

## Get Healthy Utah: Municipal Leader Survey Results by Municipality Size (Small, Mid-Size, and Large)

A select set of questions from the Get Healthy Utah survey were examined based on municipality size (small, mid-size, and large) to better understand how different city sizes feel about the Healthy Utah Community Designation. Although the results provide insight into the differences and similarities between the municipality sizes, they are inconclusive. The data is not fully representative of the three municipality sizes due to the limited responses to the survey. The three-fourths survey completion threshold was used to analyze the data in this section.

In Utah, a small city has a population under 10,000, a mid-sized city has between 10,000 and 59,000 people, and a large city has 60,000+ residents. Of the 189 small cities in Utah, 29 unique cities (32 total responses) responded to the questions selected for this section. Of the 52 mid-sized cities, 30 unique cities (33 total responses) completed the selected questions. Out of the 14 large cities, 7 unique cities (10 total responses) answered the survey questions in this section.

### Survey Questions

4) Did pursuing the designation have a positive impact on community health in your city or town?

	Small		Mid-Size		Large		Total (N Value)
	%	n = 12	%	n = 16	%	n = 6	
Significant impact	17%	2	13%	2	0%	0	4
Some impact	75%	9	75%	12	83%	5	26
Low impact	0%	0	6%	1	0%	0	1
No impact	0%	0	6%	1	0%	0	1
Unsure	8%	1	0%	0	17%	1	2

5) How helpful were the following parts of the designation to improving community health in your city or town?

	Forming a health coalition		Having a list of evidence-based strategies to choose from		Having technical assistance from Get Healthy Utah staff		Providing a learning network with newsletters and webinars		Learning about successes from other Utah communities		Total (N Value)
	%	n = 11	%	n = 11	%	n = 11	%	n = 11	%	n = 11	
Very helpful	55%	6	45%	5	55%	6	45%	5	45%	5	27
Somewhat helpful	18%	2	36%	4	18%	2	27%	3	36%	4	15
Neutral	27%	3	18%	2	18%	2	27%	3	18%	2	12
Not at all helpful	0%	0	0%	0	9%	1	0%	0	0%	0	1
Unsure	0%	0	0%	0	0%	0	0%	0	0%	0	0

	Forming a health coalition		Having a list of evidence-based strategies to choose from		Having technical assistance from Get Healthy Utah staff		Providing a learning network with newsletters and webinars		Learning about successes from other Utah communities		Total (N Value)
	%	n = 15	%	n = 15	%	n = 15	%	n = 15	%	n = 15	
<b>Mid-Size</b>											
Very helpful	27%	4	60%	9	27%	4	27%	4	27%	4	25
Somewhat helpful	27%	4	40%	6	40%	6	53%	8	53%	8	32
Neutral	40%	6	0%	0	27%	4	7%	1	20%	3	14
Not at all helpful	7%	1	0%	0	7%	1	7%	1	0%	0	3
Unsure	0%	0	0%	0	0%	0	7%	1	0%	0	1

	Forming a health coalition		Having a list of evidence-based strategies to choose from		Having technical assistance from Get Healthy Utah staff		Providing a learning network with newsletters and webinars		Learning about successes from other Utah communities		Total (N Value)
	%	n = 6	%	n = 6	%	n = 5	%	n = 6	%	n = 6	
<b>Large</b>											
Very helpful	33%	2	67%	4	40%	2	0%	0	50%	3	11
Somewhat helpful	50%	3	33%	2	20%	1	50%	3	0%	0	9
Neutral	17%	1	0%	0	40%	2	50%	3	33%	2	8
Not at all helpful	0%	0	0%	0	0%	0	0%	0	0%	0	0
Unsure	0%	0	0%	0	0%	0	0%	0	17%	1	1

7) Overall, the designation has increased my understanding of a city's impact on health.

	Small		Mid-Size		Large		Total (N Value)
	%	n = 11	%	n = 15	%	n = 6	
Strongly agree	45%	5	47%	7	50%	3	15
Somewhat agree	45%	5	40%	6	17%	1	12
Neutral	9%	1	13%	2	33%	2	4
Disagree	0%	0	0%	0	0%	0	0
Strongly disagree	0%	0	0%	0	0%	0	0

9) As a leader in your community, there are many different issues and priorities for you and your organization to focus on. Thinking about community health, would you say it's a...?

	Small		Mid-Size		Large		Total (N Value)
	%	n = 32	%	n = 33	%	n = 10	
Top priority	3%	1	3%	1	40%	4	6
High priority	47%	15	55%	18	30%	3	36
Mid-level priority	44%	14	30%	10	30%	3	27
Low priority	3%	1	12%	4	0%	0	5
Not a priority	3%	1	0%	0	0%	0	1

10) Looking at the following factors that impact a person's health, in general, how important do you believe each of them is to the residents in your community?

	Increased physical activity		Reduced opioid misuse		Improved air quality		Improved mental health		Suicide prevention		Chronic disease prevention/Reduced obesity (i.e., diabetes, asthma, etc.)		Accident and injury prevention		Eating healthy food		Social connection		Total (N Value)
	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 31	%	n = 32	%	n = 32	%	n = 32	%	n = 32	
Not at all important	0%	0	3%	1	16%	5	0%	0	3%	1	0%	0	0%	0	3%	1	0%	0	8
2	6%	2	19%	6	19%	9	6%	2	3%	1	6%	2	6%	2	13%	4	9%	3	31
3	19%	6	9%	3	28%	9	31%	10	10%	3	25%	8	31%	10	31%	10	21%	7	66
4	38%	12	25%	8	22%	7	19%	6	29%	9	34%	11	34%	11	38%	12	34%	11	87
Extremely important	38%	12	44%	14	6%	2	44%	14	55%	17	34%	11	28%	9	16%	5	34%	11	95

	Increased physical activity		Reduced opioid misuse		Improved air quality		Improved mental health		Suicide prevention		Chronic disease prevention/Reduced obesity (i.e., diabetes, asthma, etc.)		Accident and injury prevention		Eating healthy food		Social connection		Total (N Value)
	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	
<b>Mid-Size</b>																			
Not at all important	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	6%	2	0%	0	0%	0	2
2	0%	0	3%	1	9%	3	0%	0	0%	0	16%	5	13%	4	6%	2	3%	1	16
3	13%	4	16%	5	28%	9	6%	2	9%	3	16%	5	22%	7	25%	8	13%	4	47
4	50%	16	59%	19	38%	12	38%	12	31%	10	44%	14	44%	14	47%	15	41%	13	125
Extremely important	38%	12	22%	7	25%	8	56%	18	59%	19	25%	8	16%	5	22%	7	44%	14	98

	Increased physical activity		Reduced opioid misuse		Improved air quality		Improved mental health		Suicide prevention		Chronic disease prevention/Reduced obesity (i.e., diabetes, asthma, etc.)		Accident and injury prevention		Eating healthy food		Social connection		Total (N Value)
	%	n = 10	%	n = 9	%	n = 10	%	n = 12	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	
<b>Large</b>																			
Not at all important	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0
2	0%	0	0%	0	0%	0	0%	0	0%	0	10%	1	10%	1	0%	0	0%	0	2
3	10%	1	0%	0	10%	1	0%	0	0%	0	30%	3	50%	5	50%	5	20%	2	17
4	30%	3	22%	2	20%	2	17%	2	0%	0	30%	3	10%	1	20%	2	40%	4	19
Extremely important	60%	6	78%	7	70%	7	83%	10	100%	10	30%	3	30%	3	30%	3	40%	4	53

11) Generally, to what extent do city governments have a role in addressing these factors that impact a person's health?

	Small		Mid-Size		Large		Total (N Value)
	%	n = 32	%	n = 32	%	n = 10	
None at all 1	0%	0	0%	0	0%	0	0
2	22%	7	3%	1	0%	0	8
3	34%	11	31%	10	10%	1	22
4	25%	8	44%	14	60%	6	28
A great deal 5	19%	6	19%	6	20%	2	14
Unsure	0	0	3%	1	10%	1	2

13a) Social Determinants of Health are the social and environmental conditions where people live, learn, work, and play that can affect their health. How important do you feel it is to improve access to each of these social determinants of health in your community? Access means it's affordable, available, and proximate.

	Healthy food		Educational opportunities		Employment opportunities		Medical care		Public health programs		Affordable housing		Safe drinking water/clean air		Affordable transportation options		Open/green space		Recreational opportunities		Total (N Value)		
	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	
Not at all important 1	3%	1	3%	1	3%	1	0%	0	6%	2	0%	0	3%	1	6%	2	3%	1	3%	1	3%	1	10
2	13%	4	6%	2	6%	2	3%	1	9%	3	3%	1	3%	1	9%	3	16%	5	0%	0	0%	0	22
3	19%	6	9%	3	28%	9	6%	2	28%	9	13%	4	13%	4	28%	9	25%	8	16%	5	16%	5	59
4	25%	8	28%	9	22%	7	19%	6	22%	7	25%	8	13%	4	31%	10	19%	6	34%	11	34%	11	76
Extremely important 5	41%	13	53%	17	41%	13	72%	23	34%	11	59%	19	69%	22	25%	8	38%	12	47%	15	47%	15	153

	Healthy food		Educational opportunities		Employment opportunities		Medical care		Public health programs		Affordable housing		Safe drinking water/clean air		Affordable transportation options		Open/green space		Recreational opportunities		Total (N Value)
	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	
<b>Mid-Size</b>																					
Not at all important	3%	1	3%	1	0%	0	3%	1	3%	1	0%	0	0%	0	3%	1	0%	0	0%	0	5
2	3%	1	3%	1	0%	0	3%	1	9%	3	6%	2	0%	0	9%	3	3%	1	0%	0	12
3	19%	6	16%	5	19%	6	13%	4	22%	7	19%	6	6%	2	22%	7	6%	2	3%	1	46
4	47%	15	31%	10	31%	10	28%	9	34%	11	38%	12	13%	4	34%	11	41%	13	50%	16	111
Extremely important	28%	9	47%	15	50%	16	53%	17	31%	10	38%	12	81%	26	31%	10	50%	16	47%	15	156

	Healthy food		Educational opportunities		Employment opportunities		Medical care		Public health programs		Affordable housing		Safe drinking water/clean air		Affordable transportation options		Open/green space		Recreational opportunities		Total (N Value)
	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	
<b>Large</b>																					
Not at all important	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0
2	10%	1	0%	0	0%	0	0%	0	10%	1	0%	0	0%	0	0%	0	0%	0	0%	0	2
3	20%	2	20%	2	10%	1	10%	1	20%	2	20%	2	10%	1	20%	2	0%	0	10%	1	14
4	20%	2	20%	2	30%	3	40%	4	20%	2	30%	3	40%	4	50%	5	60%	6	40%	4	35
Extremely important	50%	5	60%	6	60%	6	50%	5	50%	5	50%	5	50%	5	30%	3	40%	4	50%	5	49

13b) How important is...

	Adequate income		Lower exposure to crime/violence/ social disorder	
	%	n = 32	%	n = 32
<b>Small</b>				
Not at all important 1	3%	1	3%	1
2	3%	1	13%	4
3	13%	4	13%	4
4	19%	6	25%	8
Extremely important 5	63%	20	47%	15
				Total (N Value)
				2
				5
				8
				12
				35

	Adequate income		Lower exposure to crime/violence/ social disorder	
	%	n = 32	%	n = 32
<b>Mid-Size</b>				
Not at all important 1	3%	1	0%	0
2	3%	1	0%	0
3	16%	5	6%	2
4	53%	17	38%	12
Extremely important 5	25%	8	56%	18
				Total (N Value)
				1
				1
				7
				29
				26

	Adequate income		Lower exposure to crime/violence/ social disorder	
	%	n = 10	%	n = 10
<b>Large</b>				
Not at all important 1	0%	0	0%	0
2	0%	0	0%	0
3	10%	1	10%	1
4	20%	2	10%	1
Extremely important 5	70%	7	80%	8
				Total (N Value)
				0
				0
				2
				3
				15





	Conduct a messaging campaign to promote healthy eating in your community		Host a community program to promote healthy eating, such as seed exchanges or cooking classes		Improve healthy eating in schools by promoting healthy eating resources, programs, and best practices		Increase access to fresh foods through a farmers market and community gardens		Improve access to emergency food by supporting food pantries and enrollment in SNAP/WIC programs		Update ordinances, zoning, and land use policies to allow better opportunities for backyard agriculture		Improve the food retailer landscape by incentivizing new grocery stores or limiting the density of unhealthy food retailers		Adopt a city plan to improve access to healthy food		Implement new worksite wellness strategies around healthy food for city employees		
	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	%	n = 32	
<b>Mid-Size</b>																			Total (N Value)
Not at all effective	3%	1	6%	2	6%	2	3%	1	0%	0	6%	2	13%	4	9%	3	3%	1	16
2	25%	8	13%	4	3%	1	9%	3	9%	3	16%	5	16%	5	19%	6	16%	5	40
3	34%	11	38%	12	34%	11	16%	5	19%	6	28%	9	25%	8	19%	6	25%	8	76
4	31%	10	41%	13	38%	12	38%	12	38%	12	22%	7	28%	9	34%	11	44%	14	100
Extremely effective	3%	1	3%	1	19%	6	31%	10	31%	10	22%	7	9%	3	13%	4	13%	4	46
Unsure	3%	1	0%	0	0%	0	3%	1	3%	1	6%	2	9%	3	6%	2	0%	0	10

	Conduct a messaging campaign to promote healthy eating in your community		Host a community program to promote healthy eating, such as seed exchanges or cooking classes		Improve healthy eating in schools by promoting healthy eating resources, programs, and best practices		Increase access to fresh foods through a farmers market and community gardens		Improve access to emergency food by supporting food pantries and enrollment in SNAP/WIC programs		Update ordinances, zoning, and land use policies to allow better opportunities for backyard agriculture		Improve the food retailer landscape by incentivizing new grocery stores or limiting the density of unhealthy food retailers		Adopt a city plan to improve access to healthy food		Implement new worksite wellness strategies around healthy food for city employees		
	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	%	n = 10	
<b>Large</b>																			Total (N Value)
Not at all effective	10%	1	10%	1	0%	0	10%	1	0%	0	0%	0	20%	2	10%	1	0%	0	6
2	10%	1	0%	0	10%	1	0%	0	0%	0	10%	1	10%	1	10%	1	10%	1	6
3	10%	1	50%	5	0%	0	0%	0	30%	3	30%	3	30%	3	30%	3	10%	1	19
4	60%	6	30%	3	60%	6	40%	4	0%	0	30%	3	10%	1	10%	1	50%	5	29
Extremely effective	10%	1	10%	1	30%	3	50%	5	70%	7	30%	3	30%	3	40%	4	30%	3	30
Unsure	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0

20) Now regarding physical activity... If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).

	Conduct a messaging campaign to promote physical activity in your community		Offer free or low-cost community sports programs and fitness events		Improve physical activity in schools by promoting physical activity resources, programs, and best practices		Increase walking and biking infrastructure in your community		Identify areas in your community that need improved active transportation connections and options		Update ordinances, zoning, and land use policies to promote public safety while recreating outdoors (new subdivisions are required to have sidewalks/lighting, etc.)		Implement new worksite wellness strategies around physical activity among city employees		Establish places to recreate such as parks, pools, recreation facilities, or joint-use agreements with schools		Earn a national or state designation for promoting health (ex: Bicycle Friendly Community, Age-Friendly Community, etc.)		
	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 30	
<b>Small</b>																			Total (N Value)
Not at all effective	10%	3	3%	1	6%	2	6%	2	10%	3	13%	4	19%	6	0%	0	23%	7	28
2	16%	5	3%	1	0%	0	3%	1	10%	3	10%	3	13%	4	3%	1	7%	2	20
3	19%	6	16%	5	32%	10	13%	4	16%	5	23%	7	23%	7	16%	5	17%	5	54
4	26%	8	26%	8	16%	5	19%	6	13%	4	23%	7	19%	9	32%	10	27%	8	65
Extremely effective	19%	6	42%	13	32%	10	52%	16	42%	13	29%	9	3%	1	42%	13	20%	6	87
Unsure	10%	3	10%	3	13%	4	6%	2	10%	3	3%	1	13%	4	6%	2	7%	2	24

	Conduct a messaging campaign to promote physical activity in your community	Offer free or low-cost community sports programs and fitness events	Improve physical activity in schools by promoting physical activity resources, programs, and best practices	Increase walking and biking infrastructure in your community	Identify areas in your community that need improved active transportation connections and options	Update ordinances, zoning, and land use policies to promote public safety while recreating outdoors (new subdivisions are required to have sidewalks/lighting, etc.)	Implement new worksite wellness strategies around physical activity among city employees	Establish places to recreate such as parks, pools, recreation facilities, or joint-use agreements with schools	Earn a national or state designation for promoting health (ex: Bicycle Friendly Community , etc.)
<b>Mid-Size</b>	% n = 32	% n = 32	% n = 32	% n = 32	% n = 32	% n = 32	% n = 32	% n = 32	Total (N Value)
Not at all effective 1	6%	0%	0%	0%	0%	3%	0%	13%	4
2	9%	0%	3%	0%	3%	0%	0%	6%	2
3	25%	6%	25%	3%	9%	9%	6%	25%	8
4	47%	66%	41%	25%	31%	38%	13%	28%	9
Extremely effective 5	13%	28%	25%	69%	53%	50%	78%	25%	8
Unsure	0%	0%	6%	3%	3%	0%	3%	3%	1
									8



23) Lastly, mental health... If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).

	Conduct a messaging campaign to destigmatize mental health and increase awareness of local mental health resources		Offer suicide prevention trainings for individuals and organizations in your community		Host a reoccurring community event that promotes social connection for a vulnerable demographic, such as lunches for the elderly		Improve mental health in schools by promoting mental health resources, programs, and best practices		Promote the safe use and disposal of medications		Implement a program or event to promote safe use of guns		Enact or support policies that reduce access to addictive substances, such as limiting the density of alcohol outlets		Implement new worksite wellness strategies around mental health among city employees		Beautify, enhance, or create a section of the community that promotes social gathering and connection		
	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	
<b>Small</b>																			Total (N Value)
Not at all effective 1	6%	2	6%	2	10%	3	6%	2	3%	1	6%	2	16%	5	10%	3	0%	0	20
2	6%	2	6%	2	13%	4	6%	2	6%	2	0%	0	6%	2	6%	2	3%	1	17
3	26%	8	19%	6	6%	2	23%	7	26%	8	29%	9	32%	10	29%	9	10%	3	62
4	23%	7	26%	8	26%	8	19%	6	16%	5	19%	6	10%	3	13%	4	23%	7	54
Extremely effective 5	29%	9	32%	10	39%	12	35%	11	39%	12	35%	11	26%	8	29%	9	58%	18	100
Unsure	10%	3	10%	3	6%	2	10%	3	10%	3	10%	3	10%	3	13%	4	6%	2	26

Mid-Size	Conduct a messaging campaign to destigmatize mental health and increase awareness of local mental health resources		Offer suicide prevention trainings for individuals and organizations in your community		Host a reoccurring community event that promotes social connection for a vulnerable demographic, such as lunches for the elderly		Improve mental health in schools by promoting mental health resources, programs, and best practices		Promote the safe use and disposal of medications		Implement a program or event to promote safe use of guns		Enact or support policies that reduce access to addictive substances, such as limiting the density of alcohol outlets		Implement new worksite wellness strategies around mental health among city employees		Beautify, enhance, or create a section of the community that promotes social gathering and connection		Total (N Value)		
	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 30	%	n = 31	%	n = 31	%	n = 31	%	n = 31	%	n = 31	
Not at all effective 1	3%	1	0%	0	0%	0	0%	0	0%	0	0%	0	10%	3	0%	0	0%	0	0%	0	4
2	0%	0	0%	0	3%	1	3%	1	3%	1	10%	3	13%	4	0.1%	2	0%	0	0%	0	11
3	19%	6	23%	7	13%	4	23%	4	7	29%	9	16%	5	26%	8	16%	5	16%	5	58	
4	45%	14	39%	12	45%	14	30%	14	9	32%	10	32%	10	32%	10	29%	9	29%	9	99	
Extremely effective 5	29%	9	32%	10	35%	11	43%	11	13	29%	9	26%	8	29%	9	55%	17	55%	17	98	
Unsure	3%	1	6%	2	3%	1	0%	1	0	0%	0	0%	1	6%	2	0%	0	0%	0	8	

	Conduct a messaging campaign to destigmatize mental health and increase awareness of local mental health resources		Offer suicide prevention trainings for individuals and organizations in your community		Host a recurring community event that promotes social connection for a vulnerable demographic, such as lunches for the elderly		Improve mental health in schools by promoting mental health resources, programs, and best practices		Promote the safe use and disposal of medications		Implement a program or event to promote safe use of guns		Enact or support policies that reduce access to addictive substances, such as limiting the density of alcohol outlets		Implement new worksite wellness strategies around mental health among city employees		Beautify, enhance, or create a section of the community that promotes social gathering and connection		Total (N Value)
	%	n = 9	%	n = 9	%	n = 9	%	n = 9	%	n = 9	%	n = 9	%	n = 9	%	n = 9	%	n = 9	
<b>Large</b>																			
Not at all effective 1	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0
2	0%	0	0%	0	0%	0	0%	0	22%	2	11%	1	22%	2	11%	1	0%	0	6
3	50%	3	11%	1	0%	0	11%	1	22%	2	11%	1	33%	3	22%	2	0%	0	13
4	44%	4	56%	5	33%	3	33%	3	0%	0	22%	2	11%	1	33%	3	56%	5	26
Extremely effective 5	22%	2	33%	3	67%	6	44%	4	56%	5	44%	4	22%	2	33%	3	44%	4	33
Unsure	0%	0	0%	0	0%	0	11%	1	0%	0	11%	1	11%	1	0%	0	0%	0	3