The Kids are All Right in Santa Cruz, California

The next generation is leading the way to community change in Santa Cruz, California. With support from United Way of Santa Cruz County, a youth advocacy group has convinced the city council to enact policies that encourage the establishment of healthy new restaurants and incentivize existing restaurants to add healthier choices to their menus.

These kids are changing more than what's on the menu; they're changing the way people think about health, and about the potential role every individual has in transforming their own lives for the better. Gabriella, one of the youth activists, has shared what she has learned about health with her own family, helping her father change his diet and reduce his blood pressure, and helping her aunt stabilize her diabetes. That kind of normative change is essential for long-term change, and that is why United Way is so committed to spreading awareness about the importance of healthy choices.