



HEALTHY UTAH COMMUNITY

Healthy Utah Community Criteria

To qualify for the **Healthy Utah Community** designation, all cities/towns must (1) submit a letter of commitment, (2) organize a health coalition, (3) implement the minimum number of health strategies respective to population size, and (4) outline a 3-year community health plan.

To 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 include health and health equity in government processes. Applicants may use a letter template provided by Get Healthy Utah.

2. ORGANIZE A COMMUNITY COALITION (required):

- Organize or identify a community health coalition to oversee the receipt and maintenance of the Healthy Utah Community designation.

The coalition should:

- Consist of at least FOUR individuals
- Meet together at least QUARTERLY

3. IMPLEMENT HEALTH STRATEGIES (required):

- Implement evidence-based health strategies in the following three categories: **Active Living**, **Access to Healthy Food**, and **Mental Health**. The number of strategies that must be implemented depends on the size of the community:
 - **Small Communities (Population: 0 - 9,999)**
 - Implement one strategy from each category (3 total)
 - **Mid-Sized Communities (Population: 10,000 - 64,999)**
 - Implement two strategies from each category (6 total)
 - **Large Communities (Population: 65,000+)**
 - Implement three strategies from each category (9 total)

4. DEVELOP A COMMUNITY HEALTH PLAN (required):

- Submit a community health plan outlining additional health strategies that will be implemented over the next three years. Fulfillment of this health plan will qualify a community for redesignation at the end of the three years. Applicants may use a template provided by Get Healthy Utah.

MAINTAINING THE DESIGNATION

The Healthy Utah Community designation lasts for three years. Following the third year, a community must reapply. Redesignation will be awarded if the community fulfilled their 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 plays a key role in maintaining the designation over time.

1. LETTER OF COMMITMENT

SAMPLE TEMPLATE

*Each qualifying community should submit a letter of commitment from the mayor.
Please personalize the following letter to best reflect your commitment to health promotion.*

<<Date>>

<<Community Name>>

<<Street Address>>

<<City, State, Zip Code>>



Dear Get Healthy Utah and the Utah League of Cities and Towns,

Thank you for the opportunity to apply for the Healthy Utah Community designation. It is with great pleasure that I submit <<COMMUNITY NAME>> as a qualified candidate. <<COMMUNITY NAME>> understands that health is foundational to a high-quality of life and is committed to providing all residents with equitable opportunities to live well.

In preparation for applying for the designation, <<COMMUNITY NAME>> has made great strides in ensuring that every resident has access to healthy food, opportunities to be physical active, and resources to support mental health. To qualify as a Healthy Utah Community, <<COMMUNITY NAME>> has... <<SUMMARY OF EFFORTS/QUALIFICATIONS>>.

Moving forward, <<COMMUNITY NAME>> has every intention to continue prioritizing health in our community and government processes. We commit to addressing health equity by seeking out further opportunities to address health needs in our community, particularly among the most vulnerable, and look forward to fulfilling our 3-year community health plan.

As mayor, I understand that decisions made by local government leaders have the potential to improve the lives of our residents. I am excited and committed to uphold health as a key priority during my leadership and administration.

Sincerely,

<<Mayor Name>>

<<Mayor Signature>>

2. HEALTH COALITION

Coalition Information

Establish a coalition of diverse stakeholders to oversee earning and maintaining the Healthy Utah Community designation, or add this responsibility to an existing coalition. The coalition will ensure the community qualifies, complete the application, develop the community health plan, and oversee its implementation. The coalition requires a minimum of four individuals to meet quarterly. For best outcomes, we encourage you to include members from underrepresented populations and recommend representation from the following sectors:

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

Name of the Coalition:

Date Coalition Was Organized:

Frequency the Coalition Meets:

| Organization | Name of Coalition Member | Position (Title, Department) |
|--------------|--------------------------|---------------------------------|
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Comments about the Coalition:

3. HEALTH STRATEGIES

Requirements

Please indicate the size of your community:

- Small Community (Population: 0 - 9,999):** Implement one strategy from each category (3 total)
- Mid-Sized Community (Population: 10,000 - 64,999):** Implement two strategies from each category (6 total)
- Large Community (Population: 65,000+):** Implement three strategies from each category (9 total)

Indicate which of the strategies your community has implemented from the strategy list on the back, and then provide a summary of each.

Small Community (3)

| Strategy Implemented | Summary of Efforts |
|------------------------|--------------------|
| Category: Strategy: | |
| Category: Strategy: | |
| Category: Strategy: | |

Mid-Sized Community (6)

| Strategy Implemented | Summary of Efforts |
|------------------------|--------------------|
| Category: Strategy: | |
| Category: Strategy: | |
| Category: Strategy: | |

Large Community (9)

| Strategy Implemented | Summary of Efforts |
|------------------------|--------------------|
| Category: Strategy: | |
| Category: Strategy: | |
| Category: Strategy: | |

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
- Partner with a local organization to implement a program listed on the Physical Activity Menu of Services
- Implement one new worksite wellness strategy around physical activity among city employees and/or local businesses
- 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
- Host a community program to promote healthy eating (ex: seed exchange, gardening classes, cooking classes, etc.)
- Improve healthy eating 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.)
- Implement a sugar-sweetened beverage tax
- 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, adopting a Food Charter, creating a Community Food System Plan, etc.
- Partner with a local organization to implement a program listed on the Healthy Food Access Menu of Services
- Implement one new worksite wellness strategy around healthy food among city employees and/or local businesses
- 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.)
- Provide free Naloxone training and rescue kits to community members
- Host a reoccurring community event that promotes social connection among 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
- Partner with a local organization to implement a program listed on the Mental Health Menu of Services
- Implement one new worksite wellness strategy around mental health among city employees and/or local businesses
- Other:

4. COMMUNITY HEALTH PLAN

Community Information

Community Name:

Population:

Community Size: Small Community (pop. 0 - 9,999) Mid-Sized Community (pop. 10,000 - 64,999) Large Community (pop. 65,000+)

Community Health Status

- Review the health data for your community found on the [Utah Healthy Places Index](#).
- Run a Community Snapshot Report for your small area on the [Public Health Indicator Based Information System \(IBIS\)](#). Include all available health indicators and review the results.

Based on the data and community input, what are the three greatest health needs for your community? Why? What factors are influencing these aspects of health?

Which demographic groups are experiencing the worst health outcomes? Consider race/ethnicity, age, geographic location, gender, etc. What factors are influencing these disparities?

Community Health Plan

What strategies will you implement over the next three years to address the health needs and health disparities you have identified?

*Small communities must implement **one** strategy. Mid-Sized communities must implement **two** strategies. Large communities must implement **three** strategies. Strategies may come from the recommended list, or be your own.*

| Health Need/Focus Area | Strategy to be Implemented within 3 Years |
|------------------------|---|
| Small (1) | |
| Mid-Sized (2) | |
| Large (3) | |

Redesignation will be awarded after three years if the health strategy(s) above are successfully implemented.