Healthy By Design Event Recognition Application

Promoting positive lifestyle choices at the local level is one step toward empowering people to take control of their health. Healthy By Design event recognition allows those hosting events to take part in the effort to make our community healthier. Thank you for your commitment to *making the healthy choice, the easy choice.*

Name of event_____

Date(s) of event _____ Time of event _____

Is this event in-person? ☐Yes, its location is_____ ☐No, this is a virtual/online event

Sponsoring Organization _____

Contact Person _____ Phone _____

Mailing Address _____ E-mail _____

Briefly describe the purpose of your event: _____

_____

_____

Who is the target audience? ☐Whole Community ☐Families ☐Youth ☐Seniors ☐Other: _____

Is this an annual event? ☐Yes ☐No | If yes, has it been recognized by Healthy By Design in the past: ☐Yes ☐No

Please complete and submit your application at least 2 weeks prior to your event.
All sections should be addressed. Healthy By Design will contact you with any questions.

Please review and check

☐ I agree to allow my Healthy By Design application, or individual elements from it, to be used as an example for future applicants.

☐ The event is open to the public.

☐ I agree to have my event announced on the Healthy By Design website and through media as deemed appropriate.

Signature of contact person _____ Today's date _____

Disclaimer: Healthy By Design Recognition indicates compliance with Healthy By Design standards. Healthy By Design Coalition and Review Team partners are not responsible for the actions, statements or views of the event's sponsoring organization or event happenings. Adherence to these claims made below are self-policed.

Safety – Healthy By Design wants to ensure a safe event

Designated safety officer name and contact information:

Name _____ Phone _____

Check all that apply (click here for more information and safety tips)

☐ The Event is Outdoors - There is an Inclement Weather Emergency Action Plan in place (learn more here).

☐ There is an Evacuation Plan in Place. Briefly describe: _____

☐ Traffic issues have been addressed. How? _____

☐ COVID-19 safety is addressed by meeting virtually or by current CDC recommendations. Please describe:

_____

☐ There are First Aid Attendants available or a first aid kit with someone trained in providing first aid

☐ Water is being provided or guests told to bring their own.

Anything else you would like to share with us: _____

Nutrition – Healthy By Design encourages 5 servings of fruits and vegetables each day and more water/0 sugary drinks

☐ Not serving food or beverages* (if this box is checked, proceed to Environmental Stewardship)

> *If your event is virtual and you will be encouraging healthy snack breaks or good hydration, please share with us below under "Anything else you would like to share…"*

☐ This event will have the following Healthy By Design recognized Healthy Food Truck(s)* (if this box is checked, proceed to Environmental Stewardship): _____

> *Food vendors that are recognized by Healthy By Design have already met the guidelines below. More information and a list of recognized food trucks can be found here.*

Check all that apply, but <u>a minimum of two are required</u> (click here for more information and nutrition tips)

☐ Provides a sugar-free beverage(s), preferably water: _____

☐ Provides a whole-grain option (bread, tortillas, brown rice, etc.): _____

☐ Has plant-based/vegetarian menu option(s) (please indicate what is provided):_____

☐ Provides a non-fried fruit or vegetable side option(s) (please indicate what is provided):_____

☐ Those serving and/or handling food at the event meet food safety requirements

If you are not responsible for the food at your event venue, please let us know who is:

Contact Name: _____ Contact Number: _____
Can we contact them to see about their menu options for your event: ☐Yes   ☐No

Anything else you would like to share with us? _____

> ### Environmental Stewardship – Healthy By Design wants to make sure your event has a positive impact on the community, but little impact on our environment

Check all that apply (click here for more information and stewardship tips)

☐ Recycling containers and signage for proper use

☐ Reuse of banners and event materials

☐ Promotion or use of reusable water containers

☐ Use of reusable utensils and plates

☐ Promotion of event carpooling

☐ Posted maps and routes to use active transportation to get to and from your event

Anything else you would like to share with us? _____

> ### Physical Activity – Healthy By Design encourages at least 1 hour of physical activity a day

Check all that apply (click here for more information and physical activity tips)

☐ Promotion of walking/biking trails and routes

☐ Providing breaks

☐ Promotion of active transportation to/from the event

☐ Leading a stretching exercise

☐ Encourage parking further from the event and walking

☐ Suggest taking the stairs instead of the elevator

☐ Participants at risk of injury from exercise and other possible risks are identified prior to exercise

☐ Providing education regarding intensity, duration and types of exercise that contribute to good health

☐ Waivers distributed and collected, if necessary

Anything else you would like to share with us? _____

> ### Prevention and Overall Wellness – Healthy By Design wants to encourage events to take a well-rounded approach to wellness

Check all that apply (click here for more information and overall wellness tips)

☐ Breaks are regularly scheduled

☐ Hand sanitizer stations are provided

☐ Resources are provided at an information/check-in table

☐ The event is tobacco free

☐ Handwashing information is posted

☐ Music will be played at some breaks

☐ Information is available about tobacco cessation, sunscreen, etc.

☐ Health screening/services are provided (blood pressure check, flu shot, etc.)

Anything else you would like to share with us? _____

Thank you for taking the time to apply for Healthy By Design event recognition. A Healthy By Design team member will get back to you shortly about your application. In the meantime, if you have any questions, please contact us at info@hbdyc.org