



INDIANA HEALTHY COMMUNITY APPLICATION

The Wellness Council of Indiana's Healthy Community initiative is available to all communities. Whether you are a district, township, town, city or county the application process is available to you if you can meet the criteria outlined in our application.

The Indiana Healthy Community initiative is designed to guide communities down the path toward a healthier place to live, play and do business. It also provides insight about how to use existing community resources to help residents make the healthier choice the easier choice. Lastly, the Indiana Healthy Community initiative provides a blueprint of a healthier tomorrow by offering ideas for future community improvements.

The Indiana Healthy Community initiative examines specific components to sustaining and managing a healthy community initiative: built environment, healthy policies, citizen engagement and healthy workplaces.

This template is designed to support you in answering the questions on the application. If you have questions, please contact the Wellness Council at 317-264-2168.



APPLICATION PROCESS STEPS

The application process itself is pretty simple – executing the process takes dedication:

1. Fill out the Indiana Healthy Community's Questionnaire and Inventory – this is a series of yes/no answers to a series of specific questions as it relates to evidence based best practices and needs for a community to realize a sustainable initiative. Understand that answering “no” to a question does not disqualify you from the Indiana Healthy Community recognition. The questions are weighted based on most important need within your community.
2. Develop your local champions and coordinators. We expect this will be an already existing group of dedicated community and business leaders. If you are looking to develop a new coalition, we encourage you to coordinate your effort into a shared vision within the community. It will help you convene the right people at the table.
3. Rally the workplaces. Without your local workplaces large and small, the Indiana Healthy Community initiative will never sustain. The goal is to realize that a workplace is its own community and the more we can blend a workplace and community wellness initiative together, the better chances you have to grow and sustain your overall well-being.
4. Your coalition will receive a Summary of Findings that outline what your strengths, opportunities for improvement and even some recommendations are to take you community health initiative to the next level. This will look different for each community, but will be based on proven best practices from around the country.
5. Develop a plan of action to strengthen the strengths of your community and solidify the opportunities for improvement by developing short-term and long-term plans of action.
6. Submit your plans of action that are based off your Summary of Findings for review by Wellness Council of Indiana. We will then help determine next steps for how you can evolve.
7. Have at least 15 workplaces be AchieveWELL recognized and in good standing as members of the Wellness Council of Indiana. These 15 workplaces must represent at least 20% of your workplace population. This is a requirement to be recognized.
8. Plan a celebration event in your community. This celebration of being recognized as an Indiana Healthy Community means you are building the systems to improve the health and well-being of your citizens – it demands that this systematic process to be sustained and lead for it to realize a full quality of life transformation of your community.



INDIANA HEALTHY COMMUNITY INITIATIVE QUESTIONNAIRE AND INVENTORY



DEMOGRAPHIC INFORMATION

Community Contact Information

Community name:

Please briefly describe the geographical boundaries of your community:

Population of community:

Estimated population of workforce (# of jobs):

General Information

Community wellness champion:

Company name and title (if applicable):

Email:

Phone:

Main contact for IHC (if different than above):

Company name and title (if applicable):

Email:

Phone:

SUBMIT APPLICATION

Please submit completed application via mail, fax or email.

Wellness Council of Indiana
115 W. Washington St. Suite 850 South
Indianapolis, IN 46204

Phone: 317-264-2168
Fax: 317-264-6855
Email: info@wellnessindiana.org



INDIANA HEALTHY COMMUNITY INITIATIVE QUESTIONNAIRE AND INVENTORY



QUESTIONNAIRE					
Understand Your Community	Yes	No	Possible	Unsure	N/A
Can you demonstrate how you have utilized the health improvement data of your citizens and community to better understand the health needs of your community?					
Do you have an inventory/directory of your community amenities?					
Have you identified specific areas within your community that have higher risks of health issues?					
Can you show evidence of policies, initiatives or plans that target health improvement strategies for your citizens based on your understanding of your community?					
Leadership Throughout the Community	Yes	No	Possible	Unsure	N/A
Is there commitment and action by a group of leaders and citizens from different sectors of the community focused on a common agenda for solving a specific social problem, using a structured form of collaboration (collective impact)?					
Are a variety of diverse sectors engaged with and supportive of community initiatives?					
Can you explain how your top community advocates and citizens are engaged with your community initiative and support a healthier community?					
Can you demonstrate how leadership and citizens support policies focused on healthier decision making?					
Do you have lead community advocates that can assemble and implement a plan?					
Building Strategies for a Shared Vision	Yes	No	Possible	Unsure	N/A
Is a shared vision for the community developed (or in development stages) based on the common health strategy goals for diverse sectors (businesses, schools, hospitals, etc.) within your community?					
Can you explain how your community vision aligns with the values and priorities of the diverse sectors and citizens of your community?					
Can you demonstrate how workplaces in your area support initiatives for a healthier community?					



INDIANA HEALTHY COMMUNITY INITIATIVE QUESTIONNAIRE AND INVENTORY



Citizen Involvement	Yes	No	Possible	Unsure	N/A
Do you have a community committee?					
Has your committee developed goals, desired outcomes and an evaluation strategy for your community initiative?					
Can you explain how you communicate expectations to leadership and citizens?					
Can you demonstrate that you have effective processes in place to make collaborative decisions?					
Have you determined ways for people with disabilities, lower socio-economic families, and ethnic diverse individuals to feel welcome and be involved with your community health initiative?					
Do you offer rewards to families who utilize their SNAP dollars for produce and healthier food options?					
Political Atmosphere	Yes	No	Possible	Unsure	N/A
Can you explain the dynamics of how your community operates?					
Have you identified who the top community advocates are that have the time and resources to make the needed changes within the community?					
Can you demonstrate that there is "political" support for policies focused on healthier decision making?					
Is there awareness of specific issues pertaining to health and well-being that might be considered politically undesirable by the elected leaders of your community?					
Data-Driven Decision Making	Yes	No	Possible	Unsure	N/A
Can you demonstrate how the programs and services offered with your community initiative reflect health guidelines associated with community best practices?					
Can you demonstrate how the programs and services offered with your community initiative reflect environmental guidelines associated with community best practices?					
Can you demonstrate how the programs and services offered with your community initiative reflect economic guidelines associated with community best practices?					



INDIANA HEALTHY COMMUNITY INITIATIVE QUESTIONNAIRE AND INVENTORY



Can you demonstrate how your community initiatives are evaluated (such as interventions, plans to measure the outcomes, and identifying areas of improvement)?					
Have you identified how you will demonstrate the success of your community initiative to your community leaders and to your citizens?					
Have you identified what specific data is relevant to establishing a baseline for decisions?					
Does the relevant data match the overall economic desired goals of the community and its leaders?					
Built Environment	Yes	No	Possible	Unsure	N/A
Can you demonstrate how strategies, such as creative, person-centric environments, are in place to engage citizens?					
Have you applied for the walk-friendly or bike-friendly community awards?					
Can you explain how your community utilizes human powered transportation such as walking, biking, wheelchair, skating (also known as Active Transportation)?					
Can you identify specific events/issues that provide evidence about how the safety of your community's citizens is a top priority?					
Have you implemented farm to school/work/table programs?					
Do you provide incentives for operating farmers markets in lower socio-economic areas?					
Communication Strategy	Yes	No	Possible	Unsure	N/A
Can you identify evidence that your community initiatives are regularly promoted and communicated to citizens and delivered in multiple media channels to ensure greatest coverage throughout the entire community?					
Are the communication strategies aligned between all sectors (business, schools, hospitals, etc.) within the community?					
Can you demonstrate how your community programs have been recognized as a best practice program locally, statewide or nationally?					
Have any your local initiatives (health or non-health related) won awards or been recognized?					



INDIANA HEALTHY COMMUNITY INITIATIVE QUESTIONNAIRE AND INVENTORY



INVENTORY					
Physical Activity Environment	Yes	No	Possible	Unsure	N/A
Do you provide resources about ways to incorporate physical activity into citizen's daily routine?					
Is it convenient and safe for your citizens to walk or ride a bicycle to specific locations (school, retail, work, park, etc) in the community?					
Are clean, green, safe, and pleasant outdoor settings (green spaces) that encourage physical activity in your community available? (Examples: parks, gardens, open spaces for outdoor physical activity)					
Are there opportunities for at-risk populations to engage in physical activity?					
Does your community have safe areas for recreation that are open to the public? (Examples: gyms, community centers, pools, outdoor spaces, camping sites, golf courses, tennis courts, soccer fields, baseball/softball complex)					
Do you have community campaigns promoting physical activity?					
Does your community offer organized, ongoing opportunities to engage residents in regular physical activity? (regular walking/running groups, bicycling groups, exercise groups, sports leagues, community challenges)					
Does the community have incentives to walk or bike rather than use an automobile?					
In public buildings in your community, are citizens encouraged to take the stairs over the elevator?					
Are there paths or trails accessible near worksites?					
Do you have areas mapped, indoors and/or outdoors, to encourage walking and physical activity in your community?					
Are there plans to increase safe walking or biking paths in your community?					
Are there plans for additional paths, connecting paths, repair or maintenance?					
Are existing facilities that promote physical activity (Example: tracks, schools, community pools, etc.) available to the public during certain times?					
Do you feel there are enough facilities promoting free or low-cost physical activity for the community?					



INDIANA HEALTHY COMMUNITY INITIATIVE QUESTIONNAIRE AND INVENTORY



Nutrition Environment	Yes	No	Possible	Unsure	N/A
Are resources available to help citizens learn more about proper nutrition? (Examples: grocery store shopping guides, food label reading education, healthy cooking classes)					
Has your community offered structured opportunities to engage residents in healthy eating? (Examples: regular farmers' markets, community gardens, farm-to-school programs, Community Supported Agriculture [CSAs], workplace nutrition initiatives)					
Are you addressing areas of the community that do not have easy access to healthy and nutritious foods?					
Have efforts been made to encourage at-risk populations (low-income, disabled, minority groups, elderly, etc.) to consume more nutritious food? (Examples: food delivery services, mobile markets in low-income areas, education offerings, elimination of food deserts)					
Have eating establishments in your community made efforts to promote healthier menu items?					
Do you provide nutritious food and beverage options at community events?					
Who in the community are offering programs that encourage consumption of healthy and affordable food?					
Hospitals or health care facilities					
Recreation centers					
Faith-based settings/churches					
Community outreach programming					
Daycare facilities					
After-school settings					
Senior facilities					
Local parks and green spaces					
Other					
Tobacco-free Environment	Yes	No	Possible	Unsure	N/A
Do worksites provide tobacco cessation programs for their employees?					
Are tobacco-free policies promoted in your community, specifically in public spaces?					
Does your community have a local smoking ordinance stronger than the Indiana statewide ban on smoking?					
Do you have resources available in your community to support residents in quitting smoking/tobacco use? (Examples: active tobacco prevention coalition, support groups, coaching/mentoring, tobacco cessation classes, QUIT NOW Tool)					



INDIANA HEALTHY COMMUNITY INITIATIVE QUESTIONNAIRE AND INVENTORY



Policies	Yes	No	Possible	Unsure	N/A
Are policies in place to encourage new infrastructures to be enhanced with accommodations for automobiles, pedestrians and bicyclists according to ADA (Americans with Disabilities Act) standards?					
Is a policy in place to encourage existing infrastructures to be enhanced with accommodations for automobiles, pedestrians and bicyclists according to ADA (Americans with Disabilities Act) standards?					
Are policies in place to promote clean, safe and pleasant outdoor surroundings that encourage physical activity?					
Are policies in place to ensure that sufficient community assets and resources are designated for the maintenance and upkeep of resources that encourage regular physical activity? (Examples: maintaining parks, nature trails, sidewalks and bike paths, etc.)					
Is a policy of agreement in place to encourage use of existing facilities (schools, tracks, pools, etc.) for physical activity in off-hours (Joint Use Agreements)?					
Are policies in place to promote the land use of farmers' markets in the community? (Examples: zoning ordinance approving the use of farmers' markets, use of low-income consumers SNAP and WIC benefits, designation of time and location or organized farmers' markets, etc.)					
Do zoning laws or policies allow for incentives for healthier retail food stores or restaurants to develop in the community (example: sidewalk seating)?					
Are zoning laws or policies in place to control the density of fast food establishments in your community?					
Do your zoning laws allow for the use of community gardens? (Examples: protection of community garden space on public property, funds to sustain community gardens, etc.)					
What zoning laws or policies are present in your community to encourage physical activity?					
Complete streets initiatives					
Sidewalks or bike paths planning					
Mixed-use policies					
Other					
Social and Community Well-being	Yes	No	Possible	Unsure	N/A
Are there opportunities for worksites to get involved in community outreach or community service?					
Does your community place a high value on patronizing local businesses (Buy Local Campaigns)?					



INDIANA HEALTHY COMMUNITY INITIATIVE QUESTIONNAIRE AND INVENTORY



Social and Community Well-being (cont'd)	Yes	No	Possible	Unsure	N/A
Do you assist citizens in finding community service opportunities?					
Does your community participate in environmentally-friendly practices, like recycling?					
Does your community offer opportunities for cultural exploration? (Examples: Art museums, galleries or exhibits, concerts/live music, festivals, ethnic awareness programs, cultural demonstrations)					
Are a variety of community programs, activities and organizations available for older adults?					
Are a variety of community programs, activities and organizations available for children?					
Are support programs, activities and organizations available in your community for the disabled population and their caretakers? (Examples: Adult day care options, support groups for caregivers, community centers, organized physical activity opportunities)					
Are health education opportunities available for residents in your community?					
Are resources available in the community to support residents in need of assistance? (Examples: Support groups, senior/dependent care, transportation services, career advancement services, counseling services, utility payment assistance programs)					
What community social events are organized and offered?					
Concerts/live music					
Festivals, fairs and celebrations					
Picnics/socials					
Organized fitness runs/walks					
Volunteer events					
Musicals/Plays					
Dances					
Sporting events/tournaments					
Cook-offs/food tastings					
Home/garden expositions					
Blood drives					
Other					
Please select all efforts present in your community to ensure the safety of residents:					
Neighborhood watch programs					
Drug prevention programs					
Animal control efforts					
Disaster preparedness					
Law enforcement patrol					
Victim support services					



INDIANA HEALTHY COMMUNITY INITIATIVE QUESTIONNAIRE AND INVENTORY



Transportation services at night					
Other					
How is health care accessible in your community for those most in need?					
Health screenings(Free or discounted)					
Health education opportunities (self-care, avoiding unnecessary E.R. visits, etc.)					
Blood pressure checks					
Dental/medical clinics for uninsured					
Medical equipment donations					
Blood sugar testing					
Other					
Healthy Workplaces	Yes	No	Possible	Unsure	N/A
How do workplaces in your area support initiatives for a healthier community?					
Charitable partnerships					
Organized fitness walks or runs					
Community donations					
Sponsorship of athletic teams					
Mentor programs with youth					
Corporate physical activity challenges					
Philanthropic events/sponsorships					
Other					
What forms of partnerships with workplaces have benefitted the community?					
Attraction of other businesses (economic development)					
Higher standards for school systems					
Higher demand for community centers					
Increase in the contribution to charitable organizations					
More resources for athletic teams					
Faith-based organizations					
Natural resource conservation					
Non-profit organizations					
Food services					
Other					