Organizations Physical Activity

Best Practice:

Promote stairwell use (e.g., make stairs appealing or post signs to promote stair use for exercise).

#1

Organizations Physical Activity

Best Practice:

Provide safe area outside to walk or exercise (e.g., paths, trails or sidewalks, lighting).

#2

Organizations Physical Activity

Best Practice:

Provide access to a walking path on or near building property.

#3

Organizations Physical Activity

Best Practice:

Encourage non-motorized commutes (e.g., active transportation such as walk or bike) to facility.

#4

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Policy

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Can you provide any supporting information regarding this ranking such as who, how, where, or when?

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Environment

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Organizations Physical Activity

Best Practice:

Enhance access to public transportation (e.g., bus stops or transit stations) within reasonable walking distance.

#5

Organizations Physical Activity

Best Practice:

Provide access to onsite fitness center, gymnasium, or physical activity classes.

#6

Organizations Physical Activity

Best Practice:

Provide a changing room or locker room with showers.

#7

Organizations Physical Activity

Best Practice:

Provide bicycle parking for patrons (e.g., bike racks).

#8

Date:_____

Policy

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when?

Organizations Physical Activity

Best Practice:

Provide access to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.

#9

Organizations Physical Activity

Best Practice:

Provide opportunity for unstructured play or leisure-time physical activity.

#10

Organizations Physical Activity

Best Practice:

Prohibit using physical activity (e.g., recess or unstructured play time) or withholding physical education class as punishment.

#11

Date:_____

Policy

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Environment

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when?

Organizations Tobacco Use

Best Practice:

Institute a tobacco free policy 24/7.

#1

Organizations Tobacco Use

Best Practice:

Ban tobacco vending machines onsite.

#2

Organizations Tobacco Use

Best Practice:

Provide access to smoking cessation resources or programs.

#3

Organizations Tobacco Use

Best Practice:

Institute a selective purchase policy indicating that tobacco company subsidiary food products will not be bought or accepted as a donation.

#4

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Organizations Tobacco Use	Organizations Tobacco Use
Best Practice:	Best Practice:
Implement a referral system to help patrons to access community-based cessation resources and services, such as quitlines (i.e., 1-800-QUIT-NOW)	Ban tobacco company contributions or advisements
#5	#6

Date:_____

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Organizations Nutrition

Best Practice:

Institute healthy food and beverage options at institution-sponsored meetings or events.

#1

Organizations Nutrition

Best Practice:

Institute healthy food and beverage options in vending machines.

#2

Organizations Nutrition

Best Practice:

Institute healthy food and beverage options in cafeteria or onsite food venues.

#3

Organizations Nutrition

Best Practice:

Institute healthy food purchasing practices (e.g., to reduce the fat content of food offered) for cafeteria, onsite food venues and vending machines.

#4

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Environment

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when?

Organizations Nutrition

Best Practice:

Institute healthy food preparation practices (e.g., steaming, low fat, low salt, limiting frying) in cafeteria or onsite food venues.

#5

Organizations Nutrition

Best Practice:

Ban marketing or unhealthy food onsite, including through vending machines, posters, or other print materials.

#6

Organizations Nutrition

Best Practice:

Provide smaller portion size options in cafeteria or onsite food venues.

#7

Organizations Nutrition

Best Practice:

Institute labels (e.g., 'low fat,' 'light,' 'heart healthy,' or 'no transfat') at the institution's cafeteria, snack bar, or onsite food service

#8

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Environment

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Policy

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Organizations Nutrition

Best Practice:

Provide water to drink (e.g., have bottled water, clean sources of tap water, or working water fountains).

#9

Organizations Nutrition

Best Practice:

Provide water to drink (e.g., have bottled water, clean sources of tap water, or working water fountains).

#10

Organizations Nutrition

Best Practice:

Provide direct material support (e.g., money, land, a pavilion, donated advertising) for supporting community-wide nutrition opportunities (e.g., farmers' markets or community garden initiatives)

#11

Organizations Nutrition

Best Practice:

Provide a comfortable, private space for women to nurse or pump to support patrons' ability to breastfeed.

#12

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Policy

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Environment

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Policy

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Environment

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Policy

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Environment

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Can you provide any supporting information regarding this ranking such as who, how, where, or when?

Organizations Nutrition

Best Practice:

Prohibit giving food as a reward and withholding food as punishment.

#13

Policy

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Environment

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Can you provide any supporting information
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when?

Organizations
Chronic Disease Management

Best Practice:

Provide access to an onsite occupational health nurse.

#1

Organizations
Chronic Disease Management

Best Practice:

Provide an onsite medical clinic to monitor and address chronic disease risk factors (e.g., high blood pressure, high cholesterol, blood glucose).

#2

Organizations
Chronic Disease Management

Best Practice:

Provide routine screening, follow-up counseling and education to employees to help prevent and control chronic disease risk factors (e.g., poor nutrition, physical inactivity, hypertension, elevated blood sugar levels, and tobacco use).   #3

Organizations
Chronic Disease Management

Best Practice:

Provide access to chronic disease self-management programs (e.g., diabetes, obesity – such as Weight Watchers).

#4

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Organizations
Chronic Disease Management

Best Practice:

Adopt curricula or training to raise awareness of the signs and symptoms of heart attacks and strokes.

#5

Organizations
Chronic Disease Management

Best Practice:

Adopt curricula or training to raise awareness of the importance of calling 9-1-1 immediately when someone is having a heart attack or stroke.

#6

Organizations
Chronic Disease Management

Best Practice:

Promote chronic disease prevention to patrons (e.g., post signs reminding patrons to get blood pressure checked, quit smoking, avoid secondhand smoke).

#7

Organizations
Chronic Disease Management

Best Practice:

Adopt an emergency response plan (e.g., appropriate equipment such as Automatic External Defribillator [AED] or instructions for action) in place.

#8

Policy

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Organizations Leadership

Best Practice:

Have a wellness coordinator.

#1

Organizations Leadership

Best Practice:

Have a wellness committee.

#2

Organizations Leadership

Best Practice:

Have a health promotion budget.

#3

Organizations Leadership

Best Practice:

Have a mission statement (or a written policy statement) that includes the support of or commitment to patron health and well-being.

#4

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Organizations Leadership

Best Practice:

Implement a needs assessment when planning a health promotion program.

#5

Organizations Leadership

Best Practice:

Implement a needs assessment when planning a health promotion program.

#6

Organizations Leadership

Best Practice:

Provide incentives to patrons participating in chronic disease prevention measures (e.g., quit smoking, log miles walked, blood pressure or cholesterol screening).

#7

Organizations Leadership

Best Practice:

Provide opportunities for patron feedback (e.g., interest, satisfaction, adherence) about health promotion programs.

#8

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Organizations Leadership

Best Practice:

Participate in community coalitions and partnerships to address chronic diseases and associated risk factors (e.g., obesity, diabetes, tobacco use).

#9

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Policy

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Environment

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