

Healthy places, healthy people: A framework for Oregon

Statewide

Policies support the healthy choice as the easy choice for adults and children:

- Workplaces, schools and public places are tobacco-free.
- Safe biking and pedestrian routes, alternative transportation and recreational opportunities are easily accessible and affordable.
- Healthy foods are easily accessible and affordable.
- Schools offer physical education.
- Tobacco and obesity prevention and education infrastructure is funded.

Policies protect adults and children from unhealthy influences:

- Tobacco is expensive.

Awareness and education messages promote chronic disease prevention, early detection and management.

Information about health and economic cost of chronic disease is collected and reported.

All Communities

Optimal availability of:

- Chronic disease self-management programs
- Healthy food choices
- Physical activity opportunities

Minimal exposure or access to:

- Secondhand smoke
- Tobacco products
- Unhealthy foods
- Advertising and promotions of tobacco and unhealthy food

Schools • Worksites • Health Systems

Policies and environments support healthy eating, daily physical activity and tobacco-free lifestyles. They also promote chronic disease early detection and management.