


2021 Certified Healthy Congregation Quick List with Resources

Category 1: Health Services and Screenings

- No point Question Are health services and screenings offered through:
- The congregation
 - A partnership with an organization
 - Both (the congregation and a partnering organization)

Your congregation partners with a health organization or your health ministry/committee provide the following for members, attendees, and staff:

<input type="checkbox"/>	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.
Resources:	
<ul style="list-style-type: none"> • http://www.emoregon.org/pdfs/IFFP/Congregational_Health_Index.pdf • http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/health_risk_appraisals.htm • https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7 	
<input type="checkbox"/>	Cholesterol screenings
Resources:	
<ul style="list-style-type: none"> • https://www.cdc.gov/cholesterol/prevention.htm • http://www.cdc.gov/cholesterol/ • http://www.nhlbi.nih.gov/health/health-topics/topics/hbc/ • https://www.heart.org/en/health-topics/cholesterol 	
<input type="checkbox"/>	Blood pressure screenings
Resources:	
<ul style="list-style-type: none"> • https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings • https://www.cdc.gov/bloodpressure/ • http://www.nlm.nih.gov/medlineplus/highbloodpressure.html • https://www.heart.org/en/health-topics/high-blood-pressure 	
<input type="checkbox"/>	Blood glucose (sugar) or prediabetes screenings
Resources:	
<ul style="list-style-type: none"> • http://www.cdc.gov/diabetes/pdfs/library/takechargeofyourdiabetes.pdf • https://www.heart.org/en/health-topics/diabetes/about-diabetes • http://www.diabetes.org/ • https://www.cdc.gov/diabetes/prevention/pdf/Prediabetes-Risk-Test-Final.pdf 	
 <p>faithleaders_diabetes toolkit.pdf</p>	
<input type="checkbox"/>	Body mass index (BMI) screenings
Resources:	
<ul style="list-style-type: none"> • https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults • https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-children • http://www.diabetes.org/food-and-fitness/weight-loss/assess-your-lifestyle/bmi-tool.html • http://www.cdc.gov/healthyweight/assessing/bmi/ 	
<input type="checkbox"/>	Immunizations (e.g. childhood vaccinations, Flu shots, HPV vaccination, pneumonia shot, shingles vaccination or other immunizations)
Resources:	
<ul style="list-style-type: none"> • http://www.cdc.gov/flu/about/qa/flushot.htm 	

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<ul style="list-style-type: none"> • https://oklahoma.gov/health/prevention-and-preparedness/immunizations.html • https://www.cdc.gov/flu/ • https://www.cdc.gov/flu/pandemic-resources/index.htm • https://www.cdc.gov/hpv/parents/vaccine.html • https://vaccinateyourfamily.org/images/articles/eBookOfDiseases.pdf • http://www.vaccineinformation.org/adults/schedules.asp
<input type="checkbox"/> Mobile mammograms or promotion of mammography screenings
Resources: <ul style="list-style-type: none"> • http://www.oumedicine.com/breast-health-network
<input type="checkbox"/> Transportation to health services and screening appointments
Resources: <ul style="list-style-type: none"> • https://centralusa.salvationarmy.org/metro/emergency-assistance-and-homelessness-prevention/ • https://salvationarmyokcac.org/oklahoma-county/ • https://eldercare.acl.gov/Public/Resources/LearnMoreAbout/Transportation.aspx • http://www.211oklahoma.org/ • https://oklahoma.gov/ohca/individuals/soonerride.html • https://www.okdrs.gov/guide/Ch15

Category 2: Health Education

Health education and health promotion information is provided to members, attendees, and staff in the following:

<input type="checkbox"/>	Printed bulletins, pamphlets, brochures, and/or announcement sheets
<input type="checkbox"/>	Health messages displayed on bulletin boards, information displays, marquee, etc.
<input type="checkbox"/>	Newsletters
<input type="checkbox"/>	Electronic media including online sites (e.g. website, Facebook®, Twitter®)



Example health education and health promotion information:

<ul style="list-style-type: none"> • Information about the benefits of walking • Reasons to quit tobacco • Ways to substitute ingredients to make meals healthier • What does my blood pressure reading mean • Healthy Living for Your Brain and Body • 10 Warning Signs of Alzheimer's Disease 	<ul style="list-style-type: none"> • What is high blood pressure • Benefits of getting a flu shot • Questions to ask your doctor before getting a mammogram • How to talk to a loved one during a crisis
Resources: <ul style="list-style-type: none"> • http://shapeyourfutureok.com • http://www.welcoa.org • https://stopswithme.com/ • http://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/pdfs/consumer.pdf • Brain Health: https://alz.org/help-support/brain_health • Ten Warning Signs: https://alz.org/alzheimers-dementia/10_signs 	<ul style="list-style-type: none"> • http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/CDC_5-A-Day.pdf • https://www.faihealthtransformation.org/health-topics/food-and-nutrition/

Category 3: Physical Activity

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

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<input type="checkbox"/>	Space to exercise (indoors or outdoors)
<input type="checkbox"/>	On-site fitness room with equipment <ul style="list-style-type: none"> ○ N/A if building does not have space for equipment
<input type="checkbox"/>	Opportunities for physical activity – indoors or outdoors (walking programs, walking paths, aerobics classes, exercise videos, stretching, etc.)
<input type="checkbox"/>	Organized team sports (softball, soccer, basketball, baseball, bowling, etc.)
<input type="checkbox"/>	Signage promoting the use of stairs <ul style="list-style-type: none"> ○ N/A if building is a single-story structure without stairs
<input type="checkbox"/>	Promotion of or provides a device that measures steps (e.g. pedometer, Fitbit®, step counter app used with smartphones, etc.)
<input type="checkbox"/>	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
Resources: <ul style="list-style-type: none"> • http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html • http://www.thewalkingsite.com/ • https://www.heart.org/en/healthy-living/fitness • http://lchcnetwork.org/ • http://shapeyourfutureok.com • http://www.cdc.gov/vitalsigns/Walking/index.html <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Physical Activity Certified Healthy ConWellness</p> </div> <div style="text-align: center;">  <p>Commitment to Certified He</p> </div> </div>	

Category 4: Tobacco Use Prevention

Tobacco use prevention activities are offered to members, attendees, and staff through:

<input type="checkbox"/>	Active promotion of the Oklahoma Tobacco Helpline (1-800-QUIT-NOW, 1-800-DÉJÉLO-YA)
<input type="checkbox"/>	On-site tobacco cessation programs
<input type="checkbox"/>	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.)
<input type="checkbox"/>	A Smokefree/tobacco-free commitment (Check one): <ul style="list-style-type: none"> ○ Required for Basic/Merit: <u>Written</u> 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: <u>Written</u> 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. <p>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.</p>
Resources: <ul style="list-style-type: none"> • http://www.cdc.gov/tobacco/campaign/tips/partners/faith/index.html • https://stopswithme.com/ and http://shapeyourfutureok.com • http://www.okhelpline.com/ • http://www.kickbuttsday.org/ • http://www.who.int/tobacco/wntd/en/ • http://smokefree.gov/ • http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index • http://www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/ 	

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<ul style="list-style-type: none"> https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html 	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Tobacco Commitment Certified Healthy Congregation </div> <div style="text-align: center;">  Commitment to Wellness Certified Healthy Congregation </div> </div>
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Category 5: Nutrition

Programs and information related to nutrition is provided to members, attendees, and staff through:

<input type="checkbox"/>	Healthy options during each fellowship meal
<input type="checkbox"/>	Healthy options in vending machine (beverages – 100% fruit juice, low fat milk, water; snacks low in – calories, fat, sugar & sodium) <ul style="list-style-type: none"> ○ N/A if you do not have a vending machine
<input type="checkbox"/>	Healthy snacks at meetings and fellowship gatherings (beverages – 100% fruit juice, low fat milk, water; snacks low in calories, fat, sugar & sodium)
<input type="checkbox"/>	Nutritional information posted in common areas
<input type="checkbox"/>	Sources of healthy food such as a community garden, farmer’s market, food pantry, mobile meals, etc.
<input type="checkbox"/>	Healthy food demonstrations
<input type="checkbox"/>	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

Resources:

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|--|---|
| <ul style="list-style-type: none"> https://oniproject.org/farmers-markets/ http://www.cdc.gov/salt/ https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf https://www.heart.org/en/healthy-living/healthy-eating http://www.nutrition.gov http://www.choosemyplate.gov | <ul style="list-style-type: none"> https://www.heart.org/en/healthy-living/company-collaboration/heart-check-certification https://www.cdc.gov/nutrition/index.html http://www.healthyvendingatwork.com/ https://communitygarden.org/ http://shapeyourfutureok.com |
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Healthy Food and Beverage Certified Healthy Congregation Commitment to Wellness Certified Healthy Congregation

Category 6: Safe and Healthy Environment

Creates a supportive environment for members, attendees, and staff to promote health and safety through:

<input type="checkbox"/>	A safe, clean, and private space for nursing mothers
Resources: <ul style="list-style-type: none"> http://www.okbreastfeeding.org/ https://oklahoma.gov/health/family-health/breastfeeding.html#:~:text=Helping%20Oklahoma%20Moms%20and%20Babies,normal%20way%20of%20feeding%20babies.&text=The%20Oklahoma%20State%20Department%20of%20Health%20encourages%20actions%20that%20promote,health%20of%20all%20Oklahoma%20children. http://www.cdc.gov/breastfeeding/policy/index.htm 	
<input type="checkbox"/>	Motivation programs such as weight loss support groups (healthy recipe exchange, walking, biking, etc.)
Resources: <ul style="list-style-type: none"> http://www.thewalkingsite.com/ http://www.okbike.org/ http://www.choosemyplate.gov https://recipes.heart.org/ http://www.cdc.gov/healthyweight/healthy_eating/recipes.html http://www.congregationcyclingclub.com/ 	


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<input type="checkbox"/>	<ul style="list-style-type: none"> http://www.health-e-ame.com/resources-faith-based.htm
<input type="checkbox"/>	An active health/wellness committee(s) or ministry
Resources:	
<ul style="list-style-type: none"> https://www.cdc.gov/nccdphp/dnpao/ http://www.health-e-ame.com/resources-faith-based.htm 	
<input type="checkbox"/>	Membership with the Oklahoma Faith Community Nurses Association
<input type="checkbox"/>	Safety awareness training opportunities such as recognizing the signs of stroke and/or heart attack and what to do
Resources:	
<ul style="list-style-type: none"> https://www.empoweredtoserve.org/en/community-resources/fast-stroke-resources/ https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms https://www.stroke.org/en/about-stroke/stroke-symptoms 	
<input type="checkbox"/>	An accessible heart defibrillator with signage or member (s) certified in CPR (cardiopulmonary resuscitation)
Resources:	
<ul style="list-style-type: none"> http://www.redcross.org/prepare/location/workplace/easy-as-aed http://www.redcross.org/take-a-class/cpr 	
<input type="checkbox"/>	An accessible first aid kit
Resources:	
<ul style="list-style-type: none"> http://www.mayoclinic.org/first-aid http://www.redcross.org/prepare/location/home-family/get-kit/anatomy 	
<input type="checkbox"/>	A written emergency plan (e.g. fire, tornado, earthquake, health/medical event, etc.) and the plan has been presented to the congregation
Resources:	
<ul style="list-style-type: none"> http://www.cdc.gov/ncipc/factsheets/fireprevention.htm http://emergency.cdc.gov/preparedness/plan/ http://download.elca.org/ELCA%20Resource%20Repository/Congregational_Disaster_Preparedness_Guide_Lutheran_Disaster_Response.pdf https://www.brethren.org/bdm/wp-content/uploads/sites/23/2020/09/checklist_for_a_church_emergency_management_plan.pdf 	
<input type="checkbox"/>	Members trained in mental health first aid
Resources:	
<ul style="list-style-type: none"> http://www.mentalhealth.gov/talk/faith-community-leaders/index.html http://store.samhsa.gov/product/PEP14-FAITHLTP http://www.namihelps.org/Crisis-Booklet-Adults.pdf http://www.namioklahoma.org/ https://oklahoma.gov/odmhsas.html 	
<input type="checkbox"/>	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 <ul style="list-style-type: none"> ○ N/A if the congregation does not own or lease vehicles.
Resources:	
<ul style="list-style-type: none"> https://oklahoma.gov/health/prevention-and-preparedness/injury-prevention-service.html#:~:text=The%20mission%20of%20the%20Injury,%2C%20policy%2C%20and%20educational%20interventions. http://www.oksafety.org/ http://www.cdc.gov/niosh/ https://oklahoma.gov/health/prevention-and-preparedness/injury-prevention-service/child-passenger-safety.html 	

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Category 7: Leadership in the Community

Your congregation takes a leadership role in the community promoting health and wellness by:

<input type="checkbox"/>	Disseminating educational or promotional materials to the community and/or other congregations
<input type="checkbox"/>	Providing physical activity opportunities for members that are open for the community and other congregations to participate in (e.g. open gymnasium, walking path, and/or playgrounds, etc.)
Resource:	
<ul style="list-style-type: none"> https://www.eatsmartmovemorenc.com/resource/shared-use-agreements-and-assessments/ 	
<input type="checkbox"/>	Scheduling blood donor opportunities on or off-site (American Red Cross, Oklahoma Blood Institute)
Resources:	
<ul style="list-style-type: none"> http://obi.org/ OR http://www.redcross.org/blood 	
<input type="checkbox"/>	Partnering with organizations or groups who focus on health/wellness (local health departments, schools, community coalitions, non-profit organizations, business, etc.)
Resources:	
<ul style="list-style-type: none"> https://oklahoma.gov/health/county-health-departments/oklahoma-county-health-departments-reference-guide.html https://oklahoma.gov/health/organization/partnerships-for-health-improvement/office-of-partner-engagement.html https://sde.ok.gov/state-school-directory 	
<input type="checkbox"/>	Partnering with other congregations to plan and implement health programs
Resources:	
<ul style="list-style-type: none"> https://www.ouhsc.edu/ohai/ http://www.ok.gov/health2/documents/Living%20Longer%20Living%20Stronger%20Locations.pdf https://www.faihealthtransformation.org/ https://www.wellnessnowokc.org/ http://www.tulsa-health.org/community-health/pathways-health 	
<input type="checkbox"/>	Hosting or partnering with other congregations or organizations to conduct a “Caregiver Education Day” to help families in the congregation and community become more informed regarding Alzheimer’s Disease and other dementia.
 Programs and Services Offerings.pc	
Resources: Alzheimer’s Association: 1800-272-3900	

Category 8: Behavioral Health

Behavioral health and emotional well-being services is offered at your congregation through:

<input type="checkbox"/>	Onsite behavioral health programs Examples <ul style="list-style-type: none"> stress management counseling art therapy training on how to recognize the signs and symptoms of substance abuse (including prescription drug abuse) substance abuse prevention activities 	<ul style="list-style-type: none"> work/life balance or depression screenings mental health first aid training suicide prevention training (such as QPR (question persuade and refer and HELP (healthy education for life program) for teens, etc.
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<input type="checkbox"/>	Hosting or advertising recovery support groups (e.g. Celebrate Recovery, Al-Anon family groups, alcoholic anonymous, gamblers anonymous, etc.)
<input type="checkbox"/>	Promotion of the Suicide Prevention Lifeline (1-800-273-TALK (8255)). E.g. signs, posters, flyers, website, social media, etc.
<input type="checkbox"/>	Promotion of the Problem Gambling Hotline (1-800-522-4700) E.g. signs, posters, flyers, website, social media, etc.
<input type="checkbox"/>	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.
Resources:	
<ul style="list-style-type: none"> • http://www.mentalhealthministries.net/resources/bulletin_inserts.html • https://workwellinc.com/turnkey_ManageStress.php • https://integrisok.com/services/line/mental-health-and-psychiatry • https://oklahoma.gov/odmhsas/treatment/gambling.html • https://suicidepreventionlifeline.org/ 	<ul style="list-style-type: none"> • https://www.veteranscrisisline.net/ • http://www.okareaafg.org/ • http://www.aa.org/ • https://oklahoma.gov/odmhsas.html • http://www.211oklahoma.org/

Scoring is 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)

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

- Community Analysis and Linkages - Community Development Services, OK State Dept. of Health, 405.426.8300 or CenterTA@health.ok.gov
- County Health Department Health Educators – (Outside of Oklahoma and Tulsa Counties) <https://oklahoma.gov/health/county-health-departments/oklahoma-county-health-departments-reference-guide.html>
- Tulsa Health Department - <http://www.tulsa-health.org/>
- Oklahoma City-County Health Department - <https://www.occhd.org/TW>
- Tobacco Settlement Endowment Trust Healthy Living Grantees – <https://tset.ok.gov/content/healthy-lifestyle-grants>