

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... Business By Business

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

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

other businesses 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 Business?

Review the checklists to learn more. Follow embedded links in most of the items to read about measures some businesses have adopted to build healthier places. Businesses 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. Businesses 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 an administrator in your business. The letter and application should be emailed to: health@co.madison.il.us



APPLICATION for BUSINESSES

Please complete this application and submit for review.

OPTIONAL: You may also attach a one-page letter of support from an administrator in your organization.

Name of Business:

Name and Title of Person Completing this Application:

Contact Information for Person Completing this Application:

Daytime Phone:

Email:

Name of CEO:

Contact Information of CEO:

Daytime Phone:

Email:

Approximate number of employees:

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 employee wellness for your business. Describe anything else that demonstrates commitment to these areas:

HEALTHY EATING POLICIES/PROGRAMS

Listed below are policies and programs businesses across the U.S. have adopted to encourage healthy eating.

Policies for Healthy Eating ---Check All That Apply

Follow the links to learn more about the policies

- _____ [Healthy foods in vending or cafeteria in business](#)
- _____ [Promote healthy eating messages](#)
- _____ [Sponsor healthy eating programs for losing weight](#)
- _____ [Supporting food pantries, farmer's markets & community gardens](#)

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

Total Checked: _____

ACTIVE LIVING POLICIES / PROGRAMS

The following are policies that businesses across the U.S. have adopted to encourage healthy eating.

Policies for Active Living ---Check All That Apply

Follow the links to learn more about the programs/services

- _____ [Encourage use of public transportation](#)
- _____ [Policies to encourage/require green space](#)
- _____ [Organized walking groups](#)
- _____ [Programs to encourage stair use](#)
- _____ [Bicycle sharing programs](#)
- _____ [Flex-time for exercise](#)
- _____ [Access to discounts to health clubs or reimbursement programs](#)
- _____ [On-site resources \(bike racks, equipment, shower\)](#)

Please list other active living policies/programs your business has adopted:

Total Checked: _____

Workforce Wellness

Workforce wellness is a combination of planned programs, policies, and environmental strategies that encourage and assist employees to reach optimal levels of health and well-being (CDC).

Policies / Programs / Environment for Workforce Wellness—

Check All that Apply to Your Business (Over the Last 5 Years)

[Budget for wellness initiatives](#)

[Conduct a needs/health assessment of employees](#)

[Frequent health & wellness communications](#)

[Health fairs, & screenings according to national guidelines](#)

[No smoking on site](#)

[Participate in national health campaigns \(Like Great American Smoke Out\)](#)

[Smoking cessation programs](#)

[Offer an Employee Assistance Program \(EAP\)](#)

[Offer on-site Influenza \(flu\) shot free of charge](#)

[Offer health insurance at no or little cost](#)

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

Total Checked: _____

Additional Resources for Workforce Wellness

[Total Worker Health Program](#) - [The CDC Worksite Health Scorecard](#) - [Healthy Eating Workplace Checklist](#)
[Fostering a Workplace Culture of Physical Activity](#) - [Wellness Council of America](#) - [Well at Work](#)



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.

