

Get Healthy Utah: Municipal Leader Survey Results

By Dianne Meppen, Director of Community Research; Kiki Hudson, Graduate Assistant

Introduction

Get Healthy Utah collaborated with the Kem C. Gardner Policy Institute to gain insights into municipal government leaders' attitudes and strategies regarding the Healthy Utah Community Designation and its initiatives. This research defines community health as encompassing all factors affecting the health and well-being of individuals in a community, without discrimination based on income or ethnicity. This concept covers direct health aspects such as physical activity, mental health, opioid consumption, air quality, chronic illnesses, and injury prevention. Additionally, community health is shaped by social determinants of health, which are the conditions in the environments where people live, learn, work, and play that indirectly influence their health risks and outcomes. This includes the availability of nutritious food, educational opportunities, employment, health care services, and the presence of incentives in physical and policy environments that support and foster healthy living.

Methodology

Working with staff at Get Healthy Utah and the Utah League of Cities and Towns (ULCT), the Gardner Institute developed an online survey questionnaire. The ULCT team distributed an email invitation with the survey link to their statewide list of city and county elected officials and staff contacts. The survey invitation described the goal of the Healthy Utah Community Designation and the Get Healthy Utah program. The survey was open from October 11, 2023 to December 20, 2023 and collected responses from 75 Utah municipalities.

Overall, 139 respondents started the survey, with 84 (60%) providing answers to at least three-quarters of the survey questions. The survey length may have affected the response rate, as respondent drop-off rates were notable. The average time to complete the online survey was 15 to 20 minutes. All responses from participating leaders are included in these results regardless of whether they responded to all questions or only some. Appendix A contains the demographic profile of leaders responding to the survey.

The Get Healthy Utah survey collected additional contact information from respondents willing to participate in further research about the Get Healthy Utah program through focus groups. This additional information is not tied to responses contained in this document.

Limitations

Despite extensive efforts involving general and targeted follow-up to reach all municipalities, representatives from only 75 out of Utah's 254 municipalities responded (30%). Some municipalities had more than one respondent participate in the survey, and others just one. As a result, the opinions reflected in these findings are only from a subset of Utah's municipalities.

Low participation and completion rates can impact the representativeness of the survey results. The approximate survey drop-off rate of 40% (completing less than three-quarters of the survey) can significantly hinder the generalization of statewide results. The length and time it took to complete the survey likely contributed to the drop-off rate.

Participation may also have been affected by the subject of the survey not applying or being of interest to the persons receiving the survey email invitation. Some cities/towns may have limited capacity or personnel to respond to the survey or prioritize community health.

Additionally, there may be a limitation in analyzing two survey questions that included access to safe drinking water and clean air together as one option. Future research should pose questions about the two topics separately due to their unclear compatibility for joint measurement.

Findings

Municipality responses to each of the Nutrition, Physical Activity, and Mental Health survey sections provide different takeaways, including varying levels of commitment to implementing action items in each category.

Each municipality that responded to this survey also exhibits unique needs and challenges, resulting in diverse results across the spectrum of options. Gaining a deeper insight into

these distinct perspectives on community health can enable Get Healthy Utah to identify more effective initiatives that support health improvement. This, in turn, aids municipal leaders in establishing frameworks and systems that bolster the long-term health of their communities. Altogether, the primary takeaways are:

- Community leaders are more familiar than not with the Healthy Utah Community Designation, yet there is room for improvement in increasing the number of communities that hold the designation. Of those who do not have the designation, there is significant interest in earning it.
- Health is a high priority for community leaders across the state. Most respondents believe municipal governments have a role in managing community health.
- Mental health-related factors are deemed highly important to respondents, reflecting a consensus that mental health is a critical issue across municipalities and there is a desire to enhance mental health resources.
- Access to safe drinking water and clean air is seen as crucial.
- Affordable housing is perceived as largely inaccessible.
- The three distinct Healthy Utah Community Designation Focus Areas (Nutrition, Physical Activity, and Mental Health) provide a framework for meaningful comparisons.
 - o In Nutrition, many leaders have neutral sentiments about action items, with a notable portion lacking plans for implementation.
 - o Physical Activity sees a strong commitment to both actions and their implementation.
 - o Mental Health actions are viewed as extremely important, although implementation plans among the identified actions vary.
- Funding is the most significant barrier communities face in operationalizing Healthy Utah Community Designation action items (Figure 1). Despite a desire to address health-related issues and improve public health, municipalities find insufficient funding is a difficult challenge to overcome.

Healthy Utah Community Designation

Two-thirds of respondents are familiar with the Healthy Utah Community Designation with 41% saying they are very familiar and 26% somewhat familiar. Just over one-third of respondents (34%) were generally unfamiliar with the designation (Figure 2). The status of community designations shows room for improvement, with 62% of respondents reporting they do not have it or are unsure if their community does (Figure 3). Over half (55%) of respondents without a current designation express a high level of interest (four or five on a one-to-five scale) in earning the designation. One in five (19%) show a lack of interest (selecting a one or two), and 27% of respondents place their interest in the middle range (Figure 4).

Among leaders in communities with the designation, 76% feel it has had “some” positive impact. While encouraging, there is opportunity for Get Healthy Utah to increase the respondents’ perceived impact to the “significant” territory (Figure 5). When assessing the helpfulness of different aspects of the designation, leaders with the designation provide positive ratings across all aspects. “Having a list of five evidence-based strategies to choose from” garnered the highest rating at 91%, while “Forming a health coalition” received the lowest rating, earning 67% (Figure 6). Respondents have a strong consensus that the designation has brought awareness of health to the city level, with 88% agreeing (Figure 7).

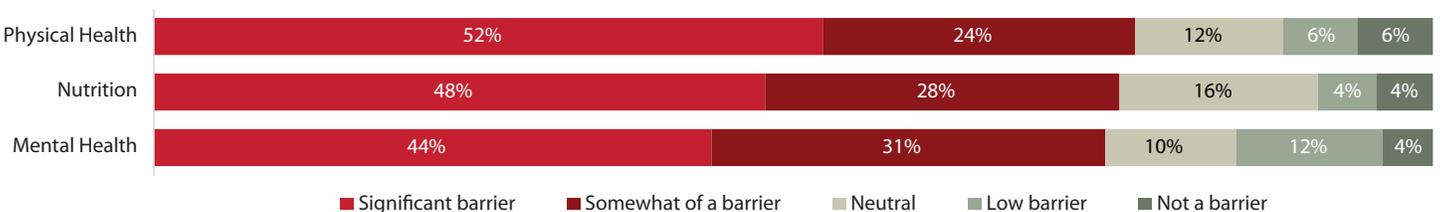
When asked if they were interested in learning more about the Healthy Utah Community Designation, 60% of the 84 leaders expressed an interest.

When leaders with the designation were asked to share specific examples of how the designation impacted community health in their city or town, they provided a variety of examples. The following is a sample of verbatim responses:

- *We kept our community garden, which would otherwise have been eliminated. We formed a health coalition, which informed our decisions and provided resident input.*
- *It has given us the opportunity to apply for additional funding that can impact our community.*
- *Helped us focus on our trail network and formulate a plan for connectivity throughout the city.*
- *We had many residents respond positively, but others had no response or didn’t care.*

*See Appendix D for all verbatim comments.

Figure 1: Community leader rating of ‘insufficient funding’ as a barrier to implementation of actions in targeted topic areas.



Regarding additional feedback about the designation, respondents provide a range of responses. Some examples of verbatim comments are:

- *Because the program is scalable to the size and unique successes/challenges of each community, I think every city in Utah should apply.*
- *I feel like it needs to be promoted more.*
- *The hardest part is having enough people for a board in a small community.*
- *We are working on programs to achieve the healthy city designation.*

*See Appendix D for all verbatim comments.

Figure 2: How familiar are you with the Healthy Utah Community Designation?

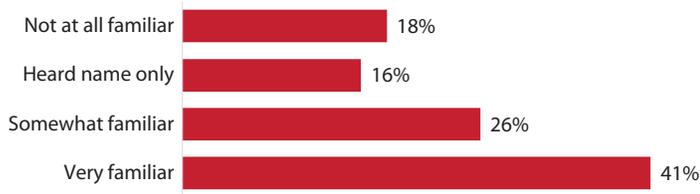


Figure 3: Has your city or town been designated a Healthy Utah Community?



Figure 4: How interested are you in earning the designation?
(ASKED TO THOSE WITHOUT THE HEALTHY UTAH DESIGNATION)

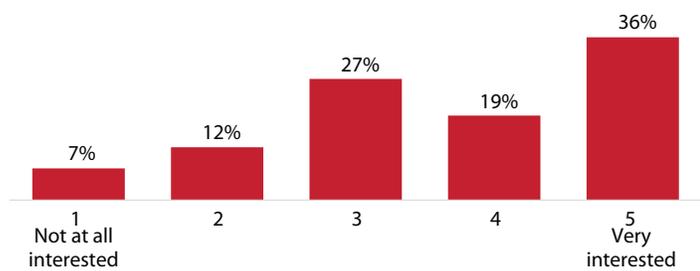


Figure 6: How helpful were the following parts of the designation to improving community health in your city or town?
(ASKED TO THOSE WITH THE HEALTHY UTAH DESIGNATION)

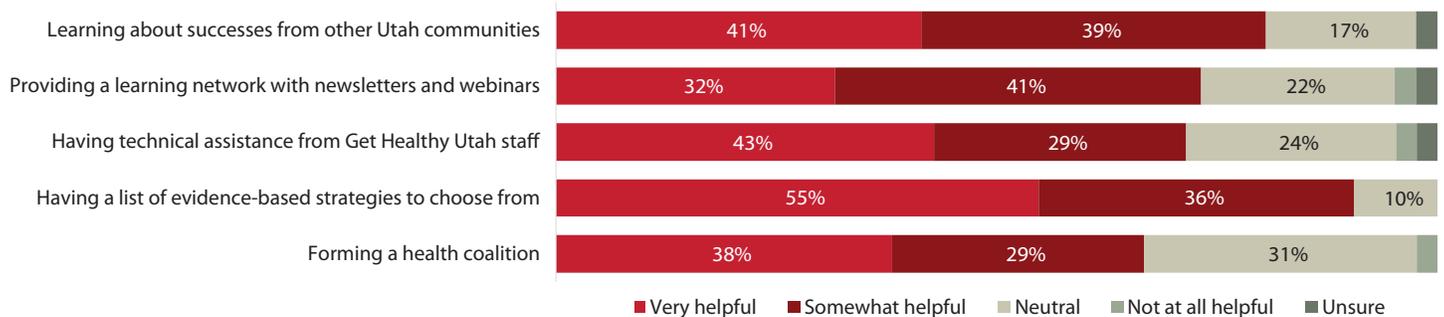


Figure 5: Did pursuing the designation have a positive impact on community health in your city or town?
(ASKED TO THOSE WITH THE HEALTHY UTAH DESIGNATION)

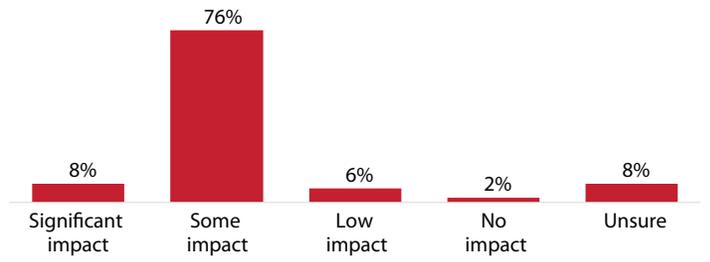


Figure 7: Overall, the designation has increased my understanding of a city's impact on health.
(ASKED TO THOSE WITH THE HEALTHY UTAH DESIGNATION)

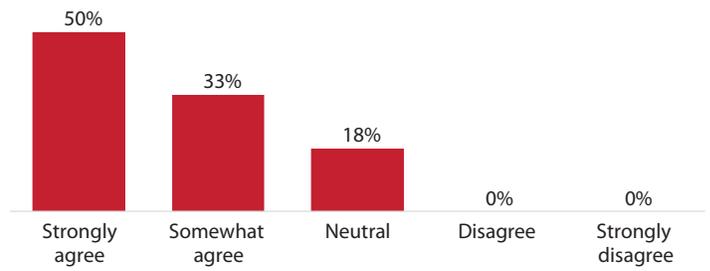
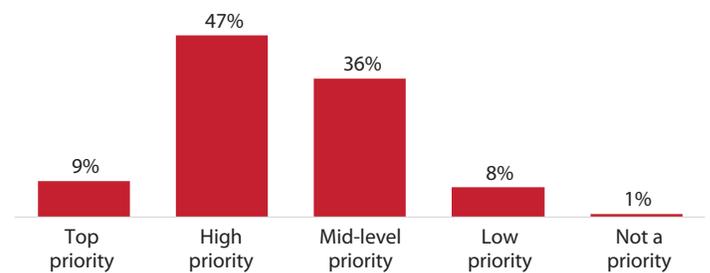


Figure 8: As a leader in your community, there are many different issues and priorities for you and your organization to focus on. Thinking about community health, would you say it's a...?



Community Health and the Role of City Governments

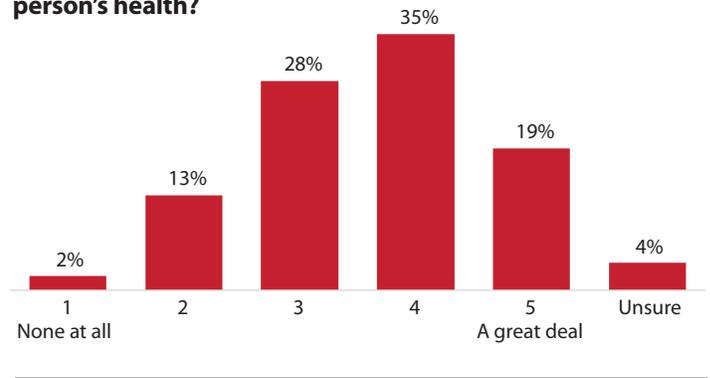
Community health is important to a majority of leaders surveyed, with over half (56%) saying that it is a high or top priority for them and another third (36%) reporting it as a mid-level priority (Figure 8). While most respondents rated all personal health impact factors highly, with majorities scoring a four or five on a one-to-five scale, it is worth noting that suicide prevention and improved mental health emerge as the top priorities, receiving 88% and 83%, respectively. These results underscore a significant focus on mental health among respondents.

The lowest-rated health factor, improved air quality, varies in importance and could be influenced by a community's specific location (Figure 9).

Respondents believe city governments should play a role in addressing health factors, with 35% selecting a four and 19% selecting a five on a one-to-five scale (Figure 10).

Community leaders also rated the importance of improving several social determinants of health within their community

Figure 10: Generally, to what extent do city governments have a role in addressing these factors that impact a person's health?



using the five-point scale. The desire to improve access to safe drinking water/clean air in their communities received the highest rating at 91%, with 73% deeming it "extremely important" and another 18% rating it as a four on the five-point scale. Although cities may have more control over drinking

Figure 9: Looking at the following factors that impact a person's health, in general, how important do you believe each of them is to the residents in your community?

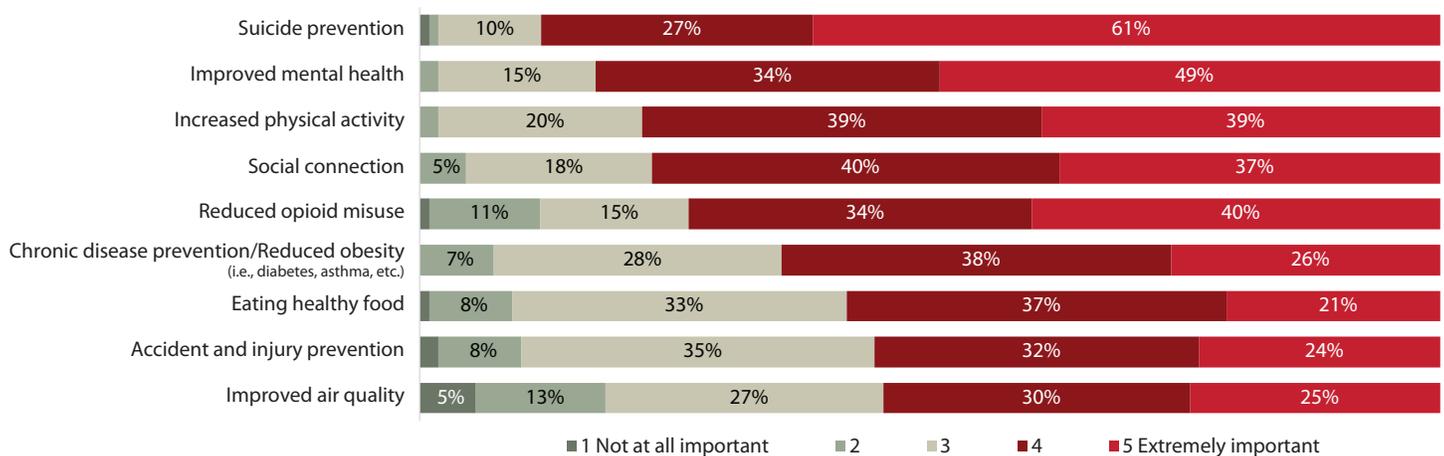


Figure 11: How important do you feel it is to improve access to each of these social determinants of health in your community? Access means it's affordable, available, and proximate.

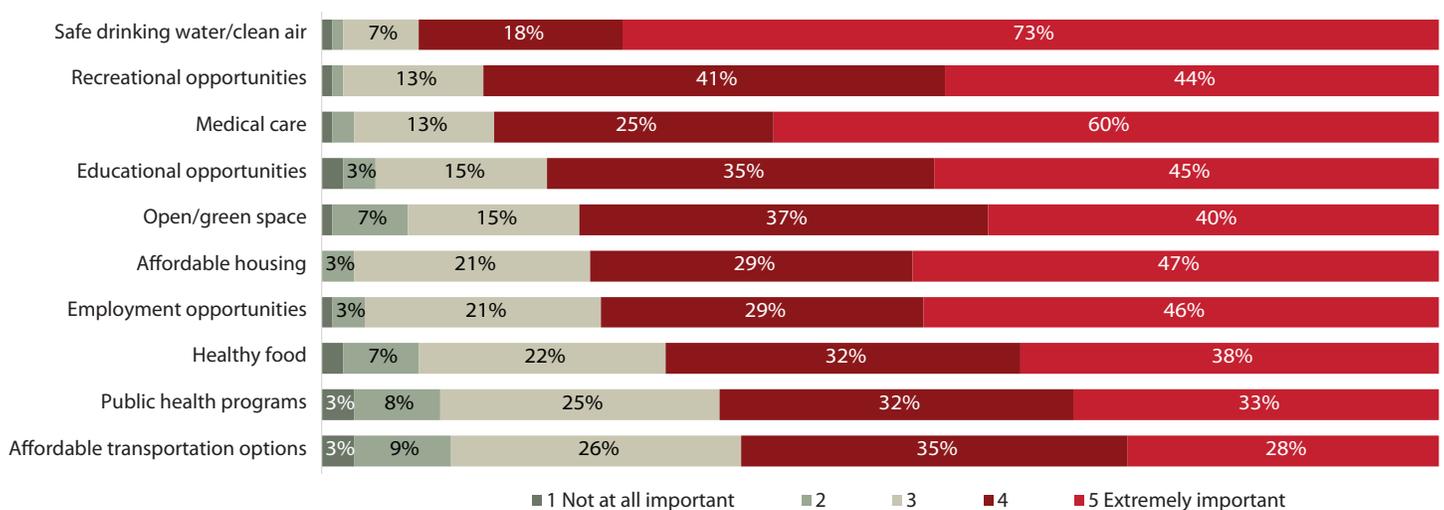


Figure 12: How important is...?

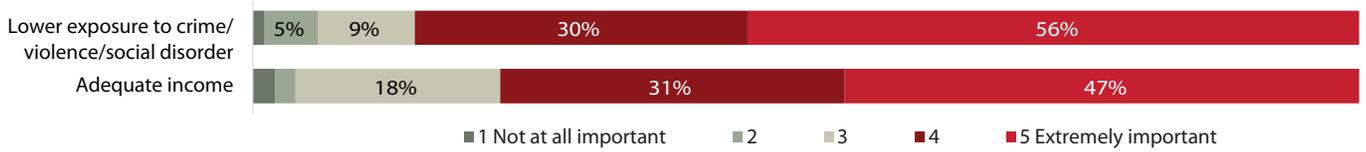
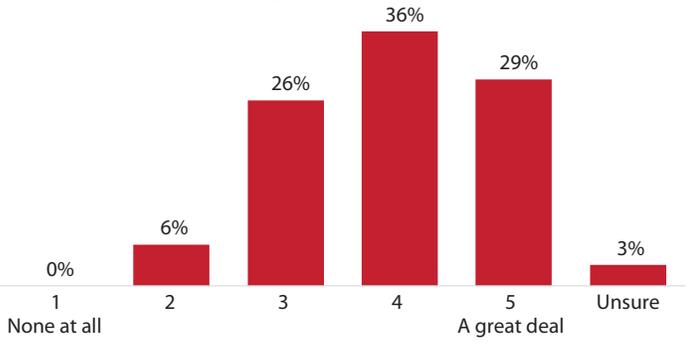


Figure 13: In general, to what extent do city governments have a role in addressing these social determinants of health?



water, air quality presents a more complex challenge requiring collective efforts among different municipalities. As such, it may be helpful for future surveys to pose separate questions about these topics.

While respondents rated all options as highly important, two areas stood out. Recreational opportunities and medical care are given significant importance ratings, each receiving 85% (a four or five on the scale) (Figure 11).

In response to two additional questions concerning social determinants of health, an overwhelming 86% of leaders rate

having lower exposure to crime/violence/social disorder with a four or five in importance. Moreover, about three-quarters (78%) say having an adequate income is very important (a four or five rating). These two factors emerge as critical to respondents in their evaluation of community health (Figure 12).

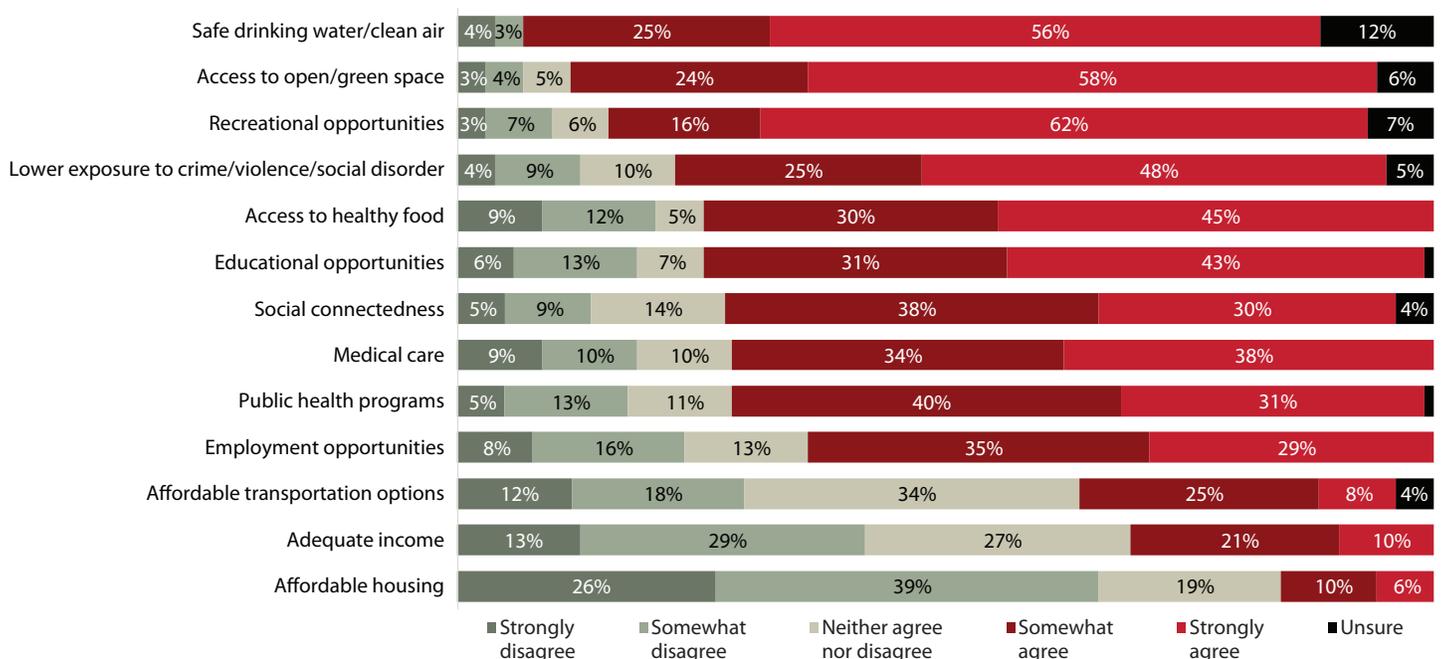
A significant number of city officials surveyed express a belief that communities have a role in addressing social determinants of health (65%). Another 26% give a more neutral rating of three on the one-to-five scale (Figure 13).

Accessibility to different social determinants of health factors varies among respondents. A majority of leaders agree (a four or five on a five-point scale) that their residents generally have access to areas measured on the survey.

The highest levels of agreement are seen in access to open/green space (82%), safe drinking water/clean air (81%), and recreational opportunities (78%). While there is widespread agreement on access to safe drinking water and clean air, one in ten (12%) express uncertainty in rating this aspect, possibly reflecting the challenge of combining safe water and clean air into a single measurement.

Conversely, nearly two-thirds (65%) of respondents disagree that their residents have access to affordable housing.

Figure 14: Do you agree or disagree that all residents of your community currently have access to the following social determinants of health?



Respondents also do not believe their residents have access to adequate income and affordable transportation, identifying these as areas of concern (Figure 14).

A variety of responses are given by leaders when asked, "What additional feedback do you have about the extent of city governments' role in addressing the factors that impact a person's health?" A sample of verbatim responses includes:

- *A city government can create healthy connections between citizens and resources to improve both mental and physical health.*
- *It is a large part of a government's responsibility to provide resources to their citizens.*
- *It is none of the government's business.*
- *I believe that the citizens of our city really make the city. If we are sick and unhealthy so is our city.*

*See Appendix D for all verbatim comments.

Responses to the question "What additional feedback do you have about the extent of city governments' role in addressing social determinants of health?" include comments such as:

- *I think community health is the primary goal of city government. What that looks like is a matter of debate, especially when allocating tight resources.*
- *These questions are a challenge. For example, local government plays a primary role in clean water and virtually no role in clean air. While quality health care is important to health, local government plays almost no role in locating it proximately and affordably.*

- *Small cities do not have the resources to make a noticeable difference.*
- *Creating a healthy community is vital to the success and future of its citizens. We want a community that provides healthy lifestyle living opportunities. Healthy people are happier people.*

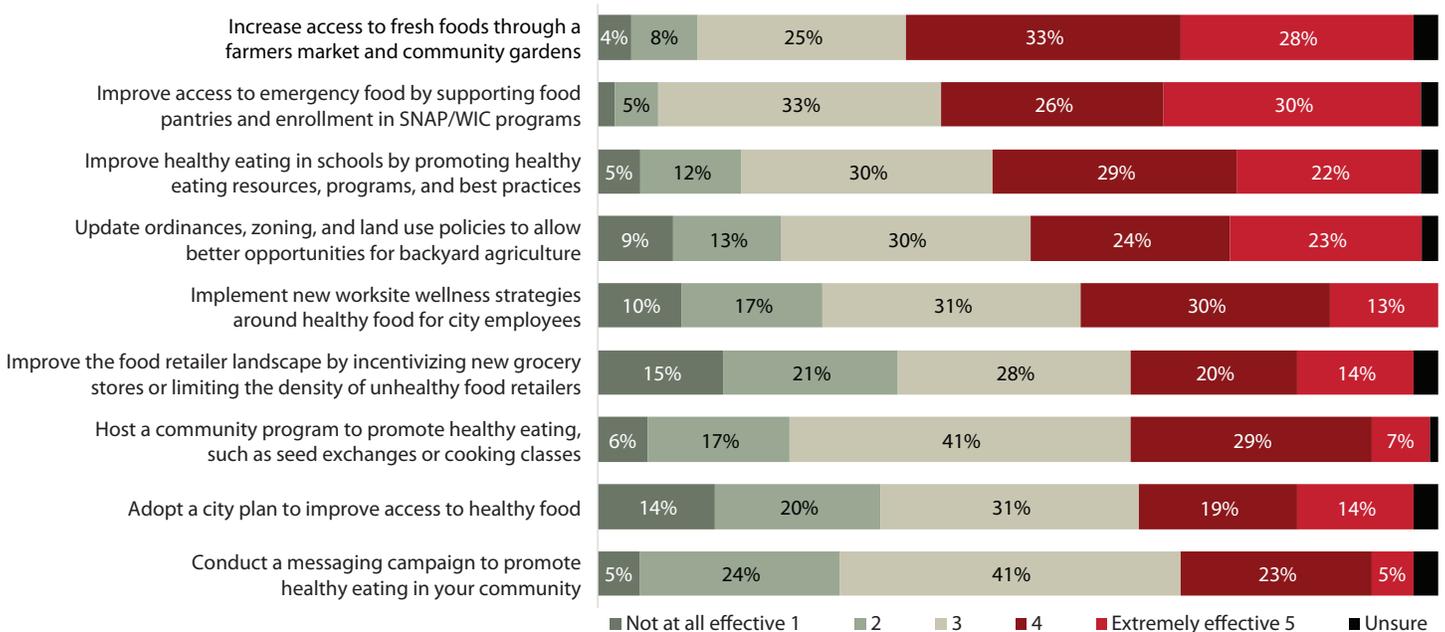
*See Appendix D for all verbatim responses.

Healthy Utah Community Designation Focus Areas

The survey targeted three primary focus areas: Nutrition, Physical Activity, and Mental Health. The questionnaire followed a uniform format. Initially, local leaders were asked to assess a list of actions related to the specific area, providing ratings on a scale ranging from "Not at all effective" to "Extremely effective." Subsequently, respondents indicated the implementation status for each action within their own municipality choosing from the options "Already implemented," "Planning to implement," "Not doing, but interested in learning more," or "Not doing, and no plans to start."

The following sections outline distinct actions that serve as examples for achieving the Healthy Utah Community Designation. The survey also evaluated the barriers to implementing these actions. Leaders utilized a scale ranging from "Significant barrier" to "Not a barrier" to assess items such as "Insufficient funding," "Need more information," "Lack of community support," and "Lack of department support." In summary, the delineation of focus areas allows Get Healthy Utah to have a comprehensive understanding of each targeted subject.

Figure 15: (Nutrition) If done well, how effective do you think each action is or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).



Nutrition

The Nutrition section asked respondents to rate nine action items on their effectiveness in improving community health. Results reveal a noteworthy trend: a significant percentage of responses fall in the middle range, indicating a perception of neither effective nor ineffective. Notably, the action item “Increase access to fresh foods...” stands out as effective among actions rated, receiving a 61% rating within the top two scale categories. Similarly, “Improve access to emergency food...” garners over half (56%) of responses in the effective range (four and five on the scale). On the other hand, “Improving the food retailer landscape...” and “Adopting a city plan to improve access to healthy food” receive lower effectiveness ratings compared with the other actions (35% and 34%, respectively). Forty-one percent of leaders rate “Host a community program...” and “Conduct a messaging campaign...” in the middle category (Figure 15).

When it comes to putting nutrition-focused actions into practice, the majority of leaders report having yet to implement most of these measures. For the actions that remain unimplemented, responses are relatively evenly divided between community leaders expressing an interest in learning more about these actions and those who do not intend to implement the action at all. More specifically, “Improve the food retailer landscape...” receives nearly two-thirds (58%) of responses in the “Not doing, and no plans to start” category. However, “Increase access to fresh food...” has 55% of respondents reporting as “Already implemented,” and “Update ordinances, zoning, and land use policies...” has 42% (Figure 16).

Respondents consider insufficient funding to be the largest barrier to implementing the Nutrition actions, with three-quarters (76%) rating it as somewhat of a barrier and a significant barrier. Lack of community and departmental support is not a barrier for many municipalities (Figure 17). Refer to Appendix D for the “Other” responses for Figure 17.

Figure 16: (Nutrition) Please indicate which of the following actions your community is already doing or planning to start in the near future.

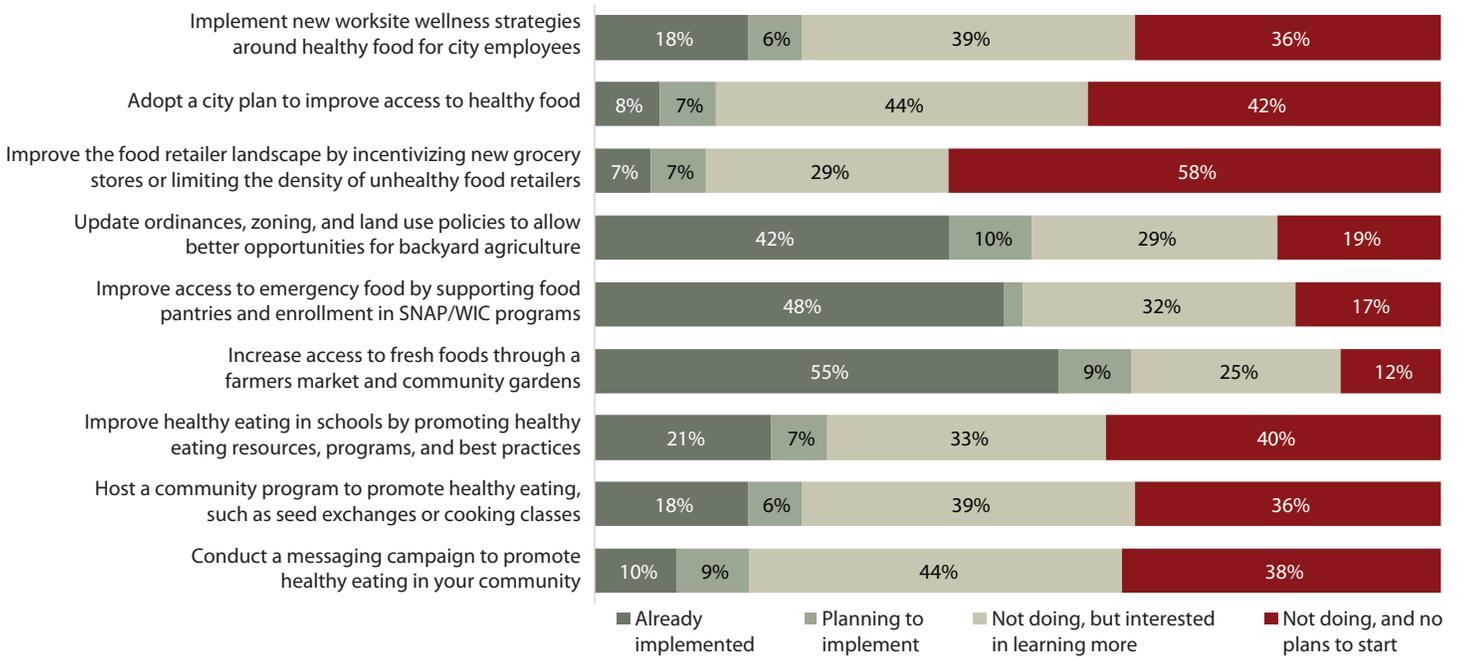


Figure 17: (Nutrition) How much of a barrier are the following in implementing these actions?

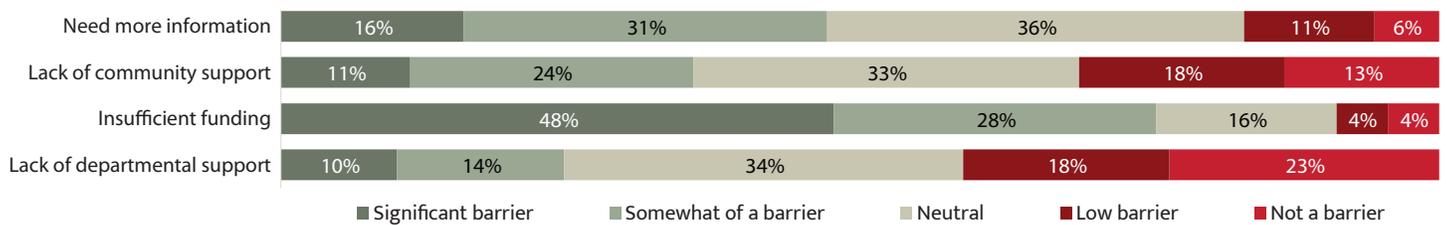


Figure 18: (Physical Activity) Now regarding physical activity... If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).

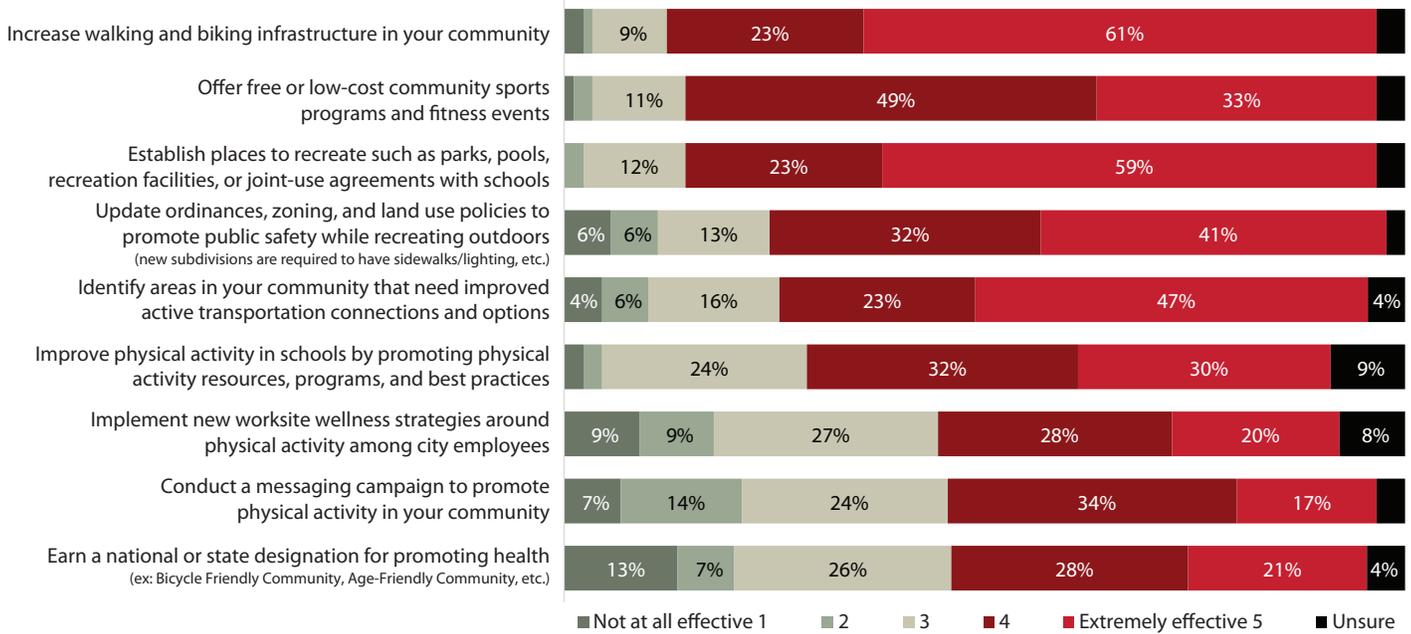
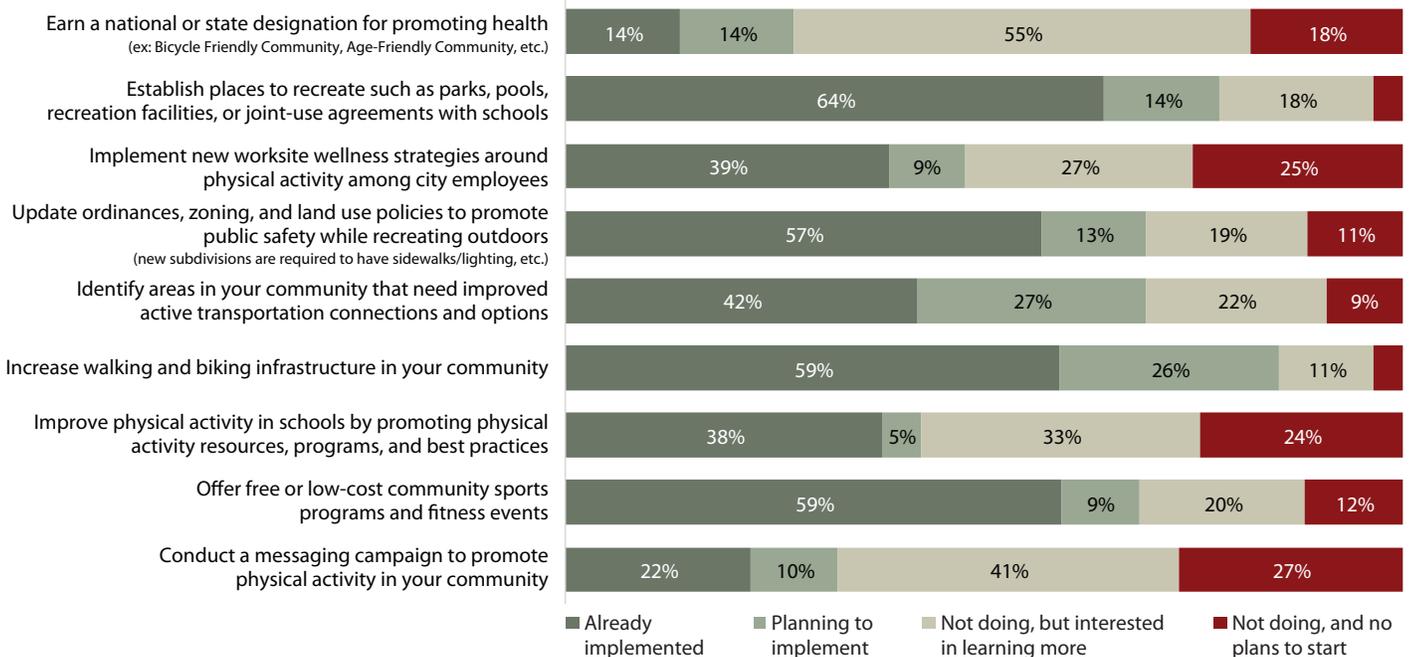


Figure 19: (Physical activity) Of these same actions, please indicate which of the following actions your community is already doing or planning to start in the near future.



Physical Activity

Most respondents agree that the nine action items in the Physical Activity list would effectively improve community health. Notably, “Increase walking and biking infrastructure...” (83%), “Offer free or low-cost community sports...” (82%), and “Establish places to recreate...” (82%) all have over four-fifths

of responses in the four and five range (on a one-to-five scale). However, “Earn a national or state designation for promoting health...” (20%) and “Conduct a messaging campaign...” (21%) were ranked on the ineffective side of the scale (a one and two) by one in five respondents (Figure 18).

Figure 20: (Physical activity) How much of a barrier are the following in implementing these actions?

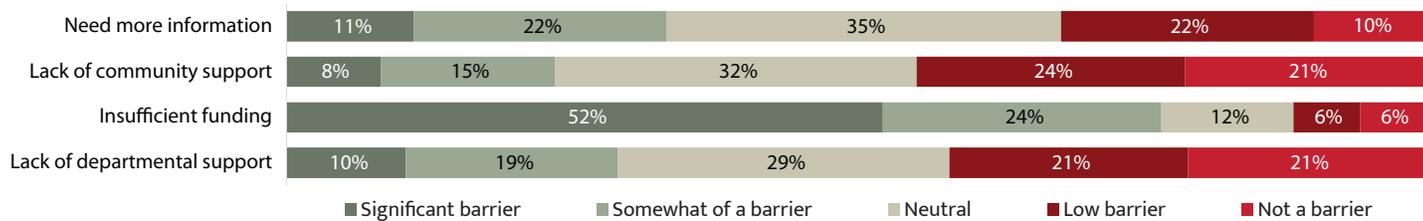
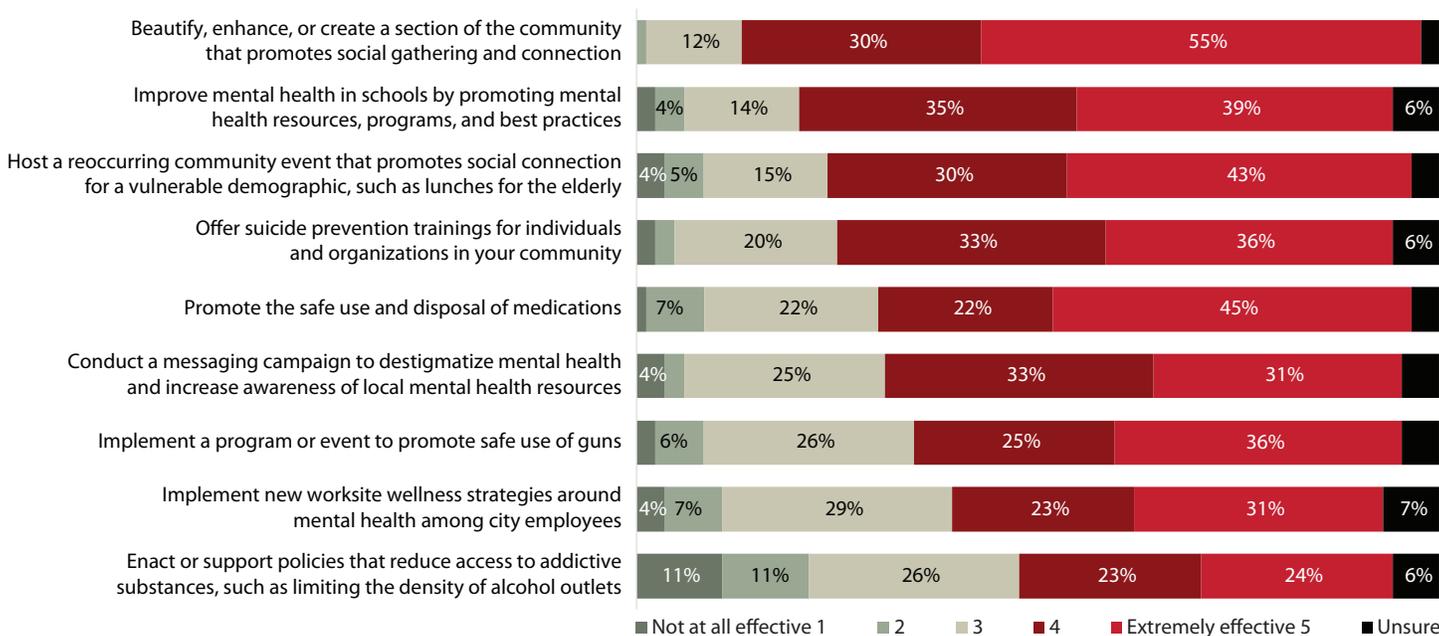


Figure 21: (Mental Health) If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).



Regarding implementation, five of the nine Physical Activity actions have been implemented by the majority of communities responding to the survey. The action items “Increase walking and biking infrastructure...” and “Establish places to recreate...” have each been implemented or planned by three-quarters or more of the communities responding to the survey. Approximately two-thirds report implementing or planning to implement “Updating ordinances, zoning and land use policies...,” “Identifying areas that need improved active transportation...,” or “Offer free or low-cost community sports...” Less than half of respondents indicate that they will not implement the other four actions. Most respondents are interested in learning more about the actions (Figure 19).

In terms of implementing Physical Activity actions, insufficient funding is considered the most significant barrier for respondents. When it comes to implementing these actions, “Need more information,” “Lack of departmental support,” and “Lack of community support” are primarily rated in the neutral to low barrier ranges (Figure 20). Refer to Appendix D for the “Other” responses for Figure 20.

Mental Health

In terms of Mental Health actions, almost all the items receive high effectiveness ratings (in the four and five range on the one-to-five scale). Specifically, “Beautify, enhance, or create a section of the community...” garners 85% positive responses (a four or five), and “Improve mental health in schools...” receives three-quarters (74%). “Implement new worksite wellness strategies...” has a third of responses in the mid-range (29%), while “Implement a program or event to promote safe use of guns” and “Enact or support policies that reduce access to addictive substances...” each has a quarter (26%) in the mid-range of the scale as illustrated in Figure 21.

The results show varied implementation of Mental Health actions. The actions with the highest implementation or planned implementation rates include “Host a reoccurring community event...” (74%), “Promote the safe use and disposal of medications” (67%), and “Beautify, enhance, or create a section of the community...” (62%). Conversely, the actions that are least likely to have been implemented were “Conduct a messaging campaign to destigmatize mental health...” (57%), “Enact or

Figure 22: (Mental health) Of these same actions, please indicate which of the following actions your community is already doing or planning to start in the near future.

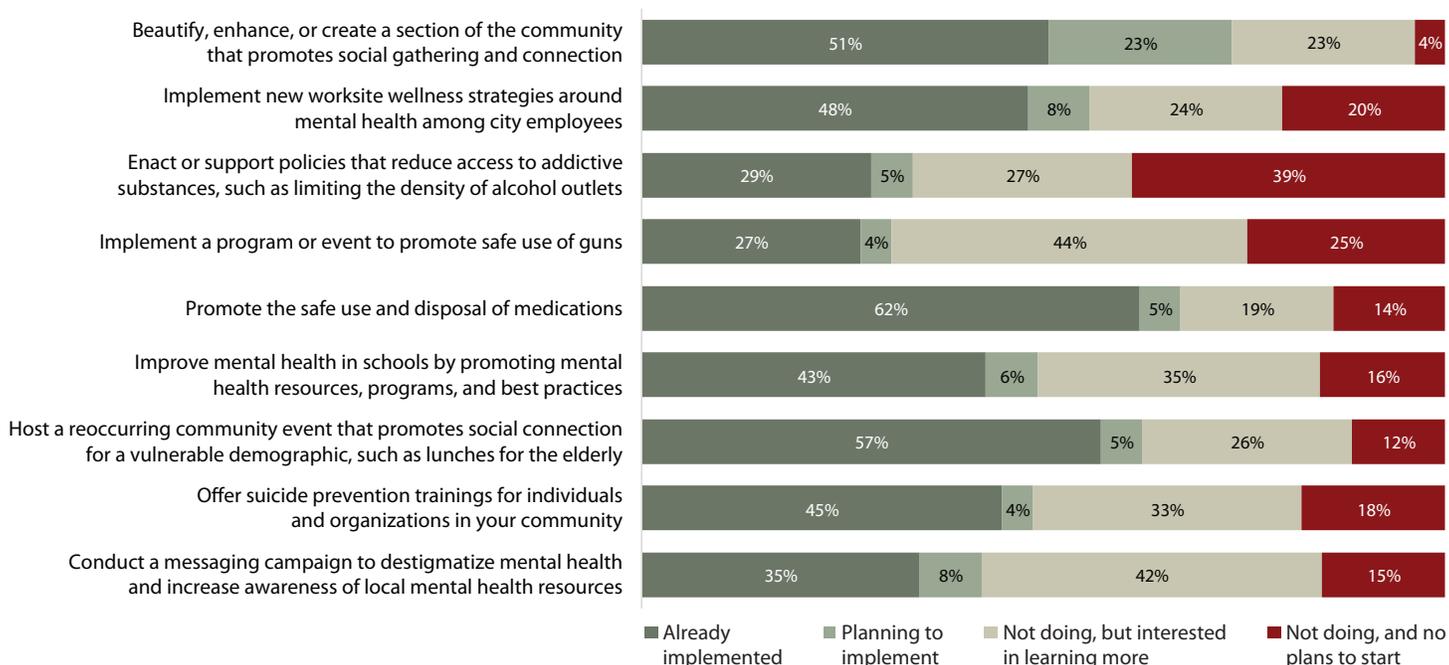
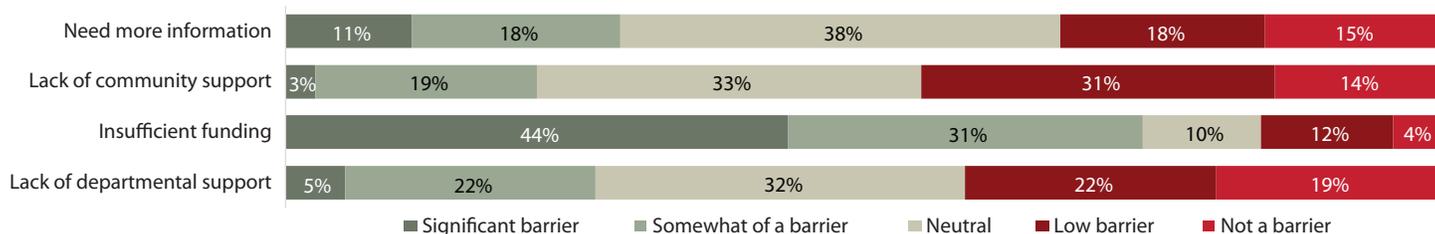


Figure 23: (Mental health) How much of a barrier are the following in implementing these actions?



support policies that reduce access to addictive substances...” (66%), and “Implement a program or event to promote safe use of guns” (69%) (Figure 22).

Insufficient funding is the most significant barrier to implementing these Mental Health actions by communities across the state. “Need more information,” “Lack of department support,” and “Lack of community support” do not pose considerable barriers (Figure 23). Refer to Appendix D for the “Other” responses for Figure 23.

Additional Comments From Leaders

When given the opportunity to share any final comments or thoughts on community health, several leaders provided a diverse range of suggestions, approvals, and concerns. A sample of these comments is below, with all verbatim responses in Appendix D.

- *Although creating health is the same goal, a program of one size doesn't fit all. It looks different in smaller bedroom-type communities than in more traditional cities.*
- *I support a healthy community; however, we are a really small community with a limited population and resources.*
- *It's an awesome initiative to promote and we have seen great results.*
- *We perhaps need ideas on particular areas that could be implemented in our community, and that are pertinent to our local needs.*

Appendix A – Demographic Profile of Respondents

In what age bracket do you fall?

18-24	1	1%
25-34	2	2%
35-54	35	43%
55-64	24	29%
65-74	18	22%
75+	2	2%
Total	82	100%

What is your gender?

Male	40	48%
Female	42	51%
Non-binary	0	0%
Transgender	0	0%
Prefer not to say	1	1%
Other	0	0%
Total	83	100%

What is your race/ethnicity?

Asian	0	0%
African American	0	0%
Latino or Hispanic	3	4%
Caucasian	76	93%
Native American	1	1%
Native Hawaiian or Pacific Islander	1	1%
Two or more	0	0%
Other	0	0%
Prefer not to say	1	1%
Total	82	100%

What municipality do you represent?

*See Appendix D for verbatim comments.

Which of the following best describes your current position?

City Government Elected Official	61	70%
City Government Staff	31	32%
County Government Elected Official	0	0%
County Government Staff	0	0%
Other (please specify)	5	5%
Total	97	100%

How long have you been in your current position?

Less than 1 year	3	4%
1 to less than 5 years	38	46%
5 to less than 10 years	28	34%
10 to less than 20 years	8	10%
20 years or more	5	6%
Total	82	100%

Appendix B – Questionnaire

Introduction:

Where we live, work, and play has a significant impact on our health. Cities and towns are uniquely positioned to improve local health conditions for all residents. We are asking you to complete this survey to help us better understand your perspective on community health and learn more about how you are addressing the health of residents. The results of the survey will be used to help guide the Healthy Utah Community Designation and other resources to support local communities.

For this survey, community health is defined as the overall physical and mental well-being of a specific population.

Healthy Utah Community Designation:

Get Healthy Utah and the Utah League of Cities and Towns created the Healthy Utah Community Designation in 2020. The award is designed to support and recognize work being done in communities to improve health and quality of life. Please answer the following questions about your understanding and perceptions of the designation.

1) How familiar are you with the Healthy Utah Community Designation?

- Very familiar
- Somewhat familiar
- Heard name only
- Not at all familiar

2) Has your city or town been designated a Healthy Utah Community?

- Yes
- No
- Unsure

3) How interested are you in earning the designation?

- 1 (Not at all interested)
- 2
- 3
- 4
- 5 (Very interested)

4) Did pursuing the designation have a positive impact on community health in your city or town?

- Significant impact
- Some impact
- Low impact
- No impact
- Unsure

5) How helpful were the following parts of the designation to improving community health in your city or town?

	Very helpful	Somewhat helpful	Neutral	Not at all helpful	Unsure
Forming a health coalition					
Having a list of evidence-based strategies to choose from					
Having technical assistance from Get Healthy Utah staff					
Providing a learning network with newsletters and webinars					
Learning about successes from other Utah communities					

6) Please share specific examples of how the designation impacted community health in your city or town.

7) Overall, the designation has increased my understanding of a city's impact on health.

- Strongly agree
- Somewhat agree
- Neutral
- Disagree
- Strongly disagree

8) What additional feedback do you have about the designation?

Community Health and the Role of City Governments:

Please answer the following questions about community health and the role of city governments.

9) As a leader in your community, there are many different issues and priorities for you and your organization to focus on. Thinking about community health, would you say it's a...?

- Top priority
- High priority
- Mid-level priority
- Low priority
- Not a priority

10) Looking at the following factors that impact a person's health, in general, how important do you believe each of them is to the residents in your community?

	Not at all important 1	2	3	4	Extremely important 5
Increased physical activity					
Reduced opioid misuse					
Improved air quality					
Improved mental health					
Suicide prevention					
Chronic disease prevention/Reduced obesity (i.e., diabetes, asthma, etc.)					
Accident and injury prevention					
Eating healthy food					
Social connection					

11) Generally, to what extent do city governments have a role in addressing these factors that impact a person's health?

- None at all 1
- 2
- 3
- 4
- A great deal 5

12) What additional feedback do you have about the extent of city governments' role in addressing the factors that impact a person's health?

13a) Social Determinants of Health are the social and environmental conditions where people live, learn, work, and play that can affect their health.

How important do you feel it is to improve access to each of these social determinants of health in your community? Access means it's affordable, available, and proximate.

	Not at all important 1	2	3	4	Extremely important 5
Healthy food					
Educational opportunities					
Employment opportunities					
Medical care					
Public health programs					
Affordable housing					
Safe drinking water/clean air					
Affordable transportation options					
Open/green space					
Recreational opportunities					

13b) How important is...

	Not at all important 1	2	3	4	Extremely important 5
Adequate income					
Lower exposure to crime/violence/social disorder					

14) In general, to what extent do city governments have a role in addressing these social determinants of health?

- None at all 1
- 2
- 3
- 4
- A great deal 5
- Unsure

15) What additional feedback do you have about the extent of city governments' role in addressing social determinants of health?

16) Do you agree or disagree that all residents of your community currently have access to the following?

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	Unsure
Access to healthy food						
Educational opportunities						
Employment opportunities						
Medical care						
Public health programs						
Affordable housing						
Adequate income						
Safe drinking water/clean air						
Affordable transportation options						
Lower exposure to crime/violence/social disorder						
Access to open/green space						
Recreational opportunities						
Social connectedness						

Focus Areas:

The next sections are the focus areas of the Healthy Utah Community Designation. Please answer the following questions regarding your feelings about community health improvement concerning nutrition, physical activity, and mental health.

Nutrition

17) First is nutrition...

If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).

	Not at all effective 1	2	3	4	Extremely effective 5	Unsure
Conduct a messaging campaign to promote healthy eating in your community						
Host a community program to promote healthy eating, such as seed exchanges or cooking classes						
Improve healthy eating in schools by promoting healthy eating resources, programs, and best practices						
Increase access to fresh foods through a farmers' market and community gardens						
Improve access to emergency food by supporting food pantries and enrollment in SNAP/WIC programs						
Update ordinances, zoning, and land use policies to allow better opportunities for backyard agriculture						
Improve the food retailer landscape by incentivizing new grocery stores or limiting the density of unhealthy food retailers						
Adopt a city plan to improve access to healthy food						
Implement new worksite wellness strategies around healthy food for city employees						

18) Nutrition: Of these same actions, please indicate which of the following actions your community is already doing or planning to start in the near future.

	Already implemented	Planning to implement	Not doing, but interested in learning more	Not doing, and no plans to start
Conduct a messaging campaign to promote healthy eating in your community				
Host a community program to promote healthy eating, such as seed exchanges or cooking classes				
Improve healthy eating in schools by promoting healthy eating resources, programs, and best practices				
Increase access to fresh foods through a farmers' market and community gardens				
Improve access to emergency food by supporting food pantries and enrollment in SNAP/WIC programs				
Update ordinances, zoning, and land use policies to allow better opportunities for backyard agriculture				
Improve the food retailer landscape by incentivizing new grocery stores or limiting the density of unhealthy food retailers				
Adopt a city plan to improve access to healthy food				
Implement new worksite wellness strategies around healthy food for city employees				

19) Nutrition: How much of a barrier are the following in implementing these actions?

	Significant barrier	Somewhat of a barrier	Neutral	Low barrier	Not a barrier
Lack of departmental support					
Insufficient funding					
Lack of community support					
Need more information					
Other (please specify)					

Physical Activity

20) Now regarding physical activity...

If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).

	Not at all effective 1	2	3	4	Extremely effective 5	Unsure
Conduct a messaging campaign to promote physical activity in your community						
Offer free or low-cost community sports programs and fitness events						
Improve physical activity in schools by promoting physical activity resources, programs, and best practices						
Increase walking and biking infrastructure in your community						
Identify areas in your community that need improved active transportation connections and options						
Update ordinances, zoning, and land use policies to promote public safety while recreating outdoors (new subdivisions are required to have sidewalks/lighting, etc.)						
Implement new worksite wellness strategies around physical activity among city employees						
Establish places to recreate such as parks, pools, recreation facilities, or joint-use agreements with schools						
Earn a national or state designation for promoting health (ex: Bicycle Friendly Community, Age-Friendly Community, etc.)						

21) Physical activity: Of these same actions, please indicate which of the following actions your community is already doing or planning to start in the near future.

	Already implemented	Planning to implement	Not doing, but interested in learning more	Not doing, and no plans to start
Conduct a messaging campaign to promote physical activity in your community				
Offer free or low-cost community sports programs and fitness events				
Improve physical activity in schools by promoting physical activity resources, programs, and best practices				
Increase walking and biking infrastructure in your community				
Identify areas in your community that need improved active transportation connections and options				
Update ordinances, zoning, and land use policies to promote public safety while recreating outdoors (new subdivisions are required to have sidewalks/lighting, etc.)				
Implement new worksite wellness strategies around physical activity among city employees				
Establish places to recreate such as parks, pools, recreation facilities, or joint-use agreements with schools				
Earn a national or state designation for promoting health (ex: Bicycle Friendly Community, Age-Friendly Community, etc.)				

22) Physical activity: How much of a barrier are the following in implementing these actions?

	Significant barrier	Somewhat of a barrier	Neutral	Low barrier	Not a barrier
Lack of departmental support					
Insufficient funding					
Lack of community support					
Need more information					
Other (please specify)					

Mental Health

23) Lastly, mental health...

If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).

	Not at all effective 1	2	3	4	Extremely effective 5	Unsure
Conduct a messaging campaign to destigmatize mental health and increase awareness of local mental health resources						
Offer suicide prevention trainings for individuals and organizations in your community						
Host a reoccurring community event that promotes social connection for a vulnerable demographic, such as lunches for the elderly						
Improve mental health in schools by promoting mental health resources, programs, and best practices						
Promote the safe use and disposal of medications						
Implement a program or event to promote safe use of guns						
Enact or support policies that reduce access to addictive substances, such as limiting the density of alcohol outlets						
Implement new worksite wellness strategies around mental health among city employees						
Beautify, enhance, or create a section of the community that promotes social gathering and connection						

24) Mental health: Of these same actions, please indicate which of the following actions your community is already doing or planning to start in the near future.

	Already implemented	Planning to implement	Not doing, but interested in learning more	Not doing, and no plans to start
Conduct a messaging campaign to destigmatize mental health and increase awareness of local mental health resources				
Offer suicide prevention trainings for individuals and organizations in your community				
Host a reoccurring community event that promotes social connection for a vulnerable demographic, such as lunches for the elderly				
Improve mental health in schools by promoting mental health resources, programs, and best practices				
Promote the safe use and disposal of medications				
Implement a program or event to promote safe use of guns				
Enact or support policies that reduce access to addictive substances, such as limiting the density of alcohol outlets				
Implement new worksite wellness strategies around mental health among city employees				
Beautify, enhance, or create a section of the community that promotes social gathering and connection				

25) Mental health: How much of a barrier are the following in implementing these actions?

	Significant barrier	Somewhat of a barrier	Neutral	Low barrier	Not a barrier
Lack of departmental support					
Insufficient funding					
Lack of community support					
Need more information					
Other (please specify) _____					

Conclusion:

26) Get Healthy Utah and the Utah League of Cities and Towns have recently introduced Healthy Utah Community, a designation program for cities and towns. The award is designed to highlight work being done in communities throughout Utah to support and improve the health of residents. Are you interested in learning more about community health and the award?

- Yes
- No

27) Would you be willing to participate in an online focus group centered on community health administrated by Get Healthy Utah and the Utah League of Cities and Towns?

- Yes
- No
- It depends (Need more information)

28) Please fill out the following and Get Healthy Utah will be in touch. If you answered "No" to either of the pervious questions, you will not be contacted concerning that topic.

- Name _____
- Organization _____
- Email address _____

29) Are there any other thoughts you have about community health you'd like to share?

Demographics:

30) In what age bracket do you fall?

- 18-24
- 25-34
- 35-54
- 55-64
- 65-74
- 75+

31) What is your gender?

- Male
- Female
- Non-binary
- Transgender
- Prefer not to say
- Other _____

32) What is your race/ethnicity?

- Asian
- African American
- Latino or Hispanic
- Caucasian
- Native American
- Native Hawaiian or Pacific Islander
- Two or more
- Other _____
- Prefer not to say

33) What municipality do you represent?

34) Which of the following best describes your current position?

- City Government Elected Official
- City Government Staff
- County Government Elected Official
- County Government Staff
- Other (please specify) _____

35) How long have you been in your current position?

- Less than 1 year
- 1 to less than 5 years
- 5 to less than 10 years
- 10 to less than 20 years
- 20 years or more

36) Thank you for completing the survey! Get Healthy Utah greatly appreciates your participation.

To enter your name into the drawing for a \$25 Amazon gift card, please add your name and email address in the boxes below.

*** If your name is drawn, we will contact you by email.**

- Name _____
- Email address _____

Appendix C – Frequency Results

How familiar are you with the Healthy Utah Community Designation?

Very familiar	41%
Somewhat familiar	26%
Heard name only	16%
Not at all familiar	18%
Total	135

Has your city or town been designated a Healthy Utah Community?

Yes	38%
No	36%
Unsure	26%
Total	135

How interested are you in earning the designation?

Not at all interested 1	7%
2	12%
3	27%
4	19%
Very interested 5	36%
Total	86

Did pursuing the designation have a positive impact on community health in your city or town?

Significant impact	8%
Some impact	76%
Low impact	6%
No impact	2%
Unsure	8%
Total	49

How helpful were the following parts of the designation to improving community health in your city or town?

	Very helpful	Somewhat helpful	Neutral	Not at all helpful	Unsure	Total
Forming a health coalition	38%	29%	31%	2%	0%	42
Having a list of evidence-based strategies to choose from	55%	36%	10%	0%	0%	42
Having technical assistance from Get Healthy Utah staff	43%	29%	24%	2%	2%	42
Providing a learning network with newsletters and webinars	32%	41%	22%	2%	2%	41
Learning about successes from other Utah communities	41%	39%	17%	0%	2%	41

Overall, the designation has increased my understanding of a city's impact on health.

Strongly agree	50%
Somewhat agree	33%
Neutral	18%
Disagree	0%
Strongly disagree	0%
Total	40

As a leader in your community, there are many different issues and priorities for you and your organization to focus on. Thinking about community health, would you say it's a...?

Top priority	9%
High priority	47%
Mid-level priority	36%
Low priority	8%
Not a priority	1%
Total	118

Looking at the following factors that impact a person's health, in general, how important do you believe each of them is to the residents in your community?

	Not at all important 1	2	3	4	Extremely important 5	Total
Increased physical activity	0%	2%	20%	39%	39%	110
Reduced opioid misuse	1%	11%	15%	34%	40%	110
Improved air quality	5%	13%	27%	30%	25%	110
Improved mental health	0%	2%	15%	34%	49%	110
Suicide prevention	1%	1%	10%	27%	61%	109
Chronic disease prevention/Reduced obesity (i.e., diabetes, asthma, etc.)	0%	7%	28%	38%	26%	110
Accident and injury prevention	2%	8%	35%	32%	24%	110
Eating healthy food	1%	8%	33%	37%	21%	110
Social connection	0%	5%	18%	40%	37%	110

Generally, to what extent do city governments have a role in addressing these factors that impact a person's health?

None at all 1	2%
2	13%
3	28%
4	35%
A great deal 5	19%
Unsure	4%
Total	110

Social Determinants of Health are the social and environmental conditions where people live, learn, work, and play that can affect their health. How important do you feel it is to improve access to each of these social determinants of health in your community? Access means it's affordable, available, and proximate.

	Not at all important 1	2	3	4	Extremely important 5	Total
Healthy food	2%	7%	22%	32%	38%	104
Educational opportunities	2%	3%	15%	35%	45%	104
Employment opportunities	1%	3%	21%	29%	46%	104
Medical care	1%	2%	13%	25%	60%	104
Public health programs	3%	8%	25%	32%	33%	104
Affordable housing	0%	3%	21%	29%	47%	104
Safe drinking water/clean air	1%	1%	7%	18%	73%	104
Affordable transportation options	3%	9%	26%	35%	28%	104
Open/green space	1%	7%	15%	37%	40%	104
Recreational opportunities	1%	1%	13%	41%	44%	104

How important is...

	Not at all important 1	2	3	4	Extremely important 5	Total
Adequate income	2%	2%	18%	31%	47%	104
Lower exposure to crime/violence/social disorder	1%	5%	9%	30%	56%	104

In general, to what extent do city governments have a role in addressing these social determinants of health?

None at all 1	0%
2	6%
3	26%
4	36%
A great deal 5	29%
Unsure	3%
Total	103

Do you agree or disagree that all residents of your community currently have access to the following?

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	Unsure	Total
Access to healthy food	9%	12%	5%	30%	45%	0%	103
Educational opportunities	6%	13%	7%	31%	43%	1%	103
Employment opportunities	8%	16%	13%	35%	29%	0%	103
Medical care	9%	10%	10%	34%	38%	0%	103
Public health programs	5%	13%	11%	40%	31%	1%	103
Affordable housing	26%	39%	19%	10%	6%	0%	102
Adequate income	13%	29%	27%	21%	10%	0%	103
Safe drinking water/clean air	4%	3%	0%	25%	56%	12%	103
Affordable transportation options	12%	18%	34%	25%	8%	4%	102
Lower exposure to crime/violence/social disorder	4%	9%	10%	25%	48%	5%	103
Access to open/green space	3%	4%	5%	24%	58%	6%	103
Recreational opportunities	3%	7%	6%	16%	62%	7%	103
Social connectedness	5%	9%	14%	38%	30%	4%	102

Nutrition

First is nutrition... If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).

	Not at all effective 1	2	3	4	Extremely effective 5	Unsure	Total
Conduct a messaging campaign to promote healthy eating in your community	5%	24%	41%	23%	5%	3%	101
Host a community program to promote healthy eating, such as seed exchanges or cooking classes	6%	17%	41%	29%	7%	1%	101
Improve healthy eating in schools by promoting healthy eating resources, programs, and best practices	5%	12%	30%	29%	22%	2%	100
Increase access to fresh foods through a farmers' market and community gardens	4%	8%	25%	33%	28%	3%	101
Improve access to emergency food by supporting food pantries and enrollment in SNAP/WIC programs	2%	5%	33%	26%	30%	2%	101
Update ordinances, zoning, and land use policies to allow better opportunities for backyard agriculture	9%	13%	30%	24%	23%	2%	101
Improve the food retailer landscape by incentivizing new grocery stores or limiting the density of unhealthy food retailers	15%	21%	28%	20%	14%	3%	101
Adopt a city plan to improve access to healthy food	14%	20%	31%	19%	14%	3%	101
Implement new worksite wellness strategies around healthy food for city employees	10%	17%	31%	30%	13%	0%	101

Nutrition: Of these same actions, please indicate which of the following actions your community is already doing or planning to start in the near future.

	Already implemented	Planning to implement	Not doing, but interested in learning more	Not doing, and no plans to start	Total
Conduct a messaging campaign to promote healthy eating in your community	10%	9%	44%	38%	93
Host a community program to promote healthy eating, such as seed exchanges or cooking classes	18%	6%	39%	36%	94
Improve healthy eating in schools by promoting healthy eating resources, programs, and best practices	21%	7%	33%	40%	91
Increase access to fresh foods through a farmers' market and community gardens	55%	9%	25%	12%	93
Improve access to emergency food by supporting food pantries and enrollment in SNAP/WIC programs	48%	2%	32%	17%	93
Update ordinances, zoning, and land use policies to allow better opportunities for backyard agriculture	42%	10%	29%	19%	93
Improve the food retailer landscape by incentivizing new grocery stores or limiting the density of unhealthy food retailers	7%	7%	29%	58%	91
Adopt a city plan to improve access to healthy food	8%	7%	44%	42%	91
Implement new worksite wellness strategies around healthy food for city employees	18%	6%	39%	36%	94

Nutrition: How much of a barrier are the following in implementing these actions?

	Significant barrier	Somewhat of a barrier	Neutral	Low barrier	Not a barrier	Total
Lack of departmental support	10%	14%	34%	18%	23%	90
Insufficient funding	48%	28%	16%	4%	4%	90
Lack of community support	11%	24%	33%	18%	13%	90
Need more information	16%	31%	36%	11%	6%	89
Other (please specify)	36%	0%	36%	7%	21%	14

*See Appendix D for Open-ended responses

Physical Activity

Now regarding physical activity... If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).

	Not at all effective 1	2	3	4	Extremely effective 5	Unsure	Total
Conduct a messaging campaign to promote physical activity in your community	7%	14%	24%	34%	17%	3%	90
Offer free or low-cost community sports programs and fitness events	1%	2%	11%	49%	33%	3%	90
Improve physical activity in schools by promoting physical activity resources, programs, and best practices	2%	2%	24%	32%	30%	9%	90
Increase walking and biking infrastructure in your community	2%	1%	9%	23%	61%	3%	90
Identify areas in your community that need improved active transportation connections and options	4%	6%	16%	23%	47%	4%	90
Update ordinances, zoning, and land use policies to promote public safety while recreating outdoors (new subdivisions are required to have sidewalks/lighting, etc.)	6%	6%	13%	32%	41%	2%	90
Implement new worksite wellness strategies around physical activity among city employees	9%	9%	27%	28%	20%	8%	90
Establish places to recreate such as parks, pools, recreation facilities, or joint-use agreements with schools	0%	2%	12%	23%	59%	3%	90
Earn a national or state designation for promoting health (ex: Bicycle Friendly Community, Age-Friendly Community, etc.)	13%	7%	26%	28%	21%	4%	89

Physical activity: Of these same actions, please indicate which of the following actions your community is already doing or planning to start in the near future.

	Already implemented	Planning to implement	Not doing, but interested in learning more	Not doing, and no plans to start	Total
Conduct a messaging campaign to promote physical activity in your community	22%	10%	41%	27%	86
Offer free or low-cost community sports programs and fitness events	59%	9%	20%	12%	86
Improve physical activity in schools by promoting physical activity resources, programs, and best practices	38%	5%	33%	24%	87
Increase walking and biking infrastructure in your community	59%	26%	11%	3%	88
Identify areas in your community that need improved active transportation connections and options	42%	27%	22%	9%	88
Update ordinances, zoning, and land use policies to promote public safety while recreating outdoors (new subdivisions are required to have sidewalks/lighting, etc.)	57%	13%	19%	11%	88
Implement new worksite wellness strategies around physical activity among city employees	39%	9%	27%	25%	88
Establish places to recreate such as parks, pools, recreation facilities, or joint-use agreements with schools	64%	14%	18%	3%	87
Earn a national or state designation for promoting health (ex: Bicycle Friendly Community, Age-Friendly Community, etc.)	14%	14%	55%	18%	88

Physical activity: How much of a barrier are the following in implementing these actions?

	Significant barrier	Somewhat of a barrier	Neutral	Low barrier	Not a barrier	Total
Lack of departmental support	10%	19%	29%	21%	21%	86
Insufficient funding	52%	24%	12%	6%	6%	86
Lack of community support	8%	15%	32%	24%	21%	85
Need more information	11%	22%	35%	22%	10%	81
Other (please specify)	33%	0%	33%	0%	33%	9

*See Appendix D for Open-ended responses

Mental Health

Lastly, mental health... If done well, how effective do you think each action is, or would be, in improving community health in your area? (On a scale from 1 to 5, where 1 is not at all effective, and 5 is extremely effective).

	Not at all effective 1	2	3	4	Extremely effective 5	Unsure	Total
Conduct a messaging campaign to destigmatize mental health and increase awareness of local mental health resources	4%	2%	25%	33%	31%	5%	84
Offer suicide prevention trainings for individuals and organizations in your community	2%	2%	20%	33%	36%	6%	84
Host a reoccurring community event that promotes social connection for a vulnerable demographic, such as lunches for the elderly	4%	5%	15%	30%	43%	4%	84
Improve mental health in schools by promoting mental health resources, programs, and best practices	2%	4%	14%	35%	39%	6%	84
Promote the safe use and disposal of medications	1%	7%	22%	22%	45%	4%	83
Implement a program or event to promote safe use of guns	2%	6%	26%	25%	36%	5%	84
Enact or support policies that reduce access to addictive substances, such as limiting the density of alcohol outlets	11%	11%	26%	23%	24%	6%	84
Implement new worksite wellness strategies around mental health among city employees	4%	7%	29%	23%	31%	7%	84
Beautify, enhance, or create a section of the community that promotes social gathering and connection	0%	1%	12%	30%	55%	2%	84

Mental health: Of these same actions, please indicate which of the following actions your community is already doing or planning to start in the near future.

	Already implemented	Planning to implement	Not doing, but interested in learning more	Not doing, and no plans to start	Total
Conduct a messaging campaign to destigmatize mental health and increase awareness of local mental health resources	35%	8%	42%	15%	78
Offer suicide prevention trainings for individuals and organizations in your community	45%	4%	33%	18%	78
Host a reoccurring community event that promotes social connection for a vulnerable demographic, such as lunches for the elderly	57%	5%	26%	12%	77
Improve mental health in schools by promoting mental health resources, programs, and best practices	43%	6%	35%	16%	77
Promote the safe use and disposal of medications	62%	5%	19%	14%	79
Implement a program or event to promote safe use of guns	27%	4%	44%	25%	77
Enact or support policies that reduce access to addictive substances, such as limiting the density of alcohol outlets	29%	5%	27%	39%	77
Implement new worksite wellness strategies around mental health among city employees	48%	8%	24%	20%	79
Beautify, enhance, or create a section of the community that promotes social gathering and connection	51%	23%	23%	4%	79

Mental health: How much of a barrier are the following in implementing these actions?

	Significant barrier	Somewhat of a barrier	Neutral	Low barrier	Not a barrier	Total
Lack of departmental support	5%	22%	32%	22%	19%	78
Insufficient funding	44%	31%	10%	12%	4%	78
Lack of community support	3%	19%	33%	31%	14%	78
Need more information	11%	18%	38%	18%	15%	74
Other (please specify)	33%	0%	33%	0%	33%	9

*See Appendix D for Open-ended responses

Get Healthy Utah and the Utah League of Cities and Towns have recently introduced Healthy Utah Community, a designation program for cities and towns. The award is designed to highlight work being done in communities throughout Utah to support and improve the health of residents. Are you interested in learning more about community health and the award?

Yes	60%
No	40%
Total	82

Would you be willing to participate in an online focus group centered on community health administrated by Get Healthy Utah and the Utah League of Cities and Towns?

Yes	39%
No	31%
It depends (Need more information)	30%
Total	83

In what age bracket do you fall?

18-24	1%
25-34	2%
35-54	43%
55-64	29%
65-74	22%
75+	2%
Total	82

What is your gender?

Male	48%
Female	51%
Non-binary	0%
Transgender	0%
Prefer not to say	1%
Other	0%
Total	83

What is your race/ethnicity?

Asian	0%
African American	0%
Latino or Hispanic	4%
Caucasian	93%
Native American	1%
Native Hawaiian or Pacific Islander	1%
Two or more	0%
Other	0%
Prefer not to say	1%
Total	82

Which of the following best describes your current position?

City Government Elected Official	70%
City Government Staff	32%
County Government Elected Official	0%
County Government Staff	0%
Other (please specify)	5%
Total	97

How long have you been in your current position?

Less than 1 year	4%
1 to less than 5 years	46%
5 to less than 10 years	34%
10 to less than 20 years	10%
20 years or more	6%
Total	82

Appendix D – Verbatim Comments

Question 6: Please share specific examples of how the designation impacted community health in your city or town.

Because of the coalition, much more awareness was brought to the effort.

City residents are more aware of options to get healthier. Hiking trails, walking areas, etc.

Expanding our vision of getting different demographics in our community involved in health and wellness.

Gave direction to our health coalition and helped focus the work we were already doing. Allowed for the conversation of health and government to begin.

Got people excited to participate in the coalition and start programs for the community.

Having applied and been selected as a candidate for the Get Healthy Utah program really made us dive into what we are doing to encourage and assist our citizens to become more health conscious. It helped us as a city evaluate the services that we provide or could offer in the future to create better health in our community.

Helped us focus on our trail network and formulating a plan for connectivity throughout the city.

Here in Spanish Fork, we have implemented several of the suggested strategies such as accepting SNAP benefits at our Farmer's Market and continued to offer our QPR trainings and grief support groups which many citizens have benefited from.

It forced us to really think and add to our general plan community health. We are going to keep striving to make a difference. I am looking at ordinances that we can pass and other initiatives we can pursue to help our community have better health outcomes.

It has given us the opportunity to apply for additional funding that can impact our community.

It has opened opportunities for our community—based coalition to bring in health targeted services to our community.

It is a good public relations boost for community members.

It makes us more aware of how we should set goals for our thinking about the health benefits.

More inclusive and healthy activities.

More than anything, it brought about awareness of what we were trying to accomplish as an organization. This awareness led to support from elected officials.

Our Washington City mayor is passionate about health and wellness in the community, and he leads by example. His efforts to share this designation with our citizens have heightened awareness and motivated many to take action. With the resources available at the Washington City Community, as well as our beautiful parks and trail systems, community members are becoming more aware and active.

Raised awareness about health—related programs and assets.

Raised citizen and city employee awareness of community gardens, business/organization wellness programs, etc.

The designation itself hasn't impacted community health because we were already doing all the things needed to qualify.

There doesn't seem to be any impact.

Unknown.

We continued our community garden and expanded our river park.

We don't have any analytics to share but have received positive responses.

We had many residents respond positively, but others had no response or didn't care.

We have been able to host several classes about healthy cooking and eating. We were already doing many of the activities, but it added renewed interest in them.

We have developed a coalition of partners that regularly meet and discuss community issues and the needed resources or assignments to address them. We also have a very successful annual community health fair that is free to the public and full of great, useful information.

We kept our community garden, which would otherwise have been eliminated. We formed a health coalition, which informed our decisions and provided resident input.

We received outdoor exercise equipment which will benefit our citizens.

We were able to advertise that we received the designation and received questions from some residents about our fitness room and the walking areas around town.

We were able to not only identify many activities that have already been achieved but also recognize new opportunities that can further address public health for the good of our residents.

We were doing several things already that qualified for the designation, but we looked for additional things that would benefit our city.

Question 8: What additional feedback do you have about the designation?

Because the program is scalable to the size and unique successes/challenges of each community, I think every city in Utah should apply.

Benefits directly to all community members.

City of Cottonwood Heights 2022 and 2023 resident surveys show that the majority want walkability. This is part of their shared emphasis on parks, trails, and open space, slowing of CH motor vehicles, and "more transportation alternatives."

Don't know enough to provide feedback.

Even looking at the infrastructure in our city "sidewalks and trails" is very important and creating events to promote healthy activity also.

Get Healthy Utah has been a wonderful source of information and support. I have attended presentations, met with some staff members, and corresponded with several members in that office. They are always pleasant and helpful.

I asked a staff member to look into it, but I have not followed up on the status.

I do not know enough about the purpose of the healthy community program to provide feedback.

I feel like it needs to be promoted more.

I just need to spend more time and get more support from the rest of the city council.

I love the designation and the focus it places on the health of citizens and the role municipalities can play in helping residents be healthy.

I might be more interested if I knew what it was and what the benefits were to the city.

I think it would be helpful to have more support regarding examples of what communities can do or other learning opportunities. I was unaware that there were webinars and I'm not sure where to find those, but that would be helpful to give to our Wellness Committee.

I think the designation is a great idea. It helps the residents see the city does care about the community we are living in.

I'm not sure if it would resonate or be helpful in this small city.

I'm skeptical that the designation really means anything substantive. To get the designation, you jump through some hoops and fill out an application so that you can brag a bit, but does it really set your community apart from the other communities that are (in many cases) doing the same things? Or does the designation actually lead to improved community health? Maybe the data bears it out (that Healthy Utah communities are actually healthier than other communities), but I'm skeptical.

Irrelevant—there are too many factors that affect health and trying to track them on a community basis is unrealistic.

Is there a ULCT staff member who is the point person who could serve as a resource for cities who lack staff bandwidth but want to get the designation?

It has been a good opportunity to share health information with the community and collaborate on specific needs with the coalition partners.

It has changed the way I set goals for our city.

It is a great program, and I would like to see more areas work to get this.

It is on our list to complete the requirements in early 2024. It is a goal that we plan on accomplishing.

It might be worthwhile to let residents know the designation has been made via a PR campaign.

It would be wonderful to receive grant money to support the ongoing investment in sustaining the designation.

It's an important designation when marketing Layton City to potential new businesses and residents.

Keep it going and continue to encourage others to join.

No city, town, county, or state has helped Wendover with health care very much. Only the BIA.

None at this point.

None really.

None. (9)

Raised awareness has encouraged liking for other healthy programs and considerations.

The city is looking to get that designation.

The hardest part is having enough people for a board in a small community.

This is the first I've heard of this survey.

We are a small town with no clinic or any medical resources. We do not have the funding to operate a clinic.

We are applying next year.

We are working on programs to achieve the Healthy City designation.

We have made great efforts to improve options for our citizens to participate in healthy lifestyles.

We love it. It is beneficial to hear and see other city's success stories.

What are the requirements?

What is involved in the process of the designation?

Question 12: What additional feedback do you have about the extent of city governments' role in addressing the factors that impact a person's health?

A city government can create healthy connections between citizens and resources to improve both mental and physical health.

Changes in policy may decrease the likelihood of chronic illness and accidents or injuries. Encouragement and incentives from the city government may also increase participation by residents in activities and social events.

Cities can assist and enable—but only that. This can be effective and important, but that's the limit of reach.

Cities can provide amenities and opportunities to enhance physical health (e.g., trails, parks, rec facilities and programs, etc.). The more difficult problems (e.g., opioid addiction, mental health, domestic violence, air quality) are bigger than any one city can (or should) tackle alone. Those problems need to be addressed at higher levels of government and through other organizations (e.g., religious organizations, social services, etc.).

Cities have a role in helping to provide parks, trails, and open space for residents to enjoy. Cities also help by working to provide quality

public safety services. This allows residents the opportunity to feel safe. Community events also help foster social connection and wellbeing throughout the community.

City government has an increasingly high impact on community health with decisions made about housing location and zoning in relation to proximity to needs as well as proximity to hazards. Also, decisions that affect air quality, mental and health care access which can be directly affected by community economic success, access to outdoor recreation...

City government must provide resources to the residents, like parks, trails, recreation facilities, etc., to encourage a person's health wise objectives. The challenge is, just because we provide it, doesn't mean they choose to use it. Education is important, but most municipal governments can't afford someone to help teach the importance of physical exercise.

City government plays a significant role in some things (like public safety and accident prevention, parks & rec programs), but not much of a role with others (like encouraging people to eat healthy food).

City governments can help set policy and direct resources for built environments, programming, and events that promote health and wellbeing in their community.

City governments don't have a funding source to address many of these issues. We do have a recreation department which can address physical health and activity (which has a big impact on mental health). Cities already have a great deal to do with limited funding. Typically, health related issues have been handled on a county level. We need more resources (funding) if we're going to address these issues.

City governments should be involved in ensuring equitable access to activities and amenities that impact community health.

City organizations can provide facilities, work with community partners, and educate those living within their boundaries about all things' health.

Clear and enforceable policies and ordinances matter.

Community health is a proven factor for quality of life—such as in crime reduction. While a city should not control this area, they should provide amenities and programs that create equal access across the community.

Even though I personally believe city governments can play a significant role in addressing factors that impact the health of residents, I'm not sure the majority of our citizens feel that way.

Everyone has a role in addressing the impact of community health; if we work together, we will achieve more success.

Funding, culture, and a paradigm shift are needed before you see major changes in rural Utah communities about health and wellbeing.

Government is damned if they do and damned if they don't! Our role is to educate and suggest action in a positive, polite way encouraging people to constantly improve their mental and physical health.

Health is a personal issue, not a government issue.

Hear from community members and what they think would be a good solution.

I believe that the citizens of our city really make the city. If we are sick and unhealthy so is our city.

I believe there are opportunities for city government to influence healthy habits. I would like to have more creative and material resources to dedicate to exploring these opportunities.

I feel cities should provide opportunity and create awareness where possible. With the growth in our area, it is hard to say health and wellness is our top priority, but definitely a priority as we plan and prepare for our current and future citizens.

I sit on the county health board.

I'm very disillusioned with everything involved with health care.

It is a large part of a government's responsibility to provide resources to their citizens.

It is none of the government's business.

It takes someone to inspire and encourage people to get healthier. Sometimes it only takes a little nudge to get someone on the journey to being healthier. That is where I feel a city has the opportunity to make a difference.

Many residents and town officials do not believe in government involvement in personal matters. However, I personally believe the town has a responsibility to promote healthy choices by doing what it can to make facilities and services available. These range from working with the school to expand a healthy lunch/breakfast program to include seniors as well as young children, and possibly options for discounted meals for any residents; renovating the pickleball court; increasing awareness and participation in the school's early morning walking program; inviting Prevention Coalition staff to regularly report at town council meetings; and work more proactively with the county to ensure delivery of remote services such as senior van for transport to appointments, mobile medical services such as vaccinations, hearing/vision checks, telemedicine, blood pressure and glucose checks, etc. There is a gap between services actually available and local residents' awareness of them. The town government should be instrumental in bridging that gap. They all claim their sole function is to ensure the health and safety of individuals, but they don't seem to recognize this aspect of health and safety.

More direct Magna data would be helpful as well as support from the legislature in funding these initiatives.

Most are personal choices, and in most cases that is where the choice/change should be made.

Most of a person's health is based on personal choice. The role of the government should not be to take away one's agency.

Municipalities have a responsibility to provide resources, education, and facilities for citizens to use. They can encourage community members by hosting events and activities that promote health and wellness, and they can participate side by side with those wishing to participate.

My city has made this a priority, and it has benefited our community.

N/A

None (3)

None at this point.

Not sure it is the cities' role to be heavily involved in individuals personal health? We provide opportunities for individuals through parks and programs, but they have to choose to be healthy.

The city can do all it wants, but in the end, it is up to one's own determination to utilize the resources the city offers and have an impact on their lives.

The city government can make places for physical activity and social emotional health by providing venues and amenities where people can gather, meet new friends, and strengthen community. Healthy, connected people add tremendous value in so many ways. Community health has far-reaching and immeasurable benefits!

The Health Department is in the county. All social services belong in the county. We are here to lift and support you within our capacity.

The resources are lacking to implement programs.

There is an overlap between the city and the county government that blurs areas of responsibility.

This is a community benefit that more elected officials could highlight.

Trails, parks, and rec facilities are a city's only influence.

We can assist with education and provide opportunities through city events and trails.

We can provide spaces for connection and proper infrastructure.

We have a responsibility to help provide access to recreational activities and lifestyle amenities that can help our citizens improve their health and maintain a strong quality of life within our city.

We have received grant funding to build a community center. The purpose is to have more social events and sporting events in our community. This will help with mental health, obesity, community belonging, and social networking.

We need to provide recreational, leisure services, and social programs that help people help themselves. Quality of life and family connections contribute to a happy and well-rounded community.

We provide recreational opportunities and events to get people together and outside. We also distribute healthy tips and advice. Ultimately, it is still up to the individual to engage to improve their health.

We would like to be in a position to fund a clinic for our town.

Youth programs and sports probably address the factors impacting health the most in my opinion.

Question 15: What additional feedback do you have about the extent of city governments' role in addressing social determinants of health?

Access and agency.

Again, city government has a significant role with some issues, but little role with others.

Cities can slightly impact housing, somewhat on transportation, definitely on rec/outdoors, possibly on food, little on jobs. A government's role though is to protect individuals from crime and the effects of unrest.

Cities play an important role but in order to be successful, cities must rely on and partner with social services providers, nonprofit organizations, businesses, etc. It needs to be a collaborative, multi-organizational approach between all stakeholders.

City governance cannot dictate social determinants, but it can greatly affect it. Through clear and enforceable policies, ordinances, land use and zoning as well as the city modeling best practices related to sustainability, conservation, and influencing/incentivizing the residential and business community where possible to improve their processes and procedures.

The city government can support citizen efforts for social determinants, but they are not the primary driver (other than open space).

City government plays a key role in moving several of these issues forward, including affordable housing and access to healthy outlets for citizens.

Creating a healthy community is vital to the success and future of its citizens. We want a community that provides healthy lifestyle living opportunities. Healthy people are happier people.

Governments can use strategic land use and economic development initiatives to improve these aspects in their communities. Combined with the marketplace, the public-private partnerships can drive solutions where each entity may not be able to do so alone.

I hear some of my fellow council members say it is not the role of city government to help with transportation options or the economic success of businesses in our city, but those are directly affecting the health of our citizens, therefore key to our role in city government.

I rated the importance of crime/violence/social disorder as very low, not because it isn't important but because it's not a particular concern at this time in this community.

I think community health is the primary goal of city government. What that looks like is a matter of debate, especially when allocating tight resources.

I think the city government can only do so much about prices of goods and services.

I'm not sure how a municipal government can impact such things as adequate income or access to healthy food. Our ability to improve access to affordable housing seems very limited at best. Some of these social determinants of health seem very aspirational but not very actionable to me.

In small rural areas it is important, but cities or towns struggle with funding all of the activities.

In smaller bedroom communities it is very difficult to address some social determinants because you may not have an option or ability to provide the service. An example might be public transportation or healthy food because there is only one grocery store serving the entire community.

Information on how to get a free clinic in our community and more affordable housing are imperatives that we struggle to address.

Improving our economic growth with better food choices, but we can't force them to come to our community.

Limited resources, high cost of housing, and seasonal employment make this all difficult.

Local government's role is to have common sense policies and then get out of the way for private business to flourish. Government is not the answer for all these social determinations. You could answer a 5 for all the questions this survey asks.

None. (5)

Not sure it is the cities' job to try to be involved beyond public safety, water/sewer, parks & recreation? Needs in the community are usually best met by people and businesses in the community.

See previous comment.

See previous comments. As cities, our job is to pick up the trash, fix and build roads, provide public safety (police/fire), provide a library, parks and recreation programs, development services (planning/zoning/permits/inspections), light and power, water, and sewer and water treatment. That is a lot. Our Parks & Rec staff address some of these issues, but without added resources (staff and funding) we are just barely keeping up with those things with all the growth we are dealing with.

Small cities do not have the resources to make a noticeable difference.

Social services belong in the county.

The city's role is to support the county health department.

The value system of the local municipal government should ideally support the value system of the community. There are many different ways the local government can create an environment for physical, emotional, and social health. Budgeting, policy, planning, and future visioning can all support this direction even if it's slow and one step at a time. Prioritization and connection are the key.

There is a careful balance between government over-reach and personal decisions. Government should provide the foundational social determinants of health, but the private sector needs to provide most of it.

These questions are a challenge. For example, local government plays a primary role in clean water and virtually no role in clean air. While quality health care is important to health, local government plays almost no role in locating it proximately and affordably.

This could be more of a priority at times.

To make sure that individuals from the community are involved.

Washington City leaders have been diligent in addressing many of these areas, and they have taken steps to improve most.

We should be a driving force!

Question 19: "Other" (Nutrition) How much of a barrier are the following in implementing these actions? - Other (please specify)

City staff/management doesn't seem interested, and blocks attempts to implement more measures that would impact clean air, community education, community recreation, city sponsored events, and GHU designation.

Funding is our biggest deterrent. If there is funding, training, and resources, we can make it happen.

Getting outside organizations to come to Magna—like farmers market or healthy grocery stores or the Utah food bank. We do not have an ongoing food bank outside of a few school pantries.

Nonprofits and individuals are voluntarily supplying some of these services, so there is a degree of ambivalence about town government involvement.

Staff resources.

We can't add more to our "plate." Our staff is maxed out with what they are now doing.

Question 22: "Other" (Physical Activity) How much of a barrier are the following in implementing these actions? - Other (please specify)

Finding space and funds for new outdoor recreation areas. Rio Tinto has a lock on our open space areas. We would love to be able to use some of their land.

Neglect.

The state legislature does not allow requirements on new homes.

Question 25: "Other" (Mental Health) How much of a barrier are the following in implementing these actions? - Other (please specify)

Mental health and suicide prevention are topics we regularly discuss. Resources, funding, and education would be greatly appreciated and utilized!

People do not perceive problems here. Maybe more transparency about people who are endangered would be enlightening. How to do that, though, without violating privacy?

Some of the items in the last set of questions are being implemented at the county level, which is appropriate.

We don't have a good method of communicating with our community. No newspaper, radio, or effective digital strategy to get the word out. Also, we only have two employees. We contract most of our city services through the MSD.

Question 29: Are there any other thoughts you have about community health you'd like to share?

A bit too long of a survey.

Nothing mentioned reproductive health. Unplanned/unwanted pregnancy and teen pregnancy among certain demographics are the biggest issues we face, and your survey and agency don't do much about it, or intergenerational poverty.

A lot of the questions weren't applicable to a small town. The county has some programs.

Although creating health is the same goal, a program of one size doesn't fit all. It looks different in smaller bedroom type communities than in more traditional cities.

High interest in getting more information regarding collaborative funding for projects.

I don't feel it's the government's role to push these kinds of social issues.

I support a healthy community; however, we are a really small community with a limited population and resources.

I think community health is incredibly important and my efforts as a council member are significantly focused in this area. Citizens should not just exist in a community; they should live and thrive.

I'm bitter about this.

It is very important for the happiness of our friends and neighbors!

It's an awesome initiative to promote and we have seen great results.

N/A

No

Not at this time.

Small towns have limited access to health resources. We would like to fund a clinic but are unable to do so. The market is not big enough in our community to be able to support a clinic 100%.

Thank you for the survey and the opportunity for the designation program!

Thanks for the opportunity to provide some feedback.

The very remoteness of this community requires that it be self-sufficient as much as possible. People generally choose to not live here if they aren't good at self-sufficiency. That said, health services DO exist, at the county level, but are unavailable to this town—the service providers and mobile units are a 2-hour (one-way) drive from here. Or insurance providers presumably restrict their coverage to here.

Of any place in the state that needs access to remote services and transportation options it's the Boulder area.

There is a direct connection between the physical, mental, and social health of a community and the FISCAL health of a community. It is so connected that I would say it is the single most critical variable in a town or city that can make or break the future for the residents, employees, and visitors...health is our greatest wealth!

This is an incredible focus, but I have one fellow council person who

battles the council about each step we try to take positively affect social determinants of health, such as safe streets for all, building and funding of parks and recreation, and trails, public transportation, and anything that requires funding. It would be extremely helpful if education was directed toward the role of local level government.

This survey was a bit long.

We have a great community (Logan) with many community resources already in place, but your survey suggested many opportunities where we could improve.

Personally, my term on the Municipal Council ends in December so I may not be the best person to work with...Tom.

We perhaps need ideas on particular areas that could be implemented in our community, and that are pertinent to our local needs.

We think that our new community center will really help, and we have been getting sidewalk grants that really help in community safety and health.

Why do you think you are more capable of improving the health of an individual than they are?

Question 33: What municipality do you represent?

Alpine	Ivins	Riverdale (2)
Annabella Town	Kanab City	Roy City
Beaver City (2)	Kearns (2)	Salem
Boulder Town	Koosharem	Santa Clara (2)
Bountiful	Layton City (2)	Santaquin
Brian Head Town	Lewiston	South Jordan City
Brigham City	Lindon city	South Ogden
Bryce Canyon City	Logan (3)	Spanish Fork (2)
Cedar City (2)	Magna	Springdale (3)
Central Valley Town	Manti City	Springville
Clawson Town	Mapleton	St. George
Clearfield	Mendon City	Taylorsville
Coalville City (2)	Millcreek (3)	Tooele
Cottonwood Heights (2)	Moab	Torrey Town
Draper City	Monticello City	TriCounty Health Department
East Carbon City	Murray City	Vernon
Elk Ridge	North Ogden	Virgin
Emery Town	North Salt Lake (2)	Washington City (2)
Farmington	Orangeville	Wellington
Garden City	Parowan City	Wendover
Hanksville Town	Payson City Corporation	West Point
Helper	Price	West Valley City
Herriman	Providence City	Willard Utah
Hideout	Randolph	Woods Cross City
Holladay	Richfield City	

Question 34: Which of the following best describes your current position? - Other (please specify)

Don't want to specify.	Coalition member
State Representative	Health & Wellness Coordinator
Healthy West Valley City Resident	Health Department

Partners in the Community

The following individuals and entities help support the research mission of the Kem C. Gardner Policy Institute.

Legacy Partners

The Gardner Company
 Christian and Marie Gardner Family
 Intermountain Healthcare
 Clark and Christine Ivory Foundation
 KSL and Deseret News
 Larry H. & Gail Miller Family Foundation
 Mountain America Credit Union
 Salt Lake City Corporation
 Salt Lake County
 University of Utah Health
 Utah Governor's Office of Economic Opportunity
 WCF Insurance
 Zions Bank

Executive Partners

The Boyer Company
 Clyde Companies

Sustaining Partners

Dominion Energy
 Salt Lake Chamber
 Staker Parson Materials and Construction
 Wells Fargo

Kem C. Gardner Policy Institute Advisory Board

Conveners

Michael O. Leavitt
 Mitt Romney

Board

Scott Anderson, Co-Chair
 Gail Miller, Co-Chair
 Doug Anderson
 Deborah Bayle
 Roger Boyer
 Michelle Camacho
 Sophia M. DiCaro
 Cameron Diehl

Lisa Eccles
 Spencer P. Eccles
 Christian Gardner
 Kem C. Gardner
 Kimberly Gardner
 Natalie Gochnour
 Brandy Grace
 Jeremy Hafen
 Rachel Hayes
 Clark Ivory
 Mike S. Leavitt
 Derek Miller
 Ann Millner

Sterling Nielsen
 Jason Perry
 Ray Pickup
 Gary B. Porter
 Taylor Randall
 Jill Remington Love
 Brad Rencher
 Josh Romney
 Charles W. Sorenson
 James Lee Sorenson
 Vicki Varela

Ex Officio (invited)

Governor Spencer Cox
 Speaker Mike Schultz
 Senate President Stuart Adams
 Representative Angela Romero
 Senator Luz Escamilla
 Mayor Jenny Wilson
 Mayor Erin Mendenhall

Kem C. Gardner Policy Institute Staff and Advisors

Leadership Team

Natalie Gochnour, Associate Dean and Director
 Jennifer Robinson, Chief of Staff
 Mallory Bateman, Director of Demographic Research
 Phil Dean, Chief Economist and Senior Research Fellow
 Shelley Kruger, Accounting and Finance Manager
 Colleen Larson, Administrative Manager
 Nate Lloyd, Director of Economic Research
 Dianne Meppen, Director of Community Research
 Laura Summers, Director of Industry Research
 Nicholas Thiriot, Communications Director
 James A. Wood, Ivory-Boyer Senior Fellow

Staff

Eric Albers, Public Policy Analyst
 Samantha Ball, Senior Research Associate
 Parker Banta, Public Policy Analyst
 Melanie Beagley, Public Policy Analyst
 Preston Brightwell, Dignity Index Field Director
 Andrea Thomas Brandley, Senior Education Analyst
 Kara Ann Byrne, Senior Research Associate
 Mike Christensen, Scholar-in-Residence
 Nate Christensen, Research Economist
 Dejan Eskic, Senior Research Fellow and Scholar
 Emily Harris, Senior Demographer
 Michael T. Hogue, Senior Research Statistician
 Mike Hollingshaus, Senior Demographer
 Thomas Holst, Senior Energy Analyst
 Madeleine Jones, Dignity Index Field Director

Jennifer Leaver, Senior Tourism Analyst
 Levi Pace, Senior Research Economist
 Praopan Pratoomchat, Senior Research Economist
 Heidi Prior, Public Policy Analyst
 Natalie Roney, Research Economist
 Shannon Simonsen, Research Coordinator
 Paul Springer, Senior Graphic Designer

Faculty Advisors

Matt Burbank, College of Social and Behavioral Science
 Elena Patel, David Eccles School of Business
 Nathan Seegert, David Eccles School of Business

Senior Advisors

Jonathan Ball, Office of the Legislative Fiscal Analyst
 Silvia Castro, Suazo Business Center
 Gary Cornia, Marriott School of Business
 Wes Curtis, Community-at-Large
 John C. Downen, Camoin Associates
 Dan Griffiths, Community-at-Large
 Emma Houston, University of Utah
 Beth Jarosz, Population Reference Bureau
 Darin Mellott, CBRE
 Pamela S. Perlich, University of Utah
 Chris Redgrave, Community-at-Large
 Wesley Smith, Northbound Strategy
 Juliette Tennert, Community-at-Large

INFORMED DECISIONS™