

# 2016

## Healthy Community Award Application

Due: October 14, 2016

### **Purpose**

The health of a population is related to the community environment where people live, work, learn and play.

Chronic diseases, such as heart disease, stroke, diabetes and some cancers, are the leading causes of death and disability in Ohio. Along with their associated risk factors (high blood pressure, obesity, tobacco use, physical inactivity, poor nutrition), the burden of chronic disease costs Ohio more than \$27 billion every year in both medical costs and missed workdays.

Our health and health behaviors are influenced by many factors. Family and friends, schools, workplaces, community organizations, and local and state policies and systems all determine what opportunities we have to live healthy lives. Having little to no access to healthy foods, being exposed to secondhand smoke, and living in unsafe or isolated communities all play a role in whether we will maintain good health or develop risk factors for chronic disease. Improving the community environment related to tobacco use and exposure, increasing opportunities for healthy eating and active living makes the healthy choice the easy choice for all community members.

The Healthy Community Award recognizes the outstanding achievements of communities that are actively pursuing efforts to create healthier communities.

### **Working Together Statewide**

*Ohio's Plan to Prevent and Reduce Chronic Disease 2014-2018 (Chronic Disease Plan)*

Ohio communities are encouraged to review the Chronic Disease Plan. The plan is a five-year, priority-driven guide to prevent and reduce chronic disease in Ohio and ultimately improve overall population health. The purpose of the Chronic Disease Plan is to guide stakeholders within each sector—schools and universities, community organizations, state and local governments, worksites, and healthcare systems—in aligning activities and leveraging resources to build communities that support health.

How can organizations/agencies get involved?

We encourage applicants to align with the larger statewide effort by using the Chronic Disease Plan to identify the evidence based objectives that best fit your community's specific needs. Join the Ohio Chronic Disease Collaborative as objective partners and/or Topic Group Leads to share your progress and help meet the Chronic Disease Plan's performance measures.

[www.healthy.ohio.gov/CDPlan](http://www.healthy.ohio.gov/CDPlan)

### **Reasons for Participating**

1. *Promote a Healthier Community* – Participating in the Healthy Community Award can be an important step toward making your community a healthier place to live. It provides an opportunity to increase the visibility and awareness of health-related activities in your community.
2. *Enhance Collaboration* – The Healthy Community Award encourages community collaboration, bringing community, school and business leaders together to work toward the common goal of developing and promoting a healthier community.
3. *Earn Recognition* – Being recognized as a healthy community is a positive promotional tool. Receiving recognition as a healthy community comes with the benefits of local and state-level media announcements regarding the community's achievement.

### **Eligibility**

Communities of all sizes are encouraged to apply for the Healthy Community Award. For the purpose of this award, a community is defined as any city, township or village in the state of Ohio or any county that does not have a city, village or township with more than 5,000 residents. Any entity is eligible to apply on behalf of the defined community; **only one application will be accepted per community**, for example, governmental entities, chambers of commerce, faith-based or community associations may apply.

### **Application Judging**

Each application will be reviewed by the Healthy Community Award Selection Committee, and will be scored based on the total number of points awarded in each of the five sections of the application.

Applications for the 2016 Healthy Community Awards will be weighted and scored differently than 2014 applications. Most notably, more points will be given to those applicants who provide supportive documentation listed in step two below.

### **What do Healthy Community Award Winners Receive?**

All award recipients will be recognized and designated as a Healthy Community and will be included in local and state-level media announcements regarding community achievement. All award winners will receive a banner for display.

### **Steps to Apply**

1. Complete the Healthy Community Award application.
2. Gather all supporting documentation such as: Copies of work plans, master plans, photos, policies, meeting minutes, news articles, flyers describing local events or any other pertinent supporting information.
3. Email application and required documents to the following by September 19, 2016:

Ashley Davis  
Creating Healthy Communities Program Manager  
**[Ashley.davis@odh.ohio.gov](mailto:Ashley.davis@odh.ohio.gov)**

**Name of Community**

**Designation**

Village

Township

City

County

**Total Population**

**Primary Contact Person**

**Title**

**Address**

**Phone**

**Email**

**General Community**

1. Has your community conducted any type of Community Health Assessment or Community Health Improvement Plan within the last five years? Provide a copy of the assessment or plan.

YES  NO

If YES, what methods were used to assess the needs in your community? Check all that apply.

Needs assessment survey/checklist

Focus groups

Public forums

Stakeholder/community member interviews

Market research data collection

Other

2. When was the assessment conducted? Please provide date.

3. What settings were included in the health assessment? Check all that apply.
- School
  - Community
  - Worksite
  - Health care
  - Other
4. What was the outcome of the Community Health Assessment relative to physical activity, nutrition, obesity and tobacco use? Check all that apply. Provide a copy of any community action/work plans, policies, proclamations, etc.
- Community Action Plan developed
  - Work Plan developed
  - New coalition created
  - Existing coalition refocused
  - More than one coalition merged
  - Conference or workshop offered
  - Coalition subcommittees created, e.g., tobacco, physical activity, nutrition
  - Health promotion/wellness related proclamation issued by an elected official
  - Media campaign developed and implemented
  - Policies adopted
  - Guidelines developed
  - Recommendations issued
  - Other
5. Does your community or governing body currently have a coalition that is focused on promoting health and preventing chronic disease?
- YES  NO
- If YES, please attach a list of coalition members (name, organization, position) and indicate chair or co-chairs with an asterisk (\*).
6. Does the coalition meet on a regular basis?
- YES  NO
- If YES, how often does the coalition meet?
- Monthly
  - Quarterly
  - Twice a year
  - Yearly
  - Other

7. How long has the coalition been in place?

8. Does the Coalition have a defined vision, mission, and goals?

YES  NO

If Yes, please attach.

9. Which sectors are represented in your coalition? (Check all that apply.)

Schools

Hospitals

City/County Government

Parks & Recreation Departments

Local Businesses

Agriculture

Transportation

Advocacy Groups

Community Organizations

Faith-Based Organizations

Other

10. Are you collaborating with any Healthy Ohio Healthy Worksite Award winners in your community?

YES  NO

If YES, identify the worksite/s and briefly describe the activities.

11. Does your community or governing body have a website with links to relevant state and local community health-related websites?

YES  NO

If YES, what is the website address?

**Chronic Disease**

12. Are clinical and/or community-based screenings, that will identify risk factors of chronic disease (e.g., diabetes, BMI, high blood pressure, tobacco use), provided to community residents?

YES  NO

If YES, briefly describe.

13. If screenings are provided, are referrals to appropriate healthcare providers and/or community-based programs (e.g., physicians, dietitians, pharmacists, tobacco cessation, chronic disease self-management or education classes) made for those with chronic disease risk factors?

YES  NO

14. Does your community utilize a referral system, e.g., 2-1-1, an 800 number, web-based directory, that lists courses and support groups for people with chronic diseases?

YES  NO

If YES, briefly describe the type of referral system is available.

15. Are community health workers utilized in your community to facilitate referrals from health care providers to chronic disease prevention and management resources?

YES  NO

If YES, briefly describe.

16. Are chronic disease self-management or education courses (diabetes, obesity, heart disease, arthritis, etc.) available and affordable for all community residents?

YES  NO

If YES, which courses are provided?

17. Are local support groups available for residents with chronic diseases such as obesity, heart disease, diabetes, and cancer?

YES  NO

If YES, briefly describe the type of support groups available.

### **Active Living**

18. Has your community or governing body adopted any policies or implemented any strategies to increase or improve opportunities for physical activity in your community?

YES  NO

If YES, check all that apply.

#### **Built Environment (Infrastructure)**

Maintained network of parks (share link to park website)

Strategies to enhance infrastructure to support walking and biking  
(e.g., sidewalks, benches, shade trees, bike lanes, shared road signs, bike racks)

Strategies for creating/maintaining crime prevention/safety measures for outdoor activity and recreation such as adequate lighting, neighborhood watch associations, increased police presence, graffiti reduction, walking groups, etc.

Worksite active commute support such as showers for bicyclists, secure bike parking, lockers, etc.

Bike parking

Public transit

Point-of-decision prompts for increasing stair use in community settings where elevators exist

Bike share

Other

Built Environment (Policy)

- Master plan for walking and biking in the community (within the last 8 years—please attach)
- Community-wide and neighborhood specific urban planning/policy development
- Policy for sidewalks to be built with street infrastructure enhancements such as lighting, traffic signals and crosswalk counters
- Policy for traffic calming measures such as road narrowing, center islands, roundabouts, speed bumps, etc., at major intersections to make neighborhoods safer to walk and bike
- Complete Streets Policy
- Shared Use/Open Use Agreements
- Other

19. If your community is not actively pursuing any of the policies or strategies mentioned above, do you have plans to pursue some in the near future?

- YES  NO

If YES, briefly describe area/s in which your community will focus.

20. Does your community have any physical activity-related amenities?

- YES  NO

If YES, check all that apply.

- Walking path
- Greenway
- Bike path
- Athletic fields
- Community recreation center
- Community playground
- Park
- Swimming pool
- Bike share
- Splash pad
- Other

21. Does your community or governing body have a policy or program that addresses active transportation such as linking bicycle lanes to public transportation, adding dedicated bike lanes to roadways or bike racks to buses? If YES, attach a brief summary of the policy or program. Provide picture(s) and/or policy.

YES  NO

22. Do zoning regulations in your community permit mixed land use and cluster zoning? (Allowing developers to design high-density communities consisting of retail and community services as long as a portion of the community area is preserved as open space and is within walking distance of residential areas.) Attach zoning ordinance.

YES  NO

23. Do your community's zoning regulations require new commercial or residential development to include areas promoting physical activity?

YES  NO

If YES, check all that apply.

Sidewalks

Greenways

Bikeways

Well-lit, attractive stairwells

Curb cuts for people with mobility limitations

Other

24. Does the community or governing body provide yearly events or incentives to motivate community residents to be physically active?

YES  NO

If YES, check all that apply.

Fitness challenges

Community walks/runs/rides (5k)

Triathlons

Walk with a Doc

Group hikes

Field days

Other

25. Does the community or governing body work with local or web-based media to promote physical activity opportunities? Attach at least 2 examples.

YES  NO

If YES, how does media promote physical activity information and opportunities in your community? Check all that apply.

- Publish general news stories
- TV news reports
- Publish human interest stories
- PSAs
- Publish editorials
- Radio news reports/radio talk interviews
- Link media's website to health promotion/wellness websites
- Social media, e.g., Facebook and Twitter
- Other

26. Have you evaluated any of your active living efforts or activities?

YES  NO

If YES, briefly describe the evaluation plan and any outcomes.

27. Has your community ever hosted an active living-related pilot program? Check all that apply.

- Open Streets
- Build a Better Block
- Temporary bike infrastructure
- Park(ing) Day
- Other

## Healthy Eating

28. Has your community or governing body adopted any policy, system or environmental changes or implemented any guidelines to increase and improve opportunities for healthy eating in the community?

YES  NO

If YES, check all that apply.

### Community Systems and Policies

- System change that more closely aligns the cost of healthier foods/beverages with less healthy foods/beverages, i.e., healthy options less expensive than unhealthy foods. Attach a list locations and policy.
- Provide transportation options to supermarkets/other food outlets for senior citizens, people with disabilities and low income populations. Attach list/describe.
- Adopt zoning policies that restrict fast food restaurants near schools and playgrounds Attach policy.
- Local government provides incentives for new and/or existing food retailers who offer healthier foods and beverages in underserved areas. Attach policy/ordinance.
- Community food pantries provide healthy food options through a client choice model. Attach list of locations and/or photos.
- Other

### Healthy Retail

- Menu labeling in restaurants – Attach list restaurants and criteria being used.
- Healthy vending machine options (e.g., low-sugar and nutrient-dense foods/beverages) at swimming pools, recreation centers, etc. Attach list of locations, and nutrition criteria being used.
- Policy/ordinance that increases the availability of healthier food and beverage choices in locations controlled by local, city or county government, (e.g., city buildings, county parks, recreation centers) Attach list of locations and attach policy/ordinance.
- Small corner and/or convenience stores sell fresh fruits and vegetables and other healthy food items such as whole grains, low fat dairy, low sodium foods, and healthy snacks. Attach list of locations and photos.
- Increase the number of farmers' markets in underserved areas
- Farmers Markets' in underserved areas accept SNAP, WIC, and/or SFMNP Attach list of markets.

- Community gardens are located in underserved areas. Attach list of locations and photos.
- Community Supported Agriculture (CSA)
- Other

Farm to Institution

- Set aside land or provide support for development of a community fruit or vegetable garden. Attach policy/ordinance.
- Improved methods for schools, restaurants, worksites and parks/recreation centers to purchase locally grown and produced foods from local farms and vendors. Attach an explanation.

Youth

- Healthy food options sold at youth sporting events. Attach list of locations and examples.
- Healthy snacks provided for children participating in youth sporting events. Attach list of locations and examples.
- Policy for licensed day care facilities to provide healthy meals and snacks, limit sugar-sweetened beverages and portion size of 100% juice. Attach policy and sample menu.
- Other

29. If your community is not actively pursuing any of the policies or strategies mentioned above, do you have plans to pursue some in the near future?

- YES  NO

If YES, briefly describe area/s in which your community will focus.

30. Does your community or governing body work with local and/or web-based media to promote efforts to increase access to and consumption of healthy foods?

- YES  NO

If YES, how does media promote efforts to increase access to and consumption of healthy foods in the community? Check all that apply. Attach at least 2 examples.

- Publish general news stories
- TV news reports
- Publish human interest stories
- PSAs
- Publish editorials
- Radio news reports/radio talk interviews

- Link media's website to health promotion/wellness websites
- Social media, e.g., Facebook and Twitter

31. Does your community assist local businesses, non-profits and other employers to implement the federal and Ohio Breastfeeding Accommodation for working mother's mandate?

- YES  NO

If YES, briefly describe the type of support provided.

32. Have you evaluated any of your healthy eating efforts or activities?

- YES  NO

If YES, briefly describe the evaluation plan and any outcomes.

### **Tobacco**

33. Does the community or governing body have any policies or activities to increase restriction and enforcement of restrictions on tobacco sales to minors? Attach policies.

- YES  NO

If YES, check all that apply.

- Policies that require retail licenses to sell tobacco products
- Policies that control the location, number and density of retail outlets
- Policies that control self-service tobacco sales
- Conduct compliance checks in cooperation with local law enforcement

34. Does local law enforcement issue warnings, citations and fines to retailers who sell tobacco products to minors?

- YES  NO

35. Does the community provide education to retailers who sell tobacco products to help restrict youth access to tobacco products?

- YES  NO

36. Do organizations or agencies in the community provide free or reduced-cost tobacco cessation programs on a regular basis, e.g., monthly, quarterly, etc.?

- YES  NO

37. Do community organizations/agencies refer residents to available tobacco cessation services or resources?

YES  NO

38. Are there policies in the community that prohibit tobacco advertisements near schools and/or other places where youth gather? Attach policies.

YES  NO

39. Are there policies or ordinances that create tobacco-free environments in the community? Attach policies.

YES  NO

If YES, check all that apply.

- Parks
- Pools
- Athletic fields
- College/university campuses
- Beaches
- Multi-unit housing
- Playgrounds
- Other

40. Does the community or governing body work with local or web-based media to promote tobacco control efforts? Attach two examples.

YES  NO

If YES, how does media promote tobacco control efforts in the community?

Check all that apply.

- Publish general news stories
- Publish human interest stories
- Publish editorials
- Radio news reports/radio talk interviews
- Social media, e.g., Facebook and Twitter
- PSAs
- TV news reports
- Link media's website to health promotion/wellness websites
- Other

41. Have you evaluated any of your tobacco efforts or activities?

YES  NO

If YES, briefly describe the evaluation plan and any outcomes.

42. If your community is involved in any other health-related initiatives not described in the preceding sections, please briefly describe them below.

Thank you!

We appreciate your interest in creating healthy communities in Ohio.

Bureau of Health Promotion  
Ohio Department of Health

[www.healthy.ohio.gov](http://www.healthy.ohio.gov)

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