



2018 Sarasota County NEIGHBORHOOD CHALLENGE

Greener. Healthier. More Involved. #SRQChallenge

The **HEALTHY** scorecard contains actions and educational efforts specific to making neighborhoods healthier.

Below are ways you can help with the Neighborhood Challenge. Look through the score card to see if you are interested in any of the activities that would benefit our community.

Email Address

We Condition Our Bodies

Select/answer each statement that applies to your neighborhood.

Actions (5 points each)

Education Efforts (2 points each)

Resources on any of the statements below can be found at the end of this section.

Select all that apply:

- 1. We provide a fitness room, discounted fitness facility memberships, or a well-lit sidewalk or nature trail to our residents. (5 points)
- 2. We provide a meditation space or group meditation exercises. (5 points)

3. We have an organized fitness group (walking, bicycling, Zumba, etc). (5 points)

Briefly describe, including frequency of meetings and estimated number of neighborhood residents that attend:

4. We have an active "walking school bus" program. (5 points)

Briefly describe, including frequency of use and estimated number of neighborhood residents that participate:

5. We have measured and promoted a route for walking, exercising, biking, etc. within our neighborhood. (5 points)

Briefly describe, including how your neighborhood promoted the measured pathway.

6. We have hosted a fitness event in our neighborhood. (5 points)

Briefly describe, including date and estimated number that attended:

7. We have organized a neighborhood team to compete in an athletic or fitness event elsewhere in the county. (5 points)

Briefly describe, including date and estimated number of neighborhood residents that attended.

8. We have educated our residents on ways to exercise and stay fit through our outreach materials. (2 points)

Date of communication and how it was delivered:

9. We know what our neighborhood Walk Score is. (2 points)

Report your neighborhood's Walk Score:

10. We know what our neighborhood's overall Livability Score is. (2 points)

Report your neighborhood's overall Livability Score:

Resources

- Livability Score [Homepage](#)
- Measured Pathways [Map Pedometer](#), [MapWalk](#)
- Walk Score [Homepage](#)
- Walking School Bus Program [Homepage](#), [Safe Routes to School National Partnership](#)

We Fuel Our Bodies

Select/answer each statement that applies to your neighborhood.

Actions (5 points each)

Education Efforts (2 points each)

Resources on any of the statements below can be found at the end of this section.

11. We serve healthy food options at community meetings and events. (5 points)

Briefly describe, including typical food options and frequency served:

Select all that apply:

- 12. We have an edible community garden in our neighborhood. (5 points)
- 13. We have a community orchard with edible trees. (5 points)
- 14. We have a guide to fruit trees throughout our neighborhood. (Attach guide below) (2 points)

(14) Fruit Tree Guide (Note: if you reach the file size limits, photos can also be emailed to neighbor@scgov.net)

15. We connect excess produce from household gardens and orchards with those in need of fresh fruits, vegetables and herbs. (5 points)

Briefly describe, including frequency:

16. We have hosted a presentation on proper nutrition and healthy eating habits. (5 points)

Briefly describe, including date and estimated number that attended:

17. We have hosted a presentation on backyard or community gardening. (5 points)

Briefly describe, including date and estimated number that attended:

18. We have educated our residents on healthy eating habits through our outreach materials. (2 points)

Date of communication and how it was delivered:

19. We have educated our residents on backyard gardening through our outreach materials. (2 points)

Date of communication and how it was delivered:

Resources

- Backyard Garden [How-To Article](#)
- Community Garden/Orchard [UF/IFAS Extension](#), [American Community Gardening Association](#)

We Advocate For Our Bodies

Select/answer each statement that applies to your neighborhood.

Actions (5 points each)

Education Efforts (2 points each)

Resources on any of the statements below can be found at the end of this section.

20. We participate in a local Community Health Action Team (CHAT). (5 points)

List CHAT name and team members:

21. We have hosted a presentation on tobacco cessation. (5 points)

Briefly describe, including date and estimated number of neighborhood residents that attended:

22. We have hosted a presentation related to diabetes awareness. (5 points)

Briefly describe, including date and estimated number of neighborhood residents that attended:

23. We have hosted a presentation related to mental/emotional health concerns and practices. (5 points)

Briefly describe, including date and estimated number of neighborhood residents that attended:

24. We have hosted a presentation on mosquito prevention and/or engaged our neighbors in a collective effort to reduce potential mosquito breeding areas throughout the neighborhood. (5 points)

Briefly describe, including date and estimated number of neighborhood residents that attended:

25. We have educated our residents on tobacco cessation through our outreach materials. (2 points)

Date of communication and how it was delivered:

26. We have educated our residents on diabetes awareness and maintenance through our outreach materials. (2 points)

Date of communication and how it was delivered:

27. We have educated our residents on mental/emotional health concerns and practices through our outreach materials. (2 points)

Date of communication and how it was delivered:

28. We have educated our residents on prevention of mosquitoes and related diseases. (2 points)

Date of communication and how it was delivered:

Resources

- Community Health Action Team (CHAT) [Overview](#)
- Diabetes Awareness [American Diabetes Association](#)
- Mental & Emotional Health [American Mental Wellness Assoc.](#), [U.S. Dept. of Health & Human Services](#), [Help Guide](#)
- Mosquito Breeding & Prevention [Sarasota County Mosquito Management Services](#), [Florida Dept. of Health](#)
- Tobacco Cessation [Tobacco Free Florida](#), [Centers for Disease Control & Prevention](#)

Healthy Innovation

We have implemented innovative ways (not mentioned in previous statements) to help make the community a healthier place. Please describe your health promotion initiatives below, one innovative idea per box. (3 points each)

Healthy Innovation 1

Healthy Innovation 1: Documentation (if applicable)

Healthy Innovation 2

Healthy Innovation 2: Documentation (if applicable)

Healthy Innovation 3

Healthy Innovation 3: Documentation (if applicable)

Healthy Extra Credit

Help us promote the Neighborhood Challenge and let others know about your progress and accomplishments to build a healthier neighborhood through photos and social media.

3 points for each (maximum 6 points)

Select all that apply:

- We captured photos of the HEALTHY actions claimed above
- We shared photos or posts about our neighborhood's HEALTHY actions above on social media using the hashtag #SRQChallenge

Photos (Note: if you reach the file size limits, photos can also be emailed to neighbor@scgov.net)

Screen Captures of Social Media Posts (Note: only public posts can be seen)