



Fall 2008

A Healthier You Legacy Awards Program is a collaborative effort of the Utah Department of 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, worksites, and college campuses to increase opportunities for their constituents to participate in five health-enhancing areas: nutrition, physical activity, healthy behaviors, safety, and preventive services.

A Healthier You Legacy Awards Program, with input from many state and local experts, has developed specific criteria for **policies** (written and monitored city/town policies, procedures or ordinances), **infrastructure** (basic facilities, equipment, resources and environmental supports provided in/by the city/town), and **outcomes** (expected changes that will result from the implementation of the program/activity and methods to measure progress) at bronze, silver, gold, and platinum levels. For more information, visit [www.health.utah.gov/ahy](http://www.health.utah.gov/ahy)

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

#### GOLD

■ **Orem City** supports healthy food choices at sports and recreational facilities by requiring contract vendors to provide healthier items. They have improved sidewalks to be in compliance with ADA requirements. Modifications have been made to the meal selections provided at the Orem Senior Center where healthier options and more reasonable portions are now offered. They enforce their city ordinance prohibiting smoking in parks and recreation facilities and post signage to remind visitors about the ordinance. The city's recreation department co-sponsored a safe bike/board/blade riding event with a local skateboard store.

■ **Price City** has established a General Plan that improves parks and trails and recreational areas to promote active lifestyles and to link the communities with trails for cyclists, pedestrians and equestrian. They formed a Wellness Council to coordinate city/county wide health initiatives, such as the very successful Community Walks earlier this year where residents followed the provided maps on eight – one to six mile trails. City policies require healthy food and drink options for city functions. Price also supports a Farmers Market in downtown Price and a Community Garden where Price City provides the location, seeds, water and supervision; and the produce goes to the local food bank. Also, the city developed a "Tobacco Cessation" assistance program for city employees and dependents.

■ **Richmond City** successfully petitioned UDOT for a stoplight, controlled crosswalk and sidewalk funding for the intersection of Main Street and Utah State Highway 91. This change particularly affects both children and teachers who must cross from the west side of Highway 91 to schools they need to access on the east side of the highway. The steady increase in "hits" on the city website includes increased use of health links and dissemination of information on emergency services.

■ **St. George** has initiated a twice-monthly "Walks with the Mayor" that feature different trails in the community. Trails are also being promoted through publication of a map of the entire St. George trail system, as well as frequent promotion of the trails in the local newspaper and other publications. As part of a redesign of the city website, health-related links were added and a sharp increase in website "hits" was observed. St. George now has three additional schools participating in the Gold Medal Schools Program.

## **SILVER**

■ **Hooper City** has two elementary schools in the Gold Medal Schools program, and Freedom Elementary advanced to Platinum level. New walking and bike paths were added this year as part of the ongoing master trail plan. Community walks continue the "Walk with the Mayor" initiative to make residents more aware of existing walking trails and encourage physical activity together. More residents now use the trails and ride bicycles to work and for recreation. Hooper was the first city in Weber County to establish tobacco-free parks and outdoor recreation facilities.

■ **Magna Township** offers healthier snacks such as dried fruit snacks and fresh fruit as well as bottled water at Magna public facilities thanks to a Salt Lake County Mayor's Executive Order. At the Magna Recreation Center, for the first six months of 2008 the number of passes sold has increased by 11%, and Center usage is up 12%. For the Magna-Kennecott Pool programs, Open Plunge Passes are up 48%, pool rental participation has risen 35%, water aerobics are up 26% and the Summer Triathlon Program is up 24%.

■ **Midway City** has an ordinance in place that prohibits any tobacco products, alcoholic beverages or controlled substances in any park or trail within the city. The Wasatch Co. Health Dept. helped to sponsor a National Trails Day event at Wasatch Mountain State Park to bring attention to the newly developed "Gold Medal Mile" walking path leading to Huber Grove. All proposed new trails are required to connect to master planned trail system within the city. Municipal facilities are free of advertising for unhealthy food.

■ **Richfield City** has an aggressive recreation program with adult soccer, a tennis league, and family track and swim programs in 4 parks, 40 acres of park land, and many recreation facilities and trails. They participated in the TV-Turnoff Week and established an 8-week Family Fitness Funathlon, Holiday Health Challenge, Milestone Club, and four running events. Richfield City parks are now tobacco-free and new city policies increased healthy vending and concession items.

## **BRONZE**

■ **Holladay City** has a master plan that improves the pedestrian environment by improving retail visibility and accessibility, improving vehicular traffic movements, and providing a social gathering opportunity. The plan also creates linkages to trails and green spaces by accommodating and promoting mass transit. Over 50% of the city's schools participate in the Gold Medal Schools initiative, with two new schools joining this year. Each year, the city sponsors a "Heart of Holladay" 5K race.

■ **North Logan City** signed a resolution to participate in the Healthy Community Award Program. With help of local volunteers, two non-motorized trails were constructed in the Green Canyon area as part of National Trails Day. A master plan is being updated along with the transportation plan that promotes active lifestyles. North Logan's police department actively enforces the policy to prohibit smoking in parks and outdoor recreation facilities. The Bear River Health Department awarded North Logan City a \$500 grant for signage currently posted in city parks.