



BOARD OF DIRECTORS TWO-PART COMMITMENT STATEMENT REGARDING PARTICIPATION IN COMMUNITY-WIDE HEALTH BEHAVIOR IMPROVEMENT ACTIVITIES

Individual Board Member Commitment

As my personal commitment to lead by example, I, _____, commit to completing the GFHC's designated **Personal Health Assessment** to identify specific health indicators, risks, and opportunities for improvement relative to my personal health status. Based on this health assessment, I commit to improving the following personal health goal relating to one of the health behaviors categories listed below:

(Please choose one of the individual health goals identified below and make your commitment, e.g. know and improve your BMI, commit to a physical activity routine, reduce blood pressure, reduce sodium intake, quit smoking, etc.)

- Physical Activity Goal: _____
- Nutrition/Diet Goal: _____
- Other Personal Health Behavior Goal: _____

NOTE: All information pertaining to the content of the Personal Health Assessment and Goal will remain confidential.

Board Organizational Commitment

On behalf of, _____, the organization/institution I represent, our organization commits to **participate in** and **support the community-wide approach** to health behavior improvement as outlined in the GFHC's approved County Health Rankings Call to Action / Business Case. _____ pledges to work with the GFHC's Health Improvement Steering Committee as it designs and implements community strategies that will lead the City of Flint / Genesee County toward the goal of becoming a "Healthy Place to Live, Work, and Play" (as approved by the GFHC Board in December, 2010). Specifically, as an organization we commit to completing one of the following activities within the next six months:

- Participate in Business-to-Business Wellness Challenge
- Arrange for a presentation of GFHC's community-wide Health Behavior Improvement Call to Action to my organization's Board of Directors and/or Leadership Team to raise awareness, establish a commitment to participate, and complete an individual participation commitment
- Enhance my organization's policy relating to either breastfeeding or smoking
- Other: _____