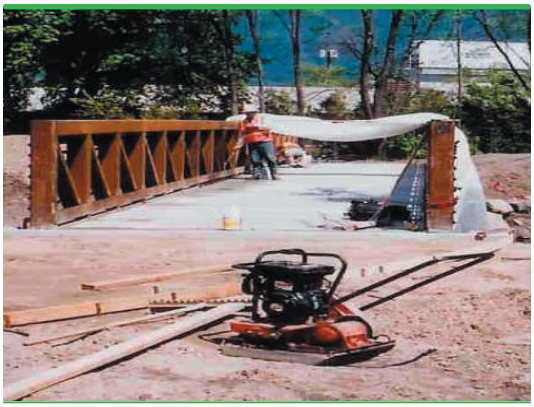
Chapter Six: Examples of Success

examples of success

Below are examples of projects which resulted in changing the environment to allow for a healthier diet and increased physical activity.

Lava Flow Trail in Santa Clara
The original sidewalk path ended abruptly, making it unsafe for school-aged children to use. The city planners and the Southwest Utah Health Department collaborated to improve safety and access by extending the trail to a major intersection. Residents and business owners say this trail has improved safety and enhanced property values. Extending this path took some coordination with the city planners and a master plan was established to further extend the trail.



Jordan River Parkway Trail
Salt Lake City
Salt Lake County and others enhanced the Jordan River Parkway Trail that winds through the county by installing trail markers and directional signs. Installing the signs and securing funding was easy to do. Individuals who use the trails said that the trails have become a huge amenity for businesses. There is a master plan for the Jordan River Trail that includes extending the trail to connect with Utah and Davis counties.

Bridge Project on the
Ogden River Parkway Trail
The Weber-Morgan Health Department and businesses partnered to improve access and connections of the Ogden trail network by installing a bridge that extended the trail an extra mile. The new bridge has helped revitalize the downtown area. Adults, couples, and families are now walking, cycling, running, and roller blading on the trails. Although the bridge was expensive ($100,000), many partners donated time and money to make it happen.

Legacy Gold Medal Miles
Legacy Gold Medal Miles comprise 40 one-mile walks throughout Utah designed to encourage Utahns to become more physically active. They were first established in 2002 for the Winter Olympics, and new sites are still being added. This started as an initiative between the Salt Lake Organizing Committee for the Olympic Winter Games of 2002 (SLOC) and 18 health organizations located in Utah. (See Appendix C for more information.)

Gold Medal School Program
Diet & Tobacco/Drug Prevention
The Gold Medal School Program encourages Utah elementary schools to promote regular physical activity, good nutrition, tobacco/drug prevention, and safe routes to school. Currently, 80 percent of school districts have at least one Gold Medal School, and one-third of all Utah elementary schools are Gold Medal Schools. Gold Medal Schools supports a non-food reward policy stating that all teachers and staff do not use food as a reward or punishment. (See Appendix D for more information.)

Gold Medal School Initiative
Physical Activity
Gold Medal Schools develop a Gold Medal Mile™ on or around their elementary school and establish a goal for student participation. Some schools use Legacy Gold Medal Miles that are close to their schools. Additionally, schools are coached to implement the Utah State Office of Education's physical education core curriculum, including 90 minutes of structured physical activity each week. (See Appendix D for more information.)

Nebo School District "De-Junked" School Vending Machines

In December 2004 the Nebo School District unanimously passed a policy requiring all middle and high school vending machines to offer at least 50 percent heathly snacks or drinks. The policy defines healthy snacks as those with 35 percent or fewer total calories from fat and 35 percent or less sugar by weight. Drink selections include milk, flavored milk, water, fruit drinks (with at least 10 percent fruit juice), and noncarbonated sports drinks with less than 42 grams of added sweetener per 20 ounces. The schools are also required to conduct campaigns on how to make healthy food choices.

Bountiful High School Received $1000 to Fight Teen Obesity

Bountiful High School was one of 50 schools nationwide to receive a first prize award of $1000 from the "2005: got milk? Healthy Schools Challenge Contest" which is jointly sponsored by the "got milk?" campaign and the National Basketball Association. The contest is designed to address teen obesity. The funds will be used for the school's GEAR-UP program that encourages teens to increase physical activity. (For more information on the "2005: got milk? Healthy Schools Challenge Contest" go to *www.whymilk.com/nba_hsc.htm*.)

Utah Department of Health Stairwell Painting Project

In May 2005 the Utah Department of Health entered into an agreement with Weber State University graphic design students to create health concious murals in the stairwells at the Cannon Health Building in Salt Lake City. The hope was that an appealing stairwell would encourage the 800 employees to choose the stairs over the elevator. The 14 students made presentations and defended their designs to the Health Department officals who selected three designs to be used in the main stairway.

Wasatch School District Established a Nutrition Policy

In July 2004 the Wasatch School District became the first Utah district to establish a nutrition policy limiting sweets and junk food. The policy requires 70 percent of all vending machine offerings to be water, milk, 100 percent fruit juices, and edibles that meet the District's minimum nutritional standards. Additionally, junk food items are priced higher than healthier options. There is a ban on vending machines in elementary and middle schools and a plan is being drafted to offer fewer processed foods and more fruits, vegetables, and low-fat and low-sugar items.

UTAH COUNCIL for Worksite Health Promotion

Utah Council for Worksite Health Promotion

The Utah Department of Health grants Healthy Worksite Awards annually to companies who meet specific goals, including healthy lifestyle changes in employees, positive changes in the worksite environment, and company policies that support healthy lifestyles. Many of the worksite health programs have a wellness committee, offer on-site healthy food options, and make tobacco cessation and stress management programs available. More information is available at *http://health.utah.gov/worksitewellness/*. (See Appendix E for a worksite evaluation form.)

ARUP Laboratories Named Utah 2005 Best Companies to Work

ARUP Laboratories promotes a healthy lifestyle and weight management to its employees by having an on-site Employee Health Clinic, a Preventive Medical Program, on-site wellness programs (such as Weight Watchers at Work), an on-site cafeteria that emphsizes healthy eating, and a Wellness Center with trained staff available 24 hours a day. For those employees who find it difficult to find time to work out, the company holds 15-minute exercise breaks which are held during the employee's daily break times. (See Appendix F for more details.)