

# BECOME A HEALTHY ALABAMA COMMUNITY

Communities participating in the Alabama Communities of Excellence (ACE) program are also eligible to become designated as a Healthy Alabama Community (HAC).



## STEPS TO RECEIVE DESIGNATION AS A HAC:

1. Complete ACE application and all steps required for ACE acceptance. For more information on becoming a part of ACE, visit [alabamacommunitiesofexcellence.org](http://alabamacommunitiesofexcellence.org).
2. Community assessment is completed and areas for improvement are identified.
3. ACE community creates a strategic plan that includes action items for Quality of Life (Amenities/Aesthetics and Healthcare). The healthcare portion must address at least two of the following priority areas:
  - Improve Physical Activity Access/Opportunities
  - Improve Breastfeeding Access/Opportunities
  - Improve Nutrition Access/Choices
4. The Alabama Physical Activity and Nutrition State Plan (ALPAN) is utilized to guide and inform decisions by communities on goals/objectives/recommendations to select in the priority areas to achieve the HAC designation.
5. Complete a plan of action and submit to HAC staff for review and approval to begin the process for becoming a HAC
6. Before implementation, the eligible community participates in training on strategies that will assist in meeting recommendations to improve nutrition, physical activity, and/or breastfeeding access and opportunities.
7. Each community will have up to three years to complete its recommendations and be recognized. See requirements for awarding of designation below.

### Healthy Alabama Community Designation Requirements:

- Complete a total of 5 Recommendations in, at least 2 out of 3 Priority Areas.

These are the minimum requirements for the designation; however, more recommendations can be completed if desired.

## HELPFUL RESOURCES FOR HAC:

ALPAN - [alabamapublichealth.gov/awa/alpan.html](http://alabamapublichealth.gov/awa/alpan.html)

HAC Toolkit - [healthyalcommunities.org](http://healthyalcommunities.org)

NPA website - [alabamapublichealth.gov/npa](http://alabamapublichealth.gov/npa)

ALProHealth Guidebook - [aces.edu/blog/topics/health/alprohealth-guidebook](http://aces.edu/blog/topics/health/alprohealth-guidebook)

CDC Prevention Strategies and Guidelines - [cdc.gov/obesity/resources/strategies-guidelines.html](http://cdc.gov/obesity/resources/strategies-guidelines.html)

