

CERTIFIED HEALTHY CONGREGATION



By addressing matters of health, nutrition, and fitness in congregations, it delivers important messages regarding the need for healthy living (Anshel and Smith, *Journal of Religious Health* 2014)

GENERAL INFORMATION

- Become recognized as a congregation who promotes healthy habits as an integral part of services available to members and surrounding community
- Opportunity to assess the level of health promotion activities available to members and determine how you may assist them in becoming healthier
- Complements six other Certified Healthy programs: business, campus, community, early childhood, restaurant, and school
- Launched in 2014 in partnership with local and state partners

BENEFITS

- The community will know that your congregation is supportive of providing wellness opportunities
- Serve as a testimony for the implementation of proven strategies as a way to improve the health of congregants
- Include certification level in mission and outreach work with communities
- Congregations will be able to identify other certified healthy congregations and increase community collaborations over shared health
- Raise awareness of health and wellness

ELIGIBLE APPLICANTS

- Congregations of all faiths and size in Oklahoma are encouraged to apply

APPLICATION CATEGORIES

- Health services and screenings
- Health education
- Physical activity
- Tobacco use prevention
- Nutrition
- Safe and healthy environment
- Leadership in the community
- Behavioral health

SCORING

Matrix	Basic	Merit	Excellence
% of criteria selected	30% (15 pts)	45% (22 pts)	65% (32 pts)
Smokefree policy	Yes	Yes	Yes
Tobacco-free policy uploaded to system	No	No	Yes
At least one criterion from each category selected	No	No	Yes

APPLICATION INFORMATION

- Visit www.certifiedhealthyok.com/congregation/ today!
- Applications are open August 1-November 1
- Questions? Contact the Center for Advancement of Wellness at CenterTA@health.ok.gov



Create a culture of health that inspires an entire state to work collaboratively together to help Oklahomans live healthier, happier, and longer lives. (OHIP 2020)