

Healthy Eating Active Living

Kaiser Permanente's HEAL Initiatives

Since 2004, Kaiser Permanente's HEAL Initiatives—including the HEAL Zones—have helped thousands of people eat better and move more as part of daily life. Here are just a few examples*:

102,000

People reached through HEAL Zone activities



16,686

Students receiving healthier food and fund raiser options at schools

14,236

Students receiving increased physical activities in schools

49,085

Residents having access to more opportunities for safe, accessible physical activity and recreation options

30,825

Residents having more fresh fruits and vegetables in their communities, via stores, and farmers' markets

15,952

Children and adults having increased access to obesity prevention, screening and education

14,000

People have easy access to fresh drinking water as a healthy beverage choice

Inspired by its mission to improve community health, Kaiser Permanente developed the Healthy Eating Active Living (HEAL) program to support healthy behaviors and reduce obesity through clinical practice and sustained community-level change.

Visit www.kp.org/communitybenefit/ncal to learn more.

** Examples drawn are estimates from Kaiser Permanente's Community Health Initiatives and HEAL Zones investments and may not include other Kaiser contributions to community health.*