



Potential Policy Actions – Policy actions include:

- **Legislative and executive policy actions at all levels of Indiana government. (Township, town, city, county, state.)**
- **Rulemaking and the internal/external policies of Indiana’s public institutions.**

Breastfeeding

1. Support Licensure of Internationally Board Certified Lactation Consultants (IBCLCs).
 - a. Work with public hospitals and clinics in communities to find ways to bill insurance for lactation services.
2. Support policies and actions that support the promotion and education of breastfeeding among Hoosier mothers
 - a. Work with local government to develop internal breastfeeding policies that support lactating mothers (Local government has a policy requiring local government facilities to provide breastfeeding accommodations for employees that include both time and private space for breastfeeding during working hours.)
 - b. Work with local venues to provide lactation stations at events. (ex. County fairs, local conference centers, stadiums, airports, etc.)

Child Care

1. Support policies improving obesity prevention and health promotion in child care settings -
 - a. Create town, city, or county standards for child cares that include high quality nutrition, physical activity, and TV time standards

Schools

1. Support policies that improve obesity screening and surveillance in Indiana schools.
 - a. Work with local schools and school corporations to develop internal policies that support obesity screening and surveillance.
2. Support policies that increase physical activity in Hoosier schools.
 - a. Advocate for a local school polices that require a minimum of 150 minutes per week of PE in public elementary schools and a minimum of 225 minutes per week of PE in public middle schools and high schools throughout the school year as recommended by the National Association of Sports and Physical Education in 2006 (86).
 - b. Support efforts to institutionalize shared use in local school policies
 - c. Work with schools to incorporate physical activity breaks, daily P.E. and other daily physical activity into school policy
3. Support policies that increase nutrition activity in Hoosier schools.
 - a. Advocate for a policy to affect the cost of healthier foods and beverages (as defined by IOM [11]) relative to the cost of less healthy foods and beverages sold within local schools.
 - b. Advocate for a policy that encourages the production, distribution, or procurement of food from local farms in the local schools.
 - c. Advocate for a policy that discourages the sale of unhealthy foods in local schools.



- d. Advocate for a policy that encourages the regulation of healthy portion sizes of food served and sold in local schools.
- e. Advocate for a policy that limits advertising and promotion of less healthy foods and beverages, as defined by IOM (11), within local schools.
- f. Adopt policies that include Farm2School in school curriculum

Worksites

1. Support policies that promote comprehensive worksite wellness programs
 - a. Support and promote local government efforts to provide all local government employees with comprehensive worksite wellness programs.

Built Environment

1. Support policies that increase the number of Hoosiers covered under complete streets policies and that increase the number of complete streets policies in Indiana
 - a. Work with local governments to pass Complete Streets policies in Indiana towns, cities, and counties.
2. Support policies that increase walking and biking to school.
 - a. Work with school leaders to create school policies that support walking and biking to school
 - b. Work with local leaders to create policies that support community and infrastructure development that is friendly to walking and biking to school
 - c. Create new town, city, and/or county ordinances that support sidewalk maintenance and repair.
 - d. Advocate for enforcement of existing ordinances that support active communities
 - e. Create a Sidewalk Repair Loan fund for low-income residents to pay for sidewalk repairs

Food Systems and Food Access

1. Support policies that increase access to healthy foods
 - a. Within the government of a town, city, county create a Food Policy Council to make local decisions on food related issues.
 - b. Advocate for a policy to apply nutrition standards that are consistent with the [Dietary Guidelines for Americans \(27\)](#) to all food sold (e.g., meal menus and vending machines) within local government facilities and/or in public schools
 - c. Advocate for a policy to affect the cost of healthier foods and beverages [\[as defined by IOM \(11\)\]](#) relative to the cost of less healthy foods and beverages sold within local government facilities and/or in public schools.
 - d. Advocate for a Local government policy that offers at least one incentive to new and/or existing food retailers to offer healthier food and beverage choices [\[as defined by IOM \(11\)\]](#) in underserved areas.



- e. Advocate for a policy that encourages the production, distribution, or procurement of food from local farms in the local jurisdiction.
 - f. Advocate for a policy that discourages the sale of unhealthy foods in government facilities, in local jurisdictions, and in schools
 - g. Advocate for a policy that encourages the regulation of healthy portion sizes of food served and sold at government facilities, in local jurisdictions, and in schools
 - h. Advocate for a policy that limits advertising and promotion of less healthy foods and beverages [\[as defined by IOM \(11\)\]](#) within local government facilities in a local jurisdiction or on public school campuses during the school day within the largest school district in a local jurisdiction.
 - i. Advocate for a policy requiring child care facilities within the local jurisdiction to ban sugar-sweetened beverages (including flavored/sweetened milk) and limit the portion size of 100% juice.
 - j. Make a township, town, city, county proclamation for National Farmers Market Week (August).
 - k. Develop permanent, public farmers' market structures in communities.
2. Support a state-wide sugar sweetened beverage tax.
 - a. Educate local government officials about the health effects of a sugar-sweetened beverage tax.
 - b. Educate local government official about the health effects of a sugar-sweetened beverage tax.
 - c. Support the creation and implementation of a local sugar-sweetened beverage tax
 3. Support state-wide nutrition labeling efforts
 - a. Educate local leaders on the potential effects of increasing nutrition labeling.
 - b. Food sold in local government facilities and in public schools to have appropriate nutrition labeling.

Healthcare

1. Support policies that assist in the prevention, diagnosis, and treatment of obesity in the healthcare environment (especially child and adolescent) –