

## Health Guidelines Recommend Certain Lifestyle Choices to Increase Health:



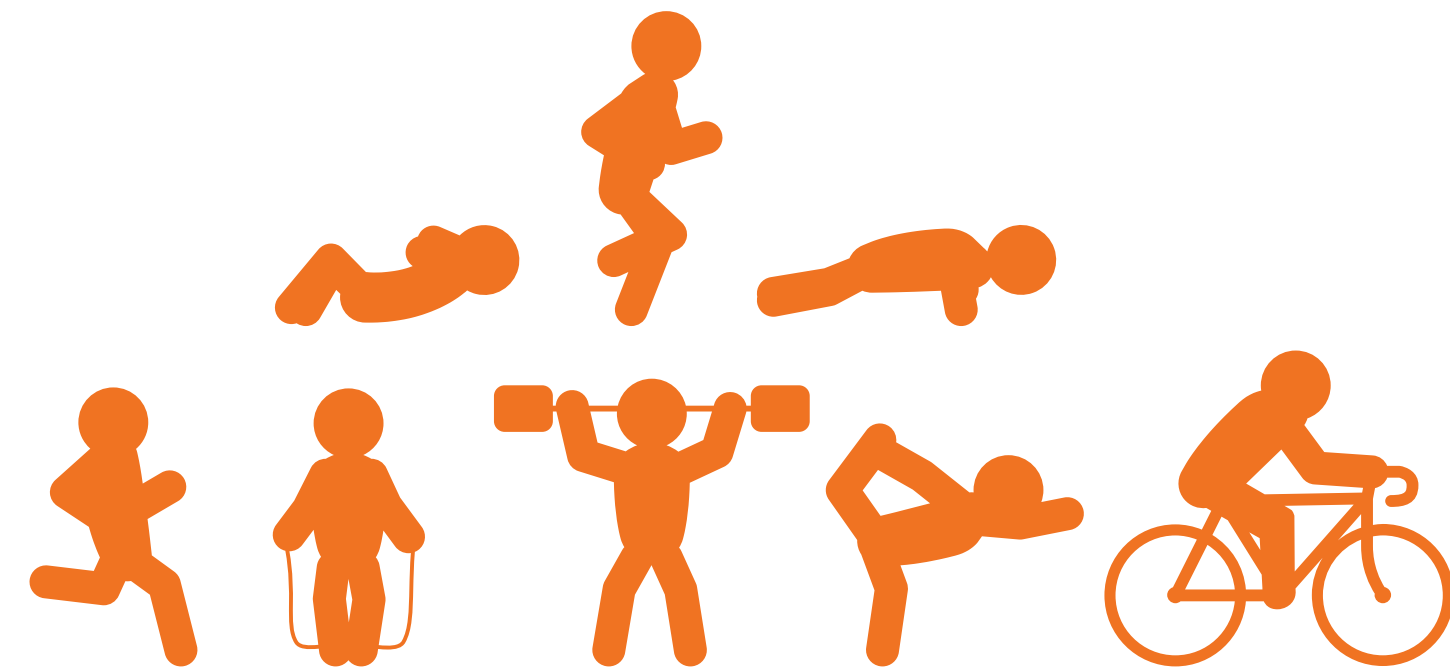
Eat Five Fruits and Vegetables a Day



Limit Unhealthy Behaviors

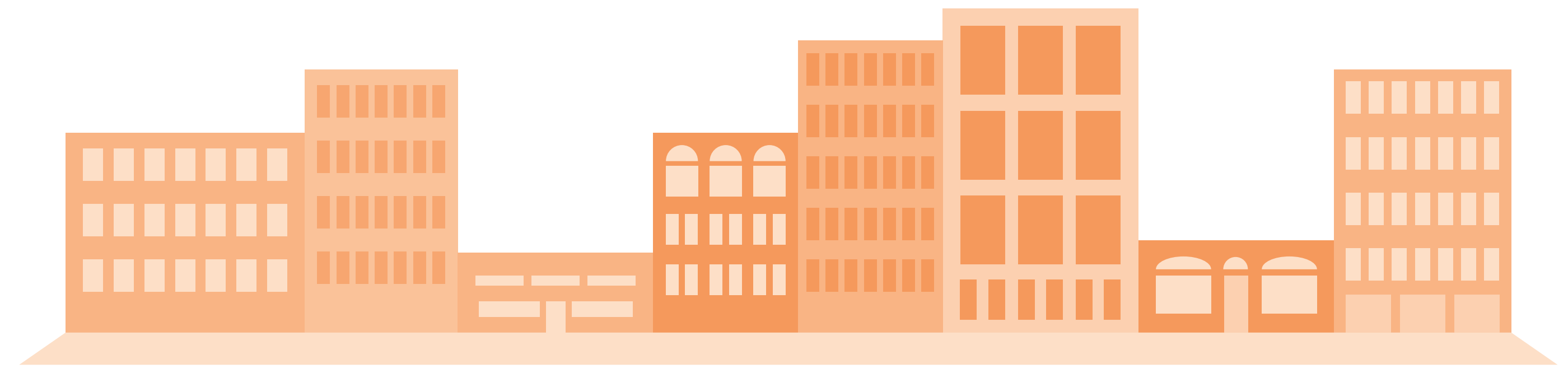


Have Regular Health Check-ups



Get Regular Physical Activity

## But Are the Healthy Choices the Easiest Choices in Our Communities?



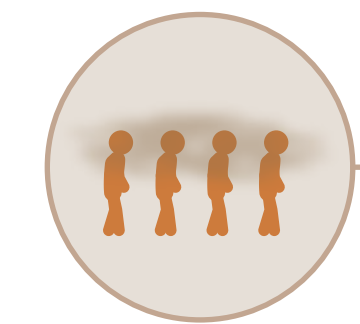
Some neighborhoods in Los Angeles...



don't have access to affordable, healthy food.



have high rates of violent crime.



have issues with pollution and air quality.

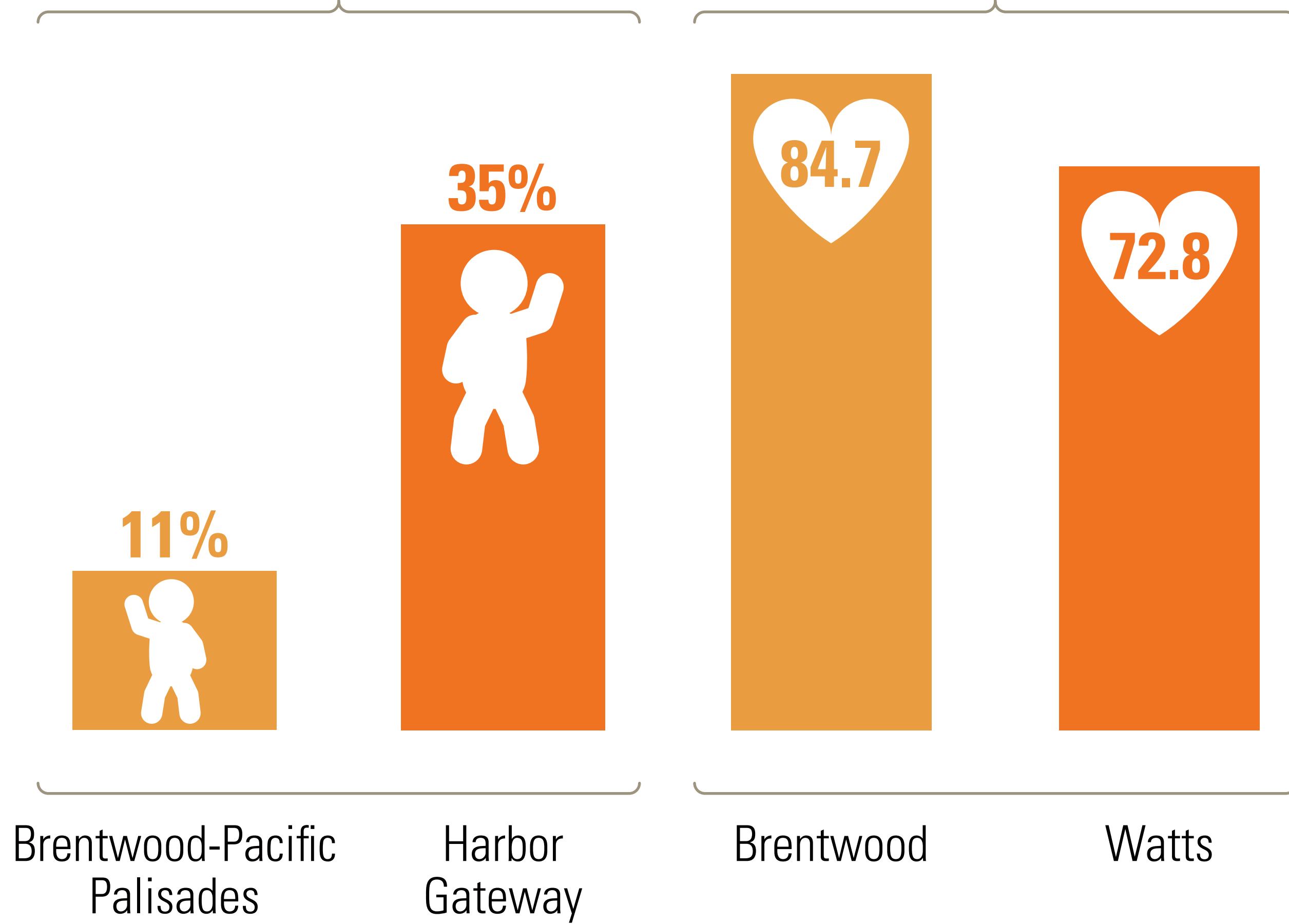


lack safe park space.

## Los Angeles is a City with Many Health Inequities.

### Childhood Obesity

### Life Expectancy (Years)

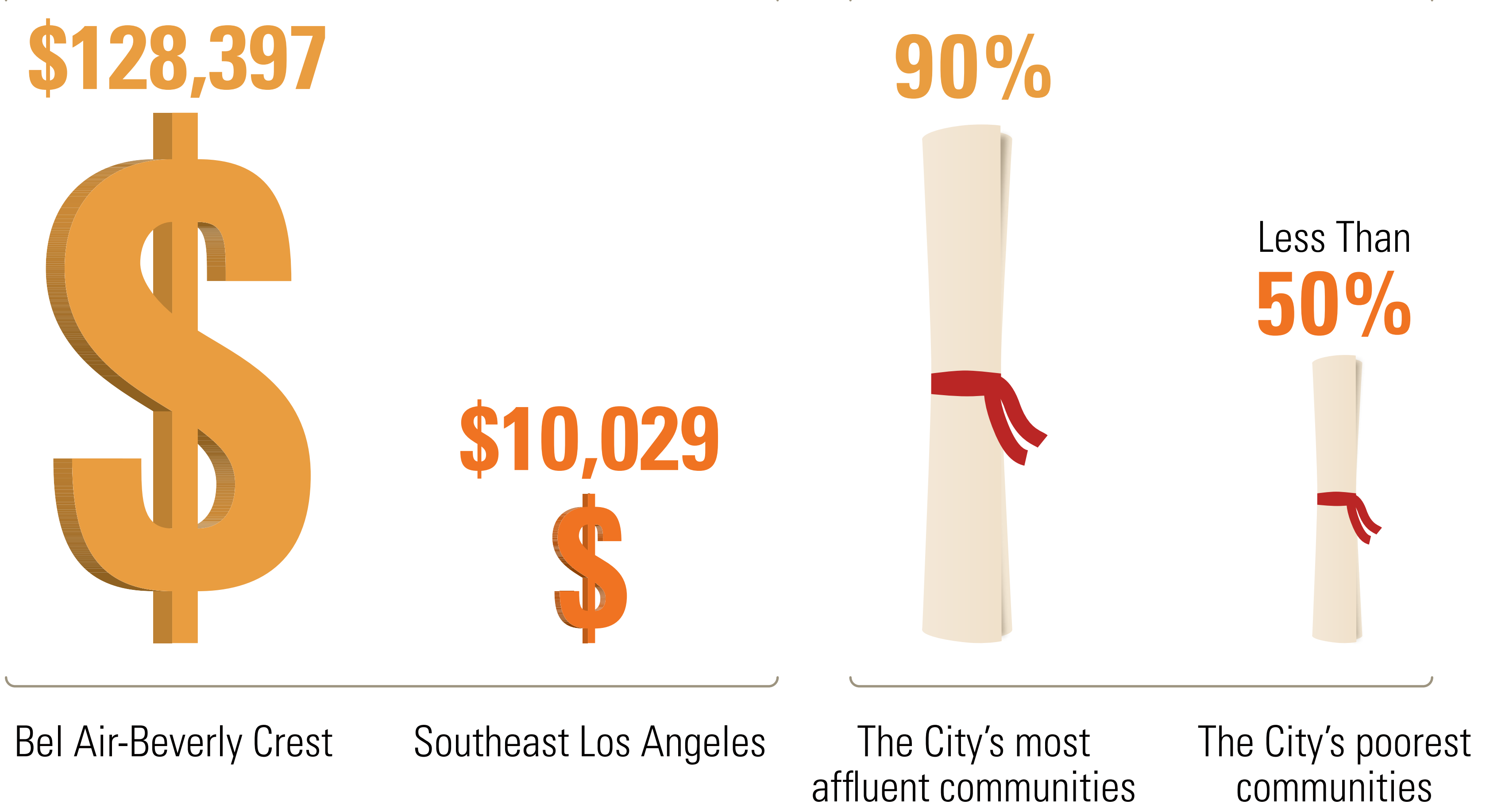


## Where You Live in Los Angeles Often Determines Your Health Destiny.



### Per Capita Income

### Rate of High School Graduation



## Health Happens in Your Community

### Public Transportation

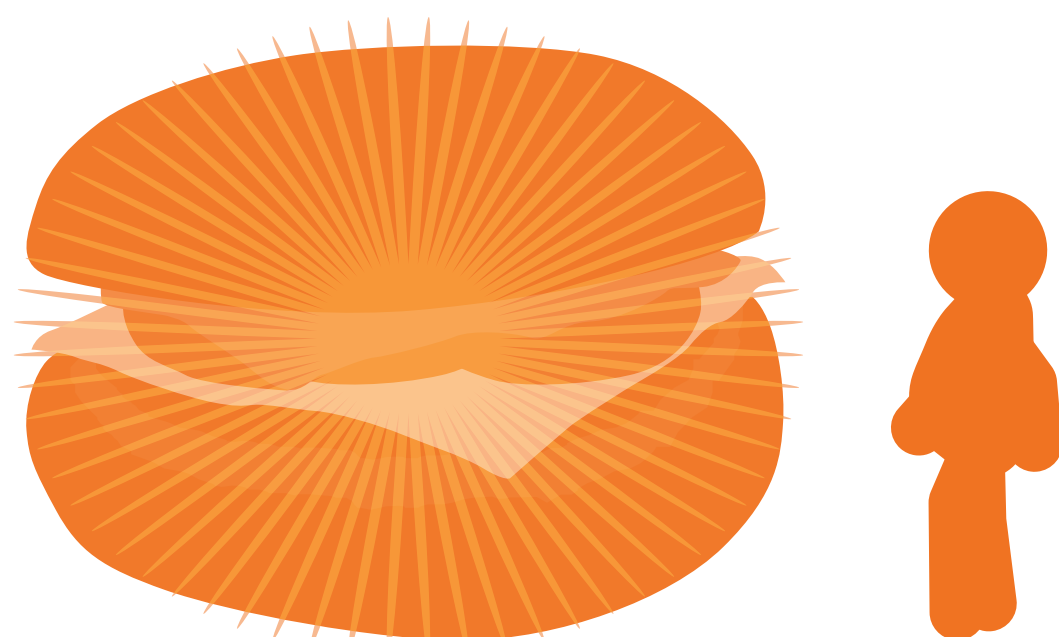


Transit use helps **increase** physical activity.



### Obesity

In California, obesity rates are **20%** higher for residents living in the **least healthy** food environments.



### Air Pollution



Declines in air pollution are linked to **increased** life expectancy.

### Public Parks

Residents who live **within a mile** of a park are more likely to use it for physical activity.



## What Would Make Your Community a Healthier Place?

Share Your Vision for a Healthy Los Angeles  
July 2013

Contact us on the web:



URL

Email