HEALTHY UTAH COMMUNITY

lealthy Utah Community Criteria

*ovided by Get Healthy Utah and the Utah League of Cities and Towns, the **Healthy Utah Community** designation is varded to cities and towns that do exemplary work to improve community health.*

ıe designation lasts for three years, after which communities may apply for redesignation.

o Qualify for the Designation:

1. SUBMIT A LETTER OF COMMITMENT (required):

- ☐ Submit a letter from the mayor and city council (or equivalent) that indicates a commitment to improving community health. Applicants may use the letter template provided in this packet.

2. ORGANIZE A COMMUNITY COALITION (required):

- ☐ Organize a community health coalition, or identify one that already exists, to oversee earning and maintaining the Healthy Utah Community designation. The coalition must meet together at least once before applying.

  The coalition should:
  - Consist of at least FOUR individuals
  - Meet together at least QUARTERLY

3. IDENTIFY HEALTH STRATEGIES (required):

- ☐ Describe what evidence-based health strategies are currently in place in your community. Strategies must be fully implemented to count and come from the following three categories: **Active Living, Access to Healthy Food,** and **Mental Health**. The number of strategies needed depends on the size of the community:
  - **Small Communities (Population: 0 - 9,999):** Have one strategy from each category (3 total)
  - **Mid-Sized Communities (Population: 10,000 - 64,999):** Have two strategies from each category (6 total)
  - **Large Communities (Population: 65,000+):** Have three strategies from each category (9 total)

4. DEVELOP A COMMUNITY HEALTH PLAN (required):

- ☐ Submit a community health plan. Use data to identify health needs in the community and choose additional healt strategies to implement over the next three years. Fulfillment of this 3-year health plan will qualify a community f redesignation. Applicants may use a template provided by Get Healthy Utah.

Ready to Apply?

Contact us at info@gethealthyutah.org to request a fillable application.
Visit www.GetHealthyUtah.org/HealthyUtahCommunity for additional resources.

GET HEALTHY UTAH

UTAH LEAGUE OF CITIES AND TOWNS

MAINTAINING THE DESIGNATION

The Healthy Utah Community designation lasts for three years. Redesignation will be awarded if the community fulfills its community health plan by implementing additional health strategies since first designated.
The number of additional strategies needed depends on the size of the community:

- **Small Communities**: Implement one additional strategy every three years (one total)
- **Mid-Sized Communities**: Implement two additional strategies every three years (two total)
- **Large Communities**: Implement three additional strategies every three years (three total)

The community health coalition will over see the fulfillment of the community health plan and play a key role in maintaining the designation over time.

2. HEALTH COALITION

oalition Information

stablish a coalition of diverse stakeholders (or identify one that already exists) to oversee the task of earning anc aintaining the Healthy Utah Community designation. The coalition will ensure the community qualifies, complete ie application, develop the community health plan, and oversee its implementation. The coalition requires a inimum of four individuals to meet quarterly and must meet together at least once before applying. For best utcomes, we encourage you to include members from underrepresented populations and recommend epresentation from the following sectors:

- City leadership
- ***Local health department***
- Local hospital
- Local school district
- Business leaders
- Community members, CHWs, etc.

Name of the Coalition:

Date Coalition Was Organized:

Frequency the Coalition Meets:

Name of the Coalition Member	Organization	Position (Title, Department)

Comments about the Coalition:

3. HEALTH STRATEGIES

ACTIVE LIVING:

- [ ] Conduct a messaging campaign to promote physical activity in your community
- [ ] Offer free and/or low-cost community sports programs for both adults and children
- [ ] Organize a free or low-cost fitness event for your community
- [ ] Develop a new walking/biking trail or add to an existing one
- [ ] Add wayfinding signage for trails that provide both time and distance for routes
- [ ] Address active transportation connectivity gaps between key community destinations
- [ ] Conduct a movability audit
- [ ] Establish joint-use agreements for a physical activity facility, such as a school playground, pool, etc.
- [ ] Improve physical activity among youth by promoting a physical activity resource, program, or best practice in schools (ex: Safe Routes to School)
- [ ] Create an active transportation plan or update an existing one
- [ ] Adopt an ordinance that requires new subdivisions to provide sidewalks and lights
- [ ] Adopt a Complete Streets policy requirement for new development
- [ ] Update ordinances, zoning, and land use policies to promote physical activity and active transportation
- [ ] Provide supplemental infrastructure to improve walk and bike-friendly environments in your community (ex: add bicycle racks, water stations, etc.)
- [ ] Implement a Crime Prevention Through Environmental Design strategy to improve public safety while recreating outdoors
- [ ] Implement one new worksite wellness strategy around physical activity among city employees and/or local businesses
- [ ] Earn a national or state designation for promoting health (ex: Bicycle Friendly Community, Age-Friendly Community, etc.)
- [ ] Partner with a local organization to implement a program listed on the Physical Activity Menu of Services
- [ ] Other:

ACCESS TO HEALTHY FOOD:

- [ ] Conduct a messaging campaign to promote healthy eating in your community
- [ ] Establish a farmers market that accepts SNAP benefits
- [ ] Establish a community garden
- [ ] Create an edible park/food forest (link)
- [ ] Host a community program to promote healthy eating (ex: seed exchange, gardening classes, cooking classes, etc.)
- [ ] Improve physical activity among youth by promoting a healthy eating resource, program, or best practice in schools
- [ ] Improve access to emergency food by establishing a food pantry/program or improving an existing one
- [ ] Update ordinances, zoning, and land use policies to allow for better opportunities for urban agriculture
- [ ] Adopt ordinances that allow backyard poultry/animal husbandry
- [ ] Provide financial incentives for a grocery store to locate in an underserved area
- [ ] Improve the food retailer landscape (ex: expedite permitting for new stores that offer healthy food, limit the density of unhealthy food retailers, etc.)
- [ ] Encourage menu labeling with nutrition facts
- [ ] Promote enrollment in SNAP, WIC, school meal program, and other food access programs
- [ ] Conduct a Community Food Assessment or healthy food access audit
- [ ] Create a Food Policy Council or Task Force tasked with identifying recommendations for your community to follow.
- [ ] Adopt a city plan to improve access to healthy food in your community such as revising the general plan, creating a Community Food System Plan, etc.
- [ ] Implement one new worksite wellness strategy around healthy food among city employees and/or local businesses
- [ ] Partner with a local organization to implement a program listed on the Healthy Food Access Menu of Services
- [ ] Other:

MENTAL HEALTH:

- [ ] Destigmatize mental illness through a community campaign or event
- [ ] Increase awareness of mental health hotlines or local resources available in your community
- [ ] Offer suicide prevention trainings for individuals and/or organizations in your community
- [ ] Train first responders on mental health crises and suicide prevention
- [ ] Address mental illness among youth by promoting a mental health resource, program, or best practice in schools
- [ ] Implement a strategy to promote safe use and disposal of medications (ex: provide medication disposal services, educational campaigns, or programs)
- [ ] Implement a strategy to promote safe use of guns (ex: provide free gun locks/safes to community members, educational campaigns, or safety classes)
- [ ] Implement policies that limit access to addictive substances (ex: limit the density of alcohol outlets, regulate use of cigarettes/vaping devices etc.)
- [ ] Implement one new worksite wellness strategy around mental health among city employees and/or local businesses
- [ ] Host a reoccurring community event that promotes social connection for a vulnerable demographic (ex: lunches for the elderly, afterschool programs, etc.)
- [ ] Beautify, enhance, or create a section of the community that promotes social gathering and connection
- [ ] Implement a program, reoccurring event, or establish an area of the community that promotes connection with nature
- [ ] Provide free Naloxone training and rescue kits to community members
- [ ] Partner with a local organization to implement a program listed on the Mental Health Menu of Services
- [ ] Other: