

Madison County Illinois Stats:

- **Over 30% Madison County Residents are Obese**
- **Over 35% Madison County Residents are Overweight**
- **Lung Cancer Rates in Madison County Exceed the State of Illinois.**
- **Madison County is ranked 79/102 in Physical Environment for County Health Rankings**
- **14.3% Madison County Residents suffer from asthma compared to 8.10% for Illinois Overall**

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Healthy Spaces Guidebook

Transforming Madison County... Community by Community

In an effort to transform Madison County into a healthier county, the Madison County Partnership for Community Health (MCPCH) Air Quality and Obesity subcommittees would like to introduce the Health Spaces Guidebook. The intent behind the Guidebook is to help your community strive and thrive in helping fight obesity & cardiovascular factors as well as improving air quality.

We want to recognize you and any effort your community is taking to improve Madison County. You may just inspire

other communities and become a leader among your peers!

Additionally, applicants will receive annual recognition for their hard work through receipt of an award plaque and recognition at the annual Metro East Health Forum.



Are you a Healthy Spaces Community?

Review the checklists to learn more. Follow embedded links in most of the items to read about measures some communities have adopted to build healthier places. Communities wishing to be considered for a Health Spaces Certification should submit applications before the due date.

Those submitting applications will be awarded a rating of Gold, Silver, Bronze, or Participant, based on their application score. Communities must reapply annually to maintain, and try to improve their certification and rating.

APPLICATION INSTRUCTIONS

Please review each of the checklists, marking items that apply to your community. Finally, complete the information and submit to the committee for review. For additional points, applicants may also wish to submit a letter of support from a mayor or public official in your community. The letter and application should be emailed to: health@co.madison.il.us



APPLICATION for COMMUNITIES

Please complete this application and submit for review. **OPTIONAL:** You may also attach a one-page letter of support from your mayor, city manager, or key official in your community.

Name of Community:

Name and Title of Person Completing this Application:

Contact Information for Person Completing this Application:

Daytime Phone:

Email:

Name of Mayor:

Contact Information of Mayor:

Daytime Phone:

Email:

Approximate population:

List key partners or collaborations that have been important in your efforts to promote healthy eating, active living, and workforce wellness:

Briefly outline your future plans, priorities, and hopes for healthy eating, active living, and residents' wellness for your community. Describe anything else that demonstrates commitment to these areas:

HEALTHY EATING POLICIES/PROGRAMS

Here are some policies communities across the U.S. have adopted to encourage healthy eating.

Which ones are you currently practicing in your community?

Policies for Healthy Eating ---Check All that Apply

Follow the links below to learn more about the policies

- _____ [Locally grown food](#)
- _____ [Promote healthy eating messages](#)
- _____ [Healthy corner stores](#)
- _____ [Supporting food pantries, farmer's market, & community gardens](#)
- _____ [Attracting supermarkets](#)
- _____ [Healthy foods in public places](#)

Other: List other healthy eating policies your community has adopted below:

Total Checked: _____

HEALTHY EATING PROGRAMS / SERVICES

Here are some programs/services that communities across the U.S. have adopted to encourage healthy eating.

What counts? These programs or services can be sponsored by the municipality or sponsored by an institution such as a workplace, neighborhood, school, or church

Which ones are you currently practicing in your community?

Programs / Services for Healthy Eating --- Check All that Apply

Follow the links to learn more about the programs/services

- _____ [Community Gardens](#)
- _____ [Food Co-Operatives](#)
- _____ [Farmer's Market Programs](#)
- _____ [Food Pantries](#)
- _____ [Farmer's Market Accepting SNAP benefits \(LINK EBT\)](#)
- _____ [Healthy Food Stands/Carts](#)
- _____ [Nutrition Courses/Healthy Cooking Classes](#)

Other: List other active living policies/programs your community has adopted below:

Total Checked: _____

ACTIVE LIVING POLICIES

Listed below are some policies communities across the U.S. have adopted to encourage active living.

Which ones are you currently practicing in your community?

Policies for Active Living ~ Check All that Apply

Follow the links below to learn more about the policies

- _____ [Complete Streets policies](#)
- _____ [Zoning for mixed use](#)
- _____ [Encourage use of public transportation](#)
- _____ [Inter-connected streets](#)
- _____ [Sidewalk policies](#)
- _____ [Policies to encourage/require green space](#)

Other: List other active living policies your community has adopted below:

Total Checked: _____

ACTIVE LIVING PROGRAMS/SERVICES

Here are some programs/services that communities across the U.S. have implemented to encourage active living.

Which ones are you currently practicing in your community?

Programs / Services for Active Living ~ Check All that Apply

Follow the links to learn more about the programs/services

- _____ [Organized walking groups](#)
- _____ [Bike lanes](#)
- _____ [Concerted effort to improve walkability of community](#)
- _____ [Parks that are well-maintained, aesthetically appealing](#)
- _____ [Bicycle sharing programs](#)
- _____ [Community-wide fitness campaigns](#)
- _____ [Walking School Bus](#)

Other: List other active living policies/programs your community has adopted below:

Total Checked: _____

Assessment & Planning

Assessment is the description or estimation of the nature, quality, or ability of someone or something (Merriam Webster). Assessment forms a solid foundation before any policy, program, or environmental change is undertaken. Assessments can be done independently or as part of another entity (like hospital or health department). Assessments can also be formal and very structured, or informal.

Planning follows assessment and should be based on assessment findings. Sometimes what is labeled as a “plan” also contains an assessment. Examples of plans that also contain assessments are Bicycle/Pedestrian plans, comprehensive plans, or Safe Routes to School Transportation plans. The act of making or carrying out plans often includes establishing goals, objectives, work-steps, and timelines. Plans can be formal and detailed, or structured and general.

Assessment and Planning Initiatives Check All that Apply to Your City

(Over the Last 5 Years)

- _____ Completed or update a [comprehensive plan](#)?
- _____ Conducted [citizen surveys](#)?
- _____ Conducted [key informant interviews](#)?
- _____ Conducted [community forums](#)?
- _____ Conducted [focus groups](#)?
- _____ Done a walkability assessment (like [Walk Score](#))?
- _____ Conducted [food desert analysis](#)?
- _____ Completed or updated a [parks master plan](#)?
- _____ Completed or updated a [bike/pedestrian plan](#)?
- _____ Conducted or helped with school transportation plans for [Safe Routes to School](#)?
- _____ Participated in hospital ([community benefit](#)) analysis?
- _____ Participated in a [health department](#) community assessment?
- _____ Participated in other community assessments by [YMCA](#), universities, or other entities?

* Please see page 6 for more description of the possible assessments listed.

Assessment & Planning: Descriptions

Comprehensive Plan, or Citizen Surveys or Citizen Forums or Focus Groups - When were these completed/conducted? Is there an active living/healthy eating component? What issues in these areas were identified?

Key Informant Interviews - Which individuals were interviewed and why? Please speak specifically to healthy eating/active living issues.

Walk Score - Have you examined *Walk Scores* on areas in your municipality? What scores were revealed and what did you learn from this assessment?

Food Desert Analysis - Have you identified areas in your municipality that are food deserts? Please describe the area and issues that make it a food desert.

Parks Master Plan - If you have a parks district or parks department, do you have a master plan? When was this plan completed? Give a brief description for steps to improve parks facilities or access to parks.

Bike/Pedestrian Plan - When was this plan completed? What assessments were done as part of this planning process? Give a brief description of steps being taken to improve bikeability and walkability of your municipality.

Safe Routes to School - When was this application submitted? What issues were identified in the school transportation plan? What projects were requested as part of this application?

Health Department/Hospital Community Benefit/YMCA or Other Cooperative Assessments - Describe the other entity you participated with on a community assessment. When was this completed? Please comment on issues that emerged that pertain to healthy eating or active living.



MADISON COUNTY PARTNERSHIP FOR COMMUNITY HEALTH

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MCPCH: What is it?

The Madison County Partnership for Community Health (MCPCH) mission statement is to improve the health of Madison County residents through collaborative efforts of organizations and individuals interested in creating, promoting, and maintaining health environments and lifestyles.

Although this is a Madison County Health Department initiative, the partners for the Air Quality focus make everything possible: Madison County Plan-

ning & Development, Southern Illinois University Edwardsville, Southwest Illinois Asthma Coalition, St. Clair County Health Department, University of Illinois Extension.

MANY THANKS

We would like to take this opportunity acknowledge St. Clair County Health Department and their Get Up & Go initiative in creating these certifications in St. Clair County.

