



2023 Certified Healthy Congregation Application

Congregation and Contact Information

Name of Congregation: _____

Faith tradition and/or denomination: _____

Number of members and/or attendees: 1-100 101-250 251-500 Over 500 list number _____

Name of Minister, etc. _____

Contact Person (if different from above):

Mailing Address:

City/Town:

State:

Zip:

E-mail Address:

Phone Number:

Website Address:

County (physical location): [Drop-down menu]

Note: The OSDH acknowledges the traditional and sacred use of tobacco among American Indian people living in Oklahoma. Whenever the word tobacco is referenced, it refers to the use of tobacco in a non-sacred or non-traditional way.

Delete

1. **Health Service and Screenings:** Your congregation partners with a health organization or your health ministry/committee provides the following for members, attendees and staff. *Check all that apply.*

Are health services and screenings offered through:

- | The | A | Both (the |
|---------------------------------------|---|--|
| <input type="checkbox"/> congregation | <input type="checkbox"/> partnership with an organization | <input type="checkbox"/> congregation and a partnering organization) |

- Health risk appraisals. This is a questionnaire which examines a person's health related behaviors and their health history in order to provide an assessment of the person's preventable health risks.
- Cholesterol screenings
- Blood pressure screenings
- Blood glucose (sugar) or prediabetes screenings



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- Body mass index (BMI) screenings. This is measured using a person's height/weight ratio. See the resource guide for assistance with calculating. [Click here.](#)
- Immunizations (e.g. childhood vaccinations, Flu shots, HPV vaccination, pneumonia shot, shingles vaccination or other immunizations)
- Mobile mammograms or promotion of mammography screenings
- Transportation to health services and screening appointments

2. Health Education: Health education and health promotion information is provided to members, attendees, and staff in the following: *Check all that apply.*

- Printed bulletins, pamphlets, brochures and/or announcement sheets
- Health messages displayed on bulletin boards, information displays, marquees, etc.
- Newsletters
- Electronic media including online sites (e.g. website, Facebook®, Twitter®)

3. Physical Activity: Physical activity opportunities are available for members, attendees, and staff through:

- Space to exercise (indoors or outdoors)
- On-site fitness room with equipment
 - N/A if building does not have space for equipment
- Opportunities for physical activity – indoors or outdoors (walking programs, walking paths, aerobics classes, exercise videos, stretching, etc.)
- Organized team sports (softball, soccer, basketball, baseball, bowling, etc.)
- Signage promoting the use of stairs
 - N/A if building is a single-story structure without stairs
- Promotion of or provides a device that measures steps (e.g. pedometer, Fitbit®, step counter app used with smartphones, etc.)
- Physical activity commitment: Written commitment, policy, or formal communication (something accessible to all members) that states physical activity opportunities will be provided at your congregation

4. Tobacco Prevention: Tobacco use prevention activities are offered to members, attendees, and staff through: *Check all that apply.*

- Active promotion of the Oklahoma Tobacco Helpline (1-800-QUIT-NOW, 1-800-DÉJELO-YA)
- On-site tobacco cessation programs
- Promotion of tobacco prevention events (such as No Menthol Sundays, Kick Butts Day, World No Tobacco Day, Great American Smoke Out, Great American Spit Out, etc.)
- Required for Basic/Merit: Written commitment, policy, practice, tenet, principle, resolution, or guidelines **OR** formal communication (something accessible to all members) that smoking (including vaping/e-cigarette) is not allowed inside property owned/operated by the congregation
- Required for Excellence: Written commitment, policy, practice, tenet, principle, resolution, or guidelines that states all forms of tobacco (including vapor/e-cigarette products) is not allowed on your property. This includes the inside and outside property owned/operated by the congregation. **NOTE:** You must upload a copy of the tobacco-free commitment! You may upload a written commitment, policy, picture of tobacco free property signage, or meeting minutes.
- If you have been certified excellence in previous years, has there been a change to your tobacco policy in the last year? Yes/No

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5. Nutrition: Programs and information related to nutrition is provided to members, attendees, and staff through: *Check all that apply.*

- Healthy options during each fellowship meal
- Healthy options in vending machine (beverages – 100% fruit juice, low fat milk, water; snacks low in – calories, fat, sugar & sodium)
 - N/A if you do not have a vending machine
- Healthy snacks at meetings and fellowship gatherings (beverages – 100% fruit juice, low fat milk, water; snacks low in calories, fat, sugar & sodium)
- Nutritional information posted in common areas
- Sources of healthy food such as a community garden, farmer’s market, food pantry, mobile meals, etc.
- Healthy food demonstrations
- A Nutrition commitment: Written commitment, policy, or formal communication (something accessible to all members) that makes healthier food and beverage choices available when food is provided at your congregation

6. Safe and Healthy Environment: Creates a supportive environment for members, attendees, and staff to promote health and safety through: *Check all that apply.*

- A safe, clean, and private space for nursing mothers
- Motivation programs such as weight loss support groups (healthy recipe exchange, walking, biking, etc.)
- An active health/wellness committee(s) or ministry
- Membership with the Oklahoma Faith Community Nurses Association
- Safety awareness training opportunities such as recognizing the signs of stroke and/or heart attack and what to do
- An accessible heart defibrillator with signage or member (s) certified in CPR (cardiopulmonary resuscitation)
- An accessible first aid kit
- A written emergency plan (e.g. fire, tornado, earthquake, health/medical event, etc.) and the plan has been presented to the congregation
- Members trained in mental health first aid
- A safe transportation commitment: Written commitment, policy that does not allow texting while driving requires seat belt use (including the use of child restraints when applicable), and no tobacco use including vaping/e-cigarette products
 - N/A if the congregation does not own or lease vehicles.

7. Leadership in the Community: Your congregation takes a leadership role in the community promoting health and wellness by: *Check all that apply.*

- Apply and receive recognition as a Dementia Friendly Oklahoma partner. Learn more at <https://oklahoma.gov/health/dfo.html> (Application is yearly)
- Disseminating educational or promotional materials to the community and/or other congregations
- Providing physical activity opportunities for members are open for the community and other congregations to participate in (e.g. open gymnasium, walking path, and/or playgrounds, etc.)
- Scheduling blood donor opportunities on or off-site (American Red Cross, Oklahoma Blood Institute)
- Partnering with organizations or groups who focus on health/wellness (local health departments, schools, community coalitions, non-profit organizations, business, etc.)
- Partnering with other congregations to plan and implement health programs
- Hosting or partnering with other congregations or organizations to conduct a “Caregiver Education Day” to help families become more informed regarding Alzheimer’s Disease and other dementia



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8. Behavioral Health: Behavioral health and emotional well-being services is offered at your congregation through: *Check all that apply.*

- Onsite behavioral health programs. See resource guide for examples. [Click here](#).
- Hosting or advertising recovery support groups (e.g. Celebrate Recovery, Al-Anon family groups, alcoholic anonymous, gamblers anonymous, etc.)
- Promotion of the 988 Oklahoma's Mental Health Lifeline E.g. signs, posters, flyers, website, social media, etc.
- Promotion of the Problem Gambling Hotline (1-800-522-4700) E.g. signs, posters, flyers, website, social media, etc.
- Promotion of the Oklahoma Domestic Violence Abuse and Sexual Assault Safeline (1-800-522-SAFE (7233)) E.g. signs, posters, flyers, website, social media, etc.

Scoring will be based on the percentage of applicable criterion checked.

30% (15 pts) = basic, 45% (22 pts) = merit, and 65% (32 pts) = excellence (at least one criterion from each of the eight categories must be checked and a tobacco free commitment uploaded with the application for excellence)

BE SURE YOU HAVE:

- Completed ALL questions in the application
- Submit ONLY online (Do NOT submit via fax or mail)
- Correct mailing addresses, email
- Complete name of Congregation
- Checked all items that apply to your congregation

NOTE

- Please read future e-mails related to Certified Healthy Congregation
- Do not forget to print a copy of EACH PAGE of your application (using you web browser's print button) Remember that

Certification must be renewed annually.

Thank you for your participation!

All Applications must be submitted online. Applications are accepted Aug. 1st- Nov. 1st. Find the application submission link at: <https://oklahoma.gov/certifiedhealthy.html> .Thank you!