

2024 CERTIFIED HEALTHY COMMUNITY RESOURCE GUIDE

Criterion

Resource

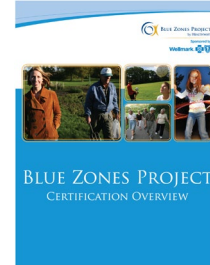
Foundational Resources* updated 6/11/2024

Institute for Local Government: Healthy Neighborhoods

<http://www.ca-ilg.org/healthy-neighborhoods>

Blue Zones Project Certification Overview

<https://www.bluezones.com/>



Oklahoma Tobacco Settlement Endowment Trust (TSET)
Healthy Living program Cities and Government Sector
Outcomes

<https://oklahoma.gov/tset/funding-opportunities/tset-healthy-incentive-grants-communities.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.**

Section 1. Tobacco and Alcohol

The City or Town, as an employer, has adopted organizational Workplace Wellness Policies that includes physical activity, nutrition, and tobacco-free living for employees

Sample Workplace Wellness Policy



Sample Worksites
Policy_2024.pdf

Health Meeting Toolkit:



Healthy-Meeting-Too
lkit.pdf

Municipality has adopted and implemented an ordinance that prohibits smoking indoors and outdoors on city owned/operated properties – **Prerequisite for Basic**

Sample Smoke free Ordinance



Sample-Tobacco-Sm
oke-Vapor-Free-Ordin

Municipality has adopted and implemented an ordinance that prohibits the use of tobacco and vapor products on all indoor and outdoor city-owned/operated properties - **Prerequisite for Excellence**

Sample Tobacco Ordinance




Sample-Tobacco-Sm
oke-Vapor-Free-Ordin

Municipality has a written alcohol control policy and/or ordinance that minimally includes Oklahoma Department of Mental Health and Substance Abuse Service's (ODMHSAS)

ODMHSAS Prevention Services:
405.248.9200

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| Responsible Beverage Sales and Service training for all city owned/operated properties and special events where alcohol is sold or provided | <p>https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf</p> <p>ODMHSAS Responsible Beverage Sales and Service Training: https://oklahoma.gov/odmhsas/learning-and-education/training-institute/rbss.html</p> |
| Municipality has a written alcohol control policy and/or ordinance for all city owned/operated properties and special events where alcohol is consumed, but not purchased | <p>ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf</p> |
| City has a policy that ensures events held on city-owned/operated property are tobacco, e-cigarette and vape free, encourages healthy foods and beverages, as well as opportunities for people to access the event on foot, by bicycle or by transit. | <p>https://oklahoma.gov/tset/funding-opportunities/tset-healthy-incentive-grants-communities.html</p> |
| Primary and secondary educational institutions (i.e. elementary, middle school, junior high and high school) within the community have adopted policies ensuring “24/7” tobacco, vapor products, alcohol and drug free properties that cover students, staff, and visitors | <p style="text-align: center;">Sample Policy</p> <div style="text-align: center;">  Oklahoma_24-7-Tobacco-Smoke-Vape-Free </div> |
| Vocational/career tech institutions that serve the community’s student population have adopted policies ensuring “24/7” tobacco, vapor products, alcohol and drug free properties that cover students, staff, and visitors | <p>American Nonsmokers’ Rights Foundation (ANSR): https://no-smoke.org/at-risk-places/colleges/</p> <p>CDC: https://www.cdc.gov/mmwr/volumes/67/wr/mm6724a4.htm</p> <p>OSDH: https://oklahoma.gov/health/health-</p> |

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| | <p>education/chronic-disease-prevention/tobacco-prevention/breathe-easy/24-7-tobacco-free-schools.html</p> <p style="text-align: center;"></p> <p style="text-align: center;">Sample Higher Ed Campus Policy_2024</p> |
| Higher educational institutions serving the community have adopted policies ensuring “24/7” tobacco, vapor products, properties that cover students, staff, and visitors | <p>American Nonsmokers’ Rights Foundation (ANSR): https://no-smoke.org/at-risk-places/colleges/</p> <p>CDC: https://www.cdc.gov/mmwr/volumes/67/wr/mm6724a4.htm</p> <p>OSDH: https://oklahoma.gov/health/health-education/chronic-disease-prevention/tobacco-prevention/breathe-easy/24-7-tobacco-free-schools.html</p> |
| Higher educational institutions serving the community have adopted policies ensuring “24/7” alcohol and drug free properties that cover students, staff, and visitors | <p>ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf</p> |
| Multi-unit housing (apartment, duplex, or condominium) owners within the community have a voluntary policy to inform prospective residents of the property’s smoking policies and where smoking is and is not allowed | <p>Breathe Easy OK: https://oklahoma.gov/health/health-education/chronic-disease-prevention/tobacco-prevention/breathe-easy/multi-unit-housing.html</p> <p>https://portal.hud.gov/hudportal/documents/huddoc?id=smokefreephfinalrule.pdf</p> |
| Municipality has zoning, land use, or business permit procedures to restrict the number, location, or density of alcohol retailers | Oklahoma Statutes Title 37A, Section 4-101: |

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| | <p>https://www.oscn.net/applications/oscn/DeliverDocument.asp?CiteID=479731</p> <p>Oklahoma Statutes Title 37A, Section 4-103: https://www.oscn.net/applications/oscn/DeliverDocument.asp?CiteID=479733</p> <p>ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf</p> |
| Municipality has zoning and/or land use to restrict the location of tobacco outlets near schools and playgrounds | <p>Oklahoma Statutes Title 63, Section 1-229.20: https://www.oscn.net/applications/oscn/DeliverDocument.asp?citeid=483188</p> |
| Municipality has a zoning and/or land use to restrict the location of vapor outlets near schools and playgrounds | <p>Oklahoma Statutes Title 63, Section 1-229.20: https://www.oscn.net/applications/oscn/DeliverDocument.asp?citeid=483188</p> |
| Municipality enacted an enabling ordinance as defined by the Prevention of Youth Access to Alcohol Act that prescribes and earmarks fines for enforcement of youth access laws | <p>Oklahoma Statutes Title 37A, Section 6-120: https://www.oscn.net/applications/oscn/DeliverDocument.asp?CiteID=480392</p> <p>Oklahoma Statutes Title 37A, Section 6-114: https://www.oscn.net/applications/oscn/DeliverDocument.asp?CiteID=480375</p> <p>ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators:</p> |

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| | https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf |
| <p>Municipality enacted enabling ordinance as defined by the Prevention of Youth Access to Tobacco Act that prescribes and earmarks fines for enforcement of youth access laws (includes vapor products)</p> | <p>Oklahoma Statutes Title 63, Chapter 1, Section 1-229.24: https://www.oscn.net/applications/oscn/DeliverDocument.asp?CiteID=483196</p> |
| <p>Municipality’s Social Host ordinance/law is enforced to hold accountable those who allow underage drinking or drug use on property under their control</p> | <p>Oklahoma Statutes Title 37A, Section 6-120: https://www.oscn.net/applications/oscn/DeliverDocument.asp?CiteID=480392</p> <p>ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf</p> |
| <p>Municipality has local law enforcement agencies that have policies established to conduct regular and consistent monthly underage alcohol compliance checks. These checks enforced with written citations by law enforcement to identify and discourage illegal-alcohol sales and the results are made public</p> | <p>2M2L Information: https://oklahoma.gov/odmhsas/prevention/communities/2m2l.html</p> <p>ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf</p> |
| <p>Municipality has a judicial system that will maintain enforcement of the underage alcohol compliance check citations and has a strong fine structure in place to implement</p> | |
| <p>Frequent underage tobacco checks are conducted, with or without law enforcement, in the community to identify and discourage illegal selling of tobacco and vapor products to minors, and the results are made public</p> | <p>ABLE Commission: www.ok.gov/able</p> |

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| | https://oklahoma.gov/able-commission/administration/enforcement-districts.html (map of districts) |
| Within the community, ODMHSAS Responsible Beverage Sales and Service training is offered for alcohol retailers and special events where alcohol is available to increase compliance with youth access to alcohol laws | ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf ODMHSAS Responsible Beverage Sales and Service Training: https://oklahoma.gov/odmhsas/learning-and-education/training-institute/rbss.html |
| State law on alcohol promotions and specials is enforced within the community | Oklahoma Statutes Title 37A, Section 3-117: https://www.oscn.net/applications/oscn/DeliverDocument.asp?CiteID=479687 ABLE Commission: www.ok.gov/able https://oklahoma.gov/able-commission/administration/enforcement-districts.html (map of districts) ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf |
| Municipality does not allow alcohol marketing/advertising at city hosted events (i.e. county fairs, rodeos, motor sports, other sporting events, parades, concerts, museums, | ODMHSAS Prevention Services: 405.248.9200 |

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dances, festivals, etc.) and on property owned, leased or operated by the city

<https://oklahoma.gov/odmhsas/prevention.html>

ODMHSAS Regional Prevention Coordinators:

<https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf>

Section 2. Nutrition and Physical Activity

Affordable fresh fruits and vegetable (i.e. grocery stores, farmer's markets, corner stores, or community gardens) are available within the community- **Prerequisite for Excellence**

Change Lab Solutions Food Retail:

http://changelabsolutions.org/search?tid=53&tid_1=All&tid_2=All&combine=&=Search

CDC Healthy Places:

<https://www.cdc.gov/nutrition/php/healthy-food-environments/index.html#:~:text=CDC%20helps%20states%20and%20communities%20implement%20and%20expand%20these%20programs,increase%20access%20to%20healthy%20foods.>

ONIE Farmer's Market Locator:

<https://onieproject.org/farmers-markets/>

OSU Extension Garden Resources:

<http://www.oklahomagardening.okstate.edu/resources>

A Guide to Community Gardening:




Community Garden Resource.pdf

Women, Infants and Children (WIC), is accepted within the community or within a 10-mile radius of community (i.e. farmer's markets, corner stores, grocery stores)






WIC Approved Vendors:

<https://oklahoma.gov/content/dam/ok/en/health/health2/aem-documents/family-health/wic/wic-clinic-sites.pdf>

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| | <p>OSDH: https://oklahoma.gov/health/services/children-family-health/wic/health-partners.html</p> <p>Hunger Free Oklahoma: https://www.hungerfreeok.org/resources/wic/</p> |
| <p>Senior Nutrition Vouchers are accepted within the community or within a 10 mile radius of community (i.e. farmer’s markets, corner stores, grocery stores)</p> | <p>Oklahoma Senior Farmers Market Nutrition Program: https://oklac.org/ebt</p> <p>https://onieproject.org/senior-farmers-market-nutrition-program/#:~:text=The%20Oklahoma%20Senior%20Farmers%20Market,%2C%20and%20fresh%2Dcut%20herbs.</p> |
| <p>Supplemental Nutrition Assistance Program (SNAP), is accepted within the community or within a 10-mile radius of community (i.e. farmer’s markets, corner stores, grocery stores)</p> | <p>SNAP Retailer Locator: http://www.fns.usda.gov/snap/retailerlocator</p> <p>OKDHS: https://oklahoma.gov/okdhs/services/snap.html</p> <p>Hunger Free Oklahoma: https://www.hungerfreeok.org/resources/snap/</p> |
| <p>Food Assistance Programs within the community such as food banks, food rescue programs, emergency food organizations, senior feeding sites, emergency kitchens, food pantry, mobile meals, etc. implement healthy food option practices (for example encourage donations of healthy foods, ensure staff/volunteers are trained on proper food handling, incorporate hands-on nutrition programs)</p> | <p>Oklahoma Food Banks: https://www.regionalfoodbank.org/</p> <p>https://okfoodbank.org/</p> <p>Hunger Free Oklahoma: https://www.hungerfreeok.org/foodresource/tool/</p> |
| <p>Urban Agriculture Ordinance within the community that allows residents to farm or keep chickens and bees, etc. within a city or municipality without a special permit or waives any permitting requirement</p> | <p>Change Lab Solutions, Urban Agriculture: https://www.changelabsolutions.org/search</p> <div align="right" data-bbox="1088 1711 1299 1837">  <p>Urban_Ag_Seeding TheCity_FINAL_CLS_2</p> </div> |
| <p>Municipality has an ordinance, land use policy, or zoning to</p> | <p>Change Lab Solutions, Farmers’ Markets:</p> |

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| promote, expand, and protect community garden and Farmer's Market sites, including vacant city-owned land and unused parking lots | <p>http://changelabsolutions.org/search?tid=56&tid_1=All&tid_2=All&combine=Zoning&=Search</p> <p style="text-align: center;"> N13.2-Sample-Policies_Final_6.21.22.doc</p> |
| Established community garden(s) located in parks, schools, work sites or childcare settings are available to the community | <p style="text-align: center;"> Community Garden Toolkit.pdf</p> |
| Municipality zoning restricts the development and relocation of fast-food outlets proximate to all schools and playgrounds | <p>Change Lab Solutions, The Changemaker's Guide: http://changelabsolutions.org/publications/changemakers-guide</p> |
| Municipality has adopted and implemented an action-oriented healthy food retail resolution to improve food access by making it easier for residents to find, afford, choose and use healthy food. | <p>Change Lab Solutions, Incentives for Change: http://changelabsolutions.org/small-food-stores-incentives</p> <p style="text-align: center;"> Oklahoma_Tailoring-the-Sample-Health</p> |
| Municipality has healthy vending standards in municipal buildings and public parks | <p>Change Lab Solutions, Healthier Vending for Municipalities: http://changelabsolutions.org/publications/healthier-vending-municipalities</p> |
| Municipality has healthy food and beverage policy for city-sponsored youth sporting events | <p>Change Lab Solutions, Healthier Vending for Municipalities: http://changelabsolutions.org/publications/healthier-vending-municipalities</p> |
| Fitness centers within the community offer reduced rates for families or sliding scale based on income | |
| Local community gym (community center, church, school, etc.) is available for before/after school physical activity through a shared use agreement | <p style="text-align: center;"> Open-Use-Policy-Guide_Final_9.12.23-1</p> <p style="text-align: center;"> Final-Sample-Shared-Use-policy.docx</p> <p style="text-align: center;">Change Lab Solutions, Shared Use:</p> |

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| | https://www.changelabsolutions.org/product/benefits-shared-use |
| Municipality has adopted and implemented an Open Use and Community Use of Facilities Policies | Change Lab Solutions, Open Use: http://changelabsolutions.org/search?tid=All&tid_1=All&tid_2=All&combine=open+use&=Search |
| Community has available family activities (i.e. walking trails, community center, parks, church gym, school gym, etc) afterhours | |
| Community center or city parks offer physical activity events | CDC, Physical Activity: http://www.cdc.gov/physicalactivity/ https://www.cdc.gov/physical-activity/php/public-health-strategy/?CDC_AAref_Val=https://www.cdc.gov/physicalactivity/community-strategies/index.htm |
| Community has Wayfinding Signage and maps that increase awareness of places to walk, bike and promote placemaking | CDC: https://www.cdc.gov/physical-activity/php/strategies/encouraging-physical-activity.html |
| Active Walking School Bus, Safe Routes to School, or Bike to School programs are available within the community | NHTSA: https://www.nhtsa.gov/book/countermeasures-that-work/pedestrian-safety/countermeasures/other-strategies-behavior-change/walking-school-bus Safe Routes to School Guide: http://guide.saferoutesinfo.org/ |
| Municipality has adopted and implemented enforceable policies, ordinances, or legal codes that encourages children and their families to walk, bike, and roll to school (i.e. Safe Routes to School) | Safe Routes to School Guide: http://guide.saferoutesinfo.org/  Oklahoma-Sample_Safe_Routes_to_Sch |
| Municipality has conducted a walkability assessment- Prerequisite for Excellence | National Highway Traffic Safety Administration: https://www.nhtsa.gov/sites/nhtsa.gov/files/walkingchecklist.pdf |
| Senior-focused activities (e.g., Tai Chi: Moving for Better Balance, Tai Chi for Arthritis and Fall Prevention, or Stay Active and Independent for Life (SAIL)) are offered in the community | Oklahoma State Department of Health: https://oklahoma.gov/health/health-education/injury-prevention-service/falls-prevention.html |

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| | <p>https://oklahoma.gov/health/health-education/community-outreach/community-development-services/community-analysis-and-linkages/health-promotion/arthritis-program.html</p> <p>OHAH: https://www.ouhealth.com/oklahoma-center-for-geroscience/healthy-aging-services/oklahoma-healthy-aging-initiative-ohai/</p> <p>Areawide Aging Agency: https://www.areawideaging.org/</p> |
| <p>Safe, well-marked bicycle routes are located within the community</p> | <p>Change Lab Solutions, Getting the Wheels Rolling: http://changelabsolutions.org/bike-policies</p> <p>Association of Central Oklahoma Governments https://www.acogok.org/bicycle-education/</p> |
| <p>Safe, well-marked walking trails are located within the community</p> | <p>Change Lab Solutions, Urban Trails: http://changelabsolutions.org/publications/urban-trails</p> <p>CDC: https://www.cdc.gov/physical-activity/php/strategies/increasing-physical-activity-through-community-design-prevention-strategies.html</p> |
| <p>Safe playgrounds and parks are located within the community</p> | <p>Change Lab Solutions, Transforming Neighborhoods Through Park: https://www.changelabsolutions.org/</p> <p>National Recreation and Park Association: https://www.nrpa.org/</p> |
| Section 3. Community Resources | |
| <p>Public sidewalks with ramps located within the community are ADA compliant</p> | <p>ADA: https://www.ada.gov/law-and-regs/regulations/title-ii-2010-regulations/</p> |

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| | https://www.ada.gov/resources/?filters=title-ii |
| An active recycling program is located within the community | EPA: https://www.epa.gov/managing-and-transforming-waste-streams-tool-communities https://www.epa.gov/recycle/recycling-basics-and-benefits |
| Municipality regulates and limits storefront signage that contains advertisements covering windows or at the point of sale | ChangeLab Solutions, Storefront Signage: https://www.changelabsolutions.org/product/model-california-ordinance-reducing-storefront-window-signage |
| Public health advocates and local stakeholders are included in community development and zoning regulations | See below contacts |
| Communities fluoridate water and monitor fluoride in public water supplies to reach optimal fluoride concentrations. | County Health Rankings: http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/community-water-fluoridation CDC: https://www.cdc.gov/fluoridation/index.html |
| Community promotes “Heart Healthy Trails” as certified by Oklahoma Department of Tourism (state parks, city parks-pursuing heart healthy trails). | OK Department of Tourism: https://www.travelok.com/article_page/heart-healthy-trails-in-oklahoma |
| Simple, explicit signs with unambiguous graphics give essential information at key decision points | CDC: https://www.cdc.gov/physical-activity/php/strategies/encouraging-physical-activity.html |
| Easy to use street furniture is available and in styles familiar to older people | |
| Community emergency planning takes into account the vulnerabilities and capacities of older people and specifies procedures for people with dementia | Alzheimer’s Association: https://www.alz.org/media/documents/s-potlight-disaster-preparedness.pdf |
| A bicycle share program is available within the community | Exploring Bicycle Options for Federal Lands: Bike Sharing, Rentals, and Employee Fleets https://www.nps.gov/subjects/transportation/bikeped.htm |

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| <p>Municipality has adopted and implemented enforceable policies, ordinances, or legal codes that encourage active living and transportation through changes to land use, urban design, and transportation (i.e. Complete Streets policies; pedestrian, bicycle, or parks/trails plans; design guidelines; incorporation of such policies in master plans/Community Plan)</p> | <p>CDC: https://www.cdc.gov/physical-activity/php/strategies/increasing-physical-activity-through-community-design-prevention-strategies.html</p> <p>Smart Growth America: http://www.smartgrowthamerica.org/complete-streets</p> <p>Active Living Research: http://activelivingresearch.org/</p> <p>Association of Central Oklahoma Governments https://www.acogok.org/complete-streets/</p> <p>ODOT: https://oklahoma.gov/content/dam/ok/en/odot/web-files-2/Active%20Transportation%20Plan%20-%20Full%20Version.pdf</p> |
| <p>Streets located within the community are a complete street</p> | <p>Smart Growth America, Implementation: https://smartgrowthamerica.org/program/national-complete-streets-coalition/policy-atlas/</p> <p>Association of Central Oklahoma Governments https://www.acogok.org/complete-streets/</p> |
| <p>Municipality includes active transportation components in their long-range planning efforts. This can be through its inclusion within a Comprehensive Plan, or through standalone plans (i.e. pedestrian, bicycle, or parks/trails plans)</p> | <p>Oklahoma Association of Regional Councils: http://www.oarcok.com/</p> <p>Regional Transportation Planning Organizations: https://nortpo.org/</p> <p>https://sortpo.org/</p> <p>https://www.soda-ok.org/scortpo/</p> |

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| Municipality ensures appropriate city staff and professional consultants, if needed, have received training regarding planning and designing complete streets or other active transportation | <p>Smart Growth America: https://smartgrowthamerica.org/work-with-us/workshop-types/</p> <p>Oklahoma Association of Regional Councils: http://www.oarcok.com/</p> <p>Regional Transportation Planning Organizations: https://nortpo.org/</p> <p>https://sortpo.org/</p> <p>https://www.soda-ok.org/scortpo/</p> |
| Carpooling options are available within the community (i.e. park and ride, shared transit to away sports games or church activities, etc) | See below contacts |
| Public transit options are available within the community | |
| Public transit and/or van transport for health-related services or needs is promoted within the community (i.e. Doctor's offices, Senior Centers, Assisted Living Centers, pharmacies or grocery stores, etc.) | Transportation Agency Directory: http://digitalprairie.ok.gov/cdm/ref/collection/stgovpub/id/23840 |
| Within the community, a designated/alternative driver program is available to ensure transportation is readily accessible for those consuming alcohol | <p>ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf</p> |
| The City or Town, as an employer, has adopted a cell phone usage policy prohibiting the use of cell phones while operating city owned/operated vehicles. | |
| Municipality ensure appropriate city staff and professional consultants, if needed, have received training regarding ADA compliance. | <p>Local Technical Assistance Program, Oklahoma State University, http://ltap.okstate.edu/</p> <p>ODOT: https://oklahoma.gov/odot/business-center/contract-compliance/ada.html</p> |
| Safe Routes to Parks program is available within the community | Safe Routes to Parks: |

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| | https://www.saferoutespartnership.org/healthy-communities/saferoutestoparks |
| Municipality has ADA transition plan | ODOT: https://oklahoma.gov/odot/business-center/contract-compliance/ada.html |
| The municipality and community members are engaged in a local strategic planning process addressing public health needs including assessing, planning, implementing, and evaluating public health activities - Prerequisite for Excellence | See below contacts |
| Community based health screenings and referrals offered to identify health conditions such as obesity, diabetes, heart disease, mental health and substance misuse and abuse or within a 10 mile radius | County Health Departments: https://oklahoma.gov/health/locations/county-map.html |
| Community has access to cancer screenings, educational materials, or awareness events | Susan G. Komen: http://komencentralwesternok.org/ OU Cancer Prevention and Screening Programs: https://www.ouhealth.com/stephenson-cancer-center/community-outreach-and-engagement/cancer-prevention-screening-programs/ OSDH Central Cancer Registry Resources: https://oklahoma.gov/health/health-education/chronic-disease-prevention/oklahoma-central-cancer-registry-occr/resources.html |
| Ensure older adults have access to community based screenings to identify chronic conditions, fall risk, and cognitive function | Community Health Centers: https://www.okpca.org/community-health-centers Community Health Centers of Oklahoma: https://www.communityhealthok.org/ |
| Home care services include health, personal care and housekeeping | |
| Basic primary health care is available to the community or within a 10 mile radius of the community (i.e. free clinic or reduced fee clinics, faith-based community clinics, mobile clinics, etc.) | Community Health Centers: https://www.okpca.org/community-health-centers Community Health Centers of Oklahoma: https://www.communityhealthok.org/ |

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|---|--|
| | <p>County Health Departments – https://oklahoma.gov/health/locations/county-map.html</p> <p>https://oklahoma.gov/health/news-events/mobile-wellness-units.html</p> <p>Oklahoma Caring Foundation- https://www.oklahomacaringfoundation.org/van-schedules</p> |
| Information on how to access free or reduced rate dental care is provided within the community (i.e. local County Health Department, Oklahoma Dental Association, local website, flyers, pamphlets, billboards, media, etc.) | <p>County Health Departments: https://oklahoma.gov/health/locations/county-map.html</p> <p>Community Health Centers of Oklahoma: https://www.communityhealthok.org/</p> <p>Oklahoma Dental Association: http://www.okda.org/public/free-low-cost-dental-clinics/</p> |
| Community has access to Advanced Life Support Emergency Medical Services or, partners with another community to provide Advanced Life Support Emergency Medical Services | |
| Information on how to access mental health and substance abuse treatment/recovery and clinical health services is provided within the community (i.e. faith-based community efforts, local mental health and substance abuse providers, local substance abuse recovery groups such as AA and NA, local website, flyers, pamphlets, billboards, media, etc.) | <p>SAMHSA: https://findtreatment.samhsa.gov/</p> <p>OK Dept. of Mental Health and Substance Abuse Services: https://oklahoma.networkofcare.org/mh/services/index.aspx</p> |
| Early Intervention Programs are located within the community (examples include Healthy Families America, Nurse-Family Partnership, Early childhood home visiting programs (C1 or Parents as Teachers) | <p>OSDH: Children First Program (C1): https://oklahoma.gov/health/health-education/children---family-health/family-support-and-prevention-service/children-first-program.html</p> <p>OSDH: Child Guidance Program: https://oklahoma.gov/health/services/children-family-health/child-guidance-program.html</p> <p>OSDH: Sooner Start: https://oklahoma.gov/health/services/children-family-health/sooner-start.html</p> |

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| Section 4. Education/Awareness | |
| Municipality's City Hall has applied as a Certified Healthy Business | Certified Healthy Business Application: https://oklahoma.gov/certifiedhealthy/apply/business.html |
| There are Certified Healthy Business(es) in our community | 2023 Certified Healthy Businesses: https://oklahoma.gov/certifiedhealthy/past-winners.html |
| Certified Healthy entities are promoted within the community | See below contacts |
| Municipality websites, social media, or newsletters promote health and wellness activities in the community | |
| Community wide campaigns that promote wellness (i.e. "This City is Going on a Diet", "Walk This Weigh", local Mayors Challenges, etc.) have been implemented within the community | The Community Guide, Community-Wide Campaigns https://www.thecommunityguide.org/findings/physical-activity-community-wide-campaigns.html CDC: https://www.cdc.gov/physical-activity/php/strategies/community-wide-campaigns.html |
| Local schools participate in Certified Healthy | 2023 Certified Healthy Awardees: https://oklahoma.gov/certifiedhealthy/past-winners.html |
| Local congregations participate in Certified Healthy | 2023 Certified Healthy Awardees: https://oklahoma.gov/certifiedhealthy/past-winners.html |
| Local early childhood programs participate in Certified Healthy | 2023 Certified Healthy Awardees: https://oklahoma.gov/certifiedhealthy/past-winners.html |
| Local campuses (Vocational/Career Tech and Higher Education) that serve the community participate in Certified Healthy | 2023 Certified Healthy Awardees: https://oklahoma.gov/certifiedhealthy/past-winners.html |
| Mental Health First Aid is available in the community. | ODMHAS: https://www.mhfa-ok.org/ Southern Plains Tribal Health Board: https://www.spthb.org/events/mental-health-first-aid/ |
| The Oklahoma Tobacco Helpline 1-800-QUIT-NOW/ 1-800-784-8669 is promoted (English and Spanish) to the general public within the community (i.e. media, billboards, websites, other promotional displays) | Oklahoma Tobacco Helpline: http://okhelpline.com/ |
| The National Suicide Prevention Lifeline 1-800-273-TALK/1-800-273-8255 is promoted (English and Spanish) to the | 988 National Suicide Prevention Line: |

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| general public within the community (i.e. media, billboards, websites, other promotional displays) | https://988lifeline.org/ |
| The Problem Gambling Hotline 1-800-522-4700 is promoted (English) to the general public within the community (i.e. media, billboards, websites, and other promotional displays) | Oklahoma Association for Problem and Compulsive Gambling: https://www.oapgg.org/ https://oklahoma.gov/omes/services/gaming-compliance-unit/assistance-with-problem-gaming.html |
| The Oklahoma Domestic Abuse and Sexual Assault Safeline 1-800-522-SAFE is promoted to the general public within the community (i.e. media, billboards, websites, and other promotional displays) | Oklahoma Victim Services Resources: https://oklahoma.gov/health/health-education/injury-prevention-service/intimate-partner-violence.html |
| The Oklahoma Center for Poison and Drug Information (1-800-222-1222) is promoted to the general public within the community | Oklahoma Center for Poison and Drug Information: https://oklahomapoison.org/ |
| The Crisis Text Line 741741 (Counseling Services) is promoted (English and Spanish) to the general public within the community (i.e. media, billboards, websites, other promotional displays) | The Crisis Text Line: https://www.crisistextline.org/ |
| Community promotes Shape Your Future material | Shape Your Future: https://shapeyourfutureok.com/ |
| Community utilizes local coalitions to educate new and established drivers about risks associated with impaired driving | See below contacts |
| Community utilizes local coalitions to educate new and established drivers about driving with distractions (i.e. texting, cell phone use, GPS use, eating, applying makeup, etc.) | See below contacts |
| Municipality participates in a community wide wellness task force or coalition with community resident involvement | See below contacts |
| Safe storage and proper disposal of prescription drugs is promoted within the community according the U.S. Food and Drug Administration (FDA) guidelines provided on - https://okimready.org/ Prerequisite for Excellence | OK I'm Ready: https://okimready.org/ Disposal Box Locator: https://apps2.deadiversion.usdoj.gov/pu/bdispsearch/spring/main?execution=e2s1 OSDH, Injury Prevention Service: 405.426.8440 |

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|---|---|
| | <p>https://oklahoma.gov/health/health-education/injury-prevention-service/drug-overdose.html</p> <p>ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf</p> |
| <p>Community assures active promotion to the general public about the referral to substance abuse and mental health treatment hotline (2-1-1)</p> | <p>2-1-1 Oklahoma: 2-1-1 http://www.211oklahoma.org/</p> |
| <p>Community education on prescription drug abuse/misuse is promoted within the community. (For more information visit https://okimready.org/)</p> | <p>OK I'm Ready: https://okimready.org/</p> <p>OSDH, Injury Prevention Service: 405.426.8440 https://oklahoma.gov/health/health-education/injury-prevention-service/drug-overdose.html</p> <p>ODMHSAS Prevention Services: 405.248.9200 https://oklahoma.gov/odmhsas/prevention.html</p> <p>ODMHSAS Regional Prevention Coordinators: https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/prevention/Prevention--CBPS-Contact-List.pdf</p> |
| <p>Naloxone education & distribution programs are located in the community.</p> | <p>ODMHSAS: https://oklahoma.gov/odmhsas.html</p> <p>https://okimready.org/prevention/</p> |
| <p>National Highway Traffic Safety Administration (NHTSA) child car seat inspection stations and/or certified child passenger safety technicians are promoted to the community</p> | <p>NHTSA Child Car Seat Inspection Station Locator:</p> |

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| | <p>https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#installation-help-inspection</p> <p>National Child Passenger Safety Certification Tech Finder: https://cert.safekids.org/find-tech</p> <p>Safe Kids Oklahoma: https://www.bethanychildrens.org/departments/community-health/safe-kids-oklahoma/</p> |
| National Highway Traffic Safety Administration (NHTSA) traffic safety campaigns, including drunk driving and drug-impaired driving are promoted to the community | <p>NHTSA Safety Campaigns: https://www.trafficsafetymarketing.gov/</p> |
| Community promotes Bike pedestrian safety campaign (ACOG/INCOG-Travel with Care/Watch for me) | <p>ACOG: https://www.watchformeok.org/</p> <p>NHTSA: https://www.trafficsafetymarketing.gov/safety-topics/bicycle-safety#3596</p> <p>https://www.trafficsafetymarketing.gov/safety-topics/pedestrian-safety</p> |
| Community members receive information regarding organ donation when they receive a driver's license or state ID card, complete a title transaction, or purchase a license plate. | <p>Life Share Transplant Donor Services of Oklahoma: http://www.lifeshareoklahoma.org/</p> |
| Information on the Low-Income Home Energy Assistance Program (https://oklahoma.gov/okdhs.html) is available in the Community. | <p>https://oklahoma.gov/okdhs/services/liheap/utilityservicesliheapmain.html</p> |
| Information on Healthy home environment assessments is available in the community. | <p>OSDH: https://oklahoma.gov/health/services/children-family-health/screening-and-special-services/oklahoma-childhood-lead-poisoning-prevention-program.html</p> <p>CDC: https://www.cdc.gov/lead-prevention/about/index.html#:~:text=Healthcare%20providers%20can%20perform%20a,higher%20than%20most%20children's%20levels.</p> |

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Resource

Section 5. Safe and Healthy Communities

Education, counseling and support for caregivers and their families allows them to continue their critical role in supporting people with dementia and/or other chronic conditions

Home Safety Checklist:
https://www.alz.org/help-support/resources/home_safety_checklist

<https://www.nia.nih.gov/health/home-safety-checklist-alzheimers-disease#:~:text=Lock%20all%20power%20tools%20and,kept%20out%20of%20the%20way.>

Fall prevention:

<https://www.aarp.org/home-family/your-home/info-2021/fall-prevention-safety-tips.html>

<https://oklahoma.gov/health/health-education/injury-prevention-service/falls-prevention.html>

Community promotes Caregiver resources

Powerful Tools for Caregivers
<https://www.ouhealth.com/oklahoma-center-for-geroscience/healthy-aging-services/oklahoma-healthy-aging-initiative-ohai-/ohai-classes/#:~:text=Powerful%20Tools%20for%20Caregivers%20is,a%20family%20member%20or%20friend.>



OHAI PTC.pdf

Community Living, Aging & Protective Services (CAP)

<https://oklahoma.gov/okdhs/services/cap.html>



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Healthy Brains Healthy Minds
<https://www.ouhealth.com/oklahoma-center-for-geroscience/healthy-aging-services/oklahoma-healthy-aging-initiative-ohai/>



OHAH HBHM.pdf

AARP:
<https://states.aarp.org/oklahoma/caregiving>

Sunbeam Family Services:
<https://sunbeamfamilyservices.org/caregivers/>

Oklahoma Dementia Care Network:
<https://www.ouhealth.com/oklahoma-center-for-geroscience/healthy-aging-services/oklahoma-dementia-care-network-okdcn/>

Alzheimer's Association:
www.alz.org/care
<https://www.communityresourcefinder.org/>
<https://www.alz.org/help-support>
<https://www.alz.org/help-support/resources/care-training-resources>

Support Groups:
<https://www.alz.org/help-support/i-have-alz/programs-support>

OK Cares
https://okcares.org/support_groups/


The Alzheimer's Association Helpline 1-800-272-3900 is promoted to the general public within the community (i.e. media, billboards, websites, and other promotional

Oklahoma Alzheimer's Association
<https://www.alz.org/oklahoma>

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| displays). | |
| Links for First Responders for trainings on Dementia and Alzheimer's are provided on city's website | Alzheimer's Association: https://www.alz.org/professionals/first-responders https://www.alz.org/media/Documents/alzheimers-dementia-first-responder-quick-tips.pdf |
| Provide Education and resources to older adults on how to access services through new technologies | Areawide Aging Agency: https://www.areawideaging.org/services/ |
| A range of volunteer options is available, including meaningful volunteer opportunities for people with dementia that are tailored to their interest and ability | |
| Communities provide a safe and secure pedestrian environment to allow older adults to remain independent, active, and engaged | CDC: https://www.cdc.gov/physical-activity/php/strategies/increasing-physical-activity-through-community-design-prevention-strategies.html https://www.cdc.gov/physical-activity/php/strategies/social-supports.html |
| Intergenerational activities are part of the community fabric and include older adults | Alzheimer's Association: https://www.alz.org/help-support/resources/kids-teens/50-activities |
| Activities are well-communicated to older people, and there is consistent outreach to include people at risk of social isolation | |
| The Oklahoma Areawide Aging Agency contact information is promoted to older adults within the community | Oklahoma Areawide Aging Agency: https://www.areawideaging.org/ |
| Community Promotes the Dementia Care Network | Oklahoma Dementia Care Network: https://dcn.ouhsc.edu/ |
| Community provides educational materials on falls prevention and healthy aging within the community | OSDH: https://oklahoma.gov/health/health-education/injury-prevention-service/falls-prevention.html |
| Transportation for senior citizens and people with disabilities is offered within the community | OKDHS Transportation Agency Directory: http://digitalprairie.ok.gov/cdm/ref/colle ction/stgovpub/id/23840 |
| Transit drivers are trained to be sensitive to riders with dementia and how to help them | Dementia Friendly Transportation Training: |

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| | https://nationalcenterformobilitymanagement.org/news/dementia-friendly-transportation-training/ |
| Transportation services can be adapted to the needs of older people, including schedule reminders and help at destinations | Transportation: https://www.okdrs.gov/guide_15_03 https://www.embarok.com/bus/mobility-management |
| Community is working towards Age and Dementia Friendly designation | Dementia Friendly Designation: https://www.dfamerica.org/what-is-dfa https://dfamerica.org/overview/ |
| Information on how to access a broad range of community services and social emotional learning (SEL) opportunities for youth is provided within the community (examples include after school programs, professional learning opportunities for SEL, mental, emotional, and behavioral health screenings for youth, school-based prevention programs, other SEL-related efforts or initiatives) | CDC: https://www.cdc.gov/healthyschools/sec.htm OSDE: https://sde.ok.gov/social-emotional-learning-prevention OSDH: https://oklahoma.gov/health/fsps.html CDC: https://www.cdc.gov/aces/about/index.html |
| Community has access to victim-centered services (e.g., support groups, crisis intervention, medical/legal advocacy) and treatment for victims of sexual violence and at-risk children/families | <div style="text-align: center;">  <p>Resources for People Who Have Experience</p> </div> CDC: https://www.cdc.gov/violenceprevention/index.html OSDH: https://oklahoma.gov/health/health-education/injury-prevention-service/intimate-partner-violence.html Oklahoma Attorney General : https://www.oag.ok.gov/victim-services OK Commission on Children and Youth: https://www.ok.gov/occy/Resources/index.html |

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| | <p>Children’s Advocacy Centers of OK: http://cacok.com/directory/</p> <p>District Attorneys Council https://www.ok.gov/dac/Victims/index.html</p> |
| Community promotes safe, stable, nurturing relationships and environments where children live, learn, and play | <p>CDC: https://www.cdc.gov/violence-prevention/index.html</p> |
| Community works with schools to boost strategies to enhance parents’ and youths’ skills to handle stress, resolve conflicts, and reduce violence | <p>CDC: https://www.cdc.gov/violence-prevention/index.html</p> <p>https://www.cdc.gov/healthyouth/protective/positiveparenting.htm</p> <p>https://www.cdc.gov/healthyouth/protective/parent_engagement.htm</p> <p>PacesConnections: https://www.pacesconnection.com/g/raising-resilient-oklahomans</p> <p>OSDH: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health.html</p> <p>Child Safety Net: https://csn.org/</p> |
| Communities create protective environments against violence (e.g. safety and monitoring in schools, workplace policies, lighting and physical maintenance) | <p>CDC: https://www.cdc.gov/youth-violence/risk-factors/index.html</p> <p>https://www.cdc.gov/aces/about/index.html</p> <p>Paces Connection: https://www.pacesconnection.com/g/raising-resilient-oklahomans</p> <p>Prevention Institute: https://www.preventioninstitute.org/</p> |

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| | Community Guide: https://www.thecommunityguide.org/topic/violence |
| Continuing education for law enforcement on crisis intervention, underage drinking, impaired driving, and drug enforcement is promoted within the community | CLEET Training: http://www.ok.gov/cleet/CLEET_Training/index.html |
| Training for school staff on crisis intervention and referral protocols are promoted and/or offered within the community | SAMHSA: https://www.samhsa.gov/sbirt Mental Health First Aid: https://www.mhfa-ok.org/ NAMI: https://www.nami.org/Advocacy/Crisis-Intervention/Crisis-Intervention-Team-(CIT)-Programs Adolescent Substance Use: https://www.adolescentsubstanceuse.org/schools/ (see list of resources at the bottom of the page) Handle with Care: https://handlewithcareok.org/ OSDE: https://sde.ok.gov/crisis-preparedness-response/training-opportunities National Association of School Psychologist: https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis |

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>