



2024 Certified Healthy Congregation Application

Name of Congregation: _____

Faith tradition and/or denomination: _____

Number of members and/or attendees:

- 1-100
- 101-250
- 251-500
- Over 500 list number _____

Name of Minister, etc. _____

Contact Person (if different from above): Mailing Address: _____

City/Town: State: _____

Zip: _____

E-mail Address: _____

Phone Number: _____

Website Address: _____

- 1. Health Service and Screenings:** Your congregation partners with a health organization (i.e., [County Health Department Wellness Mobile](#)) or your health ministry/committee provides the following for congregation members, community, and staff. *Check all that apply.*

Are health services and screenings offered through:

- The Congregation.
- A Partnership with an Organization.
- Both the Congregation and a partnering organization.

Health Services offered include:

- Health risk appraisals. This is a questionnaire which examines a person's health related behaviors and their health history in order to provide an assessment of the person's preventable health risks.
- Cholesterol screenings.
- Blood pressure screenings.
- Blood glucose (sugar) or prediabetes screenings.
- Body mass index (BMI) screenings. This is measured using a person's height/weight ratio. See the [Resource Guide](#) for assistance with calculating. Click here for [BMI Calculator](#).
- Immunizations (i.e., childhood vaccinations, Flu shots, HPV vaccination, pneumonia shot, shingles vaccination or other immunizations).
- Mobile mammograms or promotion of mammography screenings.
- Transportation to health services and screening appointments.
- Schedule blood donor opportunities on or off-site (American Red Cross, Oklahoma Blood Institute)

- 2. Health Education:** Health Education and health promotion information is provided to congregation members, community, and staff in the following: *check all that apply.*

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

- 3. Physical Activity:** Physical activity opportunities are available to congregation members, community, and staff through: *Check all that apply.*

- Have space to exercise (indoors or outdoors).
- Have an on-site fitness room with equipment.

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- N/A if building does not have space for equipment.
 - Promote opportunities for physical activity – indoors or outdoors (walking programs, walking paths, aerobics classes, Tai Chi: Moving for Better Balance classes, exercise videos, stretching, etc.).
 - Have organized team sports (softball, soccer, basketball, baseball, bowling, etc.).
 - Have signage promoting the use of stairs.
 - N/A if building is a single-story structure without stairs.
 - Promote or provide a device that measures steps (e.g. pedometer, Fitbit®, step counter app used with smartphones, etc.).
 - Have a Physical activity commitment: Written commitment, policy, or formal communication (something accessible to all members) that states physical activity opportunities will be provided at your congregation.
- 4. Tobacco Prevention:** Tobacco use prevention activities are offered to congregation members, community, and staff through: *Check all that apply.*
- Promote the [Oklahoma Tobacco Helpline](#) (1-800-QUIT-NOW, 1-800-DÉJELO-YA). E.g. signs, posters, flyers, etc.
 - Provide on-site tobacco education programs- prevention, cessation ([Local County Health Departments Contact](#)).
 - Promote tobacco prevention events (such as No Menthol Sundays, Kick Butts Day, World No Tobacco Day, Great American Smoke Out, Great American Spit Out, etc.)
 - Required for Basic/Merit:** Have a Written commitment, policy, practice, tenet, principle, resolution, or guidelines OR formal communication (something accessible to all members) that smoking (including vaping/e-cigarette) is not allowed inside property owned/operated by the congregation(s).
 - Required for Excellence:** Have a Written commitment, policy, practice, tenet, principle, resolution, or guidelines that states all forms of tobacco (including vapor/e-cigarette products) is not allowed on your property. This includes the inside and outside property owned/operated by the congregation. **NOTE: You must upload a copy of the tobacco-free commitment!** You may upload a written commitment, policy, picture of tobacco free property signage, or meeting minutes.
- 5. Nutrition:** Programs and information related to nutrition is provided to congregation members, community, and staff through: *Check all that apply.*
- Provide healthy options during each fellowship meal.
 - Provide healthy options in vending machine (beverages – 100% fruit juice, low fat milk, water; snacks low in – calories, fat, sugar & sodium).
 - N/A if you do not have a vending machine.
 - Provide healthy snacks at meetings and fellowship gatherings (beverages – 100% fruit juice, low fat milk, water; snacks low in calories, fat, sugar & sodium).
 - Promote [nutritional information](#) in common areas (e.g. Flyers, pamphlets, posters, etc.).

- Promote sources of healthy food such as a community garden, [farmer's market](#), food pantry, mobile meals, etc.
- Promote healthy nutrition education programs (i.e., cooking class, diabetes education and prevention programs).
- Have a Nutrition commitment: Written commitment, policy, or formal communication (something accessible to all members) that makes healthier food and beverage choices available when food is provided at your congregation.

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

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

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

- Apply and receive recognition as a Dementia Friendly Oklahoma partner. Learn more at <https://oklahoma.gov/health/dfo.html> (Application is yearly).
- Host opportunities for physical activity- indoors or outdoors (walking programs, walking paths, aerobics classes, Tai Chi: Moving for Better Balance, exercise videos, stretching, etc.).
- Host healthy nutrition education programs (i.e., cooking class, diabetes education and prevention programs).
- Partner with organizations or groups who focus on health/wellness (local health departments, schools, community coalitions, non-profit organizations, business, etc.).

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- Partner with other congregations to plan and implement health programs.
- Host or partner with other congregations or organizations to conduct a “Caregiver Education Day” to help families become more informed regarding Alzheimer’s Disease and other dementia.
- 8. Behavioral Health:** Behavioral health and emotional well-being services is offered at your congregation through: *Check all that apply.*
- Offer onsite behavioral health programs. See resource guide for examples (ie add some examples). Click here <https://oklahoma.gov/certifiedhealthy/resources.html>.
- Host or advertise recovery support groups (e.g. Celebrate Recovery, Al-Anon family groups, alcoholic anonymous, gamblers anonymous, etc.).
- Promote the [988 Oklahoma’s Mental Health Lifeline](#) E.g. signs, posters, flyers, website, social media, etc.).
- Promote the [Problem Gambling Hotline](#) (1-800-522-4700) E.g. signs, posters, flyers, website, social media, etc.
- Promote the [Oklahoma Domestic Violence Abuse and Sexual Assault Safeline](#) (1-800-522- SAFE (7233) E.g. signs, posters, flyers, website, social media, etc.

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

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

BE SURE YOU HAVE:

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

NOTE

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

Thank you for your participation!

All Applications must be submitted online. Applications are accepted Aug. 1st- Nov. 1st.

Find the application submission link at: <https://oklahoma.gov/certifiedhealthy.html>