

# HEALTHY UTAH COMMUNITY

## Healthy Utah Community Criteria

To qualify for the **Healthy Utah Community** designation program, all cities/towns must have a **community coalition** and at least **6 other strategies** (listed below). You must have at least one strategy from each of the 4 categories- Collaboration, Access to Healthy Food, Active Living, and Mental Health. Applicants must also complete the essay questions below.

### My community has:

#### COMMUNITY COALITION (required):

- A coalition made up of diverse stakeholders that actively work to improve the health of the community

#### COLLABORATION (must have at least one strategy):

- A relationship with the local health department
- A resource page on our website to assist in accessing healthy food, physical activity, and mental health resources
- Health-related objectives in our general plan
- Utilized and implemented strategies from an existing community health needs assessment
- A moderate income housing plan
- Coordinated with the UDOT Move Utah Program to move active transportation planning and implementation efforts forward
- Coordinated with Bike Utah on the 1,000 Miles Campaign

#### ACTIVE LIVING (must have at least one strategy):

- A written guideline that promotes active transportation/physical activity for city employees
- Free and/or low-cost community sports/fitness programs for adults and children
- Signage for "healthy" parking spots at city/town facilities
- Conducted a walkability audit
- Connected walking and biking trails
- Provided guidance on joint-use agreements for facilities in our community that can be used for physical activity
- An active transportation plan
- An ordinance that requires new subdivisions to provide sidewalks and lights
- Wayfinding signage that promotes active transportation

#### ESSAY QUESTIONS:

1. Explain how your community addresses health equity by ensuring that all members of the community have the opportunity to be healthy? (250 words or less)
2. Does your general plan address healthy eating, physical activity, and mental health? If so, how? (200 words or less)
3. What is the biggest success your healthy community coalition has had in the past year? (200 words or less)
4. How will your healthy community coalition grow in the next year? (200 words or less)

#### ACCESS TO HEALTHY FOOD (must have at least one strategy):

- A farmers market that accepts SNAP benefits
- Provided financial incentives for a grocery store to locate in an underserved area
- A community garden
- A written requirement addressing healthy food and beverage choices in city/town-owned/managed facilities
- A written requirement addressing healthy food and beverage choices at city/town-sponsored functions
- Encouraged store owners to limit marketing of unhealthy food in corner stores and grocery stores

#### MENTAL HEALTH (must have at least one strategy):

- Offered Question, Persuade, Refer (QPR) trainings
- At least one evidence-based program or initiative that provides education, awareness, and training to community members around mental health
- Promoted the use of the SafeUT app in schools and other community centers
- Medication disposal services, locations, or programs
- Gun locks available for free for community members

## Ready to Apply?

We are excited that your community is prioritizing health and interested in applying for the **Healthy Utah Community** designation program! Before completing an application, make sure your community meets the criteria below.

1. My community has a **community coalition**.
2. My community has done at least **1 collaboration strategy**.
3. My community has done at least **1 access to healthy food strategy**.
4. My community has done at least **1 active living strategy**.
5. My community has done at least **1 mental health strategy**.
6. My community has done at least **2 other strategies for a total of 7 strategies**.
7. The city/town **Mayor approves submitting the application**.

Not sure your city/town currently qualifies, but want to learn more? Contact us at [info@gethealthyutah.org](mailto:info@gethealthyutah.org)  
Designation valid for 3 years

APPLY TODAY AT

[www.GetHealthyUtah.org/HealthyUtahCommunity](http://www.GetHealthyUtah.org/HealthyUtahCommunity)

