

# Healthier Together Certification

for Neighborhoods

**Name \***

First Name

Last Name

**Title within organization (if applicable)**

Type N/A if not applicable

**Organization**

**Email \***

example@example.com

**Address \***

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

**How did you find out about this certification program? \***

## Organizational Supports & Policies

**1) Does your neighborhood association have an identified champion or team/group of champions who actively publicize or lead health promotion programs? Answer "yes" if, for example, there is a designated "neighborhood wellness champion." [3 points] \***

Yes

No

**2) In the past 12 months, has your neighborhood association conducted a needs and interest survey for planning health promotion and social activities? Answer "yes" if, for example, your organization administers surveys or conducts focus groups to assess your residents' readiness, motivation, or preferences for health promotion programs. [3 points] \***

Yes

No

**3) In the past 12 months, has your neighborhood association organized or facilitated any of the following training to neighborhood residents? (Check all that apply) [1 point] \***

Cardiopulmonary resuscitation (CPR) training

First Aid

Mental Health First Aid

Community Emergency Response Team (CERT) or other disaster preparedness training

Training on how to recognize signs and symptoms of substance abuse

Training on how to recognize signs and symptoms of depression

Traffic safety training (e.g., bicycling skills and awareness)

None of the above

## Social Support & Internal Engagement

**4) Does your neighborhood association sponsor or organize any of the following social activities designed to provide opportunities for social interaction (other than general body meetings)? (Check all that apply and provide the number of each type of event held in the past 12 months) [1 point] \***

- Picnics/Potlucks/ Tailgates
- Parties (e.g., holiday, block, porch, food truck, etc.)
- Live virtual hangouts (e.g., zoom, Skype, Facebook, google, etc.)
- Neighborhood improvement events (e.g., neighborhood cleanups, design charettes & neighborhood planning meetings, group landscaping/yard work day, one-time tactical urbanism events [temporary bike lane or parks, chalking, pop-up farmers' market], etc.)
- Established phone trees/social networks
- Speed "friendship" dating for meeting neighbors
- Neighborhood yard sale
- None of the above

**5) Does your neighborhood association actively promote diversity and inclusion through any of the following methods? (Check all that apply) [1 point] \***

- Written commitment or policy regarding diversity & inclusion
- Written commitment or policy regarding age-friendly events and meetings
- Leadership participation in a cultural competency training
- Sponsoring/promoting a cultural competency training for neighborhood residents
- Planning at least some events which are child-friendly
- Actively considering special accommodations for people with physical disabilities and limitations during event planning
- Actively considering special accommodations for people with developmental disabilities during event planning
- Neighborhood association sponsored cultural events (e.g., Black History Month, cultural potluck, museum tours, etc.)
- Promote participation and attendance at citywide events/activities as an association (e.g., Pride, Iftar dinner)
- Conducting an internal audit of participation in general body meetings and events to see if participation is reflective of the neighborhood
- Conducting outreach, such as a survey, of neighborhood residents seeking feedback on ways to improve events and meetings to make them more comfortable and inviting to everyone
- None of the above

**6) Does your neighborhood association regularly use any of the following various methods of communication with neighborhood residents? (Check all that apply) [1 point] \***

- Monthly meetings (in-person or virtual)
- Email newsletter (quarterly)
- Social Media (Facebook page/group, Instagram, YouTube, Twitter, Nextdoor) (one post per month)
- Mail (once per year)
- Door hangers (once per year)
- Phone calls (once per year)
- Text messages (quarterly)
- Block Captain structure
- None of the above

## Community Benefits & External Engagement

**7) Does your neighborhood association promote and support volunteerism or participate in fundraising events for local non-profit organizations? Answer "yes", if, for example, your neighborhood association participated as a team in an external volunteering project/program or fundraising event in the past 12 months (e.g., "Virtual" Fighting Chance 5K, Fit City 5K, Carefest, Heart Walk, Habitat Build Day, food donation drive, organized mentoring at local elementary school, etc.). [3 points] \***

- Yes
- No

**8) In the last 12 months, did your neighborhood association participate in any community coalition/group discussions that focus on health promotion or addressing the upstream causes of health, also known as the social determinants of health, such as poverty reduction, food security, healthcare access, transportation access, equity & equality, affordable housing, etc.? [3 points] \***

- Yes
- No

**9) Does your neighborhood association actively participate in governance processes that impact the neighborhood? (Check all that apply if your association has participated in the past 12 months) [1 point] \***

- Neighborhood leadership participation in CONA monthly meetings
- Encouraging member participation in CONA Leadership program
- Inform members about recent city and county board/committee/commission meetings and decisions pertinent to the neighborhood
- Encourage members to attend upcoming committee meetings (e.g., city, county, and regional/state institutions [FDOT, PSTA, school board, etc.]).
- Encourage members to contact city council or other decision-making bodies regarding issues pertinent to the neighborhood (e.g., through announcement at general body meeting or written communication)
- Invited your council member or the mayor to your neighborhood association
- Attended/participated in any council district town meetings (e.g., encouraged neighborhood residents to attend and association representative attended)
- Host candidate forums for neighborhood residents to meet local candidates
- Encourage members to utilize See-Click-Fix for reporting issues in the neighborhood
- Encourage members to follow the City of St. Petersburg on social media channels
- Encourage members to sign up for City e-newsletters

**10) Does your neighborhood association participate in and encourage members to actively participate in strategic planning opportunities and public meetings? (Check all that apply) [1 point] \***

- Neighborhood association's strategic plan
- City's Vision 2050
- City's neighborhood transportation planning and Complete Streets (e.g., attending and promoting public meetings, updating neighborhood transportation plans in coordination with the City)
- Neighborhood grants (mini-grants and neighborhood partnership) through the City's Community Services Department
- City budget open houses and meetings
- None of the above

## Health Promotion

**11) In the past 12 months, has your neighborhood association provided neighbors with health-related information, programs, or resources from any of the following organizations? (Check all that apply) [1 point] \***

- Federal, state, or local public health agencies, (e.g., Centers for Disease Control and Prevention, Florida Department of Health)
- Park and recreation agencies/organizations (e.g., City of St. Petersburg Parks and Recreation, Healthy St. Pete, YMCA, St. Pete Bike Co-op)
- Health management program and/or wellness program providers
- Health-related organizations (e.g., American Heart Association, American Cancer Society)
- Healthcare professionals (e.g., hospitals, health care providers, pharmacists, nutritionists)
- Business groups or councils (e.g., Chamber of Commerce)
- None of the above

**12) In the past 12 months, has your neighborhood association provided members with health-related information, educational materials, or resources on any of the following health behavior topics? (Check all that apply) [1 point] \***

- Mindfulness, relaxation, and stress relief
- Stretching & flexibility
- Mental health
- Alcohol & drug abuse
- Diabetes prevention/management
- Healthcare access (e.g., information on open enrollment periods, Medicaid/Medicare enrollment, local free/low-cost healthcare providers)
- Disaster preparedness and resources
- Traffic safety
- Financial health
- Local & national hotline services (e.g., 211 Tampa Bay Cares, National Suicide Prevention Lifeline, National Human Trafficking Hotline, National Sexual Assault Hotline, National Domestic Violence Hotline, National Child Abuse Hotline, Pinellas' Sexual Assault Services Hotline, etc.)
- None of the above

**13) In the past 12 months, has your neighborhood association facilitated or promoted any direct programming on any of the following health behavior topics? Examples might include lunch and learns, seminars, workshops, classes, wellness challenges, promoting a Healthy St. Pete event, etc. (Check all that apply) [1 point] \***

- Mindfulness, relaxation, and stress relief
- Stretching & flexibility
- Mental Health
- Alcohol & drug abuse
- Diabetes prevention/management
- Healthcare access
- Disaster preparedness and resources
- Traffic safety
- Financial health
- None of the above

**14) In the past 12 months, did your neighborhood association do any of the following to promote healthier food options, nutrition education, and food security? (Check all that apply) [1 point] \***

- Written policy making healthy food and beverage choices available during meetings and events when food is served
- Dedicated portion of newsletter on topic
- Dedicated social media post to health promotion at least once per month
- Healthy recipe of the week/month club
- Cookoffs/cooking competitions
- Community potluck, "healthy" BBQ, or similar food event
- Sponsored a seminar, class, or workshop for neighborhood residents (e.g., healthy cooking, nutrition, at-home gardening class)
- Promoted an external seminar, class, or workshop (e.g., from Healthy St. Pete, St. Pete Free Clinic, local college, etc.)
- Community garden
- Food donation drives
- Local in-neighborhood food bank/sharing table
- Low-cost community market
- Shop-for-a-neighbor program (e.g., linking neighborhood residents to delivery/curbside services or facilitating a matching program where neighbors directly help neighbors)
- Promoted WIC/SNAP enrollment resources/information
- Provided information on phone apps or other resources that promote healthy eating
- None of the above

**15) In the past 12 months, has your neighborhood association done any of the following to promote physical activity? [1 point] \***

- Organized a neighborhood walking group
- Sponsored group exercise classes (e.g., yoga, aerobics, Zumba, etc.)
- Promoted external group exercise classes (e.g., Healthy St. Pete, Recreation center classes, YMCA)
- Sponsored sports pick-up games or field days
- Participated as a team in recreational sports leagues
- Facilitated/promoted a buddy system for gym/weight training
- Facilitated/promoted group bicycling rides or biking buddy systems (e.g., recreational neighborhood bike group or bike-to-work/school buddy system)
- Hosted a wellness challenge that promotes physical activity (e.g., steps challenge, group participation in national bike challenge, fitness challenges, etc.)
- Sponsored events that promote walking or biking (e.g., scavenger hunts, neighborhood chalking, neighborhood walk audit, etc.)
- Distributed maps/information on local walking and bicycling routes
- Provided information on phone apps dedicated to physical activity
- None of the above

**16) In the past 12 months, has your neighborhood association done any of the following activities to promote a tobacco-free and/or nicotine-free lifestyle? (Check all that apply) [1 point] \***

- Written commitment or policy promoting “tobacco-free” events
- Inclusion of smoking-cessation resources in written communications (e.g., in a newsletter, social media post, email-blast)
- Providing brochures, flyers, or other materials on smoking cessation resources at a general body meeting (e.g., providing FDOH’s Tobacco-Free Florida materials)
- Encouraging neighbors to join a quitting tobacco group together or other group accountability strategies
- Providing information and resources on how to keep children and teens from vaping to neighborhood parents and guardians
- Letter-writing campaign to local businesses in the neighborhood politely requesting that they limit their outdoor marketing of tobacco and nicotine products
- None of the above

**Comments/Suggestions:**



For more information about the Healthier Together Certification Program, including community resources aligned with each segment, visit [HealthyStPeteFL.com](https://HealthyStPeteFL.com).

TO COMPLETE THE FORM, VISIT [HEALTHYSTPETEFL.COM/HEALTHIER-TOGETHER](https://HEALTHYSTPETEFL.COM/HEALTHIER-TOGETHER)