

Environments Supporting Healthy Eating (ESHE) Index: Making the Case for Food Advocacy

Ranking and benchmarking provide constructive opportunities for action by stakeholders. ESHE provides a way to apply this strategy by using objective evidence to catalyze improvements in food environments. With ESHE you can:

- ◆ Raise awareness, and mobilize community action
- ◆ Provide an evidence base to support policy development and adoption
- ◆ Provide an evidence base to change business practices and promote corporate social responsibility
- ◆ Evaluate and disseminate information about progress toward eliminating inequities in food environments

The first step is to create your ESHE Score

- ◆ More attention to county and state level food environment characteristics is needed to stimulate and guide improvements that will make it easier for people to achieve and maintain a high quality diet and healthy weight levels.
- ◆ Better food environments can help all Americans, especially those with low incomes, to reduce the burden of diet-related diseases and achieve better health.

The ESHE Index is available at the Center for Applied Research and Engagement Systems (CARES) Engagement Network

Visit eshe.engagementnetwork.org to create your ESHE Score and for additional resources

What do we mean by supportive environments for healthy eating?

- ◆ Sufficient access to food
- ◆ Mix of stores and restaurants that are favorable for purchasing healthful foods
- ◆ Good base of organizational policies that support healthful food access
- ◆ Policies that support nutrition education and promotion of healthy foods and restrict advertising of less healthy foods



We envision a food landscape that encourage people to consume a high quality diet. ESHE is a free tool for scoring food environments in terms of support for healthy eating. The ESHE Index is a new standardized scoring tool that quantifies the status of food environments by combining several county or state level indicators publicly available that can be updated to monitor change.



There are currently three versions of the ESHE Index on the Engagement Network:

- ◆ **County level**
Comparisons of counties within states
- ◆ **County level peer comparisons**
Comparisons of counties across states
- ◆ **State level**
Comparisons of states

Use the ESHE Index to determine your ESHE Score and use ESHE Tools to accelerate improvements and expand “supportive environments” for healthy eating across the country.

Additional Free Online Resources for Local Planning:

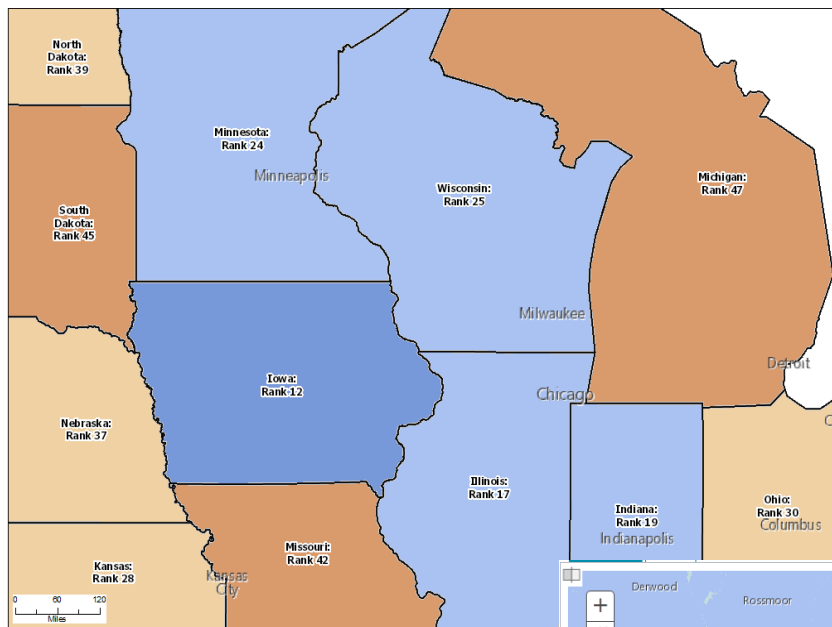
Centers for Disease Control: Healthy Places—Healthy Food Environment Resources

USDA: The School Day Just Got Healthier Toolkit for Community Members

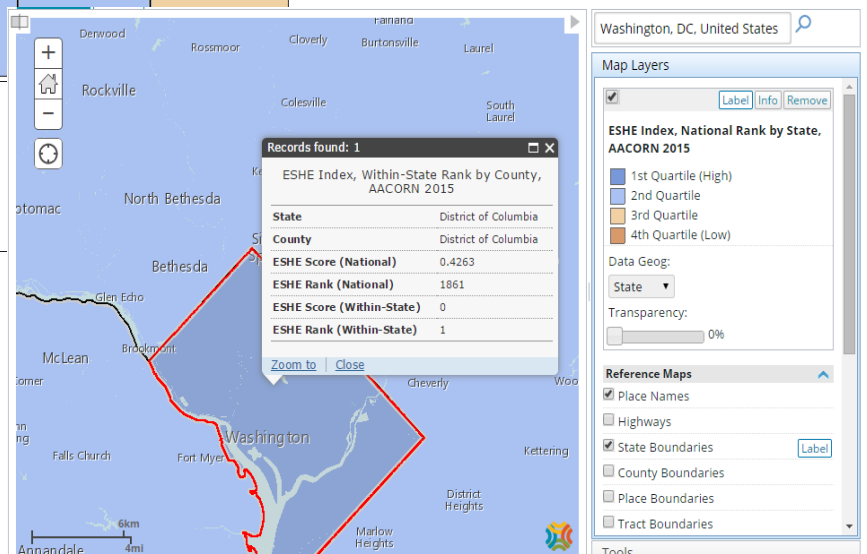
Change Lab Solutions: Model Healthy Food Systems Resolution

American Heart Association: Healthy Workplace Food and Beverage Toolkit

Midwest ESHE Index State Scores



State/District ESHE Index Score Ranked #1



ESHE is a collaboration among several organizations that work to promote healthy eating in U.S. populations: the Council on Black Health (councilbh.org), which is the lead organization, and other research and advocacy partners around the nation.

For additional information on the ESHE Index email: ESHEHub@gmail.com