



2013

Healthy Community Award Application

Purpose of the Healthy Community Award

The primary purpose of a healthy community is to improve the quality of life for all residents. The health of a population is related to the general health and safety of the community environment where people live, work, learn and play. Within each community there are policy, system and environmental changes that can be adopted and implemented to support healthy behaviors. The Healthy Ohio Healthy Community Award recognizes the outstanding achievements of communities that are actively pursuing efforts to create healthier communities by addressing physical inactivity, nutrition, obesity and tobacco use.

Three Reasons for Participating

- 1. Promote a Healthier Community**— Participating in the healthy community award program can be an important step toward making your community a healthier place to live. It also provides an opportunity to increase the visibility and awareness of health-related activities in your community.
- 2. Enhance Collaboration** – The healthy community award program 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 Ohio community is a positive promotional tool for your community. Receive recognition as a “healthy community” and reap the benefits of local and state-level media announcements regarding the community's achievement. Awards will be presented at a state-level event.

Eligibility

Communities of all sizes are encouraged to apply for the Healthy Ohio 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, but only one application will be accepted per community. For example, governmental entities, chambers of commerce, church groups or community associations may apply.

Application Judging

Each application will be reviewed by the Healthy Ohio award selection committee and will be scored based on the total number of points awarded in each of the five sections of the application.

What do Healthy Community Award Winners Receive?

All award recipients will be recognized and designated as a Healthy Ohio Healthy Community and will be included in local and state-level media announcements regarding community achievement. All award winners will receive a plaque or certificate.

3 Steps to Apply

1. Complete the Healthy Ohio Healthy Community Award application.
2. **Gather** all supporting information such as: minutes of meetings, news articles, flyers describing local events or any other pertinent supporting information.
3. Submit completed form using the “**Submit**” button located on top right of the form and Fax supporting information by **August 30, 2013** to:

Linda Scovern, Healthy Ohio Community Award
246 North High Street, 8th floor, Columbus, OH 43215
Fax: 1-614-564-2409

Healthy Ohio Healthy Community Award

Application

Name of community
Are you considered a: <input type="checkbox"/> Village <input type="checkbox"/> Township <input type="checkbox"/> City <input type="checkbox"/> County

Name and title of primary contact person:

Name		Title	
Address			
City		State	ZIP
Business phone ()	FAX ()	E-mail	

Name and title of alternate contact person:

Name		Title	
Business phone ()	FAX ()	E-mail	

SECTION 1 • General Community

1. Has your community conducted any type of community health assessment within the last five years to determine the greatest health needs or issues in the community?

YES NO Don't know/not sure

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 and **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 control, 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. Have you evaluated any of your efforts or activities? **YES** **NO** **Don't know/not sure**
If YES, briefly describe the evaluation plan and any outcomes.

6. Does your community or governing body currently have a coalition that is focused on promoting health and preventing chronic disease? **YES** **NO** **Don't know/not sure**
If YES, please list coalition members (name, organization, position) and indicate chair or co-chairs with an asterisk (*).

Healthy Ohio Healthy Community Award

7. Does the coalition meet on a regular basis? **YES** **NO** **Don't know/not sure**

If YES, how often does the coalition meet? **Monthly** **Twice a year** **Quarterly** **Yearly**

Other _____

8. How long has the coalition been in place? _____

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

YES **NO** **Don't know/not sure**

If YES, briefly describe the activities. _____

10. Does your community or governing body have a web site with links to relevant state and local community service or health-related web sites? **YES** **NO** **Don't know/not sure**

If YES, what is the web site address? _____

11. Are clinical or community-based screenings which meet current clinical guidelines provided to community residents to identify chronic diseases and risk factors, e.g., diabetes, BMI, heart disease, tobacco use?

YES **NO** **Don't know/not sure**

If YES, briefly describe. _____

12. If screenings are done, are referrals to appropriate health care providers provided for those with chronic disease risk factors?
 YES NO Don't know/not sure
13. Are chronic disease self-management courses (diabetes, obesity, arthritis, etc.) available and affordable for all community residents?
 YES NO Don't know/not sure
If YES, which courses are provided? _____

14. Are local support groups available for residents with chronic diseases such as obesity, heart disease and diabetes?
 YES NO Don't know/not sure
If YES, briefly describe the type of support groups available. _____

SECTION 2 • Physical Activity

15. 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 Don't know/not sure
If YES, check all that apply.
- Master plan for walking and biking in the community
 - Maintained network of parks
 - 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 and schools safer to walk and bike
 - Strategies to enhance infrastructure to support walking and biking, e.g., sidewalks, benches, shade, 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, etc.
 - Point-of-decision prompts for increasing stair use in community settings where elevators exist
 - Other _____

16. Does your community have any physical activity-related amenities? **YES** **NO** **Don't know/not sure**

If YES, check all that apply.

- Walking path Greenway Bike path Athletic fields Park Swimming pool
- Community recreation center Community playground
- Other** _____

17. 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?

YES **NO** **Don't know/not sure**

If YES, provide a brief summary of the policy or program. _____

18. 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.) **YES** **NO** **Don't know/not sure**

19. Do your community's zoning regulations require new commercial or residential development to include areas promoting physical activity? **YES** **NO** **Don't know/not sure**

If YES, check all that apply.

- Sidewalks Greenways Bikeways Well-lit, attractive stairwells Curb cuts for people with mobility limitations
- Other** _____

20. Does your community or governing body promote physical activity in your area's existing indoor/outdoor facilities?

YES **NO** **Don't know/not sure**

If YES, check all that apply.

- Walking trails Schools Community
 - Bike paths Churches Playgrounds
 - Parks and recreation Malls Sports Fields
 - Swimming pools Senior centers
 - Other** _____
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21. Does the community or governing body provide events or incentives to motivate community residents to be physically active?

YES **NO** **Don't know/not sure**

If YES, check all that apply.

- Fitness challenges Field Days
 - Community walks/runs/rides
 - Group hikes
 - Field Days
 - Other** _____
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22. Does the community or governing body work with local or web-based media to promote physical activity opportunities?

YES **NO** **Don't know/not sure**

IF YES, how do media promote physical activity information and opportunities in your community?

Check all that apply.

- Publish general news stories
 - Publish human interest stories
 - Publish editorials TV news reports
 - Radio news reports PSAs
 - Link media's web site to health promotion/wellness web sites
 - Social network sites, e.g., Facebook and Twitter
 - Other** _____
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SECTION 3 • Nutrition

23. 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 Don't know/not sure

If YES, check all that apply.

- Menu labeling in restaurants
- Healthy vending machine options (e.g., low-sugar and nutrient-dense foods/beverages) at swimming pools, recreation centers, etc.
- Healthy food options sold at youth sporting events
- Healthy snacks provided for children participating in youth sporting events
- 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)
- 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
- Address the lack of fresh fruits and vegetables in underserved areas, such as healthy corner store initiatives
- Provide transportation options to supermarkets/other food outlets for senior citizens, people with disabilities and low income populations
- Increase the number of farmers markets and/or community gardens in underserved areas
- Set aside land or provide support for development of a community fruit or vegetable garden
- Adopt zoning policies that restrict fast food restaurants near schools and playgrounds
- Policy for licensed daycare facilities to ban sugar-sweetened beverages and limit portion size of 100% juice
- Local government provides incentives for new and/or existing food retailers who offer healthier foods and beverages in underserved areas
- Improved methods for schools, restaurants, worksites and parks/recreation centers to purchase locally grown and produced foods from local farms and vendors
- Community food pantry
- Other** _____

24. 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 Don't know/not sure

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

25. 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 Don't know/not sure

If YES, how do media promote efforts to increase access to and consumption of healthy foods in the community? Check all that apply.

- Publish general news stories
- Publish human interest stories
- Publish editorials TV news reports
- Radio news reports PSAs
- Link media's Web site to health promotion/wellness web sites
- Social network sites, e.g., Facebook and Twitter

26. Does your community assist local businesses, non-profits and other employers to implement the federal and Ohio Breastfeeding Accommodation for working mothers mandate? YES NO Don't know/not sure

If YES, briefly describe the type of support provided. _____

SECTION 4 • Tobacco

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

YES NO Don't know/not sure

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

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

YES NO Don't know/not sure

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

YES NO Don't know/not sure

30. 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 Don't know/not sure

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

YES NO Don't know/not sure

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

YES NO Don't know/not sure

