

Policy Briefs and Recommendations for Change:

Improving Health and Quality of Life
in the Forsyth County Community

Created by the Forsyth County Healthy Community Coalition
A Certified Healthy Carolinians Task Force

November 2005

Table of Contents

Executive Summary	
What is the Forsyth County Healthy Community Coalition?	1
Why a focus on policy and systems change?	
History of the Forsyth County Healthy Community Coalition and development of current policy recommendations	
Policy Recommendations	
Health Behaviors:	
Nutrition on the Lunch line in Winston-Salem/Forsyth County Schools	4
Exclusive Soft Drink Contracts in Winston-Salem/Forsyth County Schools	9
100% Tobacco Free Schools	17
Active Living in Winston-Salem/Forsyth County: Opportunities and Challenges	22
Domestic Violence:	
Policy Recommendations for Prevention, Intervention, and Response	29
Racial Disparities:	
Raising Income to Improve Health	34
Social Equity in the Community Planning Process	40
Reproductive Health:	
Preventing unplanned pregnancy:	45
Local health care providers can help women plan ahead and be prepared.	
Next Steps: Moving into action	48