

**A Healthier You**

**WORKSITE**

**SCHOOL**

**COMMUNITY**

**CAMPUS**

**Legacy Awards**







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# Introduction

A Healthier You Legacy Awards Program is a collaborative effort of the Utah Department of Health, Utah Division of Substance Abuse and Mental Health, and community partners. It is a unique program that started as part of the Salt Lake 2002 Olympic Winter Games.

The Program recognizes the efforts of communities, schools, and worksites to increase opportunities for their constituents to participate in the following areas: general community, nutrition, safety, physical activity, preventive services and healthy behaviors. A Healthier You Legacy Awards Program, with input from many state and local experts, has developed site specific criteria for policies, infrastructure, and outcomes at bronze, silver, gold and platinum levels.

**The Healthy Community Awards Program** recognizes the outstanding achievements of cities/towns in implementing health-related policies and ensuring healthy community environments that encourage and support residents and public employees in making healthy choices.

**The Gold Medal Schools Awards Program (GMS)** recognizes Utah's schools that create opportunities for students to eat healthy, be active, and stay tobacco-free.

**The Healthy Worksite Awards Program** recognizes the outstanding achievements of businesses in implementing worksite health promotion programs, including on-site policies and work environments that support healthy lifestyles. The Utah Council for Worksite Health Promotion (UCWHP), formerly the Governor's Council on Health and Fitness, administers the awards.



# How To Get Started & Apply For The Awards:

1. Go to the website for details: [www.health.utah.gov/ahy](http://www.health.utah.gov/ahy)
2. Review the Award requirements and pick the level that you'll be working towards. Award Levels are:

Bronze

Silver

Gold

Platinum

3. Identify which criteria you'll be working on (details on website, each group has unique criteria so make sure and print the appropriate form)
4. After completion of award requirements, submit completed application with the handling fee.



# Healthy Community Award

The Healthy Community Award Program (HCAP) recognizes the outstanding achievements of cities/towns in implementing health-related policies and ensuring healthy community environments. It acknowledges efforts to encourage public employees and residents to make healthy choices.

## Award Criteria

- B**  
Bronze
- Bronze: A city/town must: complete 3 policy criteria from any of the 5 focus areas (General Community, Healthy Behaviors, Safety, Nutrition, and Physical Activity), 3 infrastructure criteria, and measure 2 outcomes.
- Total:      3 policy                      3 infrastructure                      2 outcomes
- S**  
Silver
- Silver: A city/town must: maintain Bronze status in policy, infrastructure and outcomes and complete 4 more policy criteria from any of the 5 sections, 4 more infrastructure criteria, and measure 1 more outcome.
- Total:      7 policy                      7 infrastructure                      3 outcomes
- G**  
Gold
- Gold: A city/town must: maintain Silver status in policy, infrastructure and outcomes and complete 5 more policy criteria from any of the 5 sections, 5 more infrastructure criteria, and measure 1 more outcome.
- Total:      12 policy                      12 infrastructure                      4 outcomes
- P**  
Platinum
- Platinum: A city/town must: maintain Gold status in policy, infrastructure and outcomes and complete 4 more policy criteria from any of the 5 sections, 6 more infrastructures, and measure 1 more outcome.
- Total:      16 policy                      18 infrastructure                      5 outcomes

## Partners:





## Category Definitions

Policy	Infrastructure	Outcomes
Written & monitored city/town policies, procedures or ordinances	Basic facilities, equipment, resources and environmental supports provided in/by the city/town	Expected changes that will result from the implementation of the program/activity and methods to measure progress*

## Award Criteria Samples\*

Criteria	Policy	Infrastructure	Outcomes
General Community	Official proclamation or resolution to participate in HCAP by Mayor, city manager, and/or city or community council	Community-wide health coalition addressing each of the 5 health topic areas in HCAP	Increase number of hits and unique users to health-related resources on city/town web site
Nutrition	Policy requiring healthy food and beverage choices in city/town and county-owned/managed facilities and at city/town-sponsored functions	Municipal facilities (including recreational facilities) are free of advertising for unhealthy food items	Increase number of residents using Community Gardens
Safety	Policy encouraging bike-board-blade helmets for all users	Existence of bike lanes	Increase number of marked bike lanes
Physical Activity	Develop and adopt a master transportation plan that promotes active lifestyles	Improve signage and informational materials that promote trails, bike-board-blade parks, etc.	Increase percent of residents who walk or ride a bike for transportation
Healthy Behaviors	Ordinance prohibits smoking in parks and outdoor recreation facilities	Enforcement of policy prohibiting smoking in parks and recreation facilities	All parks and outdoor recreation facilities are smoke-free

*\*For complete criteria visit our web site.*



# Healthy School Award

This award program recognizes the outstanding achievements of schools in implementing health-related policies and ensuring healthy school environments. It acknowledges efforts to facilitate and encourage staff and student health. The program creates opportunities for students to eat healthy, be active, and stay tobacco free. For more information about Gold Medal Schools please visit [www.hearthishighway.org/gms](http://www.hearthishighway.org/gms).

## Award Criteria

**B**

Bronze

**Bronze:** Must complete the following six criteria: 1) write policy supporting 90-150 minutes of structured physical activity each week, 2) teach the State Office of Education (SOE) Nutrition Curriculum, 3) walk the gold medal mile, 4) promote Safe Routes to School by developing student neighborhood access plan and map, and 5) complete the Heart Health Survey.

**S**

Silver

**Silver:** Must continue implementing the Bronze level and complete the following four Silver criteria: 1) Offer one health related event per year that is coordinated by PTA/PTO, 2) implement staff and wellness activities, 3) offer a variety of competitive and non-competitive physical activity programs, and 4) choose and complete three options from the criteria menu.

**G**

Gold

**Gold:** Must continue implementing the Bronze, Silver and complete the following four Gold criteria: 1) Ensure all PreK-12 physical education courses be overseen by a PE specialist, 2) write policy to disallow food rewards, 3) complete four of the nine options from the Changing the Scene Program, and 4) choose and complete two options from the criteria menu.

**P**

Platinum

**Platinum:** Must continue implementing the Bronze, Silver, Gold and complete the following five Platinum criteria: 1) strengthen school community council, 2) write policy requiring that healthy food choices be available at school events, in vending machines and at school stores and other venues, 3) plan year-long staff/faculty wellness program, 4) involve families and communities in program, and 5) Write policy requiring recess before lunch or allowing adequate eating time at lunch.

**PF**

Platinum Focus

**Platinum Focus:** Must continue implementing Bronze, Silver, Gold, Platinum and one "Focus" health topic each year.

## Partners:





## Category Definitions

Policy	Infrastructure	Outcomes
Written and monitored school policies, procedures or ordinances	Basic facilities, equipment, resources and environmental supports provided in/by the school	Expected changes that will result from the implementation of the program/activity

## Award Criteria Samples\*

Criteria	Policy	Infrastructure	Outcomes
Nutrition	Policy that food is not to be used as a reward or punishment for students	Participates as a team nutrition school	Create healthy environment for students, faculty and staff
Safety	Policy for Safe Routes to school	Participates in Walk Your Child to School Day	Parents, students, and school employees will be aware of and utilize the "Safe Routes" map
Physical Activity	Teaches SOE PE Core Curriculum, including 90 minutes of physical activity per student per week	Has a Gold Medal Mile Track and goal for each student to walk at least one mile a week	A baseline assessment is conducted to determine policy and environmental supports
Healthy Behaviors	Methods to ensure awareness and compliance with tobacco policy	Has signs and decals to declare school tobacco free zones	Signs will communicate the no tobacco policy on school grounds to students, employees, parents and visitors

*\*For complete criteria visit our web site.*



# Healthy Worksite Award

This award program recognizes the outstanding achievements of businesses in implementing employee health promotion and wellness programs. It acknowledges efforts to facilitate and encourage employee health, enhance productivity, and ensure healthy work environments.

## Award Criteria

- B**  
Bronze Must have a health promotion program with employee health and wellness as the underlying goal. Complete one item in each criteria section (General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity). One of the accomplishments must be in the policy category.
- S**  
Silver Program must be available to all employees. Program must have a budget. Complete two items in each section (General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity), including one in the policy category and one in the infrastructure category.
- G**  
Gold Program must be available to all employees and spouses. Program must have a mission statement and a budget. Must complete three activities in each section (General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity). At least one accomplishment must be under policy, one under infrastructure, and one under the outcome categories.
- P**  
Platinum Program must be in operation a minimum of 5 years, is available to all employees and spouses, and have a mission statement and a budget. Complete four activities in each section (General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity). There must be at least two accomplishments under policy, two under infrastructure, and two under the outcome categories.

## Partners:



Utah  
Department  
of Health



## Category Definitions

Policy	Infrastructure	Outcomes
Written and monitored company policies, procedures and environmental supports	Basic facilities, equipment, resources and environmental supports provided in/by the company	Expected changes that will result from implementation of the program/activity

## Award Criteria Samples\*

Criteria	Policy	Infrastructure	Outcomes
General Worksite	Mission Statement	Wellness Committee (made up of representatives of each dept. in the company)	Use a Health Risk Appraisal or other health tool to measure the status of employees
Nutrition	Written policy on offering healthy food and beverage choices in cafeterias, etc.	Promotes heart-healthy messages (nutritious eating, etc.) to employees	Behavior change as measured by employee survey (i.e., increased fruit and vegetable consumption)
Safety	Seat belt use policies for driving or riding in company-owned vehicles	Seat belt/helmet signage in parking lots	Behavior change as measured by employee survey (i.e., increased safety belt usage)
Preventive Services	Recommended prevention services costs are covered by company or insurance provider	Provided and promotes to employees information on medical self-care	Behavior change: Employees receive recommended screenings
Physical Activity	Physical activity time release policy (i.e. flextime or an adjusted work schedule to exercise)	Promotes stair usage	Behavior change as measured by employee survey (i.e., increased physical activity levels)
Healthy Behaviors	Written policy on a smoke-free working environment	Provides Employee Assistance Programs (EAP's)	Behavior Change as measured by employee survey (i.e., tobacco use decrease by employees)

*\*For complete criteria visit our web site.*



[www.health.utah.gov/ahy](http://www.health.utah.gov/ahy)