

# Escondido Education COMPACT

## *Live Well San Diego Partner*

Escondido Education COMPACT's commitments and philosophy directly aligns with the County of San Diego's *Live Well* Initiative to create "healthy, safe and thriving communities." In 2012 COMPACT adopted the healthy and safe philosophy in addition to its bylaws that commit COMPACT to being violence, tobacco, alcohol, and drug free. All COMPACT programs work towards promoting these behaviors in our youth and their families, by providing resources to educate and assist them to become a healthy and safe community. In addition to the standing philosophy, bylaws, and projects COMPACT aims to ensure that all new projects and partners align with *Live Well* goals by seeking grants to improve access to education and resources to promote positive choices and encourages partners to adopt the same ideas. COMPACT is forward thinking in the communities we serve, bringing in health and safety components to all events and activities thus promoting well rounded communities that are educated in making safe, healthy choices, and have the resources and the ability to do so.

With the collaboration and support of the CX3 and SNAP Projects, Education COMPACT is bringing in education and a movement for change within the communities we serve. We are seeking not only to encourage positive choices within the community but also to promote these ideas through actions.

In becoming a *Live Well* Partner COMPACT pledges to promote positive choices within the organization (which includes not only staff, but our Board of Directors) by:

- Encouraging all to move away from sugary beverages.
- To provide healthy snacks for all trainings, classes and meetings.
- Providing a context for physical activity during the work day.
- Purchasing water for consumption by employees and participants.
- Not providing any sugary beverages at events, meetings, etc.
- Promote physical activity by implementing scheduled activities, such as theme walks for employees to participate in.
- Promote challenges that encourage healthy choices such as fruit and veggie challenges.
- Tracking of progress to publicize and recognize changes made and encourage longevity and increase participation.

By taking these actions, COMPACT is creating a work environment that will make it easier for everyone to live well and become a model to encourage our youth and families to get involved in improving their communities. COMPACT will further support the *Live Well* initiative to achieve healthy, safe and thriving communities that improve the quality of life for all!