CERTIFIED HEALTHY BUSINESS PROGRAM RESOURCE GUIDE	
Criterion	**Resource**
Foundational Resources*	
CDC Worksite Health Score Card	https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/pdf/CDC-Worksite-Health-ScoreCard-Manual-Updated-Jan-2019-FINAL-rev-508.pdf
The Community Guide	http://www.thecommunityguide.org/worksite/index.html
CDC Workplace Health Promotion http://www.cdc.gov/workplacehealthpromotion/index.html	
*Foundational resources apply to all criteria, and applicants should use these as guidance documents. Other resources are supplementary and may also be useful to applicants.	
1. Organizational Supports	
Leadership Commitment and Support	
Demonstrate organizational commitment and support of worksite health promotion at all levels of management (2)? *Check box if, for example, all levels of management participate in activities, communications are sent to employees from senior leaders, the worksite supports performance objectives related to healthy workforce, or program ownership is shared with all staff levels.*	Centers for Disease Control and Prevention (CDC): https://www.cdc.gov/workplacehealthpromotion/model/control-costs/index.html https://www.cdc.gov/workplacehealthpromotion/planning/leadership.html
Have a strategic plan that includes goals and measurable organizational objectives for the health promotion program (2)? *Check box if, for example, your organization identifies SMART (i.e., specific, measurable, achievable, realistic, time-bound) goals and objectives.*	CDC: https://www.cdc.gov/workplacehealthpromotion/planning/action-plan.html
Include references to improving or maintaining employee health in the business objectives or organizational mission statement (1)?	CDC: https://www.cdc.gov/workplacehealthpromotion/planning/action-plan.html
Have an annual budget or receive dedicated funding for health promotion programs (2)?	CDC: https://www.cdc.gov/workplacehealthpromotion/planning/resources.html
Have an active and diverse health promotion committee (2)? *Check box if, for example, your health promotion committee is routinely engaged in planning and implementing programs, and includes workers from all levels of the organization, various departments, as well as representatives from special groups (e.g., remote workers, organized labor).*	CDC: https://www.cdc.gov/workplacehealthpromotion/planning/resources.html

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Have an employee whose job includes managing the worksite health promotion program either part time or full time (2)? *Check box if the staff member is located on or off site and has responsibility for health promotion as part of his or her job description or performance expectations.*	CDC: https://www.cdc.gov/workplacehealthpromotion/planning/resources.html
Measurement and Evaluation	
Conduct an employee needs and interests assessment to help plan health promotion activities (1)?	The Community Guide: https://www.thecommunityguide.org/findings/worksite-assessment-health-risks-feedback-ahrf-change-employees-health-ahrf-plus-health CDC: Workplace Health Promotion – Assessment: http://www.cdc.gov/workplacehealthpromotion/model/employee-level-assessment/index.html
Conduct employee health risk appraisals/assessments (HRAs) through partners (e.g., county health departments), on-site staff, or health plans and provide individual feedback plus health education (3)?	CDC: Workplace Health Promotion: http://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/assessment-tools.html
Conduct ongoing evaluations of health promotion programs that use multiple data sources to inform decision-making(2)? *Check box if, for example, your organization collects data on employee health risks, medical claims, employee satisfaction, or organizational climate surveys.*	CDC: https://www.cdc.gov/workplacehealthpromotion/model/evaluation/index.html
Strategic Communications	
Promote and market health promotion programs to employees (2)? *Check box if, for example your worksite's health promotion program has a brand name or logo, uses multiple channels of communication, or sends frequent messages.*	CDC: https://www.cdc.gov/workplacehealthpromotion/planning/communications.html
Use tailored health promotion communications to ensure that they are accessible and appealing to employees of different ages, genders, education levels, job categories, cultures, languages, or literacy levels (3)?	CDC: https://www.cdc.gov/workplacehealthpromotion/planning/communications.html
Participation and Engagement	

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Have a champion or network of champions who actively publicize health promotion programs.	CDC: https://www.cdc.gov/workplacehealthpromotion/planning/structure.html https://www.cdc.gov/workplacehealthpromotion/planning/resources.html
Use and combine incentives with other strategies to increase participation in health promotion programs (2)?	CDC Workplace Health Incentives Document http://www.cdc.gov/workplacehealthpromotion/tools-resources/pdfs/nhwp_workplace_health_incentives_final_tag508.pdf
Use individual or team competitions or challenges in combination with additional interventions to support employees making behavior changes (2)?	See Foundational Resources
Promote and support employee volunteerism (1)? *Check box if, for examples, your organization encourages participation in volunteer activities, and allows employees the flexibility to participate during typical work hours. This may include time organizing food drives or participating in corporate walks or community clean-up days.*	https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/case-studies/engage-employees-health-wellness.html
Provide a working environment that features healthy building design principles (1)? *Check box if, for example, your workspaces have access to natural light, exposure to plants and nature, communal spaces, good ventilation and air quality, comfortable temperature, or no excessive noise.*	The National Institute for Occupational Safety and Health (NIOSH): https://www.cdc.gov/niosh/topics/greenconstruction/default.html
Extend access to key components of the program to all workers, including hard to reach workers (e.g., telecommuters, contract workers, night shift workers, part-time workers (1)? *Check box if, for example, your organization offers alternative options for participating in programs or services, such as 24-hour gym access or virtual access to lectures.*	CDC: https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/case-studies/engaging-remote-employees.html
Programs, Policies and Environmental Supports	
Provide an Employee Assistance Program (EAP) (2)? *Check box if, for example, employees have access to an EAP that offers services addressing financial health, depression, stress management, grief counseling, substance use, and other mental and emotional health issues.*	OPM.GOV: http://www.opm.gov/policy-data-oversight/worklife/employee-assistance-programs/

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Criterion	**Resource**
Implement educational programming to improve health care consumerism (1)? *Check box if, for example, your organization provides employees with written or interactive guidance on improving doctor-patient relationships, promoting patient-centered care, and appropriate use of medical resources.*	CDC: https://www.cdc.gov/workplacehealthpromotion/model/healthcare-cost-data/index.html
Educate employees about preventive services and benefits covered by their health insurance plan on an ongoing basis, above and beyond what occurs during annual health insurance enrollment (1)? *Check box if, for example, you worksite communicates information about benefits such as smoking cessation medication and counseling, weight management tools, or flu vaccinations through emails or newsletters that are distributed across the calendar year.*	CDC: https://www.cdc.gov/workplacehealthpromotion/model/implementation/benefits.html
Provide and support flexible work scheduling policies (2)? *Check box if, for example, policies allow for flextime schedules and/or work at home.*	CDC: https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/case-studies/engaging-remote-employees.html
Provide work-life balance/life-skills programs (3)? *Check box if, for example, your worksite provides elder care, child care, referrals, tuition reimbursement, or other programs that are offered through vendors, on-site staff, or employee assistance programs.*	CDC: https://blogs.cdc.gov/niosh-science-blog/2014/11/17/stress-webinar/
Make some or all company-specific health promotion programs available to family members (1)?	CDC: https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/case-studies/engage-employees-health-wellness.html
Paid time off (PTO) for days or hours due to illness of employees or dependents (full-time, non-exempt employees) (1). *[Note: non-exempt employees are those who are eligible to receive overtime pay if they work more than 40 hours in a week. Typically they are hourly workers.]*	
Coordinate programs for occupational health and safety with programs for health promotion and wellness (2)? *Check box if, for example, these departments have common strategies, routine data sharing, regular meetings across functions, or warm handoff referrals.*	CDC: https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/occupational-safety.html

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Criterion	**Resource**
2. Tobacco Control	
Have a written policy banning all tobacco use at your worksite (3)?	Tobacco Free: Strategies for Promoting and Implementing a Smoke-Free Workplace https://www.tobaccofreeco.org/wp-content/uploads/2018/03/Strategies-for-Promoting-and-Implementing-a-Smoke-free-Workplace.pdf The Community Guide – Tobacco http://www.thecommunityguide.org/tobacco/index.html TSET Healthy Living Sample Tobacco Free Business Policy. Sample-Model-Workplace-Wellness-Pol
Have a written policy banning smoking at your worksite (2)?	The Community Guide – Tobacco http://www.thecommunityguide.org/tobacco/index.html TSET Healthy Living Sample Policy Sample-Model-Workplace-Wellness-Pol
Provide and promote programs such as the Oklahoma Tobacco Helpline or other tobacco cessation telephone quit line to equip employees with skills and motivation to quit using tobacco (3)?	https://stopswithme.com/ https://okhelpline.com/
Provide health insurance coverage with no or low out-of-pocket costs for prescription tobacco cessation medications including nicotine replacement (3)?	FDA: http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm
Provide health insurance coverage with no or low out-of-pocket costs for FDA-approved over-the-counter nicotine replacement products (2)?	FDA: http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm NIH: http://www.nlm.nih.gov/medlineplus/ency/article/007438.htm
Provide financial incentives for being a current nonuser of tobacco and for current tobacco users who are actively trying	See Foundational Resources

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to quit tobacco by participating in a free or subsidized, evidence-based cessation program (3)?	
If alcohol, tobacco, and/or vapor products are sold by the company, these products do not constitute a primary revenue source (1)?	See Foundational Resources
Prohibit the sale of tobacco products on worksite premises (1).	
3. Nutrition	
Have and promote a written nutrition policy or formal communication that makes healthier food and beverage choices available in cafeterias or snack bars (1)?	CDC: https://www.cdc.gov/nutrition/healthy-food-environments/index.html#Worksites CDC: https://www.cdc.gov/obesity/downloads/guidelines_for_federal_concessions_and_vending_operations-2012.pdf
Have and promote a written policy or formal communication that makes healthier food and beverage choices available in vending machines (1)?	Sample Wellness Policy: Sample-Model-Workplace-Wellness-Pol CDC: http://www.cdc.gov/obesity/stateprograms/pdf/Healthy_Vending_Machine_Initiatives_in_State_Facilities.pdf Healthy Vending at Work http://www.healthyvendingatwork.com/ List of Healthy Vending products: Vending products that meet IOM standa
Make most (more than 50%) of the food and beverage choices available at the worksite (in vending machines, cafeterias, snack bars, or other purchase points) be healthier food items (3)?	CDC Healthy Vending Machine http://www.cdc.gov/obesity/stateprograms/pdf/Healthy_Vending_Machine_Initiatives_in_State_Facilities.pdf

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	Healthy Vending at Work http://www.healthyvendingatwork.com/ List of Healthy Vending Options Vending products that meet IOM standa
Provide visible nutritional information (beyond standard food labels) on sodium, calories, trans fats, or saturated fats for foods and beverages available at the worksite (in vending machines, worksite cafeterias, snack bars, or other purchase points) (3)?	ChooseMyPlate.gov: http://www.choosemyplate.gov/
Identify healthier (or less healthy) food and beverage choices with signs or symbols (3)? Check box if, for example, your worksite puts a heart next to a healthy item or uses red-yellow-green color coding to indicate the healthfulness of items in vending machines, cafeterias, snack bars, or other purchase points.	See Foundational Resources
Subsidize or provide discounts on healthier foods and beverages choices available at the worksite (in vending machines, cafeterias, snack bars, or other purchase points) (3)?	See Foundational Resources
Have and promote a written policy or formal communication which makes healthier food and beverage choices available in break rooms, during meetings, conferences, or company sponsored events when food is served (1)? *Check box if, for example, the policy or formal communication makes vegetables, fruits, unsweetened beverages, whole grain items, trans-fat free and low-sodium snacks available during meetings.*	Sample Wellness Policy: Sample-Model-Wor kplace-Wellness-Pol CDC: Tips for Offering Healthier Options at Workplace Meetings and Events: https://www.cdc.gov/obesity/downloads/tips-for-offering-healthier-options-and-pa-at-workplace-508.pdf
Provide employees with food preparation and storage facilities and a place to eat (1)? *Check box if your worksite provides a microwave oven, sink, refrigerator and a place for employees to eat other than at their workstations.*	See Foundational Resources
Offer or promote an on-site or nearby farmers' market where fresh fruits and vegetables are sold (1)? *This may include coordinating Community Supported Agriculture*	http://oklahomaagritourism.com/activity/farmers-markets/

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(CSA) or vendors/venues that are or are not operated by farmers.	https://onieproject.org/farmers-markets/
Promote and provide access for increased water consumption (1) *Check box if, for example, your worksite uses promotional materials and provides easy access through water bottle filling stations, water fountains, break rooms, or vending machines.*	TSET: https://tset.mybrightsites.com/products?s%5Bf%5D%5Bc%5D%5B%5D=%2FFree+Shape+Your+Future+Materials

https://shapeyourfutureok.com/videos_extras/power-of-one-education-campaign/ |
Create a School Garden *For School Administration Businesses Only*	School Garden Toolkit.pdf
Maternal Health and Lactation Support	
Have and promote a written policy or commitment on breastfeeding for employees (1)? *Check box if the policy is communicated at the time of hiring and/or at the time of maternity leave planning*	CDC: https://www.cdc.gov/workplacehealthpromotion/health-strategies/nutrition/interventions/policies.html
Provide a private space (other than a restroom) that may be used by an employee to express breast milk (2)? *Check box if, for example, your worksite has a private space with an electrical outlet, comfortable chair, and sinks.*	CDC: https://www.cdc.gov/workplacehealthpromotion/health-strategies/nutrition/interventions/policies.html
Provide access to a breast pump either through insurance or at the worksite (2)? *Check box if, for example, your worksite provides on-site access to a breast pump or offers insurance coverage that subsidizes the purchase of a pump for personal use.*	
Provide flexible paid or unpaid break times to allow mothers to pump breast milk (1)?	https://www.cdc.gov/workplacehealthpromotion/health-strategies/nutrition/interventions/policies.html
Provide and promote maternal health and breastfeeding support groups, educational classes or consultations (3)? *Check box if these sessions address breastfeeding as a single health topic or if breastfeeding is included with other health topics. These sessions can be provided in-person or online; onsite or offsite; in group or individual settings; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.*	https://www.okaap.org/ok-bfh/

https://oklahoma.gov/health/health-education/children---family-health/breastfeeding/help-resources.html |

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Criterion	**Resource**
Offer paid parental leave, separate from any accrued sick leave, annual leave, or vacation time (3)?	
Offer health insurance coverage with no or subsidized out-of-pocket costs for pre-and postnatal care (3)?	
Apply and receive recognition as an OK Breastfeeding Friendly Worksite (2) (OK Breastfeeding Friendly Worksite Application)	
4. Physical Activity	
Provide an exercise facility on-site or subsidize or discount the cost of an offsite exercise facility (3)? *Check box if, for example, if equipment such as hand weights, bands, mat, and exercise videos are available.*	CDC: https://www.cdc.gov/workplacehealthpromotion/health-strategies/physical-activity/interventions/environmental-support.html
Subsidize or discount the cost of an on or offsite exercise facilities (1)?	
Provide or promote other environmental supports for recreation or physical activity (3)? *Check box if, for example, your worksite provides trails or a track for walking/jogging, maps of suitable walking routes, bicycle racks, a basketball court, treadmill workstations, sit-stand workstations, lockers, a shower, or changing facility.*	CDC: http://www.cdc.gov/workplacehealthpromotion/health-strategies/physical-activity/interventions/index.html https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf https://www.cdc.gov/workplacehealthpromotion/tools-resources/walking-campaign-tools/index.html
Encourage stair use by posting signs and make stairwells more inviting to use (3)? *Check box if, for example, signs encouraging stair use are posted at elevators, stairwells, and other key locations; enhancements such as artwork or music are available; and stairwells are kept clean and well-lit.*	CDC Motivational Signage: https://www.cdc.gov/physicalactivity/activepeoplehealthynation/strategies-to-increase-physical-activity/prompts-to-encourage-physical-activity.html https://www.cdc.gov/workplacehealthpromotion/health-strategies/physical-activity/interventions/environmental-support.html

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Criterion	**Resource**
	https://www.eatsmartmovemorenc.com/resource/stairwell-guide/
Provide and promote organized individual or group physical activity programs for employees (other than the use of an exercise facility) (3)?	CDC: http://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/physical-activity.html https://www.cdc.gov/physicalactivity/worksite-pa/index.htm
Promote the use of activity trackers to support physical activity.	
Encourage active transportation to and from work.	https://www.acogok.org/bicycle-education/
Institute a movement-friendly dress code.	
Have a written and enforced physical activity policy that includes, at minimum, all of the following (3): ▪ Provides employees with up to 30 minutes of physical activity break time in addition to regularly scheduled meal breaks per workday ▪ Provides flexible work arrangement to accommodate paid physical activity breaks ▪ Incorporates at least a 10 minute physical activity break into meetings, etc. lasting one hour or longer ▪ Encourages employees to have walking meetings ▪ Provides safe and secure bicycle parking for employees	Sample Wellness Policy: Sample-Model-Workplace-Wellness-Pol
5. Stress Management	
Provide dedicated space (not a bathroom) that is quiet, where employees can engage in relaxation activities, such as deep breathing exercises (1).	
Sponsor or organize social activities designed to improve engagement with others, and provide opportunities for interaction and social support (1)?	See Foundational Resources
Offer onsite behavioral health program such as stress management, work/life balance or depression (2)?	North Carolina Health Smart – Worksite Wellness Toolkit – Manage Stress https://workwellnc.com/turnkey_ManageStress.php

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Criterion	**Resource**
	NAMI Oklahoma: http://www.namioklahoma.org/ Note to Self: Take Care of You: https://oklahoma.gov/odmhsas/learning-and-education/training-institute.html
Provide training for managers that improve their ability to recognize and reduce workplace stress-related issues (3)?	See Foundational Resources
Provide opportunities for employee participation in organizational decisions regarding workplace issues that affect job stress (3)?	North Carolina Health smart – Worksite Wellness Toolkit – Manage Stress https://workwellnc.com/workbooks_manage_stress.php
Encourage employees to minimize/limit email use outside of work hours.	See Foundational Resources
Develop partnerships to address urgent student needs to reduce stress on school staff – *School Administration Only*	

6. Mental Health
https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/mental-health/index.html

Suicide and Depression	

Offer Mental health trainings for all staff (3)
   • Suicide prevention training:
       o Are You OK?
       o LivingWorks Start
   • "Working Minds" training, with priority given to managers and supervisors.
   • Provide training for supervisors on how to recognize signs and symptoms of substance abuse (including prescription drug abuse) and depression and intervention/workplace support skills (i.e. Mental Health First Aid)?
	OK Dept. of Mental Health & Substance Abuse Services: https://oklahoma.gov/odmhsas/prevention/business.html
	
	 https://oklahoma.gov/odmhsas/learning-and-education/training-institute.html
	
	 Mental Health First Aid: http://www.mentalhealthfirstaid.org/cs/

Provide a copy of 'A Manager's Guide to Suicide Postvention' onsite (1)?	Suicide Prevention Resource Center: https://theactionalliance.org/resource/managers-guide-suicide-postvention-workplace-10-action-steps-dealing-aftermath-suicide

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Criterion	**Resource**
Provide free or subsidized clinical assessment for depression by a provider followed-by directed feedback and clinical referral when appropriate (3)? *Check box if these services are provided directly through your organization or tele-health or indirectly through a health insurance plan.*	
Provide access to a self-administered depression screening tool that provides a feedback report with recommendations for clinical action as needed (2)? *Check box is, for example, these services are provided through a health risk assessment (HRA), health insurance plan, or employee assistance program (EAP).*	SBIRT: Screening, Brief, Intervention and Referral to Treatment: https://www.samhsa.gov/sbirt https://www.integration.samhsa.gov/clinical-practice/sbirt
Provide training for managers that improve their ability to recognize depression and refer employees to company/community resources for managing depression (2)? *Check box if, for examples, your worksite provides managers with training on how to recognize depression, productivity or safety issues, and company or community resources for managing depression.*	OK Dept. of Mental Health & Substance Abuse Services: https://oklahoma.gov/odmhsas/prevention/business.html https://oklahoma.gov/odmhsas/learning-and-education/training-institute.html
Provide health insurance coverage with free or subsidized out-of-pocket costs for depression medications (3)?	
Have harassment, discrimination and stigma policies in place and demonstrated enforcement (3)?	Human Rights Campaign: http://www.hrc.org/resources/entry/Workplace-Discrimination-Policies-Laws-and-Legislation
Alcohol and other Substance Use	
Have and promote a written policy banning alcohol and other substance use at the worksite (1)? *Check box if, for example, your worksite has a written policy that bans alcohol and other substance use (including opioids) at the worksite or while operating a motor vehicle, requires universal drug testing (in appropriate safety-sensitive industries) or indicates options offered for assistance and referral to behavioral health services. This policy can be communicated to employees regularly through emails, newsletters, or signage in public places.*	
Provide access to alcohol and other substance use screening followed by brief intervention and referral for treatment when appropriate (3)? *Check box if, for example, these services are provided through a health risk*	SBIRT: Screening, Brief, Intervention and Referral to Treatment: https://www.samhsa.gov/sbirt

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assessment (HRA), health insurance plan, and/or employee assistance program (EAP).	https://www.integration.samhsa.gov/clinical-practice/sbirt
Discourage or limit access to alcohol or use of company funds for alcohol at work-sponsored events (1)? *Check box if, for example, your worksite limits (e.g., through tickets) the consumption of alcohol at on and off site meetings and events.*	
Promote area pharmaceutical take back locations and/or promote pharmaceutical take back events in your community (1)	DEA: https://enet.obn.ok.gov/TakeBack/default.aspx
Provide health insurance coverage with no or low out-of-pocket costs for Substance use disorder prevention and treatment (1)	
Require Responsible Beverage Sales and Service training (if your business sells or serves alcohol, including at special events) (3)?	ODMHSAS: https://oklahoma.gov/odmhsas/learning-and-education/training-institute/rbss.html
7. Chronic Disease Prevention & Management	
Offer free or reduced cost annual physical exams for employees on site or through partners (e.g., county health departments) (2)?	See Foundational Resources County Health Departments – https://oklahoma.gov/health/locations/countymap.html
Provide access to cancer screenings on site or via referral (1)?	CDC: http://www.cdc.gov/cancer/dcpc/prevention/screening.htm OK State Department of Health: https://oklahoma.gov/health/services/cancer-screening.html
Provide free or subsidized blood pressure screening (beyond self-report) onsite or through partners (e.g. county health departments) (3)?	CDC Workplace Health Promotion http://www.cdc.gov/workplacehealthpromotion/health-strategies/blood-pressure/index.html

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Criterion	Resource
	County Health Departments – https://oklahoma.gov/health/locations/countymap.html
Provide free or subsidized cholesterol screening (beyond self-report) onsite or through partners (e.g. county health departments) (3)?	CDC Workplace Health Promotion http://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/cholesterol.html

County Health Departments – https://oklahoma.gov/health/locations/countymap.html |
| Provide free or subsidized pre-diabetes and diabetes risk factor assessment (beyond self-report) onsite or through partners (e.g. county health departments) (3)? | CDC: https://www.cdc.gov/workplacehealthpromotion/health-strategies/diabetes/index.html

The Community Guide http://www.thecommunityguide.org/diabetes/selfmgmteducation.html |
| Provide free or subsidized self-management programs for diabetes control (3)? | The Community Guide http://www.thecommunityguide.org/diabetes/selfmgmteducation.html |
| Provide reimbursement for employees to participate in the National Diabetes Prevention Program. | CDC National Diabetes Prevention Program: https://www.cdc.gov/diabetes/prevention/index.html

CDC National Diabetes Prevention Toolkit: https://nccd.cdc.gov/Toolkit/DiabetesImpact/docs/diabetes-impact-toolkit_user-manual.pdf |
| Provide free or subsidized body composition measurement, such as height and weight, Body Mass Index (BMI) scores, or other body fat assessments (beyond self-report) onsite or through partners (e.g. county health departments) (2)? | CDC Workplace Health Promotion: https://www.cdc.gov/workplacehealthpromotion/health-strategies/obesity/index.html

CDC BMI Resources http://www.cdc.gov/healthyweight/assessing/bmi/

County Health Departments – https://oklahoma.gov/health/locations/countymap.html |

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8. Occupational Health & Safety	
Encourage reporting of injuries and near misses (3)?	The National Institute for Occupational Safety and Health: http://www.cdc.gov/niosh/
Provide opportunities for employee input on hazards and solutions (3)?	The National Institute for Occupational Safety and Health: http://www.cdc.gov/niosh/
Have a program to investigate the causes of injuries or illnesses (3)?	The National Institute for Occupational Safety and Health: http://www.cdc.gov/niosh/
Coordinate programs for occupational health and safety with program for health promotion and wellness (2)?	CDC: National Institute for Occupational Safety and Health http://www.cdc.gov/niosh/ Oklahoma Safety Council: http://www.oksafety.org/
Paid time off (PTO) for days or hours due to illness of employees or dependents (full-time, non-exempt employees) (1).	See Foundational Resources
Paid vacation time or personal days or hours to full-time, non-exempt employees) (1).	See Foundational Resources
Have an emergency response plan that addresses acute heart attack and stroke events (2)?	OSHA Best Practices Guide: Fundamentals of a Workplace First-Aid Program https://www.osha.gov/Publications/OSHA3317first-aid.pdf
Offer access to a nationally-recognized training course on Cardiopulmonary Resuscitation (CPR) that includes training on Automated External Defibrillator (AED) usage (3)?	OSHA Best Practices Guide: Fundamentals of a Workplace First-Aid Program https://www.osha.gov/Publications/OSHA3317first-aid.pdf
Have one or more functioning AEDs in place (3)?	American Red Cross: http://www.redcross.org/prepare/location/workplace/easy-as-aed AED Grant: https://www.aedgrant.com/
9. Health Promotion	
http://www.cdc.gov/workplacehealthpromotion/	
Offer medical/clinical services (onsite clinic, visiting nurse, etc.) (2)?	See Foundational Resources

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Offer health insurance to employees at no/reduced cost (2)?	HealthCare.gov: https://www.healthcare.gov/
Provide health insurance coverage with no or low out-of-pocket costs for one or more of the following medications: blood pressure control, lipid control, diabetes management (2)?	HealthCare.gov: https://www.healthcare.gov/
Conduct influenza (flu) vaccinations at your worksite (3)?	CDC: http://www.cdc.gov/flu/business/index.htm Community Guide: https://www.thecommunityguide.org/search/Flu
Provide a series of educational seminars, workshops, or classes on one or more of the following: nutrition, physical activity, weight management, high blood pressure, high cholesterol, diabetes (3)?	CDC: http://www.cdc.gov/workplacehealthpromotion/
Provide brochures, videos, posters, pamphlets, newsletters or other written or online information that address one or more of the following: healthy eating, physical activity, overweight/obesity, high blood pressure, high cholesterol, diabetes, health and safety, influenza vaccination (1)?	See Foundational Resources
Provide free or subsidized one-on-one or group lifestyle counseling for employees who are overweight or obese (3)?	Community Guide: http://www.thecommunityguide.org/obesity/workprograms.html
Have a written policy on breastfeeding for employees including the provision of flexible paid or unpaid break times to allow mothers to pump breast milk as well as provide a private space (other than an a restroom) with a comfortable chair and an outlet (3)?	CDC Breastfeeding http://www.cdc.gov/breastfeeding/policy/index.htm
Apply to become a Breastfeeding Worksite	Oklahoma Breastfeeding Friendly Worksite: https://www.ok.gov/health2/documents/BF%20Application%20-%20Recog%20BF%20Friendly%20Worksite%205%20yr%209-19-17%20draft%20rev-FillForm.pdf

The following entities can be contacted for additional assistance regarding any of the criteria:

- Community Analysis and Linkages - Community Development Services, OK State Dept. of Health. https://app.smartsheet.com/b/form/ee8e298e2a6d4614b27f1586c67e11a6

- County Health Department Health Educators – https://oklahoma.gov/health/locations/countymap.html
- Tobacco Settlement Endowment Trust Healthy Living Grantees – https://oklahoma.gov/tset/tset-programs/healthy-lifestyle-grants.html