


The Mass in Motion MUNICIPAL WELLNESS AND LEADERSHIP INITIATIVE



Mass in Motion aims to lower the risk of chronic disease by creating communities that support healthy eating and active living. Eating better and moving more are powerful ways to stay healthy and prevent chronic disease. But being healthy is about more than wanting to make healthy choices. Our environments play a major role in determining the choices available to us.



**4 OUT OF 5
MA ADULTS**
DON'T EAT ENOUGH
FRUITS AND VEGETABLES

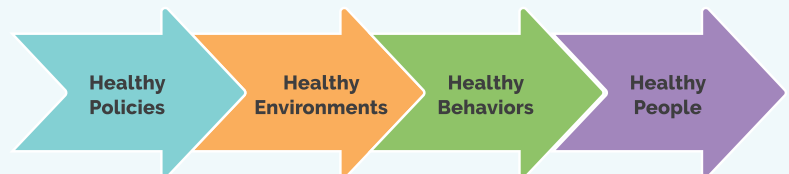


**HALF OF
MA ADULTS**
DON'T GET ENOUGH
PHYSICAL ACTIVITY

Where we live affects how we live

People can't make healthy choices if healthy options aren't available to them. And not all environments provide the same opportunities - many people experience unequal access to healthy food and a lack of safe opportunities to be active.

Mass in Motion focuses on increasing access to healthy environments by changing policies and practices to create the conditions for people to eat better and move more where they live, learn, work, and play.



Sustainable solutions for creating healthier communities:



Multi-Sector Partnerships

Collaborating with many different types of partners with the goal of considering health when making decisions across sectors and policies.



Spending funds with health in mind

Influencing the way municipalities already plan to or do spend funds and resources so that dollars are spent in a way that will improve health.



Policy, systems, and environmental change strategies

Implementing sustainable, lasting changes within a community by looking at the laws, rules, and environments that impact our behavior. These changes can make healthier choices practical and available to all community members.



A focus on health equity

Mass in Motion works to ensure that people most at risk for chronic diseases like obesity and diabetes, particularly communities of color, are engaged in and benefit from changes in policies and practices. This ensures that everyone has full and equal access to opportunities that enable them to lead healthy lives.



Mass in Motion is made up of 70 cities, towns, and neighborhoods across Massachusetts. Mass in Motion strategies aim to design neighborhoods and communities that promote walking and biking, while creating easier access to affordable, healthy foods for all residents – especially neighborhoods and populations experiencing health inequities.

Efforts to create a healthy environment focus on two areas: **healthy food access and active living.**



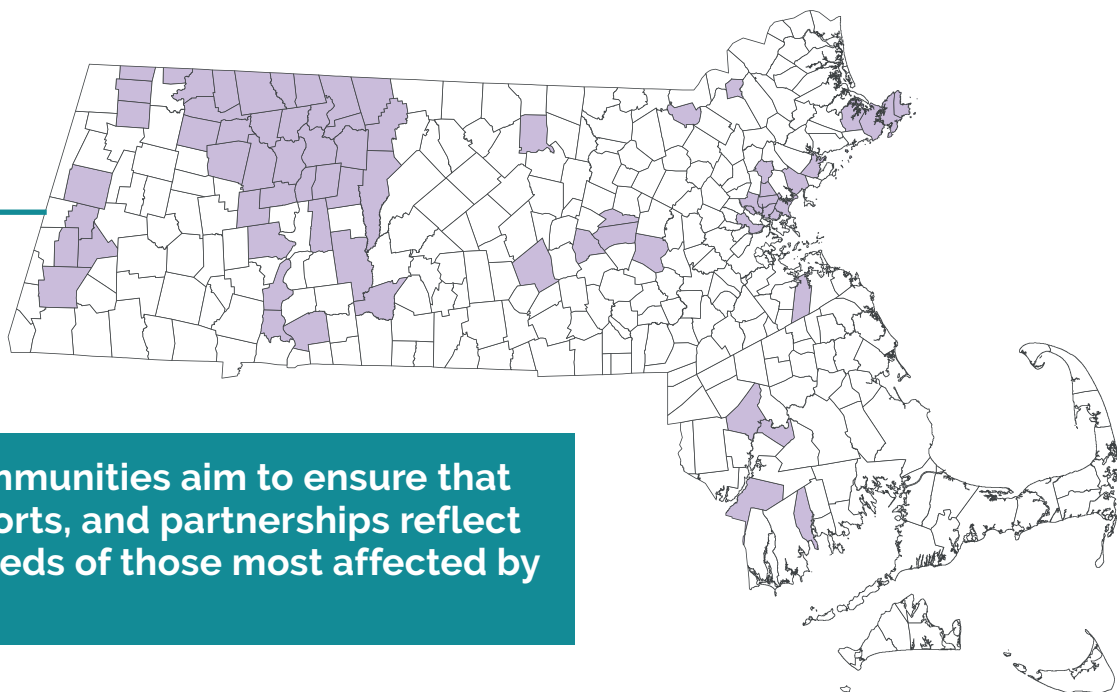
Healthy Food Access

Increasing access to healthy affordable foods, including working with partners on municipal food planning, food zoning, passing community garden ordinances, community use agreements, and improving healthy choices available at retail food outlets.



Active Living

Increasing safe opportunities to be physically active, such as active transportation planning, Complete Streets policies, sidewalk improvements, community use agreements, and new and enhanced open spaces, trails, parks, and playgrounds.



Mass in Motion Communities aim to ensure that their resources, efforts, and partnerships reflect and address the needs of those most affected by health inequities.

Mass in Motion is made possible through a public/private partnership including state, federal and private funds. Private funders include the Boston Foundation and Partners HealthCare.

For more information about Mass in Motion, visit mass.gov/massinmotion