

Healthier Together Certification

for Organizations and Businesses

Name *

First Name

Last Name

Title within workplace (if applicable) *

Organization

Email *

example@example.com

Phone Number *

Area Code

Phone Number

Address *

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

How did you find out about this certification program? *

Type N/A if not applicable

Organizational Supports & Policies

1) Does your organization have an identified champion or team/group of champions who actively publicize health promotion programs? Answer "yes" if, for example, there is a dedicated employee wellness coordinator or a voluntary wellness person/team. [3 points] *

Yes

No

2) Does your leadership demonstrate organizational commitment and support of health promotion? Answer "yes" if, for example, all levels of leadership participate in activities, send communication to members/employees, or have performance objectives related to a healthy organization. [3 points] *

Yes

No

3) In the past 12 months, has your organization conducted a needs and interest survey for planning health promotion and social activities? Answer "yes" if, for example, your organization administers surveys or conducts focus groups to assess your members/employees' readiness, motivation, or preferences for health promotion programs. [3 points] *

Yes

No

4) In the past 12 months, has your organization offered any of the following training to employees? (Check all that apply) [1 point] *

- Cardiopulmonary resuscitation (CPR) training
- First Aid
- Mental Health First Aid
- Community Emergency Response Team (CERT) or other disaster preparedness training
- Training on how to recognize signs and symptoms of substance abuse
- Training on how to recognize signs and symptoms of depression
- Cultural competency training
- Traffic safety training (e.g., bicycling skills and awareness)
- None of the above

5) Does your organization have written policies or commitments in any of the following areas? (Check all that apply) [1 point] *

- Occupational health and safety/ injury prevention
- First Aid/CPR - Certification requirements
- Drug or alcohol abuse policy
- Mental well-being and stress management
- Vaccinations and other preventative screenings
- Public transportation, carpooling, or pedestrian & bicycle safety/promotion
- Smoking & tobacco use
- Diversity, inclusion, and cultural competency
- Breast feeding support & infrastructure
- None of the above

6) Does your organization offer any of the following benefits to full-time or part-time employees? (Check all that apply) [1 point] *

- Health insurance coverage
- Paid maternal/paternal leave benefits
- Paid sick leave
- Paid vacation leave
- Paid leave - combined sick/vacation in same hours bank
- Living wage for all employees (\$12/hour)
- None of the above

Community Benefits & Engagement

7) Does your organization sponsor or organize social activities for employees outside of the workplace? Answer "yes" if, for example, your organization has organized team building events, organization picnics, holiday parties, or other hangout opportunities in the past 12 months. [3 points] *

Yes

No

8) Does your organization promote and support volunteerism or participate in fundraising events for local nonprofits? Answer "yes", if, for example, your organization has adopted a policy that allows employees time during the workday to volunteer (e.g., 1 hour/week) or your employees have participated as a team in a volunteering project or fundraising event in the past 12 months (e.g., "Virtual" Fighting Chance 5K, Fit City 5K, CareFest, Heart Walk, Habitat Build Day, food donation drive, Great American Teach-In, etc.) [3 points] *

Yes

No

9) In the past 12 months, did your organization participate in any community coalitions/groups that focus on health promotion or address the upstream causes of health, also known as the social determinants of health, such as poverty reduction, food security, healthcare access, equity & equality, affordable housing, etc.? [3 points] *

Yes

No

10) Does your organization meet an important health-promoting community need? (Check all that apply) [1 point] *

- Healthy food retailer that sells healthier food options for at-home consumption (e.g., supermarkets, grocery stores, produce stands, farmers' markets, etc.)
- Food retailer that accepts federal food program (SNAP/WIC) benefits
- Restaurant that offers healthier options (low sodium, low calorie, etc.) that are highlighted on the menu (e.g., a low calorie section or a sticker next to lower calorie options)
- Fitness studio/center, gym, sports facility, or other organization that promotes physical activity
- Medical/healthcare facility with licensed healthcare providers
- Mental health or substance abuse counseling or rehabilitation center
- Pharmacy
- Licensed childcare provider
- Social welfare/community services provider that aids disadvantaged groups
- Education/workforce development provider
- Provides a publicly accessible cultural or community gathering space
- None of the above

Health Promotion

11) In the past 12 months, has your organization provided employees with health-related information, programs, or resources from any of the following organizations? (Check all that apply) [1 point] *

- Federal, state, or local public health agencies (e.g., Centers for Disease Control and Prevention, Florida Department of Health)
- Park and recreation agencies/organizations (e.g., City of St. Petersburg Parks and Recreation, Healthy St. Pete, YMCA, St. Pete Bike Co-op)
- Employer's health insurance provider
- Broker or workers' compensation provider
- Health management program and/or wellness program providers
- Health-related organizations (e.g., American Heart Association, American Cancer Society)
- Healthcare professionals (e.g., hospitals, health care providers, pharmacists, nutritionists)
- Business groups or councils (e.g., Chamber of Commerce)
- None of the above

12) In the past 12 months, has your organization provided employees with health-related information, educational materials, or resources on any of the following health behavior topics? (Check all that apply) Examples of health-related information, educational materials, or resources could include brochures; flyers, instructional videos, or general information about online/local programs, local businesses, local nonprofits/agencies, information on phone apps/websites, etc.) [1 point] *

- Mindfulness, relaxation, and stress relief
- Stretching & flexibility
- Mental health
- Alcohol & drug abuse
- Diabetes prevention/management
- Healthcare access (e.g., information on open enrollment periods, Medicaid/Medicare enrollment, local free/low-cost healthcare providers)
- Disaster preparedness and resources
- Traffic safety
- Financial health
- Local and national hotline services (e.g., 211 Tampa Bay Cares, National Suicide Prevention Lifeline, National Human Trafficking Hotline, National Sexual Assault Hotline, National Domestic Violence Hotline, National Child Abuse Hotline, Pinellas' Sexual Assault Services Hotline, etc.)
- None of the above

13) In the past 12 months, has your organization facilitated or promoted any direct programming on any of the following health behavior topics? Examples might include lunch & learns, seminars, workshops, classes, wellness challenges, promoting a Healthy St. Pete event, etc. (Check all that apply) [1 point] *

- Mindfulness, relaxation, and stress relief
- Stretching & flexibility
- Mental Health
- Alcohol & drug abuse
- Diabetes prevention/management
- Healthcare access
- Disaster preparedness and resources
- Traffic safety
- Financial health
- None of the above

14) Does your organization make some or all health promotion programs available to family members? Answer "yes" if, for example, your organization allows family members to access health promotion resources and programming including fitness facilities, medical clinics, health fairs, or wellness competitions. [3 points] *

Yes

No

15) In the past 12 months, has your organization done any of the following to promote healthier food options, nutrition education, and food security? (Check all that apply) [1 point] *

- Written a policy making healthy food and beverage choices available during meetings, conferences, and organization sponsored events when food is served
- Written a policy making healthier food and beverage choices available and visible in cafeterias, break rooms, snack bars, and vending machines
- Provision of adequate kitchen/break room space that allows for the preparation of healthy meals on-site
- Provided easily accessible access to drinking water for employees during work hours (e.g., water bottle filling station, water fountain, vending machine with water, break room, or educational signage promoting drinking water)
- Provided employees with health-related information, educational materials, or resources on healthy food, nutrition, and food security (through brochures, email, newsletter, posters in break rooms, etc.)
- Organized a seminar, class, lunch & learn, workshop for employees (e.g., healthy cooking, nutrition, at-home gardening class)
- Promoted an external seminar, class, or workshop to employees (e.g., from Healthy St. Pete, St. Pete Free Clinic, local college, etc.)
- Hosted a wellness challenge that promoted healthy eating or drinking water
- Provided information on phone apps or other resources that promote healthy eating
- None of the above

16) In the past 12 months, has your organization done any of the following to promote physical activity? (Check all that apply) [1 point] *

- Regular walking meetings
- Hosted group exercise classes for employees (e.g., yoga, aerobics, Zumba, etc.)
- Promoted external group exercise classes to employees (e.g., Healthy St. Pete, Recreation center classes, YMCA)
- Hosted sports pick-up games or field days
- Participated as a team in recreational sports leagues
- Promoted or sponsored a personal training program or workout buddy system for gym/weight training (e.g., hired a personal trainer that staff can train with for free/reduced rate; organized a sign-up system for employees to find a workout buddy)
- Facilitated/promoted biking buddy systems or groups (e.g., bike-to-work days, recreational bike group)
- Hosted a wellness challenge that promotes physical activity (e.g., steps challenge, group participation in national bike challenge, fitness challenges, etc.)
- Distributed or posted maps/information on local walking and bicycling routes
- Provided information on phone apps dedicated to physical activity
- Provided subsidized gym memberships to employees
- Provided subsidized Coast Bike Share memberships to employees
- Provided an on-site open room or open space that is regularly used for recreation/fitness (e.g., on-site gym or a meeting room that converts into lunchtime exercise room)
- Provided a safe, well-lit, accessible stairways with signage promoting stair use
- Provided adjustable sit/stand desks for at least 50% of employees
- Provided access to on-site showers, changing facilities, and/or locker rooms for employees that bike/walk to work or exercise during breaks
- Provided conveniently located bicycle parking that is secure and protected from the weather elements
- None of the above

17) In the past 12 months, has your organization done any of the following activities to promote a tobacco-free lifestyle? (Check all that apply) [1 point] *

- Implemented a tobacco-free workplace policy
- Posted signage prohibiting tobacco use on organization property
- Offered quit-smoking and tobacco-free incentives/disincentives (e.g., health insurance premium differential)
- Offered assistance programs to employees to quit tobacco (e.g., health insurance plan offering cessation benefits, employee wellness program tobacco cessation coaches, Employee Assistance Program [EAP] counseling and support, etc.)
- Provided brochures, flyers, or other materials on tobacco risks and external smoking cessation resources, classes, and groups (e.g., FDOH's Tobacco-Free Florida materials)
- None of the above

Comments/Suggestions:

For more information about the Healthier Together Certification Program, including community resources aligned with each segment, visit HealthyStPeteFL.com.

TO COMPLETE THE FORM, VISIT HEALTHYSTPETEFL.COM/HEALTHIER-TOGETHER