

2024 Certified Healthy Congregation Quick List with Resources

Category 1: Health Services and Screenings

Updated 06/11/2024

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">• https://faithcommunitiestoday.org/wp-content/uploads/2021/10/Faith-Communities-Today-2020-Summary-Report.pdf• https://faithcommunitiestoday.org/• 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	
<input type="checkbox"/>	Cholesterol screenings
Resources:	
<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/?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	
<input type="checkbox"/>	Blood pressure screenings
Resources:	
<ul style="list-style-type: none">• County Health Departments – https://oklahoma.gov/health/locations/countymap.html• OBI: https://obi.org/why/• https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings• https://www.cdc.gov/bloodpressure/	

2024 Certified Healthy Congregation Quick List with Resources


<input type="checkbox"/>	<ul style="list-style-type: none"> 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"> 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 	
<input type="checkbox"/>	Body mass index (BMI) screenings
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/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 	<ul style="list-style-type: none"> What is high blood pressure

2024 Certified Healthy Congregation Quick List with Resources

<ul style="list-style-type: none"> • <i>Reasons to quit tobacco</i> • <i>Ways to substitute ingredients to make meals healthier</i> • <i>What does my blood pressure reading mean</i> • <i>Healthy Living for Your Brain and Body</i> • <i>10 Warning Signs of Alzheimer’s Disease</i> 	<ul style="list-style-type: none"> • <i>Benefits of getting a flu shot</i> • <i>Questions to ask your doctor before getting a mammogram</i> • <i>How to talk to a loved one during a crisis</i>
<p>Resources:</p> <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. • 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 	<ul style="list-style-type: none"> • https://www.faihealthtransformation.org/health-topics/food-and-nutrition/ • https://www.cdc.gov/nccdphp/divisions-offices/about-the-division-of-nutrition-physical-activity-and-obesity.htm • https://oklahoma.gov/okdh/s/services/cap/aps.html <div style="text-align: center;">  <p>Caregivers Toolkit.pdf</p> </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 <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/>

2024 Certified Healthy Congregation Quick List with Resources

- <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>
-



Physical Activity
Certified Healthy Congregation



Commitment to
Wellness 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
<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. 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:



- <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>
- <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:

<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)

2024 Certified Healthy Congregation Quick List with Resources

<input type="checkbox"/>	<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://onieproject.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/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/ 	
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Healthy Food and Beverage Certified H</p> </div> <div style="text-align: center;">  <p>Community Garden Toolkit.pdf</p> </div> </div>	

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"> • 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/ 	

2024 Certified Healthy Congregation Quick List with Resources

<ul style="list-style-type: none"> • http://www.health-e-ame.com/resources-faith-based.htm 	<ul style="list-style-type: none"> • https://www.cdc.gov/healthy-weight-growth/healthy-eating/index.html • https://stacks.cdc.gov/view/cdc/101909 • https://www.cdc.gov/prc/study-findings/research-briefs/fan.html • http://www.congregationcyclingclub.com/ <p>FAN Example: http://www.health-e-ame.com/healthy-eating.htm</p>
<input type="checkbox"/>	An active health/wellness committee(s) or ministry
Resources: <ul style="list-style-type: none"> • https://www.cdc.gov/nccdphp/dnpao/ • FAN Example: 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
Resources: <ul style="list-style-type: none"> • https://www.emergency.cdc.gov/ 	

2024 Certified Healthy Congregation Quick List with Resources

- Example plan: http://download.elca.org/ELCA%20Resource%20Repository/Congregational_Disaster_Preparedness_Guide_Lutheran_Disaster_Response.pdf

- Example plan: https://www.brethren.org/bdm/wp-content/uploads/sites/23/2020/09/checklist_for_a_church_emergency_management_plan.pdf

Members trained in mental health first aid

Resources:

- <https://oklahoma.gov/odmhsas/about/public-information/press-releases-and-other-news/2023/odmhsas-and-local-nonprofit--dccca--offering-mental-health-first.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/>
- <https://oklahoma.gov/odmhsas/about/public-information/press-releases-and-other-news/2023/odmhsas-and-local-nonprofit--dccca--offering-mental-health-first.html>

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.

Resources:

- <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:

Disseminating educational or promotional materials to the community and/or other congregations

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:

- <https://www.eatsmartmovemorenc.com/resource/shared-use-agreements-and-assessments/>

Scheduling blood donor opportunities on or off-site (American Red Cross, Oklahoma Blood Institute)

2024 Certified Healthy Congregation Quick List with Resources

Resources:

- <http://obi.org/> OR <http://www.redcross.org/blood>

Partnering with organizations or groups who focus on health/wellness (local health departments, schools, community coalitions, non-profit organizations, business, etc.)

Resources:

- <https://oklahoma.gov/health/locations/countymap.html>
- <https://oklahoma.gov/health/health-education/community-outreach/community-development-services/minority-health-and-health-equity.html>
- <https://sde.ok.gov/state-school-directory>

Partnering with other congregations to plan and implement health programs

Resources:

- <https://www.ouhsc.edu/ohai/>
- <https://www.faithhealthtransformation.org/>
- <http://www.tulsa-health.org/community-health/pathways-health>

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: 1-800-272-3900



Caregivers Toolkit.pdf

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:

<input type="checkbox"/>	<p>Onsite behavioral health programs</p> <p>Examples</p> <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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2024 Certified Healthy Congregation Quick List with Resources

<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://integrisok.com/services/line/mental-health-and-psychiatry • https://oklahoma.gov/omes/services/gaming-compliance-unit/assistance-with-problem-gaming.html • https://suicidepreventionlifeline.org/ 	<ul style="list-style-type: none"> • https://www.veteranscrisisline.net/ • http://www.aa.org/ • https://oklahoma.gov/odmhsas.html • https://oklahoma.gov/okdhs/library/resources/oklahomard211.html

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>