



Healthy + Active
Before 5

Public Policy Agenda

Healthy & Active Before 5 (HAB45) works with its partners to advocate for policies that support young children and families in Contra Costa. The HAB45 Executive Committee has collaboratively determined its top priority areas that shape the HAB45 Public Policy Agenda:

- **Promote Land Use & Parks Policies that Expand Physical Activity Opportunities:** Access to safe places to move and play is an essential ingredient for early childhood health. HAB45 will advocate for city or countywide policies that increase early childhood active play, preserve existing parks, form new parks, foster park safety, create 0-5 playspaces, and provide opportunities for active living in communities.
- **Support Policies that Reduce Consumption of Sugar-Sweetened Beverages (SSBs):** SSBs are a unique driver of obesity, type 2 diabetes, and tooth decay. HAB45 supports policies that reduce availability, accessibility, and consumption of SSBs in Contra Costa communities, particularly among children ages 0-5.
- **Advocate for Breastfeeding Support Policies:** Breastfeeding is healthy for babies, moms, families, and the environment. California law requires all employers to provide adequate break time and a private space to accommodate employees who are breastfeeding. HAB45 will promote policies that ensure all women who wish to breastfeed are able to do so with ease.
- In addition to these three priority policy areas, HAB45 takes on **additional advocacy activities** in order to respond to current and emerging community needs. These include, but are not limited to, policies that promote economic security, early childhood education, immigrant rights, and housing.



Healthy & Active Before 5 is a Contra Costa County collaborative that advances health equity through local policy and environmental changes to support the health and well-being of children ages 0-5 and their families.