

LOCAL UNIT REPORT: How Healthy is Your Local Unit?
Local Unit Annual Report Form



Return to District Healthy Living Committee Chair by February 15
(Information to be gathered from January to December)

Local Unit _____ District _____

Local Unit Healthy Living Committee Chair _____

Phone _____ Email _____

Approximate number of members in your local unit _____ Date _____

Complete the following items about your local unit.

____ 1) Does your unit publicize health tips at every meeting/newsletters?

____ 2) Does your unit include a program on health care?

List program/speaker: _____



____ 3) Does your unit provide health care materials/resources to members?

____ 4) Does your unit follow "Guidelines for Healthy Meetings?"

____ A) Are low-calorie and low-fat foods available?

____ B) Is water available?

____ C) Are stretch breaks encouraged?



5) How does your local unit encourage its members to exercise regularly?



6) Was the Healthy Living Committee Resource Guide helpful? _____

- Do you access the online version of the guide? _____
- Do you find the Healthy Living Committee webpage helpful? _____

Comments: _____

Your feedback is appreciated!

District Healthy Living Chair, please include this form with your district report.