

Making Health Accessible for All



Who We Are

The Public Health Institute's Center for Wellness and Nutrition is a national leader in developing campaigns, programs and partnerships to reduce obesity and promote equity in the most vulnerable communities across the country. Through education, engagement, environmental changes and policies, we work to make health accessible for all.

Focus Areas

We change lives by empowering communities and individuals to eat healthier and be more active.

Worksite & Employee Wellness

Healthy employees are good for business. We help worksites support healthy changes by developing company environments and cultures that support healthy eating and physical activity.

Healthy Retail & Food Systems

Access to fresh, healthy food is a must. We work with retailers and farmers' markets to increase sales of healthy foods and beverages through marketing, promotions, food demonstrations and more.

Schools & Youth Engagement

A healthy community means healthy youth. We work with schools and organizations in their efforts to improve health and reduce obesity and other diet-related chronic illnesses among young people.

Research & Evaluation

You need the right data to tell your story. We can help you measure a program's effectiveness and gather the right information to create a compelling case for funders, media and other stakeholders.

Policy, Systems & Environmental Change

Health happens in communities. Individual change happens hand-in-hand with systems and policies that promote healthy places to work, live and play. These strategies form the backbone of our approaches to working across focus areas and are woven throughout our work.



Expertise

Social marketing

Cultural competency

Capacity building, training & consultation

Program design

Partnership & coalition building

Strategic planning

Community health assessments

Research & evaluation

Navigating government funding, reporting
& procurement

Let's Work Together

We work closely with health departments, community organizations and private industry to change communities where poor diet, physical inactivity and obesity are the norm due to limited access to healthy foods and safe places to be active.

We can help you develop and deliver effective, innovative programs that improve people's lives through healthy eating and physical activity.

We have extensive experience working with low-resource populations and our staff are leaders in the field of SNAP-Ed evaluation.

Call or e-mail us to learn more about how the Center for Wellness and Nutrition can help you make health accessible to all.

Program Successes

- Improved access to healthy food and physical activity opportunities at 220 businesses through worksite wellness programs.
- Tailored wellness programs to fit specific industries in order to boost employee health and morale, increase productivity and decrease healthcare costs.
- Implemented the country's largest healthy retail program across 800 stores in California to support healthy buying habits.
- Reached more than 30,000 youth through more than 400 organizations via nutrition education and engagement, including the award-winning Harvest of the Month and Power Play! Campaigns, Photovoice projects, and farm-to-school initiatives.
- Trained more than 1,200 professionals on how to engage and empower future leaders using the Youth-Led Participatory Action Research framework.

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