# 2021 Certified Healthy Community Application

Name of city or town (Name to appear on the Certificate):

County name: [Dropdown menu]

Size of community (Population): ○ Sub-rural (less than 500) ○ Rural (501- 4,300) ○ Small (4,301 to 13,999) ○ Medium (14,000 to 29,999) ○ Large (30,000 to 79,999) ○ Metro (80,000 and over)

Actual Population Size (latest census number):

Please enter the following information about the MUNICIPALITY:

## Community Contact Information (contact at Municipality)

☐ Mayor or City Manager's Name:

☐ Email Address:

Number of employees (FTE equivalent), employed, and receiving benefits:

- ○ 0
- ○ 1-19
- ○ 20-49
- ○ 50 +

Municipality Mailing Address:

City/Town:

State: Oklahoma

Zip:

Phone Number (XXX) XXX-XXXX:

Please enter the information below for the APPLICATION CONTACT PERSON:

Contact's Name:

Contact's Title:

City/Town:

Email Address:

Phone Number (XXX) XXX-XXXX:

## Section 1: Tobacco and Alcohol

Definitions:

*Smoking* means the carrying by a person of a lighted cigar, cigarette, pipe, or other lighted smoking device. (63 O.S. § 1-1522)

*Tobacco* means any product that contains tobacco and is intended for human consumption. (37 O.S. § 600.2)

*Vapor products* means any noncombustible product, that may or may not contain nicotine, that employs a mechanical heating element, battery, electronic circuit, or other mechanism, regardless of shape or size, that can be used to produce a vapor in a solution or other form. Vapor product shall include any vapor cartridge or other container with or without nicotine or other form that is intended to be used with an electronic cigarette, electronic cigar, electronic cigarillo, electronic pipe, or similar product ordevice. *Vapor Products* do not include any products regulated by the United States Food and Drug Administration under Chapter V of the Food, Drug, and Cosmetic Act. (37 O.S. § 600.2)

*Alcohol* means and includes hydrated oxide of ethyl, ethyl alcohol, ethanol or spirits of wine, from whatever source or by whatever process produced. It does not include wood alcohol or alcohol which has been denatured or produced as denatured in accordance with Acts of Congress and regulations promulgated thereunder.

*Alcoholic beverage* means alcohol, spirits, beer and wine as those terms are defined herein and also includes every liquid or solid, patented or not, containing alcohol, spirits, wine or beer and capable of being consumed as a beverage by human beings. (§37A 1-103v1)

### **Promoting Healthy Lifestyles** (Check all that apply)

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

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

☐ 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

☐ If you have been certified Excellence in previous years, has your tobacco ordinance changed in the last year? Yes - No

☐ Municipality has a written alcohol control policy and/or ordinance that minimally includes Oklahoma Department of Mental Health and Substance Abuse Service's (ODMHSAS) Responsible Beverage Sales and Service training for all city owned/operated properties and special events where alcohol is sold or provided

☐ Municipality has adopted and implemented policies for all city owned/ operated properties and special events where alcohol is provided to reduce youth access to alcohol. i.e. wrist bands, beer garden, extra security for identifying underage drinking.

☐ Municipality has adopted and implemented policies for all city owned/ operated properties and special events where alcohol is provided to remove intoxicated persons from these events safely ( i.e. safe ride home, sobering center, arrest, etc.).

☐ City has a voluntary policy that encourages events held on city-owned/operated property encourages healthy foods and beverages, as well as opportunities for people to access the event on foot, by bicycle or by transit.

☐ 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

(Check One) ☐ None ☐ Some or ☐ All 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

(Check One) ☐ None ☐ Some or ☐ All Other higher educational institutions serving the community have adopted policies ensuring "24/7" **tobacco, vapor products**, **free** properties that cover students, staff, and visitors

☐ No other higher educational institutions are located within the community

(Check One) ☐ None ☐ Some or ☐ All Other higher educational institutions serving the community have adopted policies ensuring "24/7" **alcohol and drug free** properties that cover students, staff, and visitors

☐ No other higher educational institutions are located within the community

(Check One) ☐ None ☐ Some or ☐ All 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

☐ No multi-unit housing properties are located within the community

**Controlling the location, number and density of alcohol and tobacco retail outlets** (Check all that apply)

☐ Municipality has zoning, land use, or business permit procedures to restrict the number, location, or density of alcohol retailers

☐ Municipality has zoning and/or land use to restrict the location of **tobacco** near schools and playgrounds

☐ Municipality has a zoning and/or land use to restrict the location of **vapor outlets** near schools and playgrounds

**Reducing youth access to alcohol and tobacco** (Check all that apply)

☐ 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

☐ 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)

☐ Restricts anyone under the age of 21

☐ Municipality's Social Host ordinance/law is enforced by local law enforcement and local judicial systems to hold accountable those who allow underage drinking or drug use on property under their control

☐ Municipality has local law enforcement agencies that have policies established to conduct quarterly 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

☐ Municipality has local law enforcement that conduct frequent bar checks to identify underage drinking and intoxicated patrons.

☐ 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

☐ Frequent and consistent 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

☐ 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

**Restricting the time, place and manner of alcohol marketing/advertising** (Check all that apply)

☐ State law on alcohol promotions and specials is enforced within the community

☐ Municipality does not allow alcohol marketing/advertising at city hosted events (i.e. county fairs, rodeos, motor sports, other sporting events, parades, concerts, museums, dances, festivals, etc) and on property owned, leased or operated by the city

## Section 2: Nutrition and Physical Activity

**Food accessibility/affordability** (Check all that apply)

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

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

☐ 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)

☐ Supplemental Nutrition Assistance Program (SNAP), are accepted within the community or within a 10 mile radius of community (i.e. farmer's markets, corner stores, grocery stores) -

(Check One) ☐ None ☐ Some ☐ All corner/convenience stores that are located within the community have healthy food options (i.e. fresh fruits and vegetables, whole grains, dairy products, etc.)

☐ No corner/convenience stores are located within the community

☐ 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)

☐ 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
☐ Municipality has an ordinance, land use policy, or zoning to promote, expand, and protect community garden and Farmer's Market sites, including vacant city-owned land and unused parking lots
☐ Established community garden(s) located in parks, schools, work sites or childcare settings are available to the community
☐ Municipality zoning restricts the development and relocation of fast food outlets proximate to all schools and playgrounds
☐ 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.
☐ Municipality has healthy vending standards in municipal buildings and public parks
☐ Municipality has healthy food and beverage policy for city-sponsored youth sporting events

**Community recreation/fitness centers and physical activity opportunities** (Check all that apply)

☐ 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
☐ Municipality has adopted and implemented an Open Use and Community Use of Facilities Policies
☐ 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
(Check One) ☐ No ☐ Annually or Every 6 Months ☐ Quarterly or more often community wide physical activities are offered throughout the year (i.e. family fun runs/walks, 5K runs/walks, biking events, fitness challenges, Open Streets, Play Streets, etc.)
☐ Community has Wayfinding Signage and maps that increase awareness of places to walk, bike and promote placemaking
☐ Active Walking School Bus, Safe Routes to School, or Bike to School programs are available within the community
☐ 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)
☐ Municipality has conducted a walkability assessment – Prerequisite for Excellence
☐ 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
☐ Safe, well-marked bicycle routes are located within the community
☐ Safe, well-marked walking trails are located within the community
☐ Safe playgrounds and parks are located within the community

## Section 3: Community Resources

**Community environment** (Check all that apply)

(Check One) ☐ None ☐ Some ☐ All public sidewalks with ramps located within the community are ADA compliant
☐ An active recycling program is located within the community
☐ Municipality regulates and limits storefront signage that contains advertisements covering windows or at the point of sale
☐ Public health advocates and local stakeholders are included in community development and zoning regulations
☐ Communities fluoridate water and monitor fluoride in public water supplies to reach optimal fluoride concentrations
☐ Community promotes "Heart Healthy Trails" as certified by Oklahoma Department of Tourism (state parks, city parks-pursuing heart healthy trails).
☐ Simple, explicit signs with unambiguous graphics give essential information at key decision points
☐ 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

**Community transportation** (Check all that apply)

☐ A bicycle share program is available within the community
☐ 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, Vision Zero, Livable Streets, Safe Streets, etc.)
(Check One) ☐ None ☐ At least one ☐ More than 1 of the streets located within the community are a complete street
☐ 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)

☐ Municipality ensures appropriate city staff and professional consultants, if needed, have received training regarding planning and designing complete streets or other active transportation topics

☐ Carpooling options are available within the community (i.e. park and ride, shared transit to away sports games or church activities, etc)

☐ 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.)

☐ Within the community, a designated/alternative driver program is available to ensure transportation is readily accessible for those consuming alcohol (Uber, Lyft, Tipsy Tow (AAA))

☐ 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.

☐ N/A City or Town does not have employees

☐ Municipality ensures appropriate city staff and professional consultants, if needed, have received training regarding ADA compliance.

☐ Safe Routes to Parks program is available within the community

☐ Municipality has an active ADA plan- complies with Title 28-Judicial Administration, Chapter 1 Department of Justice, Part 35 Nondiscrimination on the Basis of Disability in State and Local Government Services, Section 35.150 c and d and 35.151 e (https://www.govinfo.gov/content/pkg/CFR-2017-title28-vol1/xml/CFR-2017-title28-vol1-part35.xml#seqnum35.150)

- N/A if municipality has less than 50 employees

**Community Health assessment/screenings** (Check all that apply)

☐ 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 (i.e. public health focused coalition) - Prerequisite for Excellence

☐ Community based health screenings and referrals offered to identify health conditions such as obesity, diabetes, heart disease, mental health and substance misuse and abuse, dementia or within a 10 mile radius

☐ Community has access to cancer screenings, educational materials, or awareness events (i.e. through community social media posting or other means)

☐ Ensure older adults have access to community based screenings to identify chronic conditions, fall risk, and cognitive function

☐ Home care services include health, personal care and housekeeping

**Community access to health services** (Check all that apply)

☐ 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.)

☐ 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.)

☐ 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 prevention, 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.)

☐ 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)

## Section 4: Education/Awareness

**Community health promotion** (Check all that apply)

☐ Municipality's City Hall has applied as a Certified Healthy Business

☐ There are Certified Healthy Business(es) in our community

☐ Certified Healthy entities are promoted within the community

☐ 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, Shape Your Future, alcohol awareness, etc.) have been implemented within the community
- ☐ Local restaurants participate in Certified Healthy
- ☐ Local schools participate in Certified Healthy
- ☐ Local congregations participate in Certified Healthy
- ☐ Local early childhood programs participate in Certified Healthy
- ☐ Local campuses (Vocational/Career Tech and Higher Education) that serve the community participate in Certified Healthy

**Community Health Education** (Check all that apply)
- ☐ Mental Health First Aid is available in the community
- ☐ 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)
- ☐ The National Suicide Prevention Lifeline 1-800-273-TALK/1-800-273-8255 is promoted (English and Spanish) to the general public within the community (i.e. media, billboards, websites, other promotional displays)
- ☐ 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)
- ☐ 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)
- ☐ The Oklahoma Center for Poison and Drug Information (1-800-222-1222) is promoted to the general public within the community
- ☐ 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)
- ☐ Community promotes Shape Your Future material
- ☐ Community utilizes local coalitions to educate new and established drivers about risks associated with impaired driving
- ☐ 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.)
- ☐ Municipality participates in a community wide wellness task force or coalition with community resident involvement
- ☐ 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
- ☐ Community assures active promotion to the general public about the community resource line (HeartLine 2-1-1, in both English and Spanish) for access to information about health and human services (examples include referrals to mental health and addiction services, health care, food/meals, housing and utility assistance, and other community supports
- ☐ Community education on prescription drug abuse/misuse is promoted within the community. (For more information visit https://okimready.org/ )
- ☐ Naloxone education & distribution programs are located in the community
- ☐ National Highway Traffic Safety Administration (NHTSA) child car seat inspection stations and/or certified child passenger safety technicians are promoted to the community
- ☐ National Highway Traffic Safety Administration (NHTSA) traffic safety campaigns, including drunk driving and drug-impaired driving are promoted to the community
- ☐ Community promotes Bike pedestrian safety campaign (ACOG/INCOG-Travel with Care/Watch for me)
- ☐ 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
- ☐ Information on the Low Income Home Energy Assistance Program (www.okdhs.org) is available in the Community
- ☐ Information on Healthy home environment assessments is available in the community

## Section 5: Safe and Healthy Communities

**Resources for Caregivers** (Check all that apply)
- ☐ 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
- ☐ Community promotes Caregiver resources
- ☐ 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 displays)
- ☐ Links for First Responders for trainings on Dementia and Alzheimer's are provided on city's website

**Resources for Older Adults** (Check all that apply)

- ☐ Provide Education and resources to older adults on how to access services through new technologies
- ☐ 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
- ☐ Intergenerational activities are part of the community fabric and include older adults
- ☐ 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
- ☐ Community Promotes the Dementia Care Network
- ☐ Community provides educational materials on falls prevention and healthy aging within the community
- ☐ Transportation for senior citizens and people with disabilities is offered within the community
- ☐ Transit drivers are trained to be sensitive to riders with dementia and how to help them
- ☐ Transportation services can be adapted to the needs of older people, including schedule reminders and help at destinations
- ☐ Community is working towards Age and Dementia Friendly designation

**Resources for Families** (Check all that apply)

- ☐ 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)
- ☐ 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
- ☐ Community promotes safe, stable, nurturing relationships and environments where children live, learn, and play
- ☐ Community works with schools to boost strategies to enhance parents' and youths' skills to handle stress, resolve conflicts, and reduce violence
- ☐ Communities create protective environments against violence (e.g. safety and monitoring in schools, workplace policies, lighting and physical maintenance)
- ☐ Continuing education for first responders and public safety personnel on crisis intervention, underage drinking, impaired driving, and substance use disorder is promoted within the community
- ☐ Training for school staff on crisis intervention and referral protocols are promoted and/or offered within the community

**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 community
- Checked all items that apply to your community

**NOTE**

- Please read future e-mails related to Certified Healthy Business
- 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!**

Community Analysis and Linkages - Community Development Services, OK State Dept. of Health
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