org/pa/pa-int-comm-soc-support.pdf">http://www.thecommunityguide.org/pa/pa-int-comm-soc-support.pdf</a></p>

<p>A3. Implement large-scale, community-wide campaign to promote physical activity and healthy food choices.</p> <p>Possible action: Aid Inova in their efforts to implement a community-wide social marketing campaign, through newspaper, radio, television, etc. (campaign could include other components such as support groups, physical activity counseling, risk factor screening &amp; education, and community events).</p>	C	Long-range	<p>**Evidence based programs/resources:  Guide to Community Preventive Services – <i>Community-wide Campaigns are Recommended to Promote Physical Activity</i>  <a href="http://www.thecommunityguide.org/pa/pa-int-comm-campaigns.pdf">http://www.thecommunityguide.org/pa/pa-int-comm-campaigns.pdf</a>  Program Examples:  <a href="http://cancercontrol.cancer.gov/rtips/rtips_search.asp?topicID=2&amp;choice=cguide&amp;cg_id=23">http://cancercontrol.cancer.gov/rtips/rtips_search.asp?topicID=2&amp;choice=cguide&amp;cg_id=23</a></p>
<p>A4. Implement urban design and land use policies and practices to increase physical activity. Design elements include: continuity and connectivity of sidewalks and streets; improved street lighting; infrastructure projects to increase safety of street crossing; use of traffic calming approaches; enhanced street landscaping; and other aesthetic qualities and safety aspects of the physical environment. Policy instruments include zoning regulations, building codes; roadway design standards; builders' practices; environmental changes; and other governmental policies.</p> <p><i>Information: A City interdepartmental team reviews new development plans weekly, with one of the goals being to gain open space and connectivity (trails included). With the City's long range/master planning, they focus on getting trails and/or connections to existing trails when any new development occurs. Have contacted Kathleen Beeton for more info. For more information see:</i>  <a href="http://www.alexandriava.gov/planningandzoning/pdf/openspaceguide.pdf">http://www.alexandriava.gov/planningandzoning/pdf/openspaceguide.pdf</a></p>	P	Long-range	<p>Evidence based programs/resources:  Active Living By Design: Increasing physical activity through community design  <a href="http://www.activelivingbydesign.org/index.php?id=6">http://www.activelivingbydesign.org/index.php?id=6</a>  Health Policy Guide – <i>Integrating Bicycling Into Transportation Planning and Design</i>  <a href="http://www.healthpolicyguide.org/doc.asp?id=3799">http://www.healthpolicyguide.org/doc.asp?id=3799</a></p>
<p>A5. Create enhanced community access to places for physical activity and conduct outreach to make community residents aware these are available for public use (e.g., school gyms and fields for after school and weekend activities for persons of all ages; before-hours shopping malls or other stores open for walking; increased access to community recreation centers or walking trails).</p> <p><i>Information: All ACPS facilities are open to the public for use after school hours. The Department of Recreation, Parks and Cultural Activities uses many of the indoor gyms for organized sports programs after school hours. In addition, the Department of Recreation, Parks and Cultural Activities has several recreation centers open to the public evenings and weekends and provides community education and outreach activities.</i></p>	O / C	Medium to Long-range	<p>Evidence based programs/resources:  Guide to Community Preventive Services – <i>Creating or Improving Access to Places for Physical Activity is Recommended to Increase Physical Activity</i>  <a href="http://www.thecommunityguide.org/pa/pa-int-create-access.pdf">http://www.thecommunityguide.org/pa/pa-int-create-access.pdf</a></p>

<b>School-based</b>			
<p>A6. Increase daily physical education for grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings.</p> <p><i>Information: All ACPS elementary schools offer at least 2 – 30 min periods of physical education weekly, and some schools have been able to extend these classes to 45 minutes each for grades 1-5. Middle students receive 3 80-90 minute blocks of physical education weekly. High school students in grades 9 and 10 receive 90 minutes of physical education every other day. Increasing the amount of time students spend in physical education is a budget specific issue. This year ACPS was able to add 5 minutes to elementary school recess. In addition, the Wellness Policy encourages schools and teachers to promote activity based learning experiences for students. One pilot program at John Adams Elementary School has the physical education teacher working with regular educators to develop ways to include movement activities in core subject instruction. Another elementary school (Maury Elementary) is working the Mystics (“Mystics in Training”) to promote physical activity and healthy food choices.</i></p>	O	Medium to Long-range	<p>Evidence based programs/resources:  Guide to Community Preventive Services – <i>Enhanced Physical Education Classes in Schools are Recommended to Increase Physical Activity Among Young People</i>  <a href="http://www.thecommunityguide.org/pa/pa-int-school-pe.pdf">http://www.thecommunityguide.org/pa/pa-int-school-pe.pdf</a>  Program Examples:  <a href="http://cancercontrol.cancer.gov/rtips/rtips_search.asp?topicID=2&amp;choice=cguide&amp;cg_id=28">http://cancercontrol.cancer.gov/rtips/rtips_search.asp?topicID=2&amp;choice=cguide&amp;cg_id=28</a></p>
<b>Tobacco Use</b>			
<b>Community-based</b>			
<p>A7. Continue <i>Proud To Be Smoke Free</i> Program with Alexandria restaurants, to promote adoption of smoke-free restaurant policies.</p> <p>Possible action: Provide opportunity for Alexandria restaurant managers that have adopted smoke free restaurant policy to have discussion with those that have not about process for changing policy, how policy change has impacted business, etc.</p>	N	Short-range	<p>Evidence based programs/resources:  <i>Effectiveness of Smoking Bans and Restrictions to Reduce Exposure to Environmental Tobacco Smoke (ETS)</i>  <a href="http://www.thecommunityguide.org/tobacco/tobac-int-smoke-bans.pdf">http://www.thecommunityguide.org/tobacco/tobac-int-smoke-bans.pdf</a></p>
<p>A8. Conduct mass media "social norm" campaign to reduce initiation of tobacco use and increase cessation and send the message that smoking is not an acceptable or normative behavior of among youth. (The messages evaluated were developed through formative research, and use broadcast messages on television and radio, although other formats, such as billboards, print media, and movies, have been used. Campaigns are conducted over long periods of time, employ brief, recurring messages to inform and motivate individuals to quit or remain tobacco-free, and are combined with other activities to reduce tobacco use.)</p>	C	Long-range	<p>**Evidence based programs/resources:  Guide to Community Preventive Services – <i>Effectiveness of Mass Media Campaigns to Reduce Initiation of Tobacco Use and Increase Cessation</i>  <a href="http://www.thecommunityguide.org/tobacco/tobac-int-mass-media.pdf">http://www.thecommunityguide.org/tobacco/tobac-int-mass-media.pdf</a>  Guide to Community Preventive Services – <i>Restricting Minors’ Access to Tobacco Products: Community Mobilization When Combined with Additional Interventions</i>  <a href="http://www.thecommunityguide.org/tobacco/Tobacco.pdf">http://www.thecommunityguide.org/tobacco/Tobacco.pdf</a> (see pages 16-20)</p>

Possible action: Broadcast existing, population appropriate Public Service Announcements locally.			
<b>Healthcare System-based</b>			
<p>A9. Discuss benefits of screening patients for smoking, counseling on cessation, prescribing medication and following-up/referring to cessation support group for persons who use tobacco and want to quit (using 5 A's: Ask, Advise, Assess, Assist, Arrange).</p> <p>Possible action #1: Implement smoking cessation programs in Casey and Arlandria Health Centers and/or private practice.</p> <p>Possible action #2: Hold meeting with doctor's office nurse managers.</p>	E	Medium to Long-range	<p>Evidence based programs/resources:  Guide to Community Preventive Services – <i>Effectiveness of Using Provider Reminders and Provider Education</i>  <a href="http://www.thecommunityguide.org/tobacco/tobac-int-prov-remind-ed.pdf">http://www.thecommunityguide.org/tobacco/tobac-int-prov-remind-ed.pdf</a>  Program Examples:  1. <a href="http://cancercontrol.cancer.gov/rtips/rtips_search.asp?topicID=1&amp;choice=cguide&amp;cg_id=67">http://cancercontrol.cancer.gov/rtips/rtips_search.asp?topicID=1&amp;choice=cguide&amp;cg_id=67</a>  2. <a href="http://cancercontrol.cancer.gov/rtips/rtips_search.asp?topicID=1&amp;choice=cguide&amp;cg_id=69">http://cancercontrol.cancer.gov/rtips/rtips_search.asp?topicID=1&amp;choice=cguide&amp;cg_id=69</a></p>
<p>A10. Reduce or eliminate patient costs for effective therapies to stop tobacco use.</p> <p>Possible action: Work with a select number of Alexandria healthcare providers or systems to reduce the financial barriers that may stop patients from using cessation therapies, by providing the services within the healthcare system, or providing coverage for or reimbursement of patients for expenditures on (1) cessation groups or (2) nicotine replacement or other pharmacologic therapies.</p>	O	Long-range	<p>Evidence based programs/resources:  Guide to Community Preventive Services – <i>Effectiveness of Reducing Patient Out-of-Pocket Costs for Effective Therapies To Stop Using Tobacco</i>  <a href="http://www.thecommunityguide.org/tobacco/tobac-int-out-of-pocket.pdf">http://www.thecommunityguide.org/tobacco/tobac-int-out-of-pocket.pdf</a></p>

\* Spectrum of Prevention Level of Intervention: P = Policy & Legislation; M = Mobilizing Neighborhoods & Communities; O = Organizational Practices; N = Networks & Coalitions; E = Educating Providers; C = Community Education; I = Individual Knowledge & Skills  
Spectrum of Prevention overview: <http://www.cchealth.org/topics/prevention/spectrum.php>

\*\*Community wide campaigns are most effective when implemented with other components. There is evidence that targeted, well-executed health mass media campaigns can have small-to-moderate effects not only on health knowledge, beliefs, and attitudes, but on behaviors as well, which can translate into major public health impact given the wide reach of mass media. Such impact can only be achieved, however, if principles of effective campaign design are carefully followed (Noar, SM. *A 10-year retrospective of research in health mass media campaigns: where do we go from here?* Journal of Health Communication. 2006;11(1):21-42).

**Table B. Healthy Lifestyles Strategies: Other Potential Strategies**

Listed below are potential strategies and actions for discussion by the Healthy Lifestyles work group. Although these strategies have not been recommended by the Task Force on Community Preventive Services, it doesn't mean that they are not effective, only that they have not been fully evaluated or that there is insufficient evidence to deem them effective. The strategies below shaded in yellow might be options that are short- to medium-range and feasible for Alexandria. Alexandria-specific information is provided for some strategies.

Potential Strategies	Level of Intervention*	Time Delineation (short, medium, long-range)	Criteria for Selecting Strategy
<b><u>Nutrition/Physical Activity/Tobacco Use:</u></b>			
<b><u>Community-based</u></b>			
B1. Create an inventory of the existing physical activity, nutrition and tobacco related programs and activities. Purpose: to 1) inform community residents about and help locate healthy lifestyles programs & activities; 2) inform the HL Work Group about what already exists, gaps, & other potential partners/ collaborators; and 3) help guide development of a HL work group community action plan.	N	Medium-range	Evidence based programs/resources: ??
<b><u>Nutrition &amp;/or Physical Activity</u></b>			
<b><u>Community-based</u></b>			
B2. Provide "point-of-decision" prompts or nutrition labeling on menus / menu boards at restaurants to encourage purchase of healthy food items.  Possible action: Work with local restaurants to encourage and promote nutrition labeling or signs to encourage healthy food choices at restaurant site (not just available online).	O	Medium-range	Evidence based programs/resources: Health Policy Guide – <i>Educating Consumers About Healthy Food Choices: Point-of-Sale Interventions</i> <a href="http://www.healthpolicyguide.org/doc.asp?id=6396">http://www.healthpolicyguide.org/doc.asp?id=6396</a> <i>Nutrition Labeling at Fast-Food and Other Chain Restaurants</i> <a href="http://www.cspinet.org/nutritionpolicy/Nutrition_Labeling_Fast_Food.pdf">http://www.cspinet.org/nutritionpolicy/Nutrition_Labeling_Fast_Food.pdf</a> (fact sheet) <i>Anyone's Guess: The Need for Nutrition Labeling at Fast-Food and Other Chain Restaurants</i> <a href="http://www.cspinet.org/restaurantreport.pdf">http://www.cspinet.org/restaurantreport.pdf</a> (report)
B3. City government and private businesses develop and implement policies to provide healthy foods and beverages for meetings, conferences and other events.  Possible action: Begin working with City government to establish and implement policies, so that only healthy foods and beverages are served at City events.	O	Short to Medium-range	Evidence based programs/resources: <i>Guidance for Healthier Eating at Work</i> <i>Guidance for Healthier Eating at Work</i> <a href="http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf">http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf</a>

<p>B4. Develop community gardening programs.</p> <p>Possible action: Locate space for community garden and encourage individuals, families, organizations, clubs, etc. to purchase (for a nominal fee) and care for lot.</p>	C	Medium-range	<p>Evidence based programs/resources:  <i>Evaluation of Community Gardens</i>, University of Wisconsin Cooperative Extension  <a href="http://www.uwex.edu/ces/pdande/evaluation/pdf/comgardens.PDF#search=%22community%20gardens%20and%20cooperative%20extension%20and%20evaluation%22">http://www.uwex.edu/ces/pdande/evaluation/pdf/comgardens.PDF#search=%22community%20gardens%20and%20cooperative%20extension%20and%20evaluation%22</a>  Moses Lake Community Garden Project  <a href="http://www.ci.moses-lake.wa.us/245.html">http://www.ci.moses-lake.wa.us/245.html</a>  Community Gardens (Municipal Research and Services Center of Washington)  <a href="http://www.mrsc.org/subjects/parks/comgarden.aspx">http://www.mrsc.org/subjects/parks/comgarden.aspx</a></p>
<b>Worksite-based</b>			
<p>B5. Provide Health Risk Assessments through wellness programs for employees at worksites. Employers may provide an incentive by offering health insurance plan price reductions to employees who take the assessment or providing extra days of annual leave each year.</p> <p>Possible action: Work with City to provide onsite health assessments and provide an incentive to encourage city employees to participate.</p>	O	Medium to Long-range	<p>Evidence based programs/resources:  Partnership for Prevention: Overview of worksite programs  <a href="http://www.prevent.org/images/stories/Files/docs/LBE_Profile_Sheets.pdf">http://www.prevent.org/images/stories/Files/docs/LBE_Profile_Sheets.pdf</a>  Partnership for Prevention: Evidence base for worksite health (you can click on references)  <a href="http://www.prevent.org/images/stories/Files/docs/LBE_References.pdf">http://www.prevent.org/images/stories/Files/docs/LBE_References.pdf</a></p>
<p>B6. Improve access to fruits and vegetables by encouraging the establishment of community and worksite locations for produce stands and sales.</p> <p>Possible action: Make fresh fruits and vegetables available for sale on upper and lower King Street, 2 days per week during the workweek, at or around the lunch hour. <i>Tom Fairchild, the City's Business Facilitator, suggests conducting a brief assessment to determine existing local businesses that sell fresh produce (e.g. Cash Grocer on upper King St.), to encourage commerce for the existing business community.</i></p>	M	Short-range	<p>Evidence based programs/resources:  Healthier Worksite Initiative: Toolkits: Garden Market (CDC)  <a href="http://www.cdc.gov/nccdphp/dnpa/gardenmarket/index.htm">http://www.cdc.gov/nccdphp/dnpa/gardenmarket/index.htm</a></p>
<p>B7. Provide multi-component worksite interventions combining nutrition, physical activity and cognitive change (such as didactic nutrition education; prescriptions for aerobic/strength training exercise; training in behavioral techniques; and providing self-help materials, specific dietary prescriptions, and group or supervised exercise sessions).</p> <p>Possible action: Publish a guide – “Healthiest Places to Work in Alexandria” (based on “100 Best Places to Work”). Would raise employer awareness to encourage and promote healthy lifestyles for employees and would provide an incentive for work places to get involved through marketing and employee</p>	O	Long-range	<p>Evidence based programs/resources:  Healthy Arkansas: For a Better State of Health (Guide and Toolkit)  <a href="http://www.arkansas.gov/ha/worksite_wellness/index.html">http://www.arkansas.gov/ha/worksite_wellness/index.html</a>  Guide to Community Preventive Services – <i>Worksite Programs Combining Nutrition and Physical Activity are Recommended to Control Overweight or Obesity</i>  <a href="http://www.thecommunityguide.org/obese/obese-int-worksite.pdf">http://www.thecommunityguide.org/obese/obese-int-worksite.pdf</a></p>

recruitment.			
<b>School-based</b>			
<p>B8. Reduce or eliminate foods with low nutritional value in cafeterias, food/drink vending machines, and snack bars on school campuses.</p> <p><i>Information: Currently no vending machines selling low nutritional food or beverages are available to students during the regular school day. Concerns have recently been raised because vending machines exist at the high school and recreation centers where students have access to them after the school day</i></p> <p><i>The Wellness Policy adopted by the school board in June 2006 addresses nutritional and physical activity issues in our schools. A task force is currently looking at drafting some regulations to the policy. These will address specific ways that good nutrition and physical activity can be encouraged in the schools.</i></p>	O	Medium-range	<p>Evidence based programs/resources:  <i>What Works in . . . Schools</i> (Wisconsin Department of Health and Family Services)  <a href="http://dhfs.wisconsin.gov/health/physicalactivity/pdf_files/WhatWorksSchoolsfinal.pdf">http://dhfs.wisconsin.gov/health/physicalactivity/pdf_files/WhatWorksSchoolsfinal.pdf</a>  <i>Making It Happen: School Nutrition Success Stories</i>  <a href="http://www.cdc.gov/healthyyouth/nutrition/Making-It-Happen/index.htm">http://www.cdc.gov/healthyyouth/nutrition/Making-It-Happen/index.htm</a></p>
<p>B9. Implement school-based physical activity programs and informational outreach activities, such as International Walk to School Day, Safe Routes to School programs, organized walking and biking clubs, etc.</p> <p>Possible action: Work with health committees (PTA) at Alexandria Schools to incorporate walking clubs or other types of physical activities or events.</p>	N	Medium-range	<p>Evidence based programs/resources:  <i>Safe Routes to School, Marin County Program Evaluation</i> (pg. 13)  <a href="http://www.tam.ca.gov/Uploads/pdfs/SR2S_Program%20Evaluation.pdf?PHPSESSID=8c7eb0125243feb6ec39b12cedf03dd6">http://www.tam.ca.gov/Uploads/pdfs/SR2S_Program%20Evaluation.pdf?PHPSESSID=8c7eb0125243feb6ec39b12cedf03dd6</a>  SRTS Evaluation and Outcomes – How do you measure success? (NHTSA)  <a href="http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/Safe-Routes-2004/pages/section-3.htm">http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/Safe-Routes-2004/pages/section-3.htm</a></p>
<p>B10. Encourage schools to lower the price of fruits, vegetables and other healthy foods/snacks to help promote their purchase.</p> <p><i>Information: ACPS Food and Nutrition Services is a District of Excellence in Child Nutrition because they are progressive and meet or exceed benchmarks established by districts across the country for best practices. ACPS provides an average of 25 different fruits and vegetables each month to students. There is at least one fresh fruit or vegetable daily. Students may take one or two fruit/veggie choices each day for lunch. For breakfast, 100% orange juice is offered daily and several times a week canned fruit in light syrup or fresh fruit is available. Prices for all snacks sold are reasonable. Kindergarten snack, for example, costs .40 per day. In</i></p>	M	Medium-range	<p>Evidence based programs/resources:  <i>Public health strategies for dietary change: schools and workplaces.</i> French, S.A. Journal of Nutrition.  <a href="http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&amp;cmd=Retrieve&amp;dopt=AbstractPlus&amp;list_uids=15795458&amp;query_hl=4&amp;itool=pubmed_docsum">http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&amp;cmd=Retrieve&amp;dopt=AbstractPlus&amp;list_uids=15795458&amp;query_hl=4&amp;itool=pubmed_docsum</a></p>

<p>addition, ACPS provides free and reduced-priced meals for low-income children.</p>			
<p>B11. Provide health promotion opportunities for schoolteachers and staff to improve their health status through activities such as health assessments and education to serve as role models for students, encouraging a healthy and fit lifestyle.</p> <p><i>Information: While ACPS does not have a formal staff wellness program, there are several schools that do promote staff wellness through activities such as work-place yoga classes. All staff members have been invited to participate in a pedometer program to encourage walking. Many schools also promote the governor's physical fitness program for staff members. Flu vaccines are offered in the schools annually and ACPS provides all covered employees and their household members access to Inova Employee Assistance, which provides counseling and other services and referrals for issues of alcohol or substance abuse, emotional problems, family or marital difficulties, financial or legal situations or workplace stress. The ACPS Wellness Taskforce will be looking at the issue of staff wellness as it develops regulations to support the Wellness Policy.</i></p>	<p>O</p>	<p>Medium-range</p>	<p>Evidence based programs/resources: Health Policy Guide – Screenings and Education <a href="http://www.healthpolicyguide.org/doc.asp?id=3737">http://www.healthpolicyguide.org/doc.asp?id=3737</a></p>
<p><b><u>Tobacco Use</u></b></p>			
<p><b><u>Community-based</u></b></p>			
<p>B12. Educate parents on dangers of second hand smoke to children in homes and cars; Provide information to youth sports teams/leagues (Note: May not be as effective for disadvantaged groups and single smoking parents).</p> <p>Possible action: Provide information to day care centers, school nurses (particularly in elementary schools), congregations, service providers, city sports leagues, etc.</p>		<p>Medium-range</p>	<p>Evidence based programs/resources: <i>Second-hand Smoke (SHS) Exposure in the Home (Action on Smoking and Health-Scotland)</i> <a href="http://www.ashscotland.org.uk/ash/files/SHSexposureinthehomebriefing2.doc">http://www.ashscotland.org.uk/ash/files/SHSexposureinthehomebriefing2.doc</a></p>
<p><b><u>Worksite-based</u></b></p>			
<p>B13. City government establishes and implements policy to only contract with restaurants for meetings, conferences and other events that have adopted voluntary smoke-free policy.</p> <p>Possible action: Work with City government to develop this policy and communicate to Alexandria restaurants.</p>	<p>P</p>	<p>Short to Medium-range</p>	<p>Evidence based programs/resources: <i>Guidance for Healthier Eating at Work Guidance for Healthier Eating at Work</i> <a href="http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf">http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf</a></p>

<b>School-based</b>			
<p>B14. Implement strong parental component to complement existing youth prevention education programs (to increase level of involvement, encourage to participate in community efforts to prevent tobacco use and encourage/teach to discuss smoking with their kids).</p> <p>Possible action: Work with agencies providing existing tobacco use prevention programs to incorporate specific activities for greater parent involvement.</p>	I	Medium-range	<p>Evidence based programs/resources:  <i>Teasing Apart a Multiple Component Approach to Adolescent Alcohol Prevention: What Worked in Project Northland?</i> Prevention Science  <a href="http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&amp;list_uids=16752097&amp;cmd=Retrieve&amp;dopt=Citation&amp;index=google">http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&amp;list_uids=16752097&amp;cmd=Retrieve&amp;dopt=Citation&amp;index=google</a></p>

\* Spectrum of Prevention Level of Intervention: P = Policy & Legislation; M = Mobilizing Neighborhoods & Communities; O = Organizational Practices; N = Networks & Coalitions; E = Educating Providers; C = Community Education; I = Individual Knowledge & Skills

Spectrum of Prevention overview: <http://www.cchealth.org/topics/prevention/spectrum.php>