

# Certified Healthy Campus Application

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**References:** American College Health Association: Standards of Practice for Health Promotion in Higher Education: Third Edition (May 2012); Healthy Campus 2020

## Demographic Information

**Name of Campus (Name to appear on Certificate):**

**Type of Campus (Select one):**  Private 2-year    Public 2-year    Private 4+-year    Public 4+-year  
 Career Technology Center

**Size of Campus (FTE=Full Time Equivalent):** FTE Students:          FTE Employees:

## Contact Information

**Contact Name:**

**Contact Title:**

**Mailing Address:**

**City/Town:**

**State:**

**Zip:**

**E-mail Address:**

**Phone Number:**

**County (physical location):** [Drop-down menu]

**Administrator Contact Information (e.g., Chancellor, Vice President, Provost, Dean, Superintendent, etc.)**

**Name:**

**Title:**

**E-mail Address:**

**Phone Number:**

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Please check all that apply to your campus in each of the following categories:

**1. Alignment with the Missions of Higher Education (7)**

- Campus has a [strategic plan](#) dedicated to health and wellbeing that is unique to the institution.
- Health and wellbeing concepts are part of the campus core curriculum. Check box if, your campus integrates concepts such as the [Eight Dimensions of Wellness](#) and [Standards of Practice for Health Promotion in Higher Education](#).
- Health and wellbeing initiatives are based on an [evidence-based framework](#) with measurable goals and objectives that are regularly evaluated using effective data collection.
- Campus conducts a student and faculty/staff health and well-being needs assessment at least biennially. Check box if, for example, your campus completes the [ACHA National College Health Assessment](#) for students and/or Health Risk Appraisal (HRA) through your campus' insurance provider for faculty/staff.
- Health and wellbeing initiatives support faculty, staff, and student success.
- Campus provides wellbeing service orientation as part of new student and faculty/staff orientation. Check box, if for example, your campus provides tours of the wellness center, provides overview of student health resources, etc.
- Campus produces and uses research [supporting the effect](#) of individual health behaviors and environmental factors on student success.

**2. Socioecological-Based Practice (6)**

- Campus supports and applies evidence-based local, state, and national health and well-being [benchmarking](#) to health and wellbeing policies (e.g., campus well-being policy).
- Campus uses both new and pre-established relationships with internal and external partners to improve the health and wellbeing program. Check box, if for example, your campus consults with external partners such as Department of Mental Health and Substance Abuse Services and county health departments as well as internal partners such as student organizations and the wellness department.
- Health and wellbeing efforts reach faculty, staff, and students at [multiple levels](#): intrapersonal, interpersonal, institutional, community, and policy.
- Campus health and well-being efforts are tracked using data-driven outcomes. Check box, if for example, your campus implements and tracks data from programs like the [ACHA National College Health Assessment](#), the Employee Assistance Program (EAP), and/or counseling center activities.
- Relevant faculty are well-versed in [socioecological planning models](#).
- Campus health and wellbeing efforts are typically executed at the population-level.

**3. Collaborative Practice (6)**

- Campus has an [interdepartmental Health and Wellbeing Committee](#) with faculty, staff, and student representation.
- Campus provides extracurricular activities geared toward increasing the health and wellbeing faculty, staff, and students. Check box, if for example, your campus provides activities like intramurals, employee wellness challenges, etc.
- Campus collaborates with other public health agencies and external organizations to promote health and wellbeing both on campus and within the greater community via programs, etc. Check box, if for example, your campus collaborates with organizations such as county health departments, State Department of Mental Health, Turning Point, etc.

- Health is seen as a shared responsibility of faculty, staff, and students.
- Campus allocates financial and non-financial resources to invest in and maximize health and wellbeing efforts.
- Campus has a collaborative agreement among campus/community law enforcement to enforce relevant laws (e.g., underage drinking, sexual assault).

#### 4. Cultural Competency (10)

- [Cultural competency](#) concepts are part of the campus culture, including health inequities and disparities.
- Campus provides cultural competency training as part of student orientation and faculty/staff development.
- Campus provides multicultural activities throughout the year for faculty, staff, and students.  
**Check box, if for example, your campus provides activities that promote music, dance, cuisine, and/or other aspects of various cultures.**
- Campus provides volunteer and service learning opportunities for faculty, staff, and students to expand their world view.
- Campus is dedicated to LGBTQAI+ inclusion, including relevant programming.
- Campus is “veteran-friendly”, offering reasonable accommodations, services, and programming for all veterans.
- Campus is accessible for those with disabilities, including all indoor and outdoor spaces.
- Campus includes individuals with disabilities in health and well-being opportunities.
- Campus provides multilingual materials when possible.
- Campus provides both family and unisex bathroom facilities.

#### 5. Theory and Evidence-Based Practice: Tobacco (6)

- Established smoking/tobacco policy (including vapor products) **(Check one)**:
  - Required for Basic: Campus has adopted a 24/7 smokefree policy prohibiting the use, sale, and distribution of all forms of combustible tobacco on campus-owned or leased property and in campus-owned, leased, or rented vehicles
  - Required for Excellence: Campus has adopted a 24/7 tobacco-free policy (including vapor products) prohibiting the use, sale, and distribution of all forms of tobacco (including vapor products) on campus-owned or leased property and in campus-owned, leased, or rented vehicles **NOTE: You must upload a copy of the tobacco-free policy!**
- Campus notifies all students, faculty, staff, and visitors of smoking/tobacco use policies on campus, including signage.
- Campus provides tobacco cessation assistance to faculty, staff, and students, including promotion of the Helpline: 1-800-QUIT-NOW.
- Campus provides tobacco screenings for faculty, staff, and students as part of standard clinical visit.
  - (N/A) \*May check if campus does not have a clinic**
- Campus has a policy prohibiting the receipt of tobacco industry sponsorships, advertising, and financial or in-kind contributions.
- Campus does not allow tobacco companies to conduct student recruitment or employment activities.

#### 6. Theory and Evidence-Based Practice: Nutrition and Physical Activity (11)

- Campus offers nutrition education programs that are accessible to faculty, staff, and students.
- On campus dining displays nutritional information on menus.

- (N/A) \*May check if campus does not have dining
- On campus dining follows federal sodium guidelines.
  - (N/A) \*May check if campus does not have dining
- On campus vending offers [healthy alternatives](#), including alternatives to sugar-sweetened beverages.
- On campus events make an effort to offer healthy alternatives, adhering to [nutritional guidelines](#).
- Campus has designated walking trails either indoor, outdoor, or both.
- Physical activity classes are offered for academic credit.
- Non-physical activity classes involve wellness initiatives as part of the learning process. **Check box, if for example, your campus provides healthy life skills (financial, social, etc.) and/or incorporates mindfulness activities before exams.**
- Campus provides a fitness facility for all faculty, staff, and students at free or reduced cost **OR** free or reduced membership to a local fitness facility. **(N/A) \*May check if campus does not have a fitness facility AND community does not have a fitness facility**
- Lockers and showers are available at campus fitness center.
  - (N/A) \*May check if campus does not have a fitness facility
- Standing, non-sedentary, and/or active desks available on request for faculty, staff, and students.

**7. Theory and Evidence-Based Practice: Stress and Mental Health Issues (7)**

- Campus offers education, references, and resources to faculty, staff, and students on issues including but not limited to: Suicide prevention, violence prevention ([including dating and sexual](#)), and other [mental health issues](#).
- Campus counseling offices have the [necessary training and tools](#) to assist students in need of mental health services.
- Campus provides [mental health screening](#) for students as part of standard clinical visit.
  - (N/A) \*May check if campus does not have a clinic
- Campus has established partnerships with [off-campus treatment providers](#) who are certified specialists in the area mental illness to assist with referrals and advanced treatment issues.
- Campus has written policies to include reasonable accommodations for faculty, staff, and students recovering from mental health issues.
- Campus provides [Mental Health First-Aid Training](#) through the Oklahoma Department of Mental Health and Substance Abuse Services.
- Campus offers stress management programs (for faculty, staff and [students](#)).

**8. Theory and Evidence-Based Practice: Alcohol, Drug, and Other Addiction Issues (11)**

- Campus offers education, references and resources (including referral to relevant hotlines-e.g., 211) to faculty, staff, and students on issues including but not limited to: substance abuse and misuse (including prescription and non-prescription drugs), underage and binge drinking, and problem gambling/gambling addiction
- Campus counseling offices have the [necessary training and tools](#) to assist students in need of drug, alcohol, and other addiction counseling
- Campus provides drug and alcohol screenings for students as part of standard clinical counseling visit
  - (N/A) \*May check if campus does not have a clinic

- Campus has established partnerships with off-campus treatment providers who are certified specialists in the areas of addiction and substance use disorder to assist with referrals, advanced prevention education, and advanced treatment issues
- Campus has written policies to include reasonable accommodations for faculty, staff, and students recovering from substance abuse and/or addiction
- Campus has a comprehensive prescription drug abuse policy including faculty, staff, and student education, reporting, and corrective/referral protocols, in addition to execution of the prescription monitoring program (PMP) and guidelines for naloxone administration
- Safe storage and proper disposal of prescription drugs is promoted on campus according to United States Food and Drug Administration guidelines
- A prescription drug drop-box is available within 10 miles of campus
- Campus has a policy prohibiting the receipt of alcohol industry sponsorships, advertising and financial or in-kind contributions
- Vendors/contractors who serve alcohol on campus properties have received [Responsible Beverage Sales and Service training](#)
  - o **(N/A) \*May check if no vendors/contractors serve alcohol on campus properties**
- Campus offers a variety of alcohol-free activities throughout the year

**9. Theory and Evidence-Based Practice: Prevention and Safety (10)**

- Campus has an identified coordinator of health and well-being.
- Campus has an employee well-being program, free and accessible to all employees.
- Campus promotes health insurance or similar resources for faculty, staff, and students, including access to [marketplace navigators](#).
- Campus provides evidence-based, medically accurate, comprehensive [sexual health information](#) utilizing various forms of print and electronic media.
- Campus has comprehensive [sexual violence prevention policy](#), including faculty, staff, and student education, and reporting and disciplinary protocols.
- Campus has staff dedicated to sexual harassment/violence training (e.g., Title VI, VII, and [IX](#)) and campus requires Title IX training for all faculty, staff, and students.
- Campus requires all matriculating students to be up to date on recommended immunizations unless an exemption is provided.
- Campus implements the [National College Health Assessment](#) or comparable comprehensive health risk survey to its students on a regular interval.
- Campus health center is accredited.
  - o **(N/A) \*May check if campus does not have a clinic**
- Campus offers courses in First Aid and/or CPR/AED.

**10. Continuing Professional Development and Service (8)**

- Faculty and staff regularly participate in health and wellbeing-focused professional development.
- New employee orientation includes both health and safety topics.
- Campus has a health and safety program that includes accident prevention efforts, including the integration of health and safety measures into each job description or performance evaluation.
- Relevant faculty and staff are trained annually in ethics and their application to health and wellbeing.
- Faculty and staff work together to implement health and [wellbeing competencies](#).
- Relevant faculty and staff contribute to the field of health and wellbeing via publications, etc.

- Staff and relevant faculty are trained in theoretical health and well-being frameworks, as well as proven evidence-based health and wellbeing initiatives.
- Faculty (and relevant staff) are trained to in both qualitative and quantitative research methods and use these skills to evaluate health and wellbeing programs.