

2025 Certified Healthy Congregation Quick List with Resources

Category 1: Health Services and Screenings

- ☐ **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:

- <https://faithcommunitiestoday.org/wp-content/uploads/2021/10/Faith-Communities-Today-2020-Summary-Report.pdf>
- <https://pubmed.ncbi.nlm.nih.gov/33775960/>
- <https://www.sciencedirect.com/science/article/abs/pii/S0149718914000172>
- <https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>
- Needs Health Assessment example:
https://www.emoregon.org/pdfs/IFFP/Congregational_Health_Index.pdf - or -
https://nutrition.appstate.edu/sites/default/files/BrookHarmon/packet_mschs_plan_follow-up_8.4.20.pdf

- ☐ **Cholesterol screenings**

Resources:

- County Health Departments – <https://oklahoma.gov/health/locations/countymap.html>
- <https://obi.org/why/>
- https://www.cdc.gov/cholesterol/prevention/?CDC_AAref_Val=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>

- ☐ **Blood pressure screenings**

Resources:

- 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>

- ☐ **Blood glucose (sugar) or prediabetes screenings**

Resources:

- 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>

- ☐ **Body mass index (BMI) screenings**

Resources:

- 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>

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|--|---|
| <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 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 http://www.211oklahoma.org/ https://oklahoma.gov/ohca/individuals/sooneride.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:

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| <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®) |
| <i>Example health education and health promotion information:</i> | |
| <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/ https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/smoking-cessation-fast-facts/ https://oklahoma.gov/health/health-education/chronic-disease-prevention/tobacco-prevention.html https://www.cdc.gov/tobacco/campaign/tips/resources/data/cigarette-smoking-in-united-states.html#:~:text=In%202021%2C%20an%20estimated%2011.5,U.S.%20adults%20currently%20smoked%20cigarettes. Ten Warning Signs: https://alz.org/alzheimers-dementia/10_signs | <ul style="list-style-type: none"> https://www.faithealthtransformation.org/health-topics/food-and-nutrition/ https://www.cdc.gov/nccdp/hp/divisions-offices/about-the-division-of-nutrition-physical-activity-and-obesity.htm https://oklahoma.gov/okdhs/services/cap/aps.html https://alz.org/help-support/brain_health |

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- County Health Departments –
<https://oklahoma.gov/health/locations/countymap.html>



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:

- <https://www.cdc.gov/physical-activity-basics/guidelines/index.html>
- <http://www.thewalkingsite.com/>
- <https://www.heart.org/en/healthy-living/fitness>
- <http://lchcnetwork.org/>
- <http://shapeyourfutureok.com>
- <https://www.cdc.gov/physical-activity/features/make-walking-rolling-safer.html>

Category 4: Tobacco Use Prevention

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

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| <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 |
| <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 |

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| | 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. |
| Resources: <ul style="list-style-type: none"> • http://www.okhelpline.com/ • http://www.cdc.gov/tobacco/campaign/tips/partners/faith/index.html • 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.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/ |

Category 5: Nutrition

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

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| <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: <ul style="list-style-type: none"> • https://onionproject.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 | <ul style="list-style-type: none"> • https://www.heart.org/en/healthy-living/company-collaboration/heart-check-certification • https://www.cdc.gov/nutrition/php/guidelines-recommendations/index.html • http://www.healthyvendingatwork.com/ • https://communitygarden.org/ • http://commonwealthurbanfarms.com/ • https://extension.okstate.edu/programs/community-nutrition-education-program/ • https://www.hungerfreeok.org/our-organization/ |

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Category 6: Safe and Healthy Environment

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

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| <input type="checkbox"/> | A safe, clean, and private space for nursing mothers |
| Resources: <ul style="list-style-type: none"> • https://www.cdc.gov/breastfeeding/php/guidelines-recommendations/index.html • https://okbreastfeeding.org/ • https://oklahoma.gov/health/health-education/children---family-health/breastfeeding.html | |
| <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/ • https://www.cdc.gov/healthy-weight-growth/healthy-eating/index.html • https://stacks.cdc.gov/view/cdc/101909 • http://www.health-e-ame.com/healthy-eating.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/healthy-eating.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 • https://ehs.okstate.edu/fire-and-life-safety/aed_mgmt_program.html • https://cpr.heart.org/en/training-programs/aed-implementation • 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 • https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.266AppA • 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 |

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| Resources: <ul style="list-style-type: none"> • https://www.emergency.cdc.gov/ • Example plan: 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://www.mhfa-ok.org/ • https://www.mentalhealth.gov/talk/faith-community-leaders | |
| <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/ | |

Category 7: Leadership in the Community

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

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|---|---|
| <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://sde.ok.gov/state-school-directory • https://extension.okstate.edu/ | |
| <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/ | |
| <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. |

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Resources: Alzheimer's Association: 1-800-272-3900



Programs and
Services Offerings.pc

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

Category 8: Behavioral Health

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

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| <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 • 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. - https://988lifeline.org/promote-national-suicide-prevention-month/ |
| <input type="checkbox"/> | Promotion of the Problem Gambling Hotline (1-800-522-4700) E.g. signs, posters, flyers, website, social media, etc.- https://gamblingaddictionhotline.org/oklahoma/#:~:text=Oklahoma%20Gambling%20Addiction%20Hotline%20%7C%20844%2D779%2D2637 |
| <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.- https://oklahoma.gov/health/health-education/injury-prevention-service/intimate-partner-violence.html |
| Resources: <ul style="list-style-type: none"> • https://oklahoma.gov/omes/services/gaming-compliance-unit/assistance-with-problem-gaming.html • https://suicidepreventionlifeline.org/ • https://www.veteranscrisisline.net/ • http://www.aa.org/ • https://oklahoma.gov/odmhsas.html | |

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

- 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>