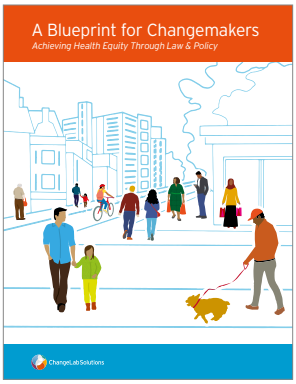
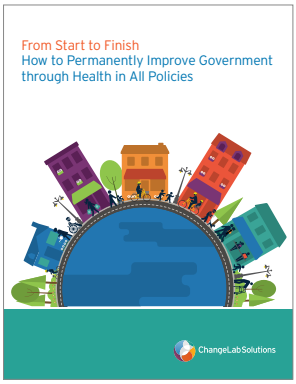
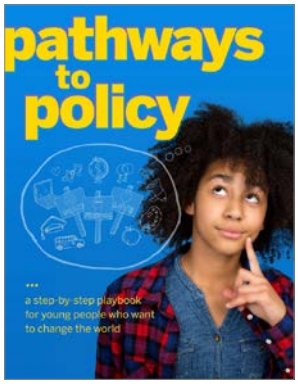
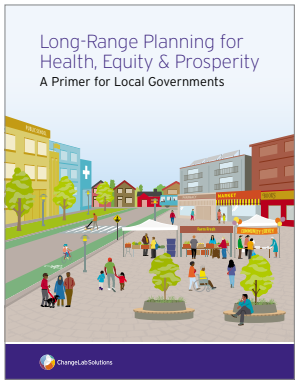
Tools for Change

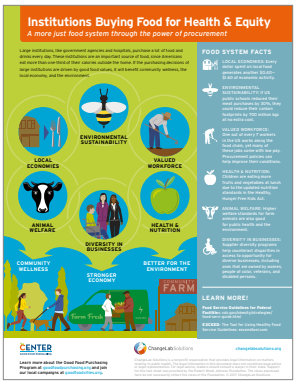
A Resource Catalog for Community Health

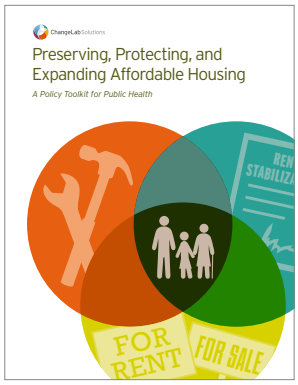


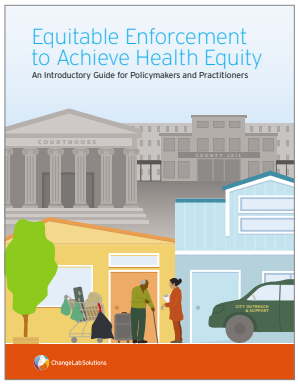


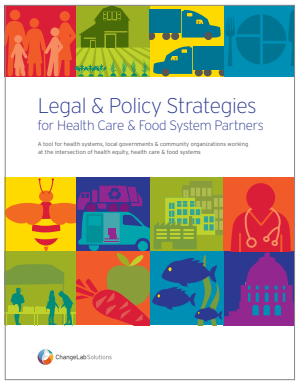


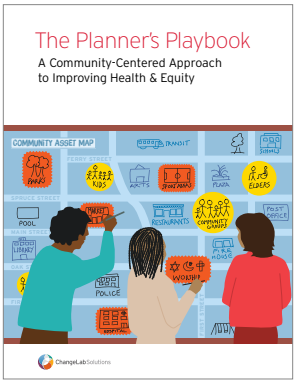


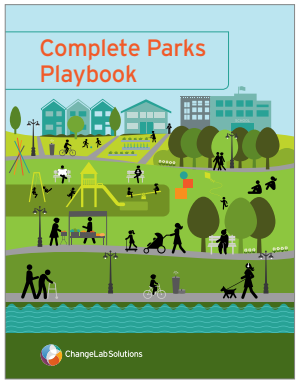




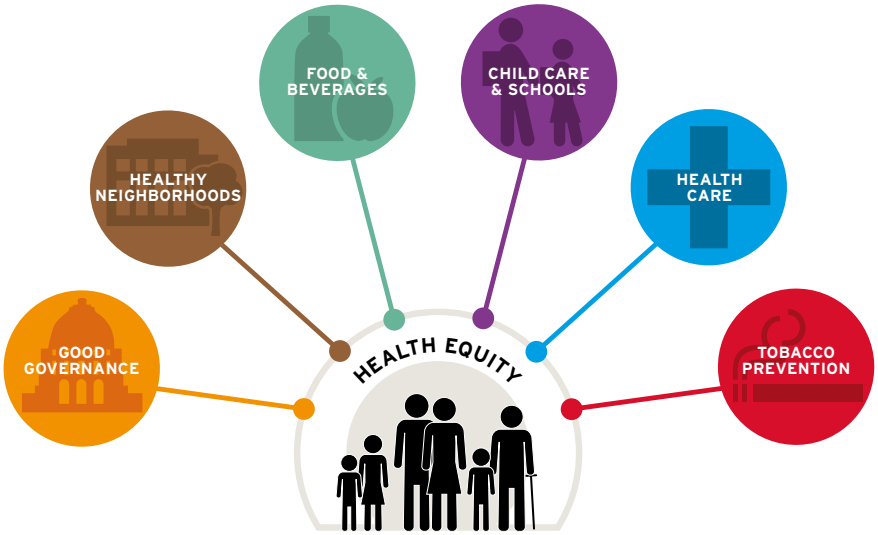








Healthier communities for all through equitable laws & policies



ChangeLab Solutions shares resources, provides innovative legal approaches, and offers practical policy tools and technical assistance to communities and governments that are looking to reduce health disparities through law and policy change. We can help you achieve your health equity goals so that everyone in your community can achieve their full health potential. Visit us online to learn more about how we can work together.

WHY WE DO THIS WORK: Health Equity

At ChangeLab Solutions, we believe that the most powerful risk factors in health are laws and policies that have perpetuated racism, discrimination, and segregation throughout our nation's history. Using the tools of law and policy, we can undo the fundamental drivers of inequity and thereby increase health equity.

WHAT WE BRING: Expertise & Evidence

We share our knowledge of what is effective for advancing health-promoting policies. Our diverse team works across sectors and disciplines, bringing legal, policy, and planning expertise to inform our work. Our solutions in service of health and equity are grounded in evidence, legal precedent, and community-led change efforts. And our free online library offers legally sound policies with a proven track record of implementation.

HOW WE WORK: Collaboration & Partnership

We believe that complex problems are best solved through partnerships across multiple disciplines and sectors in order to maximize collective resources, apply mutual learning, and align actions to advance health equity. To help communities improve their health, we provide individualized services that complement and leverage community knowledge and strengths.

WHAT WE OFFER: Legal Know-How + Strategies That Make Policies Work

Our interdisciplinary team can create custom legal or policy research, analyses, case studies, or products tailored to your issue or community. Our trainings help communities build knowledge and skills to effect change, even after the trainings are over.

Explore this catalog for an overview of some of our tools and resources.

Then visit changelabsolutions.org to see all of the resources we offer. You can download our resources at no cost; join our email list for updates on our work to improve health equity; and support our work of providing quality resources for policymakers, community leaders, and others working for healthy communities.

ChangeLab Solutions is a nonprofit organization that provides legal information on matters relating to public health. The legal information in this document does not constitute legal advice or legal representation. For legal advice, readers should consult a lawyer in their state. © 2021 ChangeLab Solutions • Updated August 2021

Good Governance

Laws and policies are powerful tools for making our communities healthier and more equitable. A good governance process is inclusive, transparent, and effective, and helps foster a clear understanding of policy landscapes, local resources, and potential partnerships. Our resources explain the essentials of public health law and policy that can help create meaningful, lasting change in your community.

A Blueprint for Changemakers: Achieving health equity through law & policy

Legal strategies and best practices to help policymakers, practitioners, and communities address inequities and improve health outcomes (GUIDE)

Health in All Policies: Collaborating across sectors to improve health

How to build healthier communities through more collaborative and efficient policymaking (COLLECTION OF RESOURCES)

Uprooting the Structural Drivers of Health Inequity

Deep-dive discussions that connect the drivers of health inequity to policy change in key areas: community health, employment, education, planning, food systems, and housing (WEBINARS)

Preemption, Public Health & Equity

How preemption — a legal doctrine in which a higher level of government limits the power of a lower level of government to regulate a specific issue — can affect communities' efforts to promote health and equity (COLLECTION OF RESOURCES)

What Is Policy? Understanding & defining policy

Useful resource for introducing government staff, community leaders, and other health stakeholders to the concept of policy change (FACT SHEET)

Equitable Enforcement to Achieve Health Equity

Best practices in design and development of enforcement provisions to help avoid inequitable impacts and promote community health (GUIDE)

COVID-19 Response & Recovery

Immediate policy solutions for communities and local governments that wish to protect underserved members of society and prioritize health equity in their response to the COVID-19 pandemic (BLOG SERIES)

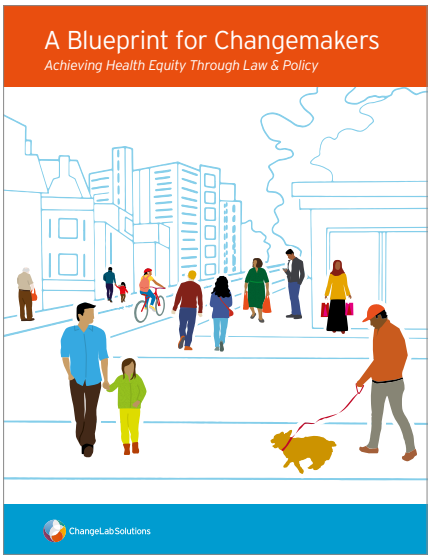
Pathways to Policy: A step-by-step playbook for young people who want to change the world

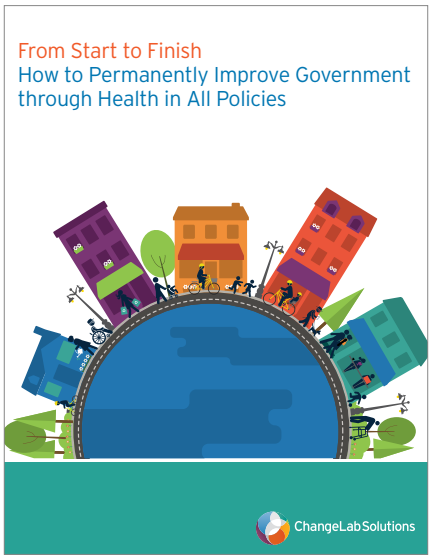
Resource co-designed by young people to inform youth advocacy work on topics from defining strategies for meeting goals to seeking support from family and friends (GUIDE)

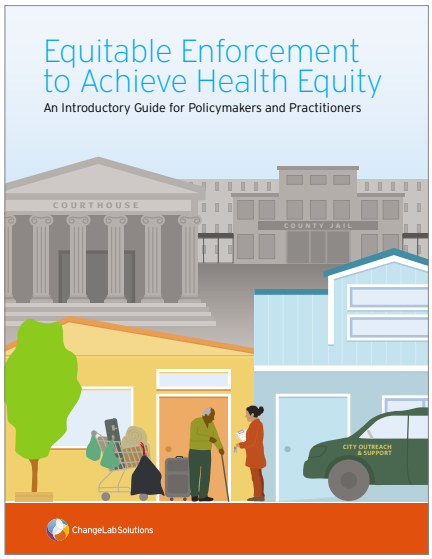
SUCCESS STORY

Public Health Law Academy

Law and policy are fundamental tools for ensuring public health. Yet many public health students and professionals lack the know-how required to effectively navigate the US legal system. ChangeLab Solutions, in partnership with the Centers for Disease Control and Prevention (CDC), founded the Public Health Law Academy to help address this need and improve population health outcomes. To date, these free online trainings have been played over 3,000 times.







Healthy Neighborhoods

Evidence shows that where people live plays a key role in their health. Housing, workplaces, street design, and transportation all influence prominent health factors such as safety, physical activity, access to healthy food, community engagement, and affordable living. We provide planning tools that connect the dots between neighborhood resources and help communities achieve their policy goals.

Prioritizing Health & Equity in Planning

Planning resources to help planners and decisionmakers advance health equity in their communities (COLLECTION OF RESOURCES)

Long Range-Planning for Health, Equity & Prosperity: A primer for local governments

How planners can prioritize health and equity in their work (GUIDE)

8 Policies That Have Contributed to Place-Based Health Disparities Across Generations

Blog post detailing policies that have created unhealthy places and listing resources to help heal policy harms and create healthy neighborhoods for all (BLOG POST)

The Health & Housing Starter Kit: A guide for public health departments, housing authorities & hospitals working at the intersection of health & housing

How local institutions can take their first steps toward creating bold and innovative health and housing initiatives (TOOLKIT)

Planning for Equitable Investment Through Community Engagement

Discussion of community engagement as the foundation of equity in planning, highlighting the importance of building community power (WEBINAR)

A Guide to Building Healthy Streets

How public health practitioners can collaborate with other agencies to implement Complete Streets and ensure that their Complete Streets policy creates real, on-the-ground change (GUIDE)

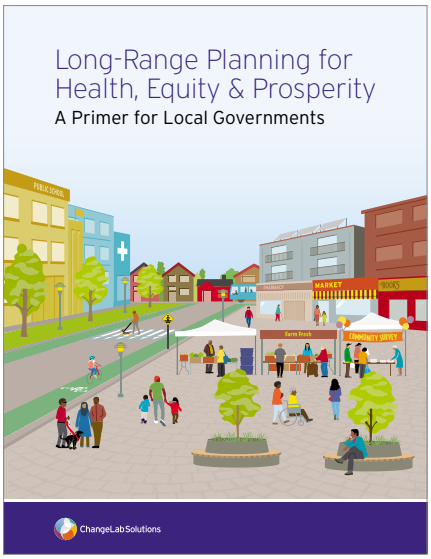
Complete Parks: Providing everyone with access to parks

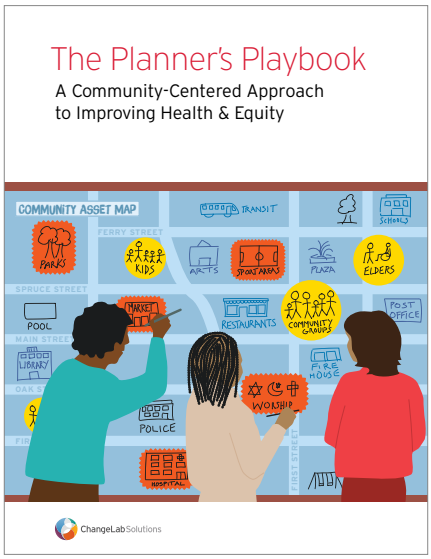
How communities can collaborate with different sectors and organizations to plan and develop park systems that make the benefits of parks available for all their residents (COLLECTION OF RESOURCES)

SUCCESS STORY

Planning for Health Equity in Roanoke, VA

When it comes to health, partnerships between community institutions are often best situated to create long-lasting solutions. ChangeLab Solutions partnered with the City of Roanoke, Roanoke College, and Freedom First Credit Union, providing legal and policy technical assistance to help improve community health outcomes by integrating health equity into Roanoke's 2040 comprehensive plan.





Food & Beverages

A healthy diet is key to maintaining good health. Well-designed food systems positively shape the health, environmental, social, and economic outcomes of neighborhoods and communities. We work on a variety of policy strategies that advance health equity through each component of the food system and help ensure access to healthy, affordable foods and beverages.

Legal & Policy Strategies for Health Care & Food System Partners: Creating just & resilient food systems through cross-sector partnerships

This guide offers law and policy considerations alongside real-world case examples for how to build more equitable food systems (GUIDE)

Health Equity & Food Systems: Critical thinking on 8 policies

Blog post that helps develop a critical perspective on food policy by discussing the varying impacts of 8 policies (BLOG POST)

Using the Power of Procurement for Healthier Communities: Creating a more just food system

A framework for how institutional food purchasing can contribute to a more just food system by supporting good nutrition, the local economy, fair labor practices, sustainability, animal welfare, and diverse businesses (INFOGRAPHIC & FACT SHEET)

Sugary Drink Strategy Playbook: Reducing sugary drinks to promote community health & equity

An overview of 10 strategies that communities can use to reduce consumption of sugary drinks (GUIDE)

Marketing Matters: A white paper on strategies to reduce unhealthy food & beverage marketing to young children

How local jurisdictions can regulate the marketing of unhealthy foods and beverages to kids, especially those under age 5 (TOOLKIT)

Sugary Drink Warning Labels: A legal update

Important takeaways from 3 recent court cases that are relevant to sugary drink warning labels as an emerging policy strategy to reduce consumption of sugary drinks (FACT SHEET)

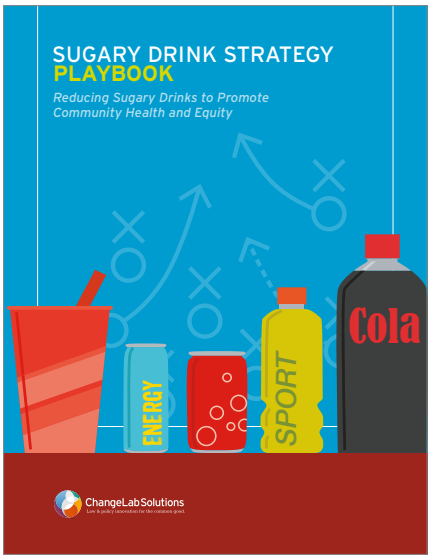
Well Water in Rural Communities: Improving the safety of federally unregulated private wells

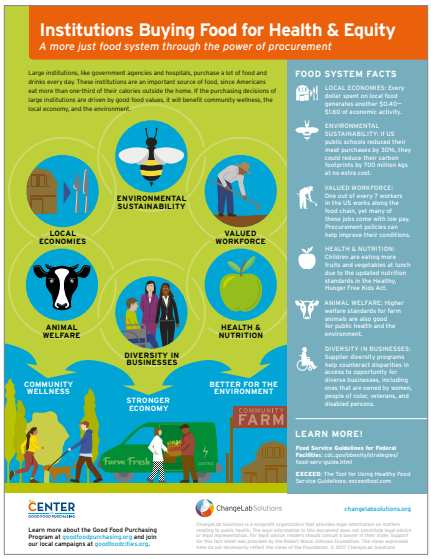
Resources for environmental and public health professionals who want to learn about how US drinking water is regulated, see how other jurisdictions are improving water quality, dive into policymaking, or understand how state policies can affect private well water systems (COLLECTION OF RESOURCES)

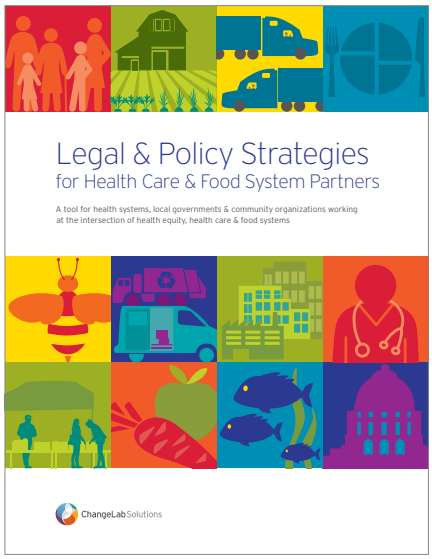
SUCCESS STORY

Rhode Island Protects Students from Junk Food Marketing

Marketing to kids in schools has long been controversial within the US education system. Starting in 2017, ChangeLab Solutions provided technical assistance and model legislation to the American Heart Association in Rhode Island. The goal of this partnership was to pass statewide legislation to shield school kids from marketing of foods and beverages that do not meet federal nutrition standards. After several years of legislative wrangling, the proposed bill was signed into law in 2018, effectively protecting 142,000 Rhode Island students from junk food advertising in their schools.







Child Care & Schools

Families have tremendous influence on the health of their children, but children are also cared for by other adults in their community. Child care and school environments often determine what items children are offered to eat and drink outside the home, as well as how much time they have for physical activity. We work on a variety of child care and school policy strategies that can support families in raising healthy children.

Supporting Working Families: 6 policies that fall short

Blog post that details how federal policies fail to fulfill their promise to support the health and well-being of working families and also provides resources so that readers can learn more or take action. Also listen to the companion webinars on policies that support healthy families and children. (TRAINING SERIES)

Creating Safe & Supportive Schools: 5 promising areas for policy change

Blog post that explores 5 areas in which law and policy have the power to transform school climate. Also listen to the companion webinars that describe exclusionary school discipline practices and present alternatives that better support students. (TRAINING SERIES)

School Discipline Practices: A public health crisis & an opportunity for reform

Evidence-based practices that improve learning environments, build children's resilience, and promote healthy development of the whole child (FACT SHEET)

School Wellness: Policies & resources to support student health

School wellness policies and other resources that can help improve health equity for an entire community and address specific aspects of student health, such as nutrition, bullying, and safe routes to school (COLLECTION OF RESOURCES)

Shared Use in the Summer: Opening school spaces to the public when classes are out

Infographic that shows possibilities for shared use agreements with schools and lists health and equity benefits of opening school spaces to the general public (INFOGRAPHIC)

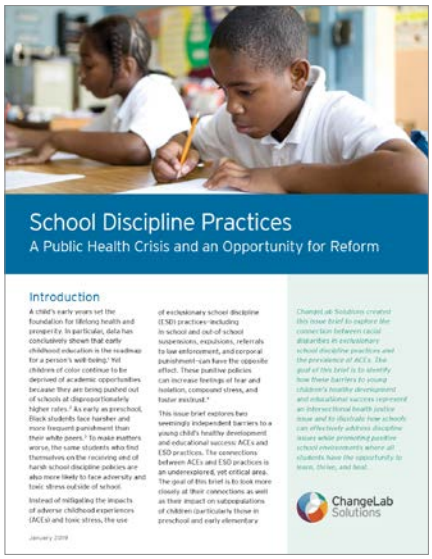
Safe Routes to School

Resources to help communities overcome challenges and adopt policies that support biking and walking to school, which are easy ways for children to incorporate physical activity into their day (COLLECTION OF RESOURCES)

SUCCESS STORY

Building Safe & Uplifting School Environments in Richmond, CA

Over-policed, under-resourced environments make students feel less safe and can threaten their health and prosperity. RYSE, a community-based organization, has gathered insights from Richmond students on how to build uplifting school environments where students feel safe and ready to learn. ChangeLab Solutions helped RYSE support their insights with evidence-based facts.



Health Care

Health care systems and hospitals have opportunities to get involved in community public health initiatives. Partnering with advocates and local agencies, providing healthier foods and beverages, and leveraging community benefits allocations from hospitals can help keep people healthy and out of emergency rooms. Our resources can help health care organizations and hospitals work toward community-based prevention of health problems.

Legal & Policy Strategies for Health Care & Food System Partners: Creating just & resilient food systems through cross-sector partnerships

This guide offers law and policy considerations alongside real-world case examples for how to build more equitable food systems (GUIDE)

Leveraging Nonprofit Hospital "Community Benefits" to Create Healthier Communities

Explanation of hospital community benefits and how advocates of healthy eating and active living can partner with nonprofit hospitals to create healthier communities (FACT SHEET)

Breastfeeding from the Start: The health benefits & policy implications of the Baby-Friendly Hospital Initiative

An overview of the research on the cost and efficacy of the Baby-Friendly Hospital Initiative as well as the evidence base for state, local, and hospital policies that support breastfeeding. Also see our resources on addressing racial inequities in breastfeeding. (INFOGRAPHICS & FACT SHEETS)

Breastfeeding-Supportive Hospital Practices: Laws that support breastfeeding among maternity patients

Facts on breastfeeding-supportive hospital practices in the 18 states with relevant laws — profiles that public health professionals and policymakers can use to understand the patterns, trends, and gaps in their state's regulations and thus identify opportunities for reform (FACT SHEET SERIES)

Understanding Diabetes Self-Management Education & Training: An overview, national map & literature review

Resources to help communities understand the policy landscape for DSME/T (COLLECTION OF RESOURCES)

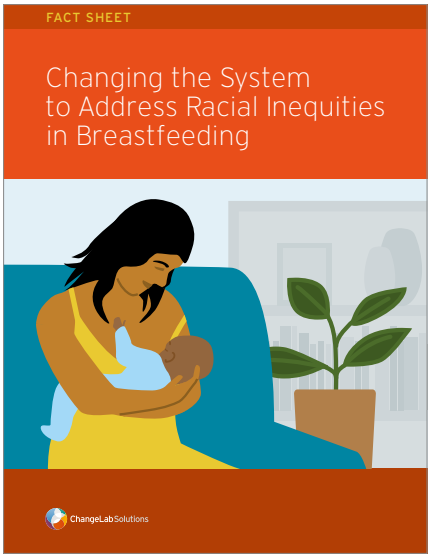
Using Local & Institutional Policy to Address Root Causes of Food Insecurity: Exploring hospital-community partnerships

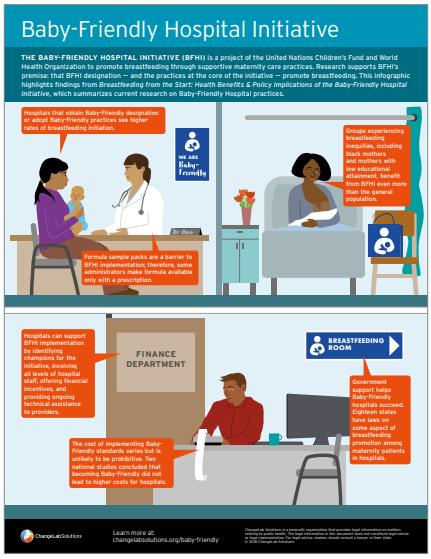
Webinar in which experts discuss innovative local and institutional policy strategies that hospitals can use to address root causes of food insecurity on a community-wide scale. This webinar was part of a series on hospital-community partnerships; also see the webinar on using local and institutional policy to address root causes of asthma. (TRAINING SERIES)

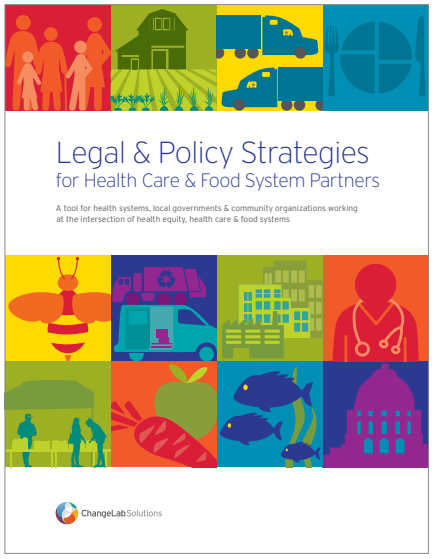
SUCCESS STORY

Newark, NJ, Takes on Food Insecurity

Given that food insecurity affects so many New Jerseyans and strong evidence that food insecurity is directly linked to negative health and education outcomes, the Greater Newark Community Advisory Board and RWJBarnabas Health partnered with ChangeLab Solutions to do something about it. ChangeLab Solutions identified and tailored policy options to improve Newark's food systems.







Tobacco Prevention

Limiting access to tobacco products is the first step in preventing tobacco-related diseases. Effective strategies include eliminating the sale of tobacco products to minors, regulating electronic cigarettes, increasing enforcement of existing laws, and reducing exposure to secondhand smoke. We offer a wide range of resources to help communities tailor and implement policy options to regulate tobacco.

Addressing Tobacco-Related Health Inequities

Resources to inform equitable point-of-sale policies (FACT SHEET)

Tobacco Retailer Density: Place-based strategies to advance health & equity

Resource for local officials, community leaders, and tobacco control advocates who want to learn more about enacting density restrictions on tobacco retailers (FACT SHEET)

Point-of-Sale Tobacco Pricing Policies: Equity, public health, & legal considerations

Proven point-of-sale policy approaches to counteract pernicious industry practices that keep prices of tobacco products low (INFOGRAPHIC & FACT SHEET)

PUP in Smoke: Why youth tobacco possession & use penalties are ineffective & inequitable

Effective policy alternatives to punishing youth for possession of tobacco (FACT SHEET)

Tobacco Companies Use Local Stores to Talk to Kids

How communities can make it much more difficult for Big Tobacco to market and sell their products to minors (INFOGRAPHIC)

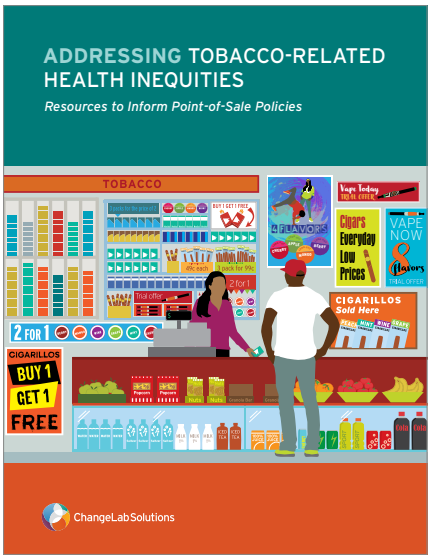
Tobacco Retailer Licensing Playbook

10 strategies for developing, implementing, and enforcing a comprehensive tobacco retailer licensing policy, plus examples and key resources to help communities create a strong local policy that improves public health (INFOGRAPHIC & GUIDE)

Smokefree Multi-Unit Housing: Approaches to protect tenants from secondhand smoke

Illustrated roadmap that outlines policy options to protect tenants from secondhand smoke, plus a companion fact sheet that provides more details on each policy option (INFOGRAPHIC & FACT SHEET)

SUCCESS STORY

Clark County, WA, Tackles E-Cigarettes

Concerned about the significant increase in use rates of electronic smoking devices for both adults and minors, Clark County's Board of Health drafted a comprehensive policy based on ChangeLab Solutions' model ordinance and training. The board unanimously passed the ordinance in 2015, prompting healthy changes within the community.