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### Healthy Eating and Active Living updates

- Through a partnership with the School District's Office of Food Services, Get Healthy Philly introduced **91 breakfast carts in 60 schools** to improve participation in the District's free meal program. These carts make breakfasts available to over **37,000 children** as they enter school and make it unnecessary for them to go to the cafeteria. Recent data from the initiative demonstrate that **breakfast participation increased by 18%** in participating schools compared to the prior year.
- Get Healthy Philly is celebrating the one-year anniversary of its **menu labeling law** that requires chain restaurants to post calories on menu boards and additional nutritional information on menus. The law applies to approximately **700 restaurants** in Philadelphia. As of January 2011, **85% of inspected restaurants** have been in compliance. Of Philadelphian adults who went to a fast food restaurant in the past month, **38% reported that labeling influenced them to buy a lower calorie item.**
  - [http://articles.philly.com/2011-03-23/news/29178587\\_1\\_calorie-listings-menu-board-nutritional-information](http://articles.philly.com/2011-03-23/news/29178587_1_calorie-listings-menu-board-nutritional-information)
- A Get Healthy Philly partnership—between the Deputy Mayor's Office of Health and Opportunity and the Health Promotion Council—developed the **first-ever Nutrition and Physical Activity Standards for Out-of-School Time after-school programs, which serve over 10,000 low-income children.** Standards will be piloted in the coming year in 9 sites, and three core standards focused on water availability, sugary drinks restrictions, and screen-time limits have been incorporated into this year's RFP process.
- The Mayor's Office of Transportation and Utilities, a key Get Healthy Philly partner, will be implementing **2 new north-south bike lanes this spring in Center City Philadelphia**, a region whose population swells to nearly a quarter million during the workday. This effort will be paired with a **39-week education and enforcement campaign** to improve safety for walkers and bikers.
  - [http://www.philly.com/philly/blogs/ing\\_ed\\_board/Bike-lanes-make-city-streets-safer.html](http://www.philly.com/philly/blogs/ing_ed_board/Bike-lanes-make-city-streets-safer.html)
- The City Planning Commission, in partnership with Get Healthy Philly, recently released a report, **Planning and Zoning for a Healthier City**, which explains the health benefits of increasing access to open space and healthy food and of clustering services near transit and neighborhood centers. This report is part of the City's Comprehensive Plan, *Philadelphia 2035*. City Planning staff will perform Health Impact Assessments (HIAs) as a standard part of future city planning, including the use of a new **Healthy Planning Toolbox.**
  - <http://phila2035.org/home-page/communities>

- 520 corners stores have been recruited into the **Healthy Corner Store Initiative** and nearly 20 have undergone **small-scale conversions that better equip them to sell produce, low-fat dairy products, and lean meats.**
  - <http://opinionator.blogs.nytimes.com/2011/04/05/go-philly/>
- Ten mid-to-large sized Philadelphia worksites totaling 55,000 employees have been recruited into the **Healthy to Work Initiative**, and 4 have started to implement **healthy food and beverage standards for vending, catering and meetings.**
  - <http://www.phillyhealthinfo.org/index.php/general/healthytowork/>
- Since the November 2010 launch of the **Campaign for Healthier Schools**, 160 public schools serving nearly 100,000 youth have created School Wellness Councils and health action plans to **incorporate physical activity into the school day and to eliminate junk foods from classrooms, fundraisers, and school stores.**
  - <http://webgui.phila.k12.pa.us/offices/h/physed/programs--services/philadelphia-campaign-for-healthier-schools>



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Tobacco Policy and Control updates

- **Adult smoking prevalence in Philadelphia has decreased to the lowest level since 2002.** In 2010, 25.2% of adults in the city smoked regularly, down from 27.3% in 2008. This translates into **20,000 fewer smokers and up to 10,000 averted future smoking-related deaths.** The increased federal cigarette tax and the city's Clean Indoor Air Worker Protection Law—championed by Mayor Nutter as a City Councilman—are likely contributors to this drop.
- On April 6, 2011, Get Healthy Philly, in partnership with the Drexel School of Public Health and the Clean Air Council, hosted the city's first-ever **Smoke-Free Campus Symposium.** Nearly **100 representatives from over 20 universities and colleges** across the city gathered to learn and share ideas about how to develop, implement, and enforce 100% smoke-free campuses, including indoor and outdoor spaces. Through ongoing technical assistance, the goal is for at least one campus to become 100% smoke-free in the next year.
  - <http://www.smokefreephilly.org/take-action/support-smoke-free-campuses>
- Get Healthy Philly, through a collaboration with the Health Promotion Council, has **educated over 850 merchants on how to prevent tobacco sales to minors.** Along with education, the Department of Public Health has been issuing tickets of \$250 for every violation of the youth sales law.
- Through efforts of the Department of Public Health, **4 of the 5 Medicaid Managed Care Organizations in Philadelphia have agreed to provide coverage for 5 (or more) of the 7 FDA-approved smoking cessation medications.** Through this change, nearly **80,000 Philadelphia smokers** will gain access to free or low-cost quit smoking medications.
  - <http://www.smokefreephilly.org/quit-now/learn-about-treatments>
- Through a partnership with the Comprehensive Smoking Treatment Program at the University of Pennsylvania, Get Healthy Philly will be providing **public health detailing to 200 physicians** in Philadelphia that care for approximately **100,000 low-income city residents.** The detailing program will offer clear, concise advice to physicians on how to effectively counsel and treat their patients on quitting smoking. It will include an opportunity for physicians to earn Continuing Medical Education (CME) credits through an online course.
  - <http://phillycopd.com>