

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 14: Summary and Next Steps

This section is required but not scored. We recommend that you complete this section last, after you've completed all of the other sections. We also recommend that you review the Summary and Score page prior to completing this section; this may help you in further pinpointing strengths and accomplishments as well as areas that you may want to work on.

Accomplishments and Strengths

14.1. What were your community's most significant accomplishments for promoting/encouraging walking in the past year?

14.2. What were your community's most significant accomplishments for promoting/encouraging biking in the past year?

14.3. What were your community's most significant accomplishments for promoting/encouraging recreation in the past year?

14.4. Please list what you believe are the three most important things about your community that makes it easy for residents to be active, or encourages residents to be active.

1 _____

2 _____

3 _____

Next Steps

14.5. Based on this self-assessment process, please describe three changes that your community could realistically make in the next one to two years that would make it even easier for people to be more active, and/or would encourage residents to be active.

1 _____

2 _____

3 _____

14.6. Based on this self-assessment process, please describe what you believe are the three changes that your community could realistically make in the next three to five years that would make it even easier for people to be more active, and/or would encourage residents to be active.

1 _____

2 _____

3 _____

14.7. Based on this self-assessment process, are there potential changes that you have identified but not listed because they don't seem feasible? If so, please list these potential changes and explain why they do not seem feasible.

	Description	Reason Not Feasible
Potential Change 1		
Potential Change 2		
Potential Change 3		

Contact Information

14.8. We may want to contact the people who helped conduct your community's assessment, and recognize individuals if an award is given to your community. We would also like your help in developing a mailing list for sharing Active Communities information.

Start by entering the names, titles, and contact information of the people who participated in completing the assessment and check the appropriate box in the column to the right indicating whether the person helped complete the assessment and whether they should be included in the Active Communities mailing list.

If there are others in your community who did not help with the assessment but would like to be on the mailing list, please enter their names, titles, and contact information. Be sure to check off that they would like to be on our mailing list by checking the box in the last column.

Please duplicate this page as necessary to provide more space for Contacts

Name: _____ Title: _____ Phone: _____ Email: _____	Address: _____	<input type="checkbox"/> Helped with the assessment <input type="checkbox"/> Include on the Active Communities mailing list
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Name: _____ Title: _____ Phone: _____ Email: _____	Address: _____	<input type="checkbox"/> Helped with the assessment <input type="checkbox"/> Include on the Active Communities mailing list
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Name: _____ Title: _____ Phone: _____ Email: _____	Address: _____	<input type="checkbox"/> Helped with the assessment <input type="checkbox"/> Include on the Active Communities mailing list
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Name: _____ Title: _____ Phone: _____ Email: _____	Address: _____	<input type="checkbox"/> Helped with the assessment <input type="checkbox"/> Include on the Active Communities mailing list
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14.9 Please provide an active living success story (2000 characters or less) about your community that has occurred in the past 5 years. Include the date(s) that the success was achieved, the organizations and/or key community champions that were involved or instrumental in the achievement, and any observations or data that you have on the impact that it has had on the physical activity levels and quality of life of community residents.

Examples could include creating a policy or plan that addressed non-motorized transportation needs, hosting a community event that encouraged people to walk or bike for short trip, or making infrastructure improvements that facilitate regular physical activity, such as filling sidewalk gaps, or installing bike racks and bike lanes.

14.10 What suggestions do you have for improving this self-assessment questionnaire or the Promoting Active Communities self-assessment questionnaire and award program process?