



Is your congregation a Healthy HotSpot?

The places you live, work, learn, worship and play can affect your health. So, the more places that support you to live a healthier life, the better. That's where the Healthy HotSpot initiative comes in. Led by the Cook County Department of Public Health in collaboration with many partners, Healthy HotSpot aims to build healthy places in suburban Cook County through community partnerships.

Learn more at healthyhotspot.org.

To be a Healthy HotSpot, your congregation must take at least one action in each of these topic areas (tobacco, food, physical activity, and chronic disease prevention). Check your eligibility below!

Which can you check off?

- ✓ **Tobacco Free Living**
 - **Develop internal policies** to encourage tobacco-free living. (ex. *Tobacco Free Campus*)
 - **Offer programs** to help people quit smoking. (ex. *Tobacco Cessation programs, education for youth on impact of tobacco use or e-cigarettes*)
 - **Build community partnerships**, collaboration and education for more tobacco-free living. (ex. *Support smoke-free multi-unit housing in the neighborhood*)

- ✓ **Connect to Healthy Eating**
 - **Develop internal policies** to offer healthier food and beverages during congregational functions. (Ex: *Fresh food options at events; Less sugary drinks offered*)
 - **Offer programs** to increase healthier options for the community. (Ex: *Bring healthy options to community dinner or food pantry; Grow & donate garden produce; Use kitchen facilities for healthy cooking events*)
 - **Build community partnerships**, collaboration & education for healthier options. (Ex: *Adopt a corner store to request and reinforce fresh food sales; Build bridges with other congregations, social service and civic agencies to impact local food and beverage offerings; Encourage local restaurants to include health information or healthier dishes on their menu*)

- ✓ **Connect to Active Living**
 - **Develop internal policies** to make active living options easier to access. (Ex. *Make joint use agreements with members or community organizations to make congregation space available for physical activity; Adopt "Instant Recess" policies in congregational meetings and institutes*)
 - **Offer programs** for the community to increase physical activity opportunities. (Ex: *Start a walking group; Fitness class; Use outdoor space as activity lot for community; Use congregational property for community gardening*)
 - **Build community partnerships**, collaboration & education for better physical activity. (Ex: *Join in a city-wide effort to improve streets, sidewalks, bike paths and intersections; Encourage outdoor youth activities*)

- ✓ **Chronic Disease Education and Prevention Education**
 - **Develop internal structures** to help people with chronic disease manage their conditions. (ex. *Start a Health Ministry, start a Support Team, build community and support networks*)
 - **Offer programs** for education and health promotion. (ex. *hold health fairs or screenings, offer trainings, link to expert advice and resources*)
 - **Build community partnerships**. (ex. *Provide a site for a Chronic Disease Self-Management class*)

Measuring the Success of your Internal Change Strategies

- Survey and report the ways your congregation has become more healthy (ex. Use the Faithful Families Assessment form, or use a social platform (like Fitbit) to create friendly competition and foster a culture of health in your congregation!

Healthy HotSpot congregations will:

- Receive a frameable certificate with the Healthy HotSpot award
- Be designated as a Healthy Hotspot on the healthyhotspot.org website
- Be recognized as a partner through healthyhotspot.org and in Healthy HotSpot materials
- Receive exclusive opportunities for resourcing and capacity building
- Receive discounts for programs offered through The Center for Faith and Community Health Transformation

We are a Healthy HotSpot!

Our faith community, _____, pledges that we are taking the following actions to build healthy places in suburban Cook County by:

Tobacco Free Living

Connecting to Healthy Eating

Connecting to Active Living

Preventing Chronic Disease

Congregational Representative Signature

Date