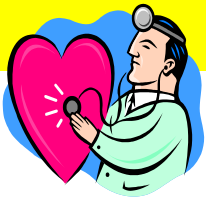


Showcase Your Program

The Eastern Highlands Health District would like to acknowledge efforts to build a healthy community, and encourage others to follow that lead. If you know of a school, workplace, or community group that has made a difference in promoting cardiovascular health, please encourage them to apply for an award. All efforts deserve recognition, and EHHD wants the opportunity to say "thank you" for helping us create a healthier community!



For more information contact:
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Health Education
Program Coordinator
860-429-3361

4 S Eagleville Rd ❖ Mansfield CT 06268
860.429.3325 www.ehhd.org



Cardiovascular Health Promotion Awards



Preventing Illness & Promoting Wellness for
Communities in Eastern Connecticut

Tel: 860-429-3325
www.ehhd.org
ehhd@mansfieldct.org

Commitment to Health

The Eastern Highlands Health District's (EHHD) mission is to preserve public health through the prevention of illness and promotion of wellness in the communities it serves.

To this end, and with grant support from the Connecticut State Department of Public Health and the Centers for Disease Control

and Prevention, the EHHD strives to promote and improve cardiovascular health through environmental and policy change.

Over the past years, the EHHD has developed several initiatives ranging

from certifying "Healthy Hearts" restaurants to identifying and promoting opportunities for physical activity in each community.

EHHD recognizes that these efforts are not isolated, and there are many initiatives in our community to address the risk factors for cardiovascular disease.



Exemplary Programs

The EHHD Cardiovascular Health Promotion Awards were created to recognize exemplary programs aimed at improving the cardiovascular health of individuals in **schools, workplaces, and communities** in the Eastern Highlands Health District. We invite any group from one of these categories to review their policies, programs, and activities, and consider entering the competition.

Does your workplace encourage physical activity or have a team effort for weight loss or smoking cessation? Does your school encourage healthy eating or approach physical activity in a unique manner? Has your organization or town coordinated an effort to raise awareness of high blood pressure, obesity, or the need for physical activity to reduce the risk of cardiovascular disease?

Let us know what you are doing to improve cardiovascular health in your school, workplace, or community; or start a program now to enter in next year's competition!

Risk Factors for Cardiovascular Disease

- Use of tobacco products
- Physical inactivity
- Obesity
- Poor dietary habits
- High blood pressure

Cardiovascular Health Promotion Application for Recognition

Group or organization: _____

Contact person: _____

Phone: _____ Email: _____

Category:

- School
 Workplace
 Community

Items included with this application:

- Completed application form
 Typed description of program
 Supporting documents

How long has your organization had this program?

- Less than a year
 1-2 years
 More than 2 years

How did you hear about the recognition program?

- Newspaper
 EHHD website
 Brochure at local Town Hall or school
 Other

Guidelines for Entry:

1. Eligible schools, workplaces, or community groups must be in the geographic area served by the EHHD.
2. Only one application per group/organization. In the event of multiple submissions, the first one received will be the only one considered for review.
3. Only complete applications will be considered. A complete application consists of: an application form (this one, or as found on the web), a typed description of your program of 500 words or less (including: purpose, group served, results or impact, and what makes it special), and no more than 4 supporting documents (pictures, letters of support, graphics of results, etc.)
4. Deadline for submitting an application is October 30. Mail or bring to the address below.
5. Areas of evaluation will include: innovation, effective approach in addressing one of the risk factors, participation in program, desired goals were met, and the ability to use the program as a model for others.

Information regarding this awards program is on the EHHD website: www.ehhd.org



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