



YOUR RESOURCE FOR BETTER HEALTH

## Healthy Delaware Foundation Heroes Nomination Form

### Healthy Delaware Foundation & Healthy Delaware 2010

The Healthy Delaware Foundation was created to promote the health of Delawareans and the goals of Healthy Delaware 2010, a prevention agenda and the community health guide for the decade. Goals for a healthy Delaware are supported by private-public initiatives, which represent a shared responsibility and opportunity to improve the health and the quality of life for all Delawareans. To learn more information about the Healthy Delaware Foundation and how to get involved, visit [www.healthydelaware.com](http://www.healthydelaware.com).

### Help us showcase everyday heroes building a healthy Delaware

Healthy Delaware Foundation is looking for dedicated individuals, businesses, or organizations to recognize as a "Healthy Delaware Hero" and to showcase initiatives that promote each of the 13 health focus areas of the Healthy Delaware 2010 goals. The Healthy Delaware Foundation web site will recognize many more examples of people in every sector who do their part to improve health, raise the quality of life, and eliminate health disparities in Delaware.

### Nomination is easy

Use the back of this form to nominate a "Healthy Delaware Hero" for a specific effort to improve health in one of our focus areas. You may nominate any person, organization, or business. Self-nominations are encouraged.

### Send this form to:

Be Healthy Delaware  
Healthy Delaware Foundation  
P.O. Box 30543  
Wilmington, DE 19805-7543

### Goals of the Healthy Delaware 2010 Initiative:

- To mobilize every sector in Delaware in our shared responsibility to ensure healthy communities.
- To eliminate health disparities among all groups by ensuring that all people in Delaware have access to the services, information, and support they need to be healthy.
- To emphasize prevention in the focus of health efforts, policy, and resources in Delaware.
- To establish Delaware as the "First State in Health."



## Healthy Delaware Foundation Heroes Nomination Form



### Nominee Information:

NAME/ORGANIZATION:

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ADDRESS:

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CITY:

ZIP CODE:

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TELEPHONE:

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Which sector does the nominee best represent (choose one)?

- Business
- Community Organizations/Consumers
- Government
- Education
- Health Care and Services

In which of the following Healthy Delaware focus areas has the nominee demonstrated responsibility to improve health, raise the quality of life, and eliminate health disparities in Delaware?

- |   |  |
|---|--|
| <input type="radio"/> Physical Activity           | <input type="radio"/> Education                      |
| <input type="radio"/> Nutrition                   | <input type="radio"/> Mental Health                  |
| <input type="radio"/> Tobacco Use                 | <input type="radio"/> Injury and Disability          |
| <input type="radio"/> Alcohol & Drug Use          | <input type="radio"/> Infant Health                  |
| <input type="radio"/> Responsible Sexual Behavior | <input type="radio"/> Preventive Services Use        |
| <input type="radio"/> Environmental Quality       | <input type="radio"/> Access to Health Care Services |
| <input type="radio"/> Violence                    |  |

Briefly describe a specific effort that makes this nominee a "Healthy Delaware Hero." The effort must address one of the above focus areas in order to be featured in the Healthy Delaware 2010 guide. Please attach information about the individual/organization and the program(s). Information should be typed. Selection will be based on:

- Linkage to Healthy Delaware goals
- Target population with demonstrated need
- Evidence of leadership in the initiative
- Collaboration
- Innovation of methodology
- Level of effort (process)
- Level of impact (outcomes)
- Sustainability

*We will contact you for more information if needed.*

### Your Information: *(if you are nominating someone else):*

NAME/ORGANIZATION:

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ADDRESS:

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CITY:

ZIP CODE:

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TELEPHONE:

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E-MAIL (IF AVAILABLE):

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## Healthy Delaware Foundation Heroes Nomination Form



*Healthy Delaware 2010 covers 13 focus areas designed to improve the health and well-being of all Delawareans. Below are the focus areas and their primary goals. Nominated heroes should be involved in activities that show a direct relationship to the goal for the focus areas in which they are nominated.*

**PHYSICAL ACTIVITY:** The goal of this focus area is to improve the health, fitness, & quality of life for Delawareans through regular physical activity.

**NUTRITION:** The goal of the nutrition focus area is to promote healthy eating habits to decrease risk of chronic disease.

**TOBACCO USE:** The goal in the tobacco use focus area is to reduce the number of Delawareans who use tobacco and promote smoke-free environments.

**ALCOHOL & DRUG USE:** The goal of this focus area is to reduce alcohol and substance abuse among all Delawareans through prevention and treatment.

**RESPONSIBLE SEXUAL BEHAVIOR:** This focus area covers activities that promote responsible sexual behavior to prevent pregnancy among teens, unintended pregnancy among young adults, and to decrease the risk of sexually transmitted diseases among all Delawareans.

**ENVIRONMENTAL QUALITY:** The goal in this focus area is to ensure Delawareans have a healthy environment in which to live, work, and play.

**VIOLENCE:** This focus area supports activities that target a reduction of injuries and deaths due to violence and abuse.

**EDUCATION:** The goal of this focus area is to increase Delawareans' chances to enjoy healthy lives through education and literacy.

**MENTAL HEALTH:** This focus area's goal is to improve the quality of mental health for Delaware citizens and families and ensure access to appropriate mental health services.

**INJURY & DISABILITY:** Supports activities that reduce unintentional injuries, disabilities and death focusing on the community, home, school, and work settings.

**PREVENTIVE SERVICES USE:** The goal of this focus area is to increase the number of Delawareans who benefit from preventive services by increasing consumer demand and overcoming barriers to service delivery.

**INFANT HEALTH:** The goal of the infant health focus area is to improve the health of infants by reducing the prevalence of risk factors associated with poor birth outcomes and poor health.

**ACCESS TO HEALTH CARE SERVICES:** This focus area supports activities and strategies to improve access to primary care, emergency services, dental services, and preventive services, while maintaining cost effectiveness.