



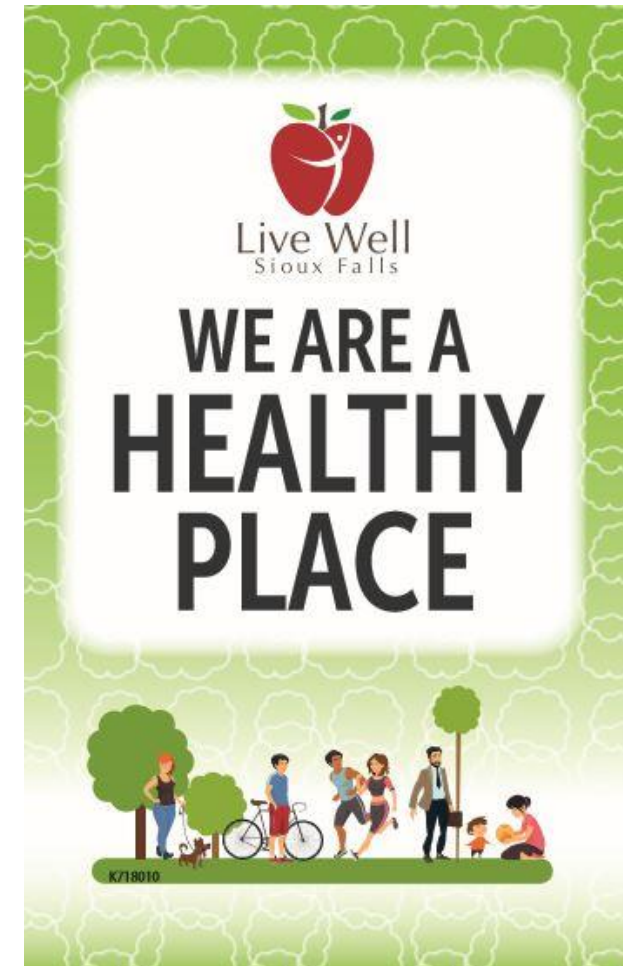
# Live Well

S i o u x F a l l s

Healthy Lives. Healthy Communities.

# Eat Well

- Healthy Place Program
  - Designating restaurants who have met a set of criteria as a place to eat with healthy and/or accessible choices
- Grocery Store Tours
  - In-person or Virtual
  - Participants learn about basic nutrition label information, shopping on a budget, food safety information, and tips for grocery shopping



# Eat Well

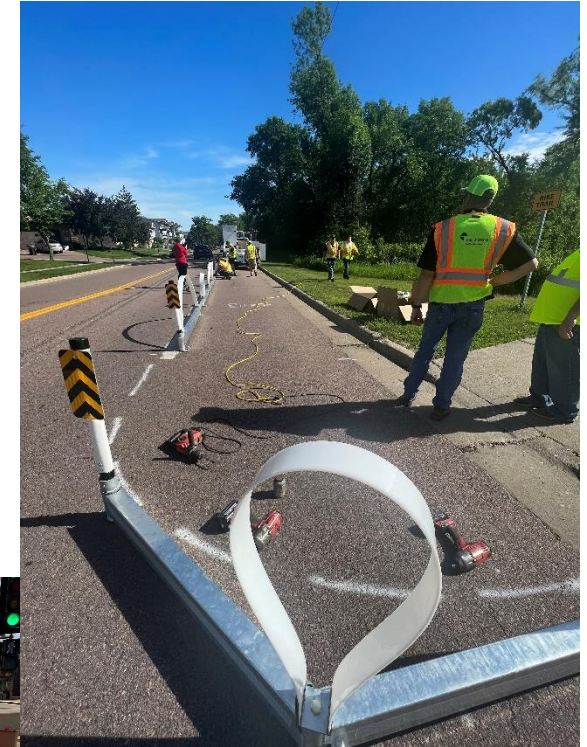
- Healthy Food Access
  - Partnership for a Healthier America
    - 12 Week fresh produce program
  - Urban Ag Coalition and Sioux Falls Food Council
  - Community Gardens
  - Eat Well Sioux Falls Grant
    - Incentivize interventions to increase access to health food options in Food Access Priority Areas





# Move More

- Healthy Community Design
  - Complete Streets checklist approach
  - Encourages convenient and safe travel for all users including pedestrians, bicyclists, transit riders, and motorists
  - Boosts physical activity, safety, and economic vitality
- Protected Lane Infrastructure
  - Pedestrian bump out
  - Protected bike lane
  - Worked with DeziignLine in partnership with Public Works and Planning



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# Feel Better

- **Big Squeeze**
  - Onsite blood pressure screening awareness event
  - Checkout blood pressure cuffs and stethoscopes
  - Partner with workplaces, pharmacies, and students
- **Tobacco Free**
  - Tobacco Free Ordinance
  - Tobacco Free flags and signs for checkout
  - Quit-Kit distribution



**SANFORD**  
HEALTH

**Avera** 

**SET Free Coalition**  
Working Towards a Tobacco-Free Sioux Empire 



# Overarching Strategies

- **Connect to Wellness**
  - Providing technical assistance to small/medium worksites in implementing evidence based, model policies
- **Community Classes**
  - Coming in 2023
  - Cover a variety of health, wellness, and safety topics for all ages





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