



ChooseWell Healthy Community Awards

What are the ChooseWell Healthy Community Awards?

The ChooseWell Healthy Community Awards celebrate the efforts and achievements of communities and wellness champions across Alberta in their efforts to promote healthy eating and active living and to create conditions that support people to live well.

The ChooseWell Healthy Community Awards recognize communities that are currently participating in the Alberta Recreation and Parks Association’s Communities ChooseWell initiative. A list of registered communities is posted at www.choosewell.arpaonline.ca.

Why do we have the ChooseWell Healthy Community Awards?

- To recognize and raise awareness of the efforts and achievements of community wellness champions to promote and facilitate healthy eating and active living.
- To increase awareness of the ways in which communities influence health and opportunities to take local action to create supportive conditions for healthy living.
- To gather promising practices in creating healthy communities and spread successful ideas throughout Alberta and beyond.

Award Categories

Four awards will be presented in each of five population categories. In addition, recipients of the two major awards will be selected from amongst all applications.

Community Population Categories	0-999	1,000-4,999	5,000-9,999	10,000-24,999	25,000+
Award Categories	Creating Supportive Environments	Creating Supportive Environments	Creating Supportive Environments	Creating Supportive Environments	Creating Supportive Environments
	Providing Health Education	Providing Health Education	Providing Health Education	Providing Health Education	Providing Health Education
	Building Community Capacity	Building Community Capacity	Building Community Capacity	Building Community Capacity	Building Community Capacity
	Developing Healthy Policies	Developing Healthy Policies	Developing Healthy Policies	Developing Healthy Policies	Developing Healthy Policies
	Most Significant Community Change Award x 1				
	Overall Healthy Community Champion Award x 1				



Applicant Information

Initiatives or activities should, as much as possible, address both priority areas of healthy eating and active living. Applicants are also asked to highlight their activities based on the four award categories, which reflect key strategies for creating healthy communities. These include:

1. **Supportive Physical and Social Environment** – The physical environment includes all aspects of the natural and built environment in a community, such as buildings, parks, roads, sidewalks, neighbourhood design, location of services, etc. The social environment includes relationships between people and groups in a community, emotional well-being of community members, attitudes, norms and cultural values.
2. **Health Education and Skill Development** – Refers to providing information and raising awareness about health issues and healthy behaviours, as well as helping people develop knowledge, skills and attitudes that will enable them to make healthy choices.
3. **Community Capacity and Partnerships** – Refers to increasing the community's ability to take ownership and action to improve health by changing structures, processes, relationships, access to resources, etc. It involves people and organizations within and across sectors working together to advance health, including setting priorities, making decisions and planning and implementing actions. It also includes building on existing resources, strengths and opportunities in the community and creating continuous access to information, learning opportunities for health and funding support.
4. **Healthy Policies** – Includes management and decision-making practices, rules, procedures, and policies at all levels and settings in a community that affect health and well-being. Examples include municipal land use bylaws, taxes, nutrition policies in schools and recreation facilities, employee benefit plans, grocery store food pricing practices, etc.

Priority areas:

- A. **Healthy Eating** – The nutrition landscape of the community supports all people to make healthy food choices and limits the availability of unhealthy foods.
- B. **Physical Activity/Active Living** – The community environment provides opportunities for all people to be active in their daily lives.



Other Information

The 2014 ChooseWell Healthy Community Awards Banquet will take place on **Thursday, October 23, 2014** at the Alberta Recreation and Parks Association's Annual Conference and Energize Workshop at the **Fairmont Jasper Park Lodge**. All award recipients will receive subsidies for one night accommodation and mileage, and free registration for the Communities ChooseWell Pre-Conference Session (lunch included) taking place from 1-4 pm prior to the awards banquet on October 23. Award recipients are invited to bring a colleague to join them in this opportunity (must be able to share a room and transportation).

The two major award recipients will be recognized at this banquet but the **awards will be presented at the main conference banquet on Saturday, October 25, 2014**. Recipients of these two awards will receive subsidies for three nights accommodation and mileage and a complimentary registration for the Communities ChooseWell Pre-Conference Session (lunch included) and the full ARPA Conference.

All applicants will receive a certificate of recognition for their efforts and are invited to attend the ChooseWell Pre-Conference Session and Awards Banquet at no cost.

Send completed applications to:

Email:

choosewell@arpaonline.ca

Fax:

(780) 451-7915

Mail:

Alberta Recreation and Parks Association
Attention: Communities ChooseWell
11759 Groat Road NW
Edmonton, AB T5M 3K6

Deadline: September 12, 2014



ChooseWell Healthy Community Awards Application Form

1. Applicant Contact Information:

Community Name: _____

Name of individual or group: _____

If a group, contact name: _____

Job Title or Role: _____

Organization: _____

Phone: _____

Email: _____

2. What is the population of your community

- 0-999 1,000-4,999 5,000-9,999 10,000-24,999 25,000+

3. Please provide a brief (max 250 words) summary statement that explains the activities or initiatives that your community has undertaken during the past year to increase healthy eating and/or physical activity, your key successes, and the difference your efforts have made in your community (impact).



4. Please complete the following chart to highlight the efforts and achievements your community has made over the past year in the following areas: *(Maximum 50 words per box)*

	Healthy Eating	Physical Activity/Active Living
Physical and Social Environment		
Education and Skill Development		
Community Capacity and Partnerships		
Healthy Policies		



5. What has been the **MOST SIGNIFICANT CHANGE** that has occurred in your community during the past year in relation to increasing/supporting healthy eating and/or active living? (Max 250 words)

6. To what extent did the resources, opportunities and support provided by **Communities ChooseWell** influence the change outlined in question #5?

- No influence** – The program had no influence on this change.
- Minor influence** – The program had only a minor role in bringing about this change, while other factors had a greater influence.
- Moderate influence** – The program is one of several notable influences that brought about this change.
- Major influence** - The program played a significant role in causing this change, with other factors having a minor influence.
- Critical influence** – This change can be completely attributed to Communities ChooseWell.



7. For each of the following applicable categories, please list the organizations/groups that you partnered with during the past year to carry out your plans/activities/initiatives relating to healthy eating and/or active living.

Recreation

Health

Social services

Municipal government/administration

Schools

Not-for-profit and community organizations

Businesses

Others



8. Is there a coalition or committee working together to plan and implement strategies and activities to improve healthy living in your community?

Yes

No

If yes,

a) What is the name of your coalition/committee?

b) Which organizations/groups participate in this coalition/committee?

9. Please describe the role of and support from your community leaders (e.g. municipal or band council, administration, management, etc.) with regards to Communities ChooseWell and your efforts to enhance healthy eating and active living in your community?

10. Please describe how you have used the resources, opportunities and support provided by Communities ChooseWell to assist your efforts to improve healthy eating and/or physical activity in your community. (E.g. toolkits, funding, webinars, forums, challenges, E-Tips newsletter, staff, logo, website, social media, scanning tool, etc.)



11. Did you participate in any of the following components of Communities ChooseWell during the past year? Please select all that apply.

- Webinars
- Regional forums (2014 locations: Sexsmith, St. Albert, Bowden, Calgary, Lethbridge)
- Winter Walking Challenge (February)
- Acts of Random Physical Activity Challenge (June)
- Sobeys 21 Days to Healthy Eating Challenge (Sept 2013, Oct 2014)

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Deadline: September 12, 2014

Thank you for your participation in Communities ChooseWell and all your efforts to create a healthier community that supports residents to eat well and be active!

Applicants will be notified by September 30, 2014 regarding award decisions.

Awards will be presented at the Alberta Recreation and Parks Association's Conference & Energize Workshop, October 23-25, 2014 at the Fairmont Jasper Park Lodge in Jasper, AB.

<p>FOR OFFICE USE ONLY</p> <p>Date Received: _____</p> <p>Score: _____</p> <p>Award: _____</p>
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