


2022 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"/>	<p>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.</p> <p>Resources:</p> <ul style="list-style-type: none"> http://www.emoregon.org/pdfs/IFFP/Congregational_Health_Index.pdf https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7
<input type="checkbox"/>	<p>Cholesterol screenings</p> <p>Resources:</p> <ul style="list-style-type: none"> County Health Departments – https://oklahoma.gov/health/locations/countymap.html https://obi.org/why/ 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"/>	<p>Blood pressure screenings</p> <p>Resources:</p> <ul style="list-style-type: none"> County Health Departments – https://oklahoma.gov/health/locations/countymap.html https://obi.org/why/ 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"/>	<p>Blood glucose (sugar) or prediabetes screenings</p> <p>Resources:</p> <ul style="list-style-type: none"> County Health Departments – https://oklahoma.gov/health/locations/countymap.html 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></p> <p>faithleaders_diabetes toolkit.pdf</p>
<input type="checkbox"/>	<p>Body mass index (BMI) screenings</p> <p>Resources:</p>

2022 Certified Healthy Congregation Quick List with Resources



<ul style="list-style-type: none"> • County Health Departments – https://oklahoma.gov/health/locations/countymap.html • 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 • https://www.diabetes.org/tools-support/tools-know-your-risk/bmi-calculator • 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"> • County Health Departments – https://oklahoma.gov/health/locations/countymap.html • https://oklahoma.gov/health/services/personal-health/immunizations.html • https://www.cdc.gov/flu/index.htm • https://www.cdc.gov/flu/pandemic-resources/index.htm • https://www.cdc.gov/hpv/parents/vaccine.html • 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://southernusa.salvationarmy.org/central-oklahoma/how-we-help • 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, marquees, 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 • https://stopswithme.com/ • http://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/pdfs/consumer.pdf 	<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/

2022 Certified Healthy Congregation Quick List with Resources

<ul style="list-style-type: none"> • http://www.okhelpline.com/ • Brain Health: https://alz.org/help-support/brain_health • Ten Warning Signs: https://alz.org/alzheimers-dementia/10_signs • County Health Departments – https://oklahoma.gov/health/locations/countymap.html 	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Caregivers Toolkit.pdf </div> <div style="text-align: center;">  21-07 Rev 5-22 (CAP) Services Info B </div> </div>
---	---

Category 3: Physical Activity

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

<input type="checkbox"/>	Space to exercise (indoors or outdoors)
<input type="checkbox"/>	On-site fitness room with equipment ○ 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 ○ 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:

- <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>



Physical Activity



Commitment to



Certified Healthy Congregation

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-DÉJELO-YA)
<input type="checkbox"/>	On-site tobacco cessation programs

2022 Certified Healthy Congregation Quick List with Resources

<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"/>	<p>A Smokefree/tobacco-free commitment (Check one):</p> <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. 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:</p> <ul style="list-style-type: none"> • http://www.okhelpline.com/ • http://www.cdc.gov/tobacco/campaign/tips/partners/faith/index.html • https://stopswithme.com/ • http://shapeyourfutureok.com • http://www.kickbuttsday.org/ • http://www.who.int/tobacco/wntd/en/ • https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html 	<ul style="list-style-type: none"> • http://smokefree.gov/ • http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index • http://www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/ <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Tobacco Commitment </div> <div style="text-align: center;">  Commitment to Certified Healthy ConWellness Certified He </div> </div>

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"/>	<p>Healthy options in vending machine (beverages – 100% fruit juice, low fat milk, water; snacks low in – calories, fat, sugar & sodium)</p> <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

2022 Certified Healthy Congregation Quick List with Resources

Resources:

- <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>
- County Health Departments – <https://oklahoma.gov/health/locations/countymap.html>
- <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>
- <https://extension.okstate.edu/programs/family-and-consumer-sciences/>



Healthy Food and Beverage Certified Hk



Community Garden Toolkit.pdf



Commitment to Wellness Certified He

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/health-education/children---family-health/breastfeeding.html • 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.health-e-ame.com/resources-faith-based.htm • http://www.choosemyplate.gov • https://recipes.heart.org/ • http://www.cdc.gov/healthyweight/healthy_eating/recipes.html • http://www.congregationcyclingclub.com/ 	
<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 	




2022 Certified Healthy Congregation Quick List with Resources

<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 • http://www.aedgrant.com/ • Local County Health Educators: https://oklahoma.gov/health/locations/countymap.html 	
<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://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"> • https://oklahoma.gov/odmhsas/prevention/business/mental-health-first-aid.html • https://www.mentalhealth.gov/talk/faith-community-leaders • http://store.samhsa.gov/product/PEP14-FAITHLTP • https://namimn.org/education-and-public-awareness/faith-communities/ • http://www.namioklahoma.org/ 	
<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/health-education/injury-prevention-service.html • http://www.oksafety.org/ • http://www.cdc.gov/niosh/ • https://oklahoma.gov/health/health-education/injury-prevention-service.html 	

Category 7: Leadership in the Community

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

2022 Certified Healthy Congregation Quick List with Resources

<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/locations/countymap.html • https://oklahoma.gov/health/health-education/community-outreach/community-development-services/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/ • https://www.faithhealthtransformation.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.
<p>Resources: Alzheimer’s Association: 1800-272-3900</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Caregivers Toolkit.pdf</p> </div> <div style="text-align: center;">  <p>Programs and Services Offerings.pdf</p> </div> <div style="text-align: center;">  <p>21-07 Rev 5-22 (CAP) Services Info B</p> </div> </div>	

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
--------------------------	--



2022 Certified Healthy Congregation Quick List with Resources

	<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.
<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_important.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.okareafg.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 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>



2022 Certified Healthy Congregation Quick List with Resources