**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 promoting healthy eating and active living and creating conditions where the healthy choice is the easy choice.

The ChooseWell Healthy Community Awards recognize communities that are part of the Alberta Recreation and Parks Association’s Communities ChooseWell network. If your community is doing good work to foster wellbeing through physical activity and/or healthy eating and not currently part of Communities ChooseWell, it’s easy (and free!) to join. Visit [arpaonline.ca/choosewell](http://arpaonline.ca/choosewell) to register!

**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 action locally 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 four population categories. In addition, recipients of the two major awards will be selected from amongst all nominations received.

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| **Community Population**  **Categories** | **0-999** | **1,000-4,999** | **5,000-9,999** | **10,000+** |
| **Award Categories** | Creating Supportive Environments | Creating Supportive Environments | Creating Supportive Environments | Creating Supportive Environments |
| Providing Health Education | Providing Health Education | Providing Health Education | Providing Health Education |
| Building Community Capacity | Building Community Capacity | Building Community Capacity | Building Community Capacity |
| 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 | | | |

**Nominee Information**

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 different sectors working together to advance wellness, 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:

1. **Healthy Eating** – The nutrition landscape of the community supports all people to make healthy food choices and limits the availability of unhealthy foods.
2. **Physical Activity/Active Living** – The community environment provides opportunities for all people to be active in their daily lives and/or removes barriers to participating in physical activity/active living.

Applicants are also asked to consider how their activities are reducing inequities (unfair differences) in the ability of different groups to access opportunities to improve their health and to participate in physical activity and healthy eating.

**Other Information**

The 2019 ChooseWell Healthy Community Awards Ceremony will take place on **Thursday, October 24, 2019** at the Alberta Recreation and Parks Association’s Annual Conference and Energize Workshop at the **Fairmont Chateau Lake Louise**.

The two major award recipients (Overall Healthy Community Champion Award and Most Significant Community Change award) will be recognized at this ceremony and also the ARPA President`s Awards Banquet on **Saturday, October 26, 2019**.

Please note that no additional files or documentation other than this form will be considered in the award selection process.

For questions about the ChooseWell Healthy Community Awards, please contact Patrick MacQuarrie at (780) 644-6977 or [pmacquarrie@arpaonline.ca](mailto:pmacquarrie@arpaonline.ca).

**Submit your audio or video recording,**

**and this application, by uploading your files here:**

[**https://www.dropbox.com/request/NDXmJ8cjpl12WTD3lDhz**](https://www.dropbox.com/request/NDXmJ8cjpl12WTD3lDhz)

**Nomination Deadline: 11:59 PM MST, July 31, 2019**

**2019 *ChooseWell Healthy Community Awards* Nomination Form**

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| **Section 1: *Please complete this written section and submit with your recording*** |
| 1. **Contact Information**   **Name of individual/group that should appear on the award: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **If a group, contact name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Job Title or Role: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Organization: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Community: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

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| **Section 2: *Please complete this section within your recording*** |
| 1. **Please state your name and community.** 2. **What is the name of the organization/group you are nominating for an award?** 3. **What is the population of the community, 0-999, 1,000-4,999, 5,000-9,999, or 10,000+?** 4. **Please describe a summary of the activities or initiatives that the nominee has undertaken during the past year to increase healthy eating and/or physical activity, including key successes and the difference your efforts have made in the community. *Please consider the four awards categories when completing this section:***  * **Creating Supportive Environments (ie. Making your community a healthier place to work, live, and play)** * **Providing Health Education (ie. Providing community members with opportunities to develop skills around healthy eating and active living)** * **Building Community Capacity (ie. Partnering with local organizations or individuals to enhance community wellness offerings)** * **Developing Healthy Policies (ie. Establishing rules/regulations within your organization or community that support healthy eating and active living)**  1. **What has been the MOST SIGNIFICANT CHANGE that has occurred in the community during the past year in relation to increasing/supporting healthy eating and/or active living as a result of the nominee’s efforts? *Please note that this answer will be considered as your submission for the Most Significant Change award.*** 2. **How are the nominee’s healthy living initiatives helping to reduce inequities (i.e. level the playing field, improve fairness and social justice) between different groups of people in the community to engage in healthy eating and active living?** |

**Submit your audio or video recording,**

**and this application, by uploading your files here:**

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**Nomination Deadline: 11:59 PM MST, July 31, 2019**

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 August 31, 2019 regarding award decisions.

Awards will be presented at the Alberta Recreation and Parks Association Conference & Energize Workshop, October 24-26, 2019 at the Fairmont Chateau Lake Louise in Lake Louise, AB.