Kaiser Permanente (KP) supports innovative efforts to bring nutritious foods and safe, physical activity to local schools, workplaces, and neighborhood.

Kaiser supports policies and environmental changes that promote healthy eating and active living (HEAL), as well as community economic development, environmental sustainability, and neighborhood safety—key factors in promoting healthy communities.

Primary Goal/Mission

- Primary sponsor or co-founder of over 40 community health initiatives across the United States as part of their Healthy Eating/Active Living program.
- In 2006 KP co-founded the Convergence Partnership with the aim of strengthening and accelerating collaborative efforts among practitioners, policy makers, funders, and advocates from different fields. The partnership provides financial assistance, through leadership, and coordination needed to support community partners in creating environments that encourage healthy eating and active living.
- KP Thriving Schools program

Other focus areas:

- Delivering healthy food (supporting creation of farmer’s markets and encouraging convenience stores to carry fruits and vegetables)
- Encouraging residents to get active (establish walking and biking trails, as well as “safe routes to school” program)
- Making schools healthier (improve physical activity programs, healthier vending machines and cafeterias)
- Guiding local government land use and transportation policies that support community health
- Creating healthy work environments
- Providing grants to food banks, food pantries, and soup kitchens to improve nutritional quality of food they distribute

Impact

Excellent evidence base and evaluation metrics for success of HEAL. KP has a Community Health Initiatives Evaluation team that uses tools such as surveys, interviews, storytelling, and photography to gather data that helps to inform the work of HEAL collaborators. [http://share.kaiserpermanente.org/article/evaluation-and-learning/](http://share.kaiserpermanente.org/article/evaluation-and-learning/)

Some of the findings include:

- 510 distinct community change strategies were being implemented (e.g., school and worksite wellness policies, body mass index screenings in community clinics, creating community gardens that supply local food pantries with fresh fruit and vegetables, and improving infrastructure to promote walking and biking to school)
- 500,000 people affected through community-based interventions in neighborhoods, worksites, and health clinics and another 148,000 children through school-based interventions
- 59% of strategies are focused on neighborhoods (e.g., refurbishment of parks, grocery-store improvement), 21% on schools (e.g., cafeteria reforms), 11% on workplaces (e.g., campaigns to promote stairwell use), and 9% on the health sector (e.g., body mass index screenings)

Partial List of Reports & Case Studies

- HEALing Communities Support from All Sides [http://share.kaiserpermanente.org/article/healing-communities-support-from-all-sides/](http://share.kaiserpermanente.org/article/healing-communities-support-from-all-sides/) (includes video clip)
- Community Health Initiative Interim Report
- Northern California HEAL-CHI Initiative Summary
- Commerce City Summary Case Study
- Park Hill Summary Case Study
- Richmond Summary Case Study
- Modesto Summary Case Study
- Denver Urban Gardens Case Study
- HEALing Communities: Spotlighting Transformation in Santa Rosa, Calif (includes video clip)
- Santa Rosa Summary Report
- HEALing Communities: Creating a Safe Haven in Denver (includes video clip)
- HEALing Communities: Building Wellness Zones in the Port Towns of Maryland (includes video clip)
- California HEAL
  - http://www.healcitiescampaign.org/

Partial List of Peer Reviewed Publications

- Baxter, RJ. “Making better use of the policies and funding we already have.” Prev Chronic Disease. Sep 2010
framework KP uses for their place-based Community Health Initiatives, with findings from Northern California sites.


- 2010 Summary of Evaluation Approach [Highlights the overarching strategy and design framework for 40+ collaboratives with results for 26 sites across California and Colorado]


- Koplan et al., “Progress in Preventing Childhood Obesity: How Do We Measure Up?” Institute of Medicine. 2007.


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