

Appendix H:
A Healthier You™ (AHY)
Program Description



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 college campuses, communities, schools, and worksites to increase opportunities for their constituents to participate in five health-enhancing areas: healthy behaviors, nutrition, physical activity, preventive services, and safety. 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 Campus Award serves to recognize the achievements of college and university campuses in promoting, protecting, and improving the health and well-being of students through the implementation of science-based environmental and behavioral change strategies.

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.



Online Services

Agency List

Business

Google™ Custom Search

Search



health • utah • gov

| News | A to Z Index | Health Data | FAQs | Training | Local Health

A HEALTHIER YOU™

LEGACY AWARDS

[Home](#)[Campus](#)[Community](#)[School](#)[Worksite](#)[Award Winners](#)[Resources](#)

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 college campuses, communities, schools, and worksites to increase opportunities for their constituents to participate in five health-enhancing areas: healthy behaviors, nutrition, physical activity, preventive services, and safety. 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.

Each site-specific page in the left menu contain the award criteria and application instructions. You can also view the [2006 award winners](#) for each site.

Why AHY is needed:

- Over half of all Utah adults are overweight or obese.
- Only one out of five Utah adults eat five or more fruits and vegetables each day.
- Almost 50% of Utah adults get insufficient physical activity.
- About 17% of Utah adults report no leisure time physical activity.
- In 2006, 22.5% of all elementary students were at an unhealthy weight. More boys were overweight at every Grade.
- In 1994, 16.9% of 3rd Graders were at an unhealthy weight. In 2006, 21.8% of 3rd Graders were at an unhealthy weight. This represents a 67% increase.
- If the number of elementary school students at an unhealthy weight continues to increase at the current rate, in ten years a total of 30.3% of elementary school students will be at an unhealthy weight.
- Utah ranked eleventh highest in the country for bicycle fatality rate between 1995 and 2004.
- Injuries are the leading cause of deaths in Utah for residents ages 1-44 years.
- Injury is the leading cause of years of potential life lost in Utah.
- On average, 1,300 Utah residents die, 10,400 are hospitalized, and 181,100 are treated in emergency departments because of injury each year.
- Approximately 1,100 Utahns die each year from smoking-related diseases.
- The Utah economy loses \$530 million to smoking attributable medical and productivity costs each year.

Information Sources:

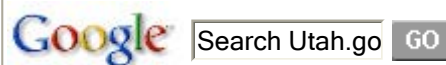
- [Obesity in Utah Web Site](#)
- [Utah Bicycle Injury Facts, 1994-2004 Bicycle Injury Data](#)
- [2001-2005 Utah Injury Data](#)
- [Tobacco Prevention and Control in Utah Sixth Annual Report, August 2006](#)

[Partners](#) | [History](#) | [Contact Us](#)

Send comments about this site to the [Web Associate](#). Please include the web site name in the subject line.
Special thanks to Clipart.com © 2003 for the use of their images.

[UDOH Home](#) | [Contact UDOH](#) | [About UDOH](#) | [UDOH A-Z Index](#) | [UDOH Use Disclaimer](#) | [UDOH Privacy Policy](#) | [Utah.gov Accessibility Policy](#)
Copyright © Utah Department of Health ~ State of Utah ~ All rights reserved.

Can't find it? Try the Search Utah.gov feature below.



[Online Services](#)[Agency List](#)[Business](#)[Google™ Custom Search](#)[Search](#)[| News | A to Z Index | Health Data | FAQs | Training | Local Health](#)

A HEALTHIER YOU™ LEGACY AWARDS

[Home](#)[Campus](#)[Community](#)[School](#)[Worksite](#)[Award Winners](#)[Resources](#)

Most of us will never be at an Olympian level of health, but we can achieve some sort of optimal health of our own. The Olympics have not been used for that before. Scott Williams, Former Utah Department of Health Executive Director

Hosting the 2002 Olympic Winter Games meant bringing the world's greatest athletes together. For many Utah residents, it also means using the Games as motivation to embrace lives of health and wellness. To help Utahns do this, the Salt Lake Organizing Committee for the Olympic Winter Games of 2002 (SLOC) launched the first Olympic health initiative, A Healthier You 2002.

In the beginning, partnering health agencies identified goals that were synergistic with the Olympics and personal health. Five categories of health were established: healthy behaviors, nutrition, physical activity, prevention, and safety. A Healthier You 2002 then developed six activities people can participate in: Gold Medal Mile, Rx for Improved Health, Fitness Success Stories, Nutrition Tracker, Healthy Behaviors Tracker, and The Spirit of Safety "Wear-It" card.

The Legacy of A Healthier You 2002 continues after the 2002 Games. The program was developed to ensure that future Olympic and Paralympic organizing committees will carry on the legacy of health which A Healthier You 2002 established.



This program creates an energy and enthusiasm for adults in Utah to be healthy and captures the spirit associated with the Games. It provides a great legacy of health for Utahns and for future Olympic Games. Kim Wirthlin, University of Utah Health Sciences Center assistant vice president for legislative and public affairs

Send comments about this site to the [Web Associate](#). Please include the web site name in the subject line.
Special thanks to Clipart.com © 2003 for the use of their images.

[UDOH Home](#) | [Contact UDOH](#) | [About UDOH](#) | [UDOH A-Z Index](#) | [UDOH Use Disclaimer](#) | [UDOH Privacy Policy](#) | [Utah.gov Accessibility Policy](#)
Copyright © Utah Department of Health - State of Utah - All rights reserved.

Can't find it? Try the Search Utah.gov feature below.

