

Partnership Commitment for The Utah Blueprint to Promote Healthy Weight in Children, Youth, and Adults

Name:

Title:

Organization:

Website address:

Address:

Telephone Number:

Fax Number:

E-mail Address:

I and/or my organization commit to participate in the implementation of the Utah Blueprint to Promote Healthy Weight in the following settings (please check **all** that apply):

- Family
 - Community
 - School
 - Worksite
 - Health Care
 - Media
 - Government
-
- I have attached the completed Blueprint implementation grid which reflects my organization's level of commitment.
 - I and/or my organization would like to participate in the 501(c)3 organization to promote healthy weight in Utah.

By signing this document, I understand that I, or my designee(s), is committing to participate as a member of the Leadership Group(s) that will be implementing the Utah Blueprint to Promote Healthy Weight in Children, Youth, and Adults.

Name

Date

- I and/or my organization have determined that participation in the leadership group/s to implement the Utah Blueprint is not a priority at this time.

Please send completed commitment form and grid to Leon Hammond
lhammond@uphw.org or fax to 801-538-9495

Utah Blueprint to Promote Healthy Weight Implementation Grid

Organization Name _____ Contact Name: _____ E-mail address: _____ Telephone: _____ Address: _____				
Directions: The following are the objectives and strategies in the Utah Blueprint to Promote Healthy Weight . Determine which strategies you and/or your organization can commit to and mark <u>each strategy</u> with one of the following codes: <ul style="list-style-type: none"> • F = Facilitate • P = Participate • N = Not Applicable / Interested 				
FAMILY Objective 1: Ensure that families have the skills, knowledge, and resources to offer healthy food choices and encourage physical activity within the family structure.				
Strategy 1: Conduct a family-based community needs assessment and identify available resources for physical activity and healthy eating.				
Strategy 2: Develop health communication messages for families that are simple, consistent, and action-based to encourage healthy eating and physical activity.				
Strategy 3: Develop health communications messages that encourage families to regulate the number of hours of television and video games played each day.				
Strategy 4: Work with public health and other segments of the community to provide education regarding the benefits of breastfeeding.				
FAMILY Objective 2: Promote partnerships among agencies that work with families to increase opportunities to provide consistent messages.				
Strategy 1: Develop partnerships among Local Health Departments, the Food Stamp Nutrition Education Program, and the Women, Infants and Children's Food Program (WIC) that will lead to consistent nutrition education messages and promote healthier food choices with available resources to low income families.				
Strategy 2: Develop partnerships with grocery stores and fruit and vegetable producers to develop point of purchase health messages, allow for sampling of healthy foods, and make healthy recipes available.				
Strategy 3: Create partnerships in local communities among businesses, churches, recreational facilities, and schools to increase participation in neighborhood walking/cycling groups, and to sponsor recreational activities with no charge for participation.				

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Strategy 4: Assist the Food Stamp Nutrition Education Program, Local Health Departments, and WIC in developing materials and messages that help recent immigrants maintain or adopt healthy eating habits in their new environment.				
Strategy 5: Work with public health, food programs, women’s groups, and other segments of the community to provide education regarding the benefits of preconception healthy weight for women of child bearing ages.				
FAMILY Objective 3: Engage businesses to assist families with healthier lifestyle options.				
Strategy 1: Work with health insurers to provide reimbursement for individual and family counseling on healthy lifestyles and community or hospital based prevention programs.				
Strategy 2: Work with the recreation and ski industries to jointly promote inexpensive equipment rental, lessons, and ski opportunities for Utah families.				
SCHOOL Objective 1: Increase the number of schools that have policies and an environment that encourage regular physical activity.				
Strategy 1: Encourage elementary and middle/junior high schools to participate in the Gold Medal Schools Program.				
Strategy 2: Improve safety of walking and biking to school and promote walking and/or biking to and from school for children and adolescents.				
Strategy 3: Provide access to intramural sports programs and other physical activity clubs and programs.				
Strategy 4: Encourage elementary schools to have certified physical education (PE) specialists.				
Strategy 5: Develop, adopt, and fund physical education requirements for all grades.				
SCHOOL Objective 2: Increase access to and selection of healthy foods in schools.				
Strategy 1: Monitor school menus and food preparation techniques to assure that foods offered in addition to the standard lunch meal, such as a la carte items, meet healthful requirements.				
Strategy 2: Create a positive and appealing environment for meals.				

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Strategy 3: Link classroom and nutrition education lessons to food service activities.				
Strategy 4: Increase participation in school breakfast and lunch programs.				
Strategy 5: Provide a forum to educate school boards, school administrators, and PTAs about nutritional standards for competitive foods in schools.				
Strategy 6: Encourage adoption of nutritional standards for competitive foods and beverages established by Action for Healthy Kids				
Strategy 7: Encourage the PTAs and parents to provide nutritious foods for all extracurricular activities, such as athletics.				
SCHOOL Objective 3: Increase the number of elementary school teachers that teach the Utah nutrition core curriculum.				
Strategy 1: Identify barriers to teaching the core curriculum.				
Strategy 2: Work with the State Office of Education to develop plans to address barriers.				
SCHOOL Objective 4: Increase the number of secondary health teachers that teach nutrition application and behavioral skills as opposed to didactic information.				
Strategy 1: Encourage schools to adopt and use the State Office of Education's life time physical activity curriculum.				
Strategy 2: Work with the State Office of Education to develop health teacher training that adds specific life skill lessons to the health curriculum.				
SCHOOL Objective 5: Decrease the number of activities and fundraisers focusing on food at events.				
Strategy 1: Encourage the PTAs, student groups, and clubs to choose activities and fundraisers that do not focus on food.				
Strategy 2: Encourage parents and teachers to limit foods used in the classroom for rewards and parties.				
COMMUNITY Objective 1: Increase the number of active community environments (ACEs) in Utah.				

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Strategy 1: Establish an ACEs team composed of city and county planners, city council persons, zoning specialists, parks and recreation departments, bicycling/trail advocacy groups, and others to develop and implement model policies leading to increased opportunity for physical activity in neighborhoods and communities.				
Strategy 2: Utilize partnerships within all segments of the community to develop, implement, and promote programs that encourage regular physical activity.				
Strategy 3: Incorporate transportation policy and infrastructure changes to promote non-motorized and mass transportation.				
Strategy 4: Develop safe routes and systems, such as walking school buses, for children and seniors that encourage walking and biking in neighborhoods and to schools.				
COMMUNITY Objective 2: Increase availability and access to affordable or free recreation opportunities for physical activity.				
Strategy 1: Provide adequate financial resources to develop and staff safe and well-designed local and state-level recreational and park sites and facilities.				
Strategy 2: Increase the number, type, and availability of community-based recreational sports programs, including intramural recreation programs.				
Strategy 3: Develop model policies to increase access to public facilities for physical activity, such as after school use of school fitness facilities by the community.				
COMMUNITY Objective 3: Improve the availability of and access to healthy foods in neighborhoods.				
Strategy 1: Increase the availability of fruits and vegetables through community-based gardening and farmers markets.				
Strategy 2: Encourage grocery stores, restaurants, and other organizations to donate fresh fruit and vegetables to local food banks.				
Strategy 3: Support the use of locally grown produce in schools.				
Strategy 4: Encourage grocers to increase sales of fruits and vegetables through creative pricing and marketing.				

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COMMUNITY Objective 4: Increase the proportion of mothers who breastfeed their infants and toddlers.				
Strategy 1: Encourage communities to assure breastfeeding friendly community environments, in places of worship, childcare facilities, worksites, schools, and health care facilities.				
Strategy 2: Work with public health, community health, and other segments of the community to provide education regarding the benefits of breastfeeding.				
COMMUNITY Objective 5: Increase the number of cities and towns that participate in A Healthier You (AHY) Community Award Program.				
Strategy 1: Increase participation of mayors and city business managers on the AHY, Community Award Program committee.				
Strategy 2: Recruit a corporate sponsor to support financial and recognition incentives to cities and towns that participate.				
WORKSITES Objective 1: Increase Utah employers' awareness of the epidemic of overweight and obesity.				
Strategy 1: Provide education sessions at conferences and meetings currently held by business groups about the economic impact (i.e., increased healthcare and insurance costs and increased absenteeism) associated with overweight, obesity, and obesity-related diseases; and the environmental, socioeconomic, and personal factors that contribute to obesity.				
Strategy 2: Work with insurers and employers to identify coverage by public and private payers for prevention and treatment of overweight and obesity.				
WORKSITES Objective 2: Increase the number of businesses that support and promote healthy eating and physical activity at the worksite.				
Strategy 1: Disseminate Governor Huntsman's Work Well Recommendations for state agencies to all Utah businesses.				
Strategy 2: Encourage employers to obtain continuing education for worksite wellness staff through attendance at the Utah Council for Worksite Health Promotion Conferences.				

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Strategy 3: Inform and encourage businesses to participate in the Healthy Worksite Awards Program.				
Strategy 4: Encourage companies to utilize health risk assessments to tailor programs to their employees needs.				
WORKSITES Objective 3: Increase promotion and support in the workplace for mothers who are breastfeeding.				
Strategy 1: Work with the Utah Breast Feeding Coalition to implement policies at public and private worksites that support breastfeeding.				
Strategy 2: Educate employers, mothers, and their families about breastfeeding and how to support breastfeeding mothers at work.				
HEALTH CARE Objective 1: Increase the proportion of healthcare providers who routinely monitor, track and inform patients and/or parents of BMI, weight gain, and/or growth.				
Strategy 1: Increase knowledge and use of BMI as a screening tool by medical providers in order to identify overweight children and obese or overweight adults.				
Strategy 2: Identify barriers to implementation of practice recommendations and policies to support obesity prevention and control.				
Strategy 3: Assess the number of healthcare providers that document BMI in patient's charts and assess the number of healthcare providers who document treatment for children who were determined to be overweight or at risk of overweight.				
Strategy 4: Increase the number of healthcare organizations that include BMI screening and obesity preventive services as part of clinical practice guidelines and quality assessment measures.				
HEALTH CARE Objective 2: Increase insurer and accrediting organization support of clinical measurement and counseling related to BMI.				
Strategy 1: Work with medical professional organizations, insurers, and accrediting organizations to gain support through reimbursement and/or through acceptance of BMI-based quality improvement initiatives for accreditation purposes.				

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Strategy 2: Work with insurers and employers to identify, prioritize, and evaluate insurance coverage by public and private payers for behavioral, nutritional, medical, and surgical treatment of overweight and obesity.				
HEALTH CARE Objective 3: Increase provider understanding of BMI and awareness of the importance of BMI as a clinical indicator of health.				
Strategy 1: Increase the use of evidence-based counseling and guidance by health care providers for patients and parents in order to promote healthy weight and prevent overweight and obesity.				
Strategy 2: Collaborate with professional, medical, and allied health organizations, and community leaders to develop culturally sensitive methods of discussing weight status and weight-related issues, especially with high-risk population groups.				
Strategy 3: Increase the number of health care providers who provide education regarding the benefits of preconception healthy weight for women of childbearing ages.				
Strategy 4: Collaborate with insurers, and other medical professional organizations, managed care programs, and healthcare systems to provide incentives for maintaining a healthy body weight.				
HEALTH CARE Objective 4: Increase the proportion of persons who are told by their health care providers about the health risks (hypertension, dyslipidemias, insulin resistance, poor pregnancy outcomes) and diseases (such as diabetes, cardiovascular disease, cancer, arthritis, asthma, disability) associated with overweight and obesity.				
Strategy 1: Work with the health care industry to increase the proportion of health care providers, health maintenance organizations, and health insurance companies who present and discuss the health risks associated with overweight and obesity in sensitive, culturally appropriate language to their patients.				
HEALTH CARE Objective 5: Increase the proportion of healthcare providers who routinely refer patients to community resources.				
Strategy 1: Develop an inventory of existing evidence-based community resources related to overweight, obesity, physical activity, and nutrition.				

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Strategy 2: Work with providers, insurers, and health systems to develop and implement materials and systems supporting patient referral to the above resources.				
Strategy 3: Develop and implement methods for patient feedback to providers regarding their experiences with the above resources.				
HEALTH CARE Objective 6: Improve clinical practice related to overweight, obesity, physical activity, and nutrition services.				
Strategy 1: Identify and share obesity-related clinical best practices (including diagnosis methods and physical activity and nutrition interventions) among and between providers, insurers, accrediting organizations, and others.				
Strategy 2: Develop training programs for medical and allied health professionals to improve their knowledge and counseling skills related to nutrition, physical activity, and other life behaviors related to obesity prevention.				
Strategy 3: Increase medical and allied healthcare provider awareness of higher risk periods during the lifecycle for excessive weight gain and the development of overweight or obesity (pregnancy, infancy, early childhood, adolescence).				
Strategy 4: Provide reimbursement for clinical treatment of obesity by a multidisciplinary team that includes a physician, nurse, dietitian and social worker or psychologist.				
Strategy 5: Develop reimbursement methods for community or hospital based prevention courses geared toward the whole family.				
HEALTH CARE Objective 7: Increase the proportion of health care providers who advocate for policy and environmental changes that support healthy eating and physical activity in schools, worksites, communities and campuses.				
Strategy 1: Disseminate information to health care providers about ongoing efforts to influence policy and environmental changes, including A Healthier You Legacy Awards Program, Gold Medal Schools, and Action for Healthy Kids.				
Strategy 2: Develop and disseminate an advocacy toolkit for health care providers.				

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Strategy 3: Recruit health care providers to attend local school board, city council, and Chamber of Commerce, and legislative meetings to advocate for policy and environmental changes.				
MEDIA Objective 1: Increase the level of knowledge of the mass media's potential role(s) in addressing /overweight obesity prevention.				
Strategy 1: Convene a workshop to educate Utah's mass media leaders and share best practices and ideas.				
Strategy 2: Regularly obtain and disseminate materials and information developed by other media markets to Utah's mass media.				
MEDIA Objective 2: Increase participation of Utah's mass media in public awareness and education campaigns in order to increase awareness of the seriousness of the obesity epidemic and to improve eating and physical activity patterns in Utah.				
Strategy 1: Establish a media partner team made up of Utah media executives who will work with health and social marketing experts to develop a set of consistent and complementary messages.				
Strategy 2: Develop innovative strategies to secure and share funding to run messages.				
Strategy 3: Secure funding and implement media campaign(s).				
Strategy 4: Evaluate success of campaign (awareness, knowledge, attitudes, and actions).				
MEDIA Objective 3: Begin a dialogue among Utah's mass media, the food industry, local media buyers, and local retailers about opportunities to increase the advertising and marketing of healthful foods and beverages directed at children, youth, and their parents.				
Strategy 1: Convene moderated forums of leaders of the above-mentioned groups to discuss opportunities and methods.				
Strategy 2: Compile and disseminate a report of the forums' discussions.				
Strategy 3: Conduct a follow-up meeting within one year with the leaders to determine what changes, if any, were made in messaging.				

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GOVERNMENT Objective 1: Work with the Utah Department of Health to use the Offices of the Governor and First Lady to promote civic and personal responsibility for healthy eating and physical activity.				
Strategy 1: Publicly share the Governor’s family efforts to stay healthy.				
Strategy 2: Encourage state agencies and all worksites to implement the Governor’s Work Well Recommendations .				
Strategy 3: Provide leadership with public, private, and community-based organizations to increase resources for obesity.				
GOVERNMENT Objective 2: Provide coordinated leadership and support for obesity prevention.				
Strategy 1: Work with the Utah Department of Health to identify a lead government entity for the leadership team in each section of the Blueprint that will be responsible for convening the assigned leadership team.				
Strategy 2: Identify policy and environmental supports at state and local levels in Utah and other states that encourage opportunities for healthy eating and physical activity in schools, worksites, and communities.				
Strategy 3: Identify opportunities for coordination between state and local levels to increase policy and environmental supports.				
GOVERNMENT Objective 3: Increase funding for state and local obesity prevention efforts.				
Strategy 1: Develop innovative approaches to educating state and local government leaders about the obesity epidemic and its impact.				
Strategy 2: Develop and disseminate tools for increasing and/or improving public/private partnership programs and projects.				
GOVERNMENT Objective 4: Develop assessment and evaluation methods to apply to obesity prevention efforts.				
Strategy 1: Continue to collect, analyze, and disseminate data about weight, physical activity, and eating patterns.				
Strategy 2: Work with each leadership team to develop baselines, benchmarks, and evaluation methods for all objectives and strategies in the Blueprint.				

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GOVERNMENT Objective 5: Work with the Utah Department of Health to provide a bi-annual progress report to the Governor, the legislature, and local government entities.				
Strategy 1: Develop a reporting template for projects/programs, baselines, benchmarks, and evaluation methods.				
Strategy 2: Provide leadership teams with the template, reporting timelines, and technical assistance in developing the report.				