Mayors Wellness Campaign (MWC) Checklist

☐ Have your Mayor sign the Annual Mayors Wellness Campaign Pledge to show your town’s commitment to improving the health and wellness of your community for the upcoming calendar year.

☐ Schedule an in-person meeting or phone call with Quality Institute staff to receive individualized guidance on how to get your MWC started in your community or how we can help you enhance a program already in place.

☐ Develop a MWC Committee of stakeholders that are dedicated to helping your community achieve its health goals.

☐ Schedule your first MWC Committee Meeting.

☐ Review the NJ Healthy Town Application and Rubric to help guide your MWC planning.

☐ Perform a localized health needs assessment to determine your town’s specific health needs and social determinants of health that should be addressed.

☐ Identify and agree on your MWC goals.

☐ Using the MWC Toolkit for guidance, choose programming and interventions that will have the greatest impact on your town’s areas of need.

☐ Plan 2-3 programs to launch for the remainder of the year.

☐ Advertise your programming in your community.

☐ Host your events and programming.

☐ Evaluate the impact your events had on your community.

☐ Send photos and information about your events to Quality Institute staff.

☐ Visit the Quality Institute Booth and the NJ League of Municipalities Conference to resign your Annual Pledge and learn about new initiatives and programming.

☐ Submit your application to be awarded a NJ Health Town.

The Quality Institute staff is always here to help. Contact us at info@njhcqi.org or 609-452-5980.