



# HEALTHY UTAH COMMUNITY

## Healthy Utah Community Criteria

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

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

### 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 improving community health. Applicants may use a letter template provided by Get Healthy Utah.

#### 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 should:

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

#### 3. IMPLEMENT HEALTH STRATEGIES (required):

- Implement evidence-based health strategies across 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. Identify community health needs and choose additional health strategies to implement over the next three years. Fulfillment of this 3-year health plan will qualify a community for redesignation. Applicants may use a template provided by Get Healthy Utah.

**Ready to Apply?** Contact us at [info@gethealthyutah.org](mailto:info@gethealthyutah.org) to request a fillable application. Visit [www.GetHealthyUtah.org/HealthyUtahCommunity](http://www.GetHealthyUtah.org/HealthyUtahCommunity) for additional resources.



## MAINTAINING THE DESIGNATION

The **Healthy Utah Community** designation lasts for three years. Redesignation will be awarded if the community fulfilled 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 oversee the fulfillment of the community health plan, and play 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 and city council.  
Please personalize the following template to best reflect your commitment to promoting community health.

<<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. As the mayor and city council, we understand that health is foundational to a high-quality of life. We are committed to promoting community health and providing all residents with the opportunity 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, mental health resources, and opportunities to be physical active. 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. We look forward to fulfilling our 3-year community health plan.

As the elected leadership of our community, we understand that decisions made by local government have the potential to improve lives and community wellbeing. We are excited and committed to uphold health as a key priority during our administration and leadership.

Sincerely,

<<Mayor Name>>

<<Mayor Signature>>

<<Chair of the Council>>

<<Chair Signature>>

# 2. HEALTH COALITION

## Coalition Information

Establish a coalition of diverse stakeholders (or identify one that already exists) to oversee the task of earning and maintaining the Healthy Utah Community designation. 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, 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

## Requirements

Communities must implement strategies from each of the following categories: **Active Living, Access to Healthy Food, and Mental Health.** The number of strategies required depends on the population 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)

Strategies may come from the recommended strategy list on the next page, the statewide [Menu of Services](#), or be a strategy of your own choosing.

#	Strategy Implemented	Summary of Efforts
<b>Small Community (3)</b>		
1	Category: Strategy:	
2	Category: Strategy:	
3	Category: Strategy:	
<b>Mid-Sized Community (6)</b>		
4	Category: Strategy:	
5	Category: Strategy:	
6	Category: Strategy:	
<b>Large Community (9)</b>		
7	Category: Strategy:	
8	Category: Strategy:	
9	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
- 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:

# 4. COMMUNITY HEALTH PLAN

## Community Information

**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 when prompted and review the results.
- Review community input. Potential resources include city/town meetings, the [USU Wellbeing Survey](#), or data from a community needs assessment conducted by your local health department.

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

**Which demographic groups are experiencing the worst health outcomes? Consider race/ethnicity, age, geographic location, gender, etc. What factors might be 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, and a brief summary report is submitted.*