



Get Healthy Utah and the Utah League of Cities and Towns are excited to announce **Healthy Utah Community**, a new designation program for cities and towns.

This program is designed to highlight the work being done in communities throughout Utah that supports and improves the health of residents.

The award will be given bi-annually at the Utah League of Cities and Towns Midyear Conference and Annual Convention.

To qualify for the **Healthy Utah Community** designation program, all cities/towns must have a **Community Coalition** and at least 6 other strategies. Applicants must have at least one strategy from each of the 4 categories- **Collaboration, Access to Healthy Food, Active Living**, and **Mental Health**. Applicants need to complete a brief online application. The designation is valid for 3 years, at which time cities/towns can reapply.



## Application

[GetHealthyUtah.org/HealthyUtah Community](https://GetHealthyUtah.org/HealthyUtahCommunity)

QUESTIONS?  
[info@gethealthyutah.org](mailto:info@gethealthyutah.org)



# Healthy Utah Community Criteria

To qualify for the **Healthy Utah Community** designation program, all cities/towns must have a **Community Coalition** and at least 6 other strategies (for a total of **7**). Applicants must have at least one strategy from each of the 4 categories- **Collaboration, Access to Healthy Food, Active Living, and Mental Health**. Applicants must also complete the 4 short essay questions.

## Healthy Utah Community Checklist

### COMMUNITY COALITION (required):

- A coalition made up of diverse stakeholders that actively work to improve the health of the community

### COLLABORATION (must have at least one strategy):

- A relationship with the local health department
- A resource page on our website to assist in accessing healthy food, physical activity, and mental health resources
- Health-related objectives in our general plan
- Utilized and implemented strategies from an existing community health needs assessment
- A moderate income housing plan
- Coordinated with the UDOT Move Utah Program to move active transportation planning and implementation efforts forward

### ACTIVE LIVING (must have at least one strategy):

- A written guideline that promotes active transportation/physical activity for city employees
- Free and/or low-cost community sports/fitness programs for adults and children
- Signage for "healthy" parking spots at city/town facilities
- Conducted a walkability audit
- Connected walking and biking trails
- Provided guidance on joint-use agreements for facilities in our community that can be used for physical activity
- An active transportation plan
- An ordinance that requires new subdivisions to provide sidewalks and lights
- Wayfinding signage that promotes active transportation

### ESSAY QUESTIONS:

1. Explain how your community addresses health equity by ensuring that all members of the community have the opportunity to be healthy? (250 words or less)
2. Does your general plan address healthy eating, physical activity, and mental health? If so, how? (200 words or less)
3. What is the biggest success your healthy community coalition has had in the past year? (200 words or less)
4. How will your healthy community coalition grow in the next year? (200 words or less)

- THE CITY/TOWN MAYOR APPROVES SUBMITTING THE APPLICATION**

**Not sure your city/town currently qualifies,  
but want to learn more?**

Contact us at [info@gethealthyutah.org](mailto:info@gethealthyutah.org).

### APPLICATION:

[GetHealthyUtah.org/HealthyUtahCommunity](https://GetHealthyUtah.org/HealthyUtahCommunity)

### ACCESS TO HEALTHY FOOD (must have at least one strategy):

- A farmers market that accepts SNAP benefits
- Provided financial incentives for a grocery store to locate in an underserved area
- A community garden
- A written requirement addressing healthy food and beverage choices in city/town-owned/managed facilities
- A written requirement addressing healthy food and beverage choices at city/town-sponsored functions
- Encouraged store owners to limit marketing of unhealthy food in corner stores and grocery stores

### MENTAL HEALTH (must have at least one strategy):

- Offered Question, Persuade, Refer (QPR) trainings
- At least one evidence-based program or initiative that provides education, awareness, and training to community members around mental health
- Promoted the use of the SafeUT app in schools and other community centers
- Medication disposal services, locations, or programs
- Gun locks available for free for community members



# Healthy Utah Community Helpful Resources

- [Building Healthy Places Network](#)
- [CDC Healthy People 2030](#)
- [ChangeLab Solutions](#)
- [County Health Rankings and Roadmaps](#)
- [National League of Cities and Towns Cities of Opportunities](#)
- [Robert Wood Johnson Foundation What is Health Equity](#)
- [Salt Lake County Health Department Healthy Community Guidebook](#)

Together, we can improve the health of communities.

## Questions

[info@gethealthyutah.org](mailto:info@gethealthyutah.org)

