Healthy Communities for a Healthy Future: 
Supporting Let’s Move! Cities, Towns, and Counties

The National League of Cities (NLC) has launched a new project to help local elected officials address the policy and environmental factors that impact childhood obesity. As part of this project, NLC is leading efforts to enhance the work of Let’s Move! Cities, Towns, and Counties (LMCTC), a key component of First Lady Michelle Obama’s comprehensive Let’s Move! initiative, which is dedicated to reversing the childhood obesity epidemic within a generation.

LMCTC calls upon local elected officials to adopt long-term, sustainable, and holistic approaches that promote improved nutrition and increased physical activity in their communities. With funding from the Robert Wood Johnson Foundation, NLC’s Institute for Youth, Education, and Families will provide local elected officials with tools and technical assistance as they seek to improve health outcomes for children and youth.

Local elected officials can sign up and learn more at www.healthycommunitieshealthyfuture.org

LMCTC Goals

Local elected officials who sign up their communities to participate in LMCTC commit to achieving five goals that align with the pillars of Let’s Move! to improve the health of local residents.

**Goal 1: Start Early, Start Smart**
To provide children with a healthier start, local elected officials commit to helping early care and education providers incorporate best practices for nutrition, physical activity and screen time into their programs.

**Goal 2: MyPlate, Your Place**
To empower parents and caregivers, local elected officials commit to prominently displaying MyPlate in all municipal or county venues where food is offered or sold.

**Goal 3: Smart Servings for Students**
To provide healthy food in schools, local elected officials commit to increasing participation in school breakfast and lunch programs.
Goal 4: Model Food Service
To improve access to healthy, affordable foods, local elected officials commit to implementing healthy and sustainable food service guidelines that are aligned with the Dietary Guidelines for Americans at municipal or county venues that serve food.

Goal 5: Active Kids at Play
To increase physical activity, local elected officials commit to mapping local playspaces, completing a needs assessment, developing an action plan, and implementing a minimum of three proven policies, programs or initiatives aimed at increasing access to play.

To accomplish these goals, participating LMCTC sites are encouraged to form a childhood obesity task force or work through an existing task force that engages a range of local agencies, partners, and residents.

Sign Up and Get Started
Local elected officials can sign up by visiting www.healthycommunitieshealthyfuture.org, where they can commit to the five LMCTC goals and complete a brief survey.

Once local elected officials or their designated staff sign up, their community will be part of a national initiative that provides opportunities to showcase local accomplishments and learn from peers and colleagues in cities, towns, and counties across the country. Local elected officials and staff from participating communities will be encouraged to use the website to share their progress over time and to learn about the accomplishments of other cities, towns, and counties.

Take Action and Request Assistance
To help local elected officials achieve the LMCTC goals, NLC will manage requests for technical assistance from participating communities and provide coordinated access to subject matter experts, peer learning communities, webinars and conference calls, and site visits as appropriate. LMCTC sites will be recognized on www.healthycommunitieshealthyfuture.org when they achieve gold, silver, and bronze-level benchmarks for each of the five goals.

Collaborating Partners
NLC is leading this initiative in collaboration with the U.S. Department of Health and Human Services, the U.S. Department of Agriculture, and nonprofit organizations to assist local elected officials as they implement policy and environmental changes to prevent childhood obesity.

Contact Information
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