



Guidance and Resources

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I. Program Overview

Background & Purpose:

Obesity rates have increased dramatically over the last 30 years, and obesity is now an epidemic in the United States. In Florida, only 36% of adults are at a healthy weight. The increasing prevalence of obesity is most concerning when viewed in the context of its impact on overall health. Obesity increases the risk of many serious health conditions, including heart disease, stroke, high blood pressure, type 2 diabetes and cancer. For this reason, the Florida Department of Health is working to address obesity through the Healthiest Weight Florida initiative.

Florida's county and municipal governments play an important role in decreasing the prevalence of unhealthy weight in their jurisdictions. Obesity and associated chronic diseases have a considerable economic impact on individuals and communities and some people are more seriously affected by factors such as the availability and accessibility of healthy food and the safety, accessibility and existence of spaces for physical activity.

The Florida Department of Health's *Healthy Weight Community Champion Recognition* highlights communities for their important efforts. As a Healthy Weight Community Champion, local governments are able to share their progress and lessons learned and receive public recognition for implementing best practices. State partners include the Florida Department of Transportation, Department of Economic Opportunity, the Department of Environmental Protection and others.

Instructions: Use this Healthy Weight Community Champion Guidance and Resources document to review and compile your answers to the criteria/questions. Once you start the application you will have to complete it, as it cannot be saved. You will only be able to submit one application per county or municipal government. If you would like a copy of your full submission, email HealthiestWeight@FLhealth.gov after you hit submit. Submissions must be made by a municipal or county official or designated employee.

Eligibility:

Florida's municipalities (cities, towns and villages) and counties are eligible. **Submissions must be made by a municipal or county official or designee.** Unincorporated areas may submit under the sponsorship of the county in which they are located.

Timeline:

September 1, 2016: Submission Window Opens

December 2, 2016: Submission Window Closes

January 13, 2017: Communities Recognized

II. How to Submit

- 1) Visit [Healthiest Weight Florida - Healthy Weight Community Champions](#).
- 2) Review the Guidance and Resources document and prepare responses for your jurisdiction.
- 3) Click "[Apply Here](#)"
- 4) Complete the form and click submit when finished.
 - a. Please submit only one submission form per jurisdiction.
 - b. For a copy of your submission, please email healthiestweight@flhealth.gov

NOTE: In previous years the recognition required a proclamation/resolution to be signed by the mayor or the county commission. This is now an optional part of the Leadership and Innovation section.

III. Submission Information

Applicant Contact Information: Jurisdictions are asked to provide the name of their jurisdiction, the contact name of the supporting local government official and the contact information for the individual submitting the form.

Best Practices: Jurisdictions are asked to provide information about their best practices related to physical activity, nutrition, leadership and innovation, other awards and recognitions, and health promotion and continuous improvement, as applicable.

Physical Activity – Best Practice Questions
1. Does your jurisdiction require bike facilities (e.g., bike boulevards, bike lanes, bike ways, multi-use paths) to be built for all <i>new and redeveloped</i> roadway and park projects? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
2. Has your jurisdiction adopted a Complete Streets approach to support walking and biking infrastructure or incorporated design specifications into your rules and standards that make streets safe for users of all abilities and ages? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
3. Does your jurisdiction prioritize the support and maintenance of a network of walking trails or routes (e.g., establish a program to identify and fill connection gaps and make repairs in the system of sidewalks)? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
4. Does your jurisdiction support and maintain bicycling routes that are connected and lead to destinations such as markets, commercial uses and residences (e.g., a program to identify potholes and other hazards and repave bike lanes in underserved communities)? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
5. Does your jurisdiction maintain a system of parks (e.g., a program to repair, maintain, and upgrade existing parks)? If so, what percentage provides active facilities like ball fields, exercise equipment and playgrounds? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
6. Does your jurisdiction incorporate zoning and building standards to allow mixed land use where appropriate? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
7. Does your jurisdiction enhance access to public transportation (e.g., bus stops and stations, van pool services) within reasonable walking distance (1/2-mile radius) from most residential areas? (In a rural context, this includes park and ride facilities, van pool and car pool activities.) <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
8. Has your jurisdiction adopted street design standards that slow traffic (e.g., road diets, narrow road lanes, central islands, roundabouts, speed bumps, lower speed limits, sidewalks and bus stops separated from traffic) and improve safety, to enable residents to be physically active? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
9. Has your jurisdiction adopted strategies to enhance personal safety (e.g., neighborhood crime watch, people-scale street lights) in areas where people are or could be physically active? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
10. Does your jurisdiction have a process for engaging communities experiencing health inequities in planning efforts related to community development and transportation projects (e.g., Protocol for Assessing Community Excellence in Environmental Health (PACE EH) or Health Impact Assessments (HIA)? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
11. Is increasing access to physical activity addressed in your jurisdiction’s Comprehensive/Master Plan? Please provide a link to your plan and the page number(s) <u>or enter N/A for “No action at this time.”</u> Please also note if your Comprehensive/Master Plan includes a Complete Streets approach.
12. Has your jurisdiction implemented any other policy that promotes or supports physical activity (e.g., shared use agreement with the school district)? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>

Nutrition – Best Practice Questions
1. Does your jurisdiction provide incentives (e.g., expedited permit fees or tax breaks) to food retailers in underserved areas to carry healthy, affordable food items? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
2. Does your jurisdiction provide incentive programs to attract supermarkets and grocery stores to underserved neighborhoods (e.g., brownfield redevelopment or other loans or grants to cover start-up and investment costs, economic development programs, supportive zoning)? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
3. Does your jurisdiction allow zoning for mobile produce cart vending (selling only whole, uncut fresh fruits and vegetables) or sidewalk produce vendors? This does not include restaurant type food trucks. <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
4. Does your jurisdiction encourage community garden initiatives (e.g., grants providing vacant lots or other public lands for use by public or private organizations, supportive zoning)? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
5. Does your jurisdiction locate public transportation stops, trails, greenways or sidewalks that connect residents to opportunities to purchase healthy food (including retailers, farmers markets and community gardens) easily and affordably? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
6. Does your jurisdiction provide equitable access to farmers markets by locating farmers markets in low-income/low-access areas, or by implementing federal food assistance programs (e.g., SNAP/EBT)? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
7. Does your jurisdiction promote farmers markets, farm/produce stands, mobile markets, and community gardens as venues for healthy foods? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
8. Does your jurisdiction provide healthy food and beverage options at government office vending machines or at concession stands located at parks and/or recreational facilities? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
9. Does your jurisdiction provide healthy food and beverage options at city/county-sponsored events? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
10. Has your jurisdiction adopted strategies that limit fast-food restaurant density? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
11. Does your jurisdiction promote and support breastfeeding in public places? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>
12. Does your jurisdiction’s Comprehensive/Master Plan address increasing access to nutritious foods? <u>Please provide a link to your plan and the page number(s) or enter N/A for “No action at this time.”</u>
13. Has your jurisdiction implemented any other policy that promotes or supports healthy nutrition? <u>Provide a brief description, no more than 150 words, or enter N/A for “No action at this time.”</u>

Leadership and Innovation: Does your jurisdiction participate in any of the following?
FDOH: School Health Advisory Committee (SHAC)
Community Health Improvement Plan (Click this link to find your county health department and your local plan)
FDOH: Mobilizing Action through Planning Partnerships (MAPP)
PHIT America: Mayor's Fitness Challenge
Adopted a resolution or proclamation related to Healthy Weight Community Champions
Has your jurisdiction developed a Health Element for your Comprehensive / Master Plan? If yes, please provide the link to your plan if available.
Has your jurisdiction participated in any other health planning related to increased physical activity and improved nutrition? <u>Please list them below and provide a brief description, no more than 150 words.</u>

Other Awards, Recognitions & Designations: Does the jurisdiction have or participate in any of the following?
Walk Friendly Community Designation
Bicycle Friendly Community Designation
American Planning Association Award
AARP Age-Friendly Community
EPA's Building Healthy Communities for Active Aging Award
LEED Certified Buildings or Neighborhoods
Alliance for Healthy Cities Recognition Award
STAR Community for Sustainability Rating
Gold Medal for Excellence in Parks
Florida Breastfeeding Coalition Quest for Quality Maternity Care Award
Baby-Friendly Hospital Initiative
Recognition of Child Care / Early Care and Education Centers for meeting Physical Activity and Nutrition Standards (Nemours Let's Move Childcare Program)
Healthier U.S. Schools Challenge: Smarter Lunchrooms
Healthy School District Award
Completed the CDC Worksite Health Scorecard
Promote the Million Heart Campaign
American Diabetes Association recognized or American Association of Diabetes Educators Accredited Diabetes Self-Management Education Programs? (Click this link to find any Recognized Education Programs in your area.)
CDC recognized Diabetes Prevention Lifestyle Change Programs? (Click this link to see find any Recognized Organizations in your area.)
Has your jurisdiction received any other award, recognition, or designation related to increased physical activity and improved nutrition? <u>Please list them in this section with a brief description, no more than 150 words.</u>

Health Promotion and Continuous Improvement
Identify at least activity, program or policy you will be or would like to be working on within the next year. It can be an activity, program, or policy discussed in the submission form or something of your choosing, no more than 150 words.

V. Resources and Links

Florida Public Health Statistics and Community Health and Planning Data

- Florida Department of Health: [Florida Charts](#)
- Florida Department of Health: [Florida Environmental Public Health Tracking Program](#)
- U.S. Department of Transportation: [Transportation and Health Tool](#)

Trainings

- American Planning Association: [Planning for Healthy Places with Health Impact Assessments](#)
- Smart Growth America: [Training and Educational Opportunities](#)
- Smart Growth America: [Complete Streets Implementation and Design \(Webinar\)](#)
- Smart Growth America: [Webinars Page](#)

Health in all Policies (HiAP) and Health in Comprehensive Plans

- CDC: [Health in All Policies](#)
- Design for Health: [Comprehensive Plan Review Checklists](#)
- Polk County: [Comprehensive Plan](#)

Healthy Equity

- CDC: [A Practitioner's Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease](#)
- CDC: [Partnerships to Improve Community Health \(PICH\) improves the health and wellness of all Americans](#)
- CDC: [Racial and Ethnic Approaches to Community Health](#)
- CDC: [Tools for Putting Social Determinants of Health into Action](#)

Health Impact Assessment (HIA)

- Human Impact Partners: [New to Health Impact Assessment](#)
- Design for Health: [HIA Rapid Assessment](#)
- CDC: [Health Impact Assessment Resources](#)
- CDC: [Protocol for Assessing Community Excellence in Environmental Health](#)
- Florida Department of Health: [PACE-EH](#)

Complete Streets

- ChangeLab Solutions: [What are Complete Streets? And A Model Complete Streets Resolution for Local Governments](#)
- Public Health Law Center: [Active Living](#)
- Smart Growth America: [Policy Elements Broward Complete Streets Guidelines](#)

Walkability and Bikeability

- ChangeLab Solutions: [Making a Place for Bicycles](#)
- CDC: [The Built Environment an Assessment Tool and Manual](#)
- Walkable America: [Checklist Walkability](#)
- Walk Friendly Communities: [Assessment Tool](#)

Food Access

- ChangeLab Solutions: [Economic Development Resources to Improve Food Access to Healthy Food](#)
- Public Health Library Resources: [Access to Healthy Affordable Food](#)
- USDA: [Healthy Corner Stores](#)
- CDC: [Implementing Food Service Guidelines](#)

Rural Development

- Florida Department of Health: [Office of Rural Health](#)
- Smart Growth America: [Rural Development](#)

Email List Serves

- Smart Growth America: [Email Sign-up](#)
- ChangeLab Solutions: [Email Sign-Up](#)
- Human Impact Partners: [Email Sign-up](#) (Email sign up in the left hand navigation bar)

VI. Sample Proclamation/Resolution Language (Optional)

NOTE: In previous years a Healthy Weight proclamation/resolution was required. This is now an optional strategy under the Leadership and Innovation section.

RESOLUTION

A RESOLUTION SUPPORTING THE HEALTHIEST WEIGHT FLORIDA INITIATIVE

WHEREAS, the **NAME OF CITY/COUNTY** supports policies that focus on healthy weight, health and wellness, and healthier lifestyles in all communities; and

WHEREAS, the Florida Department of Health has launched a healthy weight campaign known as "Healthiest Weight Florida", a public-private collaboration to help Florida's children and adults make informed, consistent choices about healthy eating and active living; this program has been embraced by individuals and businesses in many cities, counties, and communities; and

WHEREAS, the Florida Department of Health has launched the 2017 Healthy Weight Community Champion Recognition Program that will recognize local governments and active municipalities (cities, towns and villages) and counties that implement policies to help people become more physically active and improve nutrition; Best practice policies implemented by communities will be recognized on January 13, 2017; and

WHEREAS, poor nutritional choices and a lack of physical activity are linked to overweight and obesity which increase the risk of diabetes, cancer, heart disease, liver disease, hypertension and other health conditions; and

WHEREAS, **CITY/COUNTY** officials believe there are important, long-term community benefits to be gained by encouraging healthy lifestyles, including a decrease in overweight and obesity in Florida's adults and children and the associated negative health related impacts; and

WHEREAS, community partners can work together to ensure that there are safe places for residents to be active, such as in parks, ball fields, pools, gyms, and recreation centers; and

WHEREAS, access to healthy foods has a direct impact on the overall health of our community and planning for fresh food, open space, sidewalks, and parks should be a priority.

NOW, THEREFORE, BE IT RESOLVED THE **MAYOR AND CITY COUNCIL OF THE CITY/COUNTY** challenge all local governments, businesses, students, parents and all residents to participate in the Healthiest Weight Florida campaign to foster healthy weight and improve overall health, improve job and school performance and decrease work and school absenteeism.

Signed this ___ day of _____, 2017.