

# Healthy Worksite Summit (Formerly known as Evergreen Everwell) Golden Apple Award

The Washington State Governor's Council on Physical Fitness, Health and Sports originally established the Golden Apple Award to recognize excellence in promoting physical fitness and health. The Healthy Worksite Summit Planning Committee has continued the tradition.

The Golden Apple Award, worksite category, has been established to recognize the efforts of employers, employee, community agencies and individuals in developing health and fitness programs and resources for employees in the workplace. The Golden Apple Award may be presented to a community, employer, employee, community agency, or an individual for their leadership in this area.

The information below is provided to assist you in making nominations for the award:

## **Purpose of the Award**

To recognize groups and/or individuals for promotion and participation in an organized worksite physical fitness or health promotion program for employees and their families.

## **Criteria**

Golden Apple Award winners should show evidence of the following:

- A program mission and/or stated goals.
- Active for at least 2 years.
- A continual wide variety of programming, which 1) covers several levels of implementation; 2) provides services throughout the working calendar; and 3) covers a diverse range of topics.
- Management and employees support and involvement.
- An evaluation process in place.
- A willingness to share their programming with other organizations.

The Awards are made by the Healthy Worksite Summit Planning Committee acting on nominations submitted by any person or organization believing an effort deserves very special recognition. Individuals and/or organizations are welcome to nominate themselves. Winners may reapply again in five or more years.

During the year, nominations should be mailed by September 1, 2008 to:

Julie McDowell  
Association of Washington Cities  
1076 Franklin St. SE  
Olympia, WA 98501  
360-753-4137  
juliem@awcnet.org

# Healthy Worksite Summit Golden Apple Award Application

## Instructions

Filling out this form is a requirement for application. Additional documentation or program samples may accompany this application, but may not serve as a replacement for filling out this form. 100% of the criteria must be met in order to be considered for the Golden Apple Award.

Group and/or individual being nominated: \_\_\_\_\_

Contact name or person making the nomination: \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Please circle response to each question:

Has this program been active for at least 2 years?    Yes    No

Does the program have a mission statement and/or stated goals?    Yes    No

Does the program have management support and wide range employee involvement?  
Yes    No

Does the program have an evaluation method in place to measure the progress and success of the program?    Yes    No

Does the program show community involvement in any way?    Yes    No

Does the program offer a variety of activities that cover a diverse range of topics?  
Yes    No

Does the program offer programming activities that cover several levels of implementation (Awareness, Motivation, Behavior Change, Cultural Support activities)?  
Yes    No

Does the program provide year round activities and educational opportunities?    Yes    No

Please attach any supporting documentation you feel is pertinent to the questions posed on this application, including program samples and activity descriptions and evaluation results.