



Certified Healthy Oklahoma (CHO)



OKLAHOMA
State Department
of Health

Vision:

Leading Oklahoma to prosperity through health

Mission:

To protect and promote health, to prevent disease and injury, and to cultivate conditions by which Oklahomans can thrive

CHO recognizes **organizations**



BUSINESS



CAMPUS



COMMUNITY



CONGREGATION



EARLY CHILDHOOD



RESTAURANT



SCHOOL

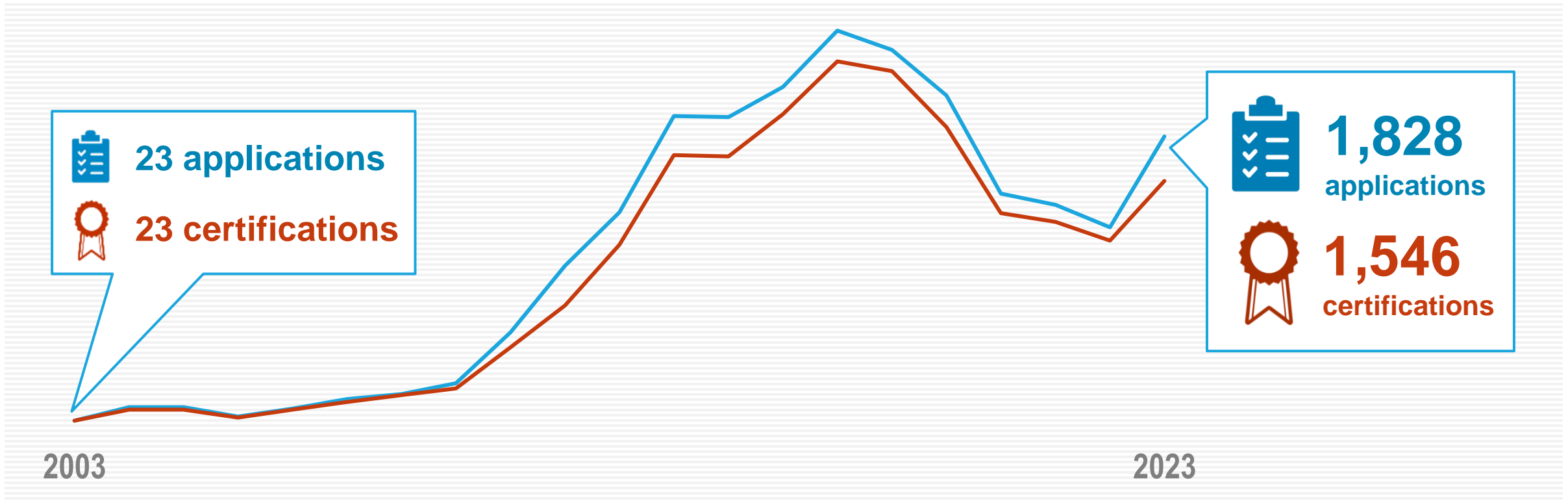


who foster an environment that supports health where people **live, work, learn, play** and **pray**





CHO Growth and Goals

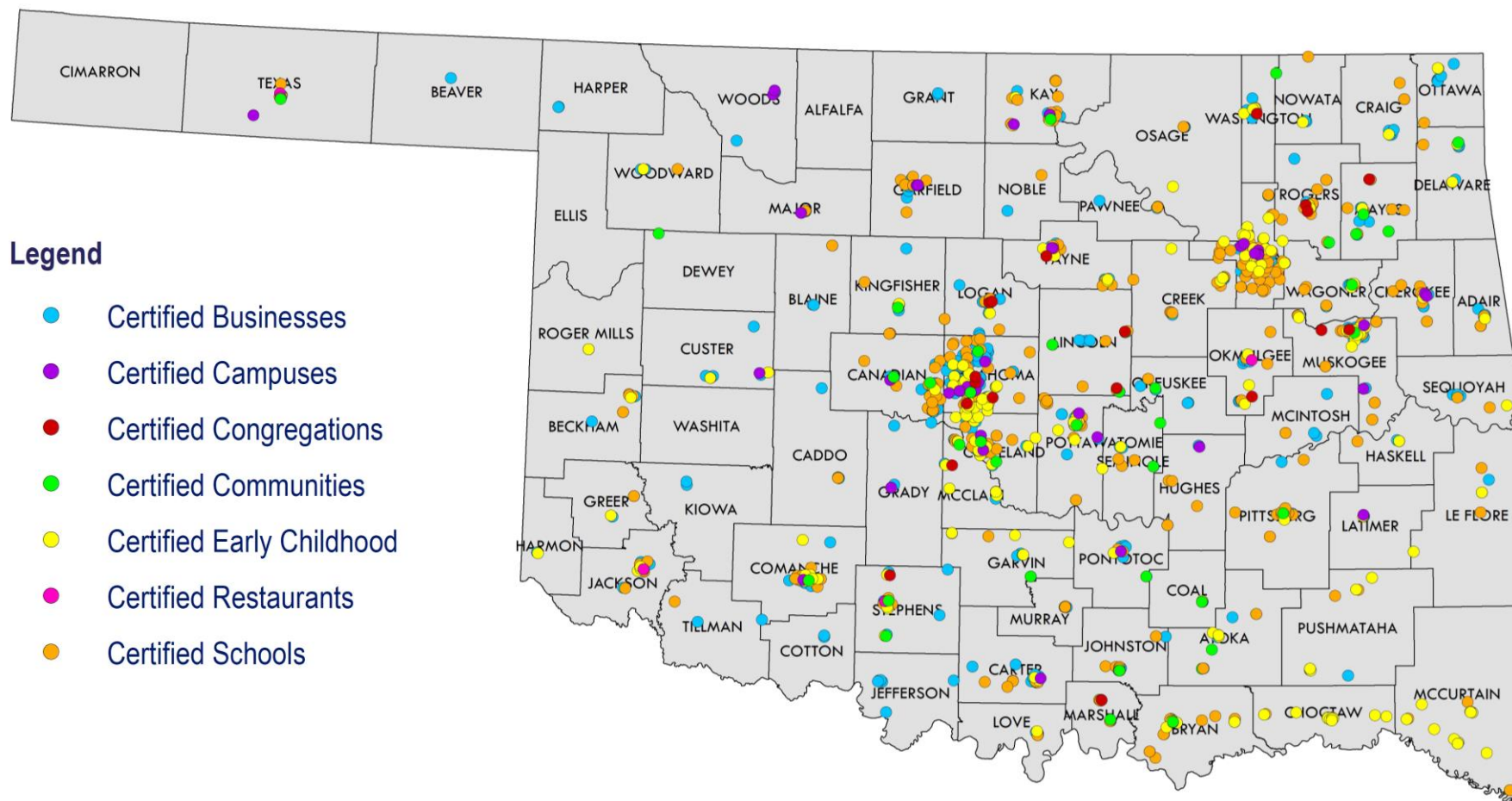


2023 GOAL → 1,600 applications





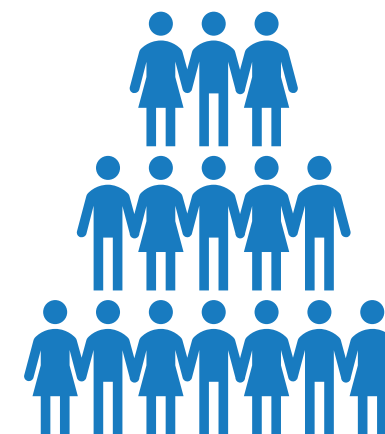
CHO Reach



Legend

- Certified Businesses
- Certified Campuses
- Certified Congregations
- Certified Communities
- Certified Early Childhood
- Certified Restaurants
- Certified Schools

1,032,026
people reached





Burden of Disease

4-5-62

4 BEHAVIORS



Tobacco Use



Sedentary Lifestyle



Poor Diet



Excessive Alcohol

5 CHRONIC CONDITIONS



Cardiovascular Disease



Cancer



Lung Disease



Diabetes



Alzheimer's Disease

62% OF DEATHS

Four unhealthy behaviors influence five chronic diseases that account for **62** percent of all deaths in **Oklahoma** and for **59** percent of all deaths in the **United States**.

Oklahoma ranked **47th** on America's Health Rankings



Obesity

48th

Rank

40.0%

Prevalence



Fruit & Vegetable Consumption

49th

Rank

3.8%

Prevalence



Physical Activity

48th

Rank

15.6%

Prevalence



Smoking

39th

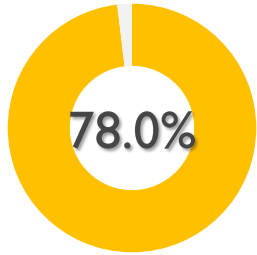
Rank

15.6%

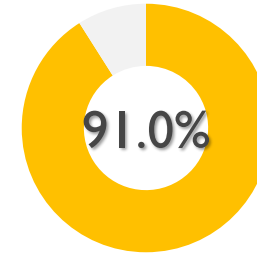
Prevalence



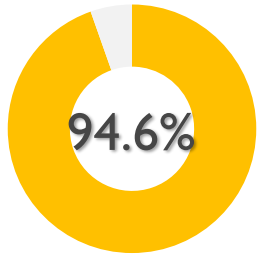
CHO Elemental Analysis



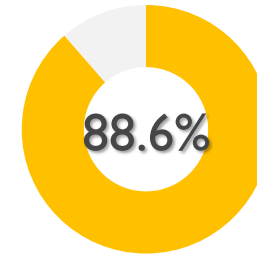
Business has and promotes a **written policy banning all tobacco** use at worksites



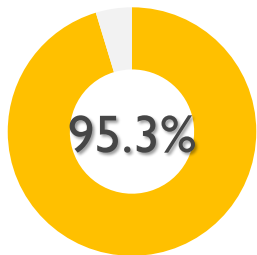
School has incorporated essential **integrated health education** topics in core, elective and special subject classes



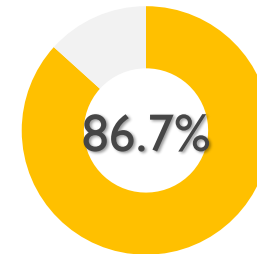
Campus has **established partnerships** with off-campus **treatment providers** who are certified specialists in the area **mental illness** to assist with referrals and advanced treatment issues



Community has **affordable fresh fruits and vegetable** (i.e. grocery stores, farmer's markets, corner stores, or community gardens) available



Early childcare program, provides **physical activity throughout the day for all children birth to 12**: 2-3 occasions of indoor or outdoor play, 2+ adult-led physical activity-focused structured activities/games, & opportunities for gross motor and movement skill development



Congregation **has healthy snacks at meetings and fellowship gatherings** (beverages – 100% fruit juice, low fat milk, water; snacks low in – calories, fat, sugar & sodium)





Quote from CHO Organizations

“It is beneficial for our employees to see our efforts to be a Certified Healthy Business. It also helps to guide our employee health and wellness committee to make updates and continue to add to our healthy work environment new ideas and programs or practices to benefit our employees.”

“Helping parents recognize that our center goes the extra steps to ensure that children, families, and staff health are a priority.”

“Improved practices within all classrooms and throughout the building with regard to getting students moving multiple times daily and trying to improve snack choices.”

What has your organization **gained** from being Certified Healthy?

“We have been able to expand our employee and client wellness services and this certification has made receiving grant funding more attainable.”

“This promoted the no tobacco policy that we now have in effect and helps us fend off push back.”

“Our community has been able to bring more awareness to the citizens regarding healthy living.”

