

Do You Have What It Takes

To Be a



Community?

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CITY OF BELLEVILLE, ILLINOIS



CITY FLAG
DESIGNED BY
FREDRICK L. LANGE
JULY 6th 1964



MARK W. ECKERT, MAYOR
101 SOUTH ILLINOIS STREET
BELLEVILLE, ILLINOIS 62220-2105
(618) 233-6810

December 6, 2016

Dear Fellow Mayor,

Please consider applying to be designated as a Get Up & Go! community. Belleville is very proud to have received this recognition in 2013. I've always been a big supporter of Get Up & Go! in their work to advance the health of St. Clair County residents. Health is more than just people making good choices and going to the doctor. Communities set the stage so people can make good choices by crafting policies and building environments that support good health.

Skeptics may question the idea of communities getting involved in health. However, many of the factors that build a healthy environment also build a robust economic environment. A good example is building and maintaining good sidewalks so communities are more walkable. Walkable communities linked to business districts encourage people to spend their dollars locally. Home values are also significantly higher in neighborhoods with walking and biking trails. Hosting a farmer's market, particularly in your downtown area, draws more people to your business district, builds a community atmosphere, while helping the health of the shoppers at the market.

Belleville has been inspired by Get Up & Go! to support healthy policies and programs for our citizens and our employees. Taking the time to go through the application process also inspired our community and deepened our commitment to better health for our citizens and employees. The application process gave us ideas that we hadn't even considered before.

St. Clair County has the unfortunate distinction of having some of the worst health in the State of Illinois. As a county, we rank 93rd (out of 102 counties) in health. If our county is to flourish we MUST turn this around. As leaders of municipalities across the county, I believe we can change this. We can do it one step and one community at a time.

Please look at this application and consider applying to become a Get Up & Go! community. All those who qualify will receive signs that let people know your community cares enough to take steps to assure healthy conditions for your citizens. I believe you will find the application inspiring and informative at the very least. This year, Get Up & Go! has incentivized this initiative by awarding a \$1000 prize to the community that best exemplifies the spirit of their organization.

If you would like to talk to me more about Get Up & Go! I urge you to contact me. Otherwise members of the board of Get Up & Go! would be happy to answer your questions or even assist you with your application. Wouldn't it be great if all of our communities could be Get Up & Go! communities? Best of luck to you.

Sincerely,

Mark W. Eckert, Mayor
City of Belleville

BACKGROUND

Get Up & Go! is working to transform St. Clair County into one of the nation's healthiest counties by focusing on healthy eating and active lifestyles. Inactivity and poor diets are the driving forces behind chronic diseases like heart disease and diabetes, conditions that lead to shorter and lower quality lives.

Why Place Matters? Where we live is one of the [MOST IMPORTANT](#) factors in determining our health. The availability of healthy foods and safe, attractive public spaces for exercise make it possible for people to make healthy choices.

Why Apply? We want to recognize and reward communities that are working to [make healthy choices available](#) (page 7 Executive Summary) for their residents. Your story can inspire other communities to follow your good example.

Are you a Get Up & Go! Community? Your community may be well on its way. **Review these checklists to learn more.** Follow links to read about measures some communities have adopted to build healthier places. If you check the suggested number of boxes, we'd like you to tell us more about your policies and programs.

You may be the best of the best! This year we are pleased to announce an award program for the community in St. Clair County that BEST exemplifies the attributes of a Get Up & Go! community. Communities wishing to be considered **should submit applications by January 15, 2017.** Those who meet the requirements for a Get Up & Go! community will be announced and recognized at the next Health Policy Summit. The top community will also receive a \$1000 prize to further your work in promoting health in your community.

Instructions Review each of the checklists, marking items that apply to your community. For each item you've checked, describe it in a short narrative in the section following the checklist. Your application will be judged by these answers. Finally, complete the information and answer questions on page 17 along with a letter of support from the mayor. Save the entire document as a Word or PDF document and submit to: rarras@siue.edu. Should you have questions about the application or application process, submit these to the same email address. Good luck!!!

NOTE: Applications will ONLY be accepted as a typed Word Document submitted in electronic format. The application can be found at www.getupgo.info/communityapplication. The mayor's letter of support preferably should be scanned and sent with the application. However, the mayor's letter may also be mailed to P.O. Box 304, Belleville, IL 62220.

HEALTHY EATING POLICIES

Here are some policies that communities across the U.S. have adopted to encourage healthy eating.

What counts? These *policies* can be at the municipal level or at an institutional level. *Example:* an initiative to have healthier corner stores may be implemented by the Health Department, whereas preferentially buying and preparing locally grown foods may be an institutional policy, like at a local school district. In some cases, these policies are at the municipal level, like an organized effort to attract a new grocery store.

Policies for Healthy Eating ---- Check All that Apply

(Follow the links- underlined words- to learn more about the policies)

- [Healthy foods in public places](#)
- [Attracting supermarkets](#)
- [Locally grown food](#)
- [Smaller portion size](#)
- [Limit advertisements of unhealthy foods](#)
- [Promote healthy eating messages](#)
- [Healthy corner stores](#)
- [Supporting food pantries, farmer's market, & community gardens](#)

Get Up & Go! communities should have **two or more** healthy eating policies in place.

Are there other policies your community has adopted to promote healthy eating? List these here.

How many boxes did you check or additional policies did you list? _____ boxes and/or policies

Tell us more about your Healthy Eating Policies! Describe 2-4 healthy eating policies adopted in your community. When was the policy adopted? Where/ Who adopted the policy? Why was the policy adopted? How well has it worked/ what impact has been noted? *Please limit these answers to one additional page.* If there are other policies **NOT** on the checklist, you may also describe those.

HEALTHY EATING PROGRAMS/ SERVICES

Here are some programs/ services that communities have adopted to encourage healthy eating.

What counts? These *programs or services* can be sponsored by the municipality or sponsored by an institution like a workplace, neighborhood, school, or church.

Programs/ Services for Healthy Eating ---- Check All that Apply

Follow the links to learn more about the programs/ services

- [Community gardens](#)
- [Food co-operatives](#)
- [Farmer's market programs](#)
- [Food pantries](#)
- [Summer meal programs for youth](#)
- [Farmer's market accepting SNAP benefits \(LINK EBT\)](#)
- [Healthy food stands/ Carts](#)
- [Installing/ Repairing drinking fountains](#)
- [Nutrition courses/ Healthy cooking classes](#)
- [Healthy beverage campaigns](#)

Get Up & Go! communities should have **two or more** healthy eating programs or services in place.

Are there other programs or services your community has adopted to promote healthy eating? List here.

How many boxes did you check or additional programs or services did you list?

_____ boxes and/or policies

Tell Us More! Describe 2-4 healthy eating programs/ services that exist in your community. When was the program/ service implemented? Where is the program/ service held? Who implements the program/ service? Why was the program/ service implemented? Who benefits from the program/ service? How well has it worked/ what impact has been noted? *Please limit your answers to this section to one additional page.* If there are other programs/ services **NOT** on the checklist, you may also describe those.

ACTIVE LIVING POLICIES

Here are some policies that communities across the U.S. have adopted to encourage healthy eating.

What counts? These *policies* can be at the municipal level or at an institutional level. *Example:* a workplace may adopt a policy for flex-time for employees to exercise over lunchtime. The school district may initiate a policy to allow community access to the gymnasium or playground after school hours. Other policies pertaining to streets and sidewalks are adopted at the municipal level.

Policies for Active Living ---- Check All that Apply

Follow the links to learn more about the programs/ services

- [Complete Streets policies](#)
- [Zoning for mixed use](#)
- [Encourage use of public transportation](#)
- [Inter-connected streets](#)
- [Sidewalk policies](#)
- [Policies to encourage/ require green space](#)
- [Policies for joint-use of school playgrounds & gymnasiums](#)

Get Up & Go! communities should have **two or more** active living policies in place.

Are there other policies your community has adopted to promote active living? List those here.

How many boxes did you check or additional policies did you list? _____ boxes and/or policies

Tell Us More! Describe 2-4 active living policies adopted in your community. When was the policy adopted? Where/ Who adopted the policy? Why was the policy adopted? How well has it worked/ what impact has been noted? *Please limit your answers to this section to one additional page.* If there are other programs/ services **NOT** on the checklist, you may also describe those.

ACTIVE LIVING PROGRAMS/ SERVICES

Here are some programs/ services that communities across the U.S. have implemented to encourage active living.

What counts? These program/ services can be at the municipal level or at an institutional level. *Example:* a workplace may install bike racks so employees can bike to work. Schools may have programs for “brain breaks,” short bursts of physical activity during regular classroom sessions. Other programs or services may be organized at the community level, like organized runs or bike rides.

Program / Services for Active Living ---- Check All that Apply

Follow the links to learn more about the program/ services

- [Organized walking groups](#)
- [Bike lanes](#)
- [Concerted effort to improve walkability of community](#)
- [Programs to encourage stair use](#)
- [Parks that are well-maintained, aesthetically appealing](#)
- [Bicycle sharing programs](#)
- [Community-wide fitness campaigns](#)
- [Walking School Bus](#)
- [Bike or Walk to School Days](#)

Get Up & Go! communities should have **two or more** active living programs/ services in place.

Are there other programs/ services your community has implemented to promote active living? List those programs/ services here.

How many boxes did you check or additional programs/ services did you list?

_____ boxes and/or programs/ services

Tell Us More! Describe 2-4 active living programs/ services that exist in your community. When was the program/ service implemented? Where is this program/ service held? Who benefits? Why was the program service implemented? How well has it worked/ what impact has been noted? *Please limit your answers to one additional page.* If there are other programs/ services **NOT** on the checklist, you may also describe those.

Workforce Wellness

Workforce wellness is a combination of planned programs, policies, and environmental strategies that encourage and assist employees to reach optimal levels of health and well-being (CDC).

What counts? In this section, the answers must apply to the MUNICIPAL WORKFORCE rather than private businesses in the community.

Policies/ Programs/ Environment for Workforce Wellness ---- Check All that Apply to Your City (Over the Last 5 Years)

- Budget for wellness initiatives
- Flex-time for exercise
- Access to discounts to health clubs or reimbursement programs
- On-site resources (bike racks, equipment, shower)
- Healthy foods in vending machines/cafeteria
- No smoking on site
- Participate in national health campaigns (like Great American Smoke Out)
- Frequent health & wellness communications
- Early return to work procedures
- Encourage healthy activities
- Sponsor healthy eating programs for losing weight
- Health fairs, & screenings according to national guidelines
- Smoking cessation programs

Get Up & Go! communities should have **two or more** policies/ programs/ environmental strategies to promote wellness for their municipal workforce.

Are there other strategies you've adopted? If so, list these here.

How many boxes did you check or additional policies/ programs/ environmental strategies did you list?
_____ boxes and/or policies/ programs/ strategies

Additional Resources for Workforce Wellness

[Total Worker Health Program](#), [The CDC Worksite Health Scorecard](#), [Healthy Eating Workplace Checklist](#), [Fostering a Workplace Culture of Physical Activity](#), [Wellness Council of America](#), [Well at Work](#)

Tell Us More! Describe 2-4 active policies/ programs/ services/ environmental changes adopted to promote the health of your municipal workforce. When was the policy adopted or the program/ service/ environmental change implemented? Where is this program/ service held? Who benefits? How many employees participate (or percentage of your workforce)? Why was the program/ service/ environmental change implemented? How well has it worked/ what impact has been noted? *Please limit your answers to one additional page.* If there are other policies/ programs/ services/ environmental changes **NOT** on the checklist describe those.

Assessment & Planning

Assessment is the description or estimation of the nature, quality, or ability of someone or something (Merriam Webster). Assessment forms a solid foundation before any policy, program, or environmental change is undertaken. Assessments can be done independently or as part of another entity (like a hospital or health department). Assessments can also be formal and very structured, or informal.

Planning follows assessment and should be based on assessment findings. Sometimes what is labeled as a “plan” also contains an assessment. Examples of plans that also contain assessments are bicycle/ pedestrian plans, comprehensive plans, or Safe Routes to School Transportation plans. The act of making or carrying out plans often includes establishing goals, objectives, work-steps, and timelines. Plans can be formal and detailed, or structured and general.

Assessment and Planning Initiatives ---- Check All that Apply to Your City (Over the Last 5 Years)

- Completed or updated a [comprehensive plan](#)?
- Conducted [citizen surveys](#)?
- Conducted [key informant interviews](#)?
- Conducted [community forums](#)?
- Conducted [focus groups](#)?
- Done a walkability assessment (like [Walk Score](#))?
- Conducted [food desert analysis](#)?
- Completed or updated a [parks master plan](#)?
- Completed or updated a [bike/pedestrian plan](#)?
- Conducted or helped with school transportation plans for [Safe Routes to School](#)?
- Participated in hospital ([community benefit](#)) analysis?
- Participated in a [health department](#) community assessment?
- Participated in other community assessments by [YMCA](#), universities, or other entities?

Get Up & Go! communities should have engaged in **at least one** assessment/ planning project within the last five years. If there were others, list here:

How many boxes did you check? _____ boxes and/or other assessment/ planning projects

Describe these efforts or others listed above on the next two pages.

Comprehensive plan, or citizen surveys or citizen forums or focus groups – When were these completed/ conducted? Is there an active living/ healthy eating component? What issues in these areas were identified?

Key Informant Interviews – Which individuals were interviewed and why? Speak specifically to healthy eating/ active living issues.

Walk Score – Have you examined *Walk Scores* on areas in your municipality? What scores were revealed & what did you learn from this assessment?

Food Desert Analysis – Have you identified areas in your municipality that are food deserts? Please describe the area and issues that make it a food desert.

Parks Master Plan – If you have a parks district or parks department, do you have a master plan? When was this plan completed? Give a brief description for steps to improve parks facilities or access to parks.

Bike/ Pedestrian Plan – When was this plan completed? What assessments were done as part of this planning process? Give a brief description of steps being taken to improve bikability and walkability of your municipality?

Safe Routes to School – When was this application submitted? What issues were identified in the school transportation plan? What projects were requested as part of this application?

Health Department/ Hospital Community Benefit/ YMCA or Other Cooperative Assessments – Describe the other entity you participated with on a community assessment. When was this completed? Please comment on issues that emerged that pertain to healthy eating or active living.

About the Community

Please limit the answers to the questions below to two pages.

1. Name of City:
2. Name of Person Completing this Application:
3. Title of Person Completing this Application:
4. Contact Information for Person in Item 2
Phone Day: Phone Evening:
Email:
5. Name of Mayor:
6. Contact Information of Mayor
Phone Day: Phone Evening:
Email:
7. Approximate Population:
8. Please provide information about poverty in your community. Examples might be per capita income or percentage of people living at or below the poverty level, percentage of children in school district participating in free or reduced lunch program. Indicate source of information.
9. List key partners or collaborations that have been important in your efforts to promote healthy eating, active living, and workforce wellness.
10. Briefly outline your future plans, priorities, and hopes for healthy eating, active living, and employee wellness for your city. Describe anything else that demonstrates commitment to these areas.
11. How would you use \$1000 to improve opportunities for active living and/or healthy eating in your community?

HOW TO APPLY

Send this document along with a one-page letter of support from your mayor to: rarras@siue.edu. To be considered for the 2016 award program, applications must be received by January 15, 2017. Awards will be announced no later than March 2, 2017 and presented at the Health Policy Summit.