Healthy Polk 2020 Personal Commitment Card

Please fill out this form and SAVE it on your computer before you email back to rkozin@co.polk.ia.us as an attachment

Name: _____
Organization/Business (if applicable): _____
Address: _____
City, State, Zip: _____
Day phone number: _____
E-mail address: _____

What is your preferred method of communication? Please check one:
_____Mail _____Phone _____E-mail

Please indicate your level of commitment to the Healthy Polk 2020 priorities using the following scale:

- **Red** if you would be willing to help plan meetings. You would be willing to be a meeting facilitator. You would recruit additional people to join this effort.
- **Blue** if you would be willing to be an active member of the group and attend most of the group's meetings. You would be willing to help identify additional people to join the group.
- **Yellow** if you would be willing to attend meetings from time-to-time. You might be willing to do an assigned task (make some calls, distribute flyers, etc.) when asked.

_____ Red priority _____
_____ Blue priority _____
_____ Yellow priority _____
_____ I want to be involved but not sure at what level

The priorities that you can choose from are:

1. More resources are devoted to prevention and wellness
2. Daily physical education in all schools that will teach activities that can be done for life
3. An increase in public transportation (buses, trolleys, carpools), because it's accessible and affordable to all and meets rider needs
4. Everyone has health care/insurance coverage
5. More coverage and more services for families who can't afford private insurance but make too much to qualify for Hawk-I or Title 19
6. Equal access to health care for all
7. More medical providers focused on prevention, education and wellness
8. More people take responsibility for their own health and maintain it
9. "Real" affordable housing (30% of income) that is safe and good quality
10. Everyone has access to affordable, healthy food

Thank you for your commitment, together we will make a healthier Polk County.