



cityhealth

A project of the de Beaumont Foundation

WHAT IS CITYHEALTH?

- Policy is one of our most powerful tools to improve people's lives and make cities thrive
- A policy package that's the result of extensive research, advice from experts, interviews with high-level city decision makers and focus groups of engaged voters
- A 40-city analysis of how cities' current laws stack up and compare, and where they need to move the dial

NINE POLICIES

- **Paid sick leave**
- **High-quality, universal pre-kindergarten**
- **Affordable housing/inclusionary zoning**
- **Complete streets**
- **Alcohol sales control**
- **Tobacco 21**
- **Clean indoor air**
- **Food safety and restaurant inspection rating**
- **Healthy food procurement**

WHAT'S BEHIND OUR PACKAGE?

- A review of the scientific literature (from the National Academies of Sciences, Engineering and Medicine to the Centers for Disease Control and Prevention (CDC) and beyond) for policies with evidence of improving health and well-being
- Counsel from national experts
- Review by Blue Ribbon Panel comprised of health, business, advocacy, and academic experts
- Public opinion research, including stakeholder interviews with city policy leaders and focus groups of engaged voters



Boston, MA

Boston receives an overall gold medal, with five or more gold-rated policies.

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Paid Sick Leave

Paid sick leave laws reduce the spread of contagious illnesses, increase employment and income stability, and save cities money in health care costs.

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High-quality, Universal Pre-Kindergarten

Children who attend high-quality pre-k are more likely to succeed in school, go on to stable jobs and earn more as adults—all of which are linked to better health and stronger communities.

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Affordable Housing/Inclusionary Zoning

As cities grow, it's important that residents of all income levels have access to affordable housing that sets them up for good health.

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Complete Streets

Complete streets policies unlock opportunities by allowing city residents to safely walk, bike, drive and take public transit around their community.

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Alcohol Sales Control

Neighborhoods with high concentrations of alcohol outlets are linked to more drinking and higher rates of violence and driving under the influence. Policies that control the number of alcohol sales outlets can reduce crime, increase safety, and reduce spending on health care and criminal justice.

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Tobacco 21

Curbing tobacco use among young adults has been shown to decrease the number of people who start—and continue—smoking.

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Clean Indoor Air

Comprehensive smoke-free air laws protect non-smokers from secondhand smoke and reduce smokers' consumption of tobacco—the leading cause of preventable death in the US.

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Food Safety and Restaurant Inspection Rating

Policies requiring food establishments to publicly post safety inspection "grades" empower consumers, reduce foodborne illness rates and cut down on health care costs.

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Healthy Food Procurement

Policies that make sure healthy food options are available on public property aid city residents in making smart decisions that will help them achieve and maintain a healthy weight.

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THANKS AND NEXT STEPS

- **Congratulations!!**
- **Amplify - @city_health on Twitter**
- **Lead us to the next ratings**
 - **What are the next set of policies?**
 - **Skate to where the puck is going, not where it has been**
- **Questions?**