

Promoting Active Communities Award Application

Michigan's Promoting Active Communities (PAC) assessment and award application is available for online completion and submission at www.mihealthtools.org/communities. To be considered for the PAC award, the application must be completed and submitted online. However, communities may find this print version of the application useful for previewing the assessment before they register or for collecting data, which can then be transferred to the online application.

This print version includes all the PAC assessment questions and is similar but not identical to the online version. When you complete the questions online, the computer provides assistance. For example, the online assessment displays relevant questions based on your previous answers automatically, performs all calculations for you, checks to make sure all questions are answered, and checks for inconsistent or illogical information. Community population and geographic information is also provided with the online version along with links to numerous online resources to assist your community in completing the assessment and obtaining ideas for ways to make your community more conducive to active living. Additionally, scorecards are provided on the online application; each time you enter data and save, the scorecard is updated.

Please note the following on this print version:

- Instructions for skipping/answering questions and calculation instructions are provided in red. (These functions are performed automatically with the online version.)
- Terms that you can find in the Promoting Active Communities glossary located at the PAC website are in **bold face** in the print version. In the online version, these appear in bold blue letters throughout the application. All you need to do is click on the word and the definition will appear.
- Icons in the print version represent links to the ***Design Guidelines for Active Michigan Communities***  and Promoting Active Communities Resource Guide . In the online version, these links are active. When you click, the link will take you to the Design Guidelines or Resource Guide where you can learn more about the topic referenced in the question, section or subsection.

All Michigan communities are eligible to apply for the Promoting Active Communities award. Communities that achieve an award are recognized at an annual event. Look at the PAC website Frequently Asked Questions for this year's award application deadline (www.mihealthtools.org/communities/default.asp?tab=faqs).

For more information, please visit the Promoting Active Communities website at www.mihealthtools.org/communities. Or contact Sarah Panken at slpanken@michiganfitness.org or 517-908-3822.

SECTION 13: WORKSITES

In this section, you will answer questions about one private employer in your community, as well as your community as a public employer -- to determine the extent to which they provide opportunities for and promote physical activity to their employees.

Note: If you have questions about any aspect of the assessment, please contact Sarah Panken (via email at sjpanken@michiganfitness.org or via phone at 517-908-3822).

Learn more! Follow the  and  links.

Worksite Background Information

Complete the following questions about the private employer/worksite you would like to assess. You will need to speak with a personnel or human relations administrator to answer these questions.

13.1 Employer Name:

13.2 Employer Address:

Street Address

City:

State:

Zip Code:

13.3 How many people are employed at this worksite?

- Fewer than 20
- 20 to 99
- 100 to 249
- 250 to 499
- 500 or more

13.4 In which of the following ways does this employer or worksite promote physical activity for employees?

	Yes	No	Not Applicable
a. Provides showers and a locker area	<input type="radio"/>	<input type="radio"/>	
b. Provides safe areas to walk and/or exercise	<input type="radio"/>	<input type="radio"/>	
c. Offers flexible work or break times to allow physical activity	<input type="radio"/>	<input type="radio"/>	
d. Makes individually adapted behavior change programs available to employees	<input type="radio"/>	<input type="radio"/>	
e. Makes exercise classes available to employees	<input type="radio"/>	<input type="radio"/>	
f. Offers a walking club or other socially oriented physical activity groups 	<input type="radio"/>	<input type="radio"/>	
g. Provides bike racks 	<input type="radio"/>	<input type="radio"/>	
h. Offers incentives for walking, bicycling, or using public transportation to get to work	<input type="radio"/>	<input type="radio"/>	
i. Provides an on-site exercise room or facility or pays a substantial part of the membership fee to exercise clubs (YMCAs, fitness clubs, etc.)	<input type="radio"/>	<input type="radio"/>	
j. Provides health information to employees (via bulletin boards, newsletters, intranet messages or sites, etc.)	<input type="radio"/>	<input type="radio"/>	
k. Has a wellness coordinator or wellness committee to plan opportunities and events	<input type="radio"/>	<input type="radio"/>	
l. Gives incentives/rewards for employees who demonstrate a certain level of physical activity (such as reduced health insurance co-pays, extra vacation time, prizes, etc.)	<input type="radio"/>	<input type="radio"/>	
m. Encourages use of stairways in buildings where stairways are present. This means that stairways are easy to find, clean and appealing, and signs promote stair use for exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> No stairways in any buildings
n. Provides financial assistance to employees who purchase homes within walking distance of the place of employment	<input type="radio"/>	<input type="radio"/>	
o. Has completed the Designing Healthy Environments at Work (DHEW)* online assessment	<input type="radio"/>	<input type="radio"/>	

*To learn more about Michigan's Designing Healthy Environments at Work assessment and how it can help improve the health of a worksite, go to <http://www.mihealthtools.org/work>.

Public Employees Background Information

The following questions apply to the community's public employees. You will need to speak with a government personnel or human relations administrator to answer these questions.

13.5 How many people does your community's governing body employ?

- Fewer than 20
- 20 to 99
- 100 to 249
- 250 to 499
- 500 or more

Physical Activity Promotion for Public Employees

13.6 In which of the following ways does your community's governing body promote physical activity to public employees?

	Yes	No	Not Applicable
a. Provides showers and a locker area	<input type="radio"/>	<input type="radio"/>	
b. Provides safe areas to walk and/or exercise	<input type="radio"/>	<input type="radio"/>	
c. Offers flexible work or break times to allow physical activity	<input type="radio"/>	<input type="radio"/>	
d. Makes individually adapted behavior change programs available to employees	<input type="radio"/>	<input type="radio"/>	
e. Makes exercise classes available to employees	<input type="radio"/>	<input type="radio"/>	
f. Offers a walking club or other socially oriented physical activity groups 	<input type="radio"/>	<input type="radio"/>	
g. Provides bike racks 	<input type="radio"/>	<input type="radio"/>	
h. Offers incentives for walking, bicycling, or using public transportation to get to work	<input type="radio"/>	<input type="radio"/>	
i. Provides an on-site exercise room or facility or pays a substantial part of the membership fee to exercise clubs (YMCAs, fitness clubs, etc.)	<input type="radio"/>	<input type="radio"/>	
j. Provides health information to employees (via bulletin boards, newsletters, intranet messages or sites, etc.)	<input type="radio"/>	<input type="radio"/>	
k. Has a wellness coordinator or wellness committee to plan opportunities and events	<input type="radio"/>	<input type="radio"/>	
l. Gives incentives/rewards for employees who demonstrate a certain level of physical activity (such as reduced health insurance co-pays, extra vacation time, prizes, etc.)	<input type="radio"/>	<input type="radio"/>	
m. Encourages use of stairways in buildings where stairways are present. This means that stairways are easy to find, clean and appealing, and signs promote stair use for exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> No stairways in any buildings
n. Provides financial assistance to employees who purchase homes within walking distance of the place of employment	<input type="radio"/>	<input type="radio"/>	
o. Has completed the Designing Healthy Environments at Work (DHEW)* online assessment	<input type="radio"/>	<input type="radio"/>	

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