

6.4.1 - Community Health and Wellness Education and Promotion

Standard: The agency shall have policies, procedures, or programs to educate and promote health and wellness in the community.

Suggested Evidence of Compliance: Provide the agency's policies, procedures, or programs to educate and promote health and wellness in the community such as:

- a. Physical activity;
- b. Healthy food and beverage offerings;
- c. Nutrition education;
- d. Substance abuse prevention.

Also provide examples of implementation.

Agency Evidence of Compliance:

The Park District of Oak Park works to educate and promote health and wellness in the community.

One of the best examples includes the active programs provided by the Park District in each Program Guide. In fact, in the Spring 2015 Program Guide¹, the Park District offers 43 pages of activities that encourage the community to be more active through sports, fitness, martial arts, and other wellness-related programs.

Additionally, the Park District promotes self-guided physical fitness using Park District parks and facilities. For example, the Park District has created Walking Path Cards² that show the distances of walking paths available in Park District parks. This information is also posted on the Park District website³.

The Park District has Procedures for Snacks in Park District Programs⁴, which outlines healthier options for snacks to be served or shared with participants in Park District programs

When the Park District entered into a new Vending Agreement⁵ in 2014, attention was paid to making sure that healthy options were included in the offerings for facility visitors.

The Park District participates in a community-wide effort called "Wild About Wellness." The group has already created multiple resources, including a Healthy Snacking Guide⁶ and a Healthy Recipe Video⁷.

Documentation:

1. [06.04.01_Active-Programs-in-Spring-2015-Program-Guide.pdf](#)

2. [06.04.01_Walking-Path-Distances-in-Parks.pdf](#)
3. [link to Walking Paths page on Park District website](#)
4. [06.04.01_Procedure-for-Snacks-in-Park-District-Programs.pdf](#)
5. [06.04.01_Vending-Contract.pdf](#)
6. [link to Wild About Wellness Healthy Snacking Guide](#)
7. [link to Wild About Wellness Healthy Recipe Video](#)

Agency Self Assessment: MET
