



Activated Business Challenge Application

Fall 2016

Reference: Centers for Disease Control and Prevention. The CDC Worksite Health Scorecard: An Assessment Tool for Employers to Prevent Heart Disease, Stroke, and Related Health Conditions. Atlanta: U.S. Department of Health and Human Services; 2014.

Demographic Information

Name of Business: _____

Number of Employees (Select one):

- 1-25
- 26-100
- 101-500
- 501-999
- 1000+

Type of Business:

- For profit
- Not for profit
- Government agency
- School administrative office
- Other

Contact person: _____

Address:

Street Address

Street Address Line 2

City

State/Province

Postal/Zip Code

Email: _____

Phone Number: _____

Area Code

Phone Number

County: _____

Please check all that apply to your business in each of the following categories.

NOTE: Numbers in parentheses [e.g., (1)] are associated CDC scorecard point values and denote associated points for each criterion

CATEGORY 1 – Organizational Supports

During the past 12 months, did your worksite:

- Conduct an employee needs and interests assessment to help plan health promotion activities (1)?
- Conduct employee health risk appraisals/assessments (HRAs) through partners (e.g., county health departments), on-site staff, or health plans and provide individual feedback plus health education (3)?
- Demonstrate organizational commitment and support of worksite health promotion at all levels of management (2)?
- Use and combine incentives with other strategies to increase participation in health promotion programs (2)?
- Use competitions when combined with additional interventions to support employees making behavior changes (2)?
- Promote and market health promotion programs to employees (1)?
- Have an active health promotion committee (2)?
- Have a champion(s) who is a strong advocate for the health promotion program (2)?
- Conduct ongoing evaluations of health promotion programs (2)?
- Engage in other health initiatives throughout the community and support employee participation and volunteer efforts (e.g., blood drives, Workplace Partnership for Life, etc.) (2)?

Brag Corner

Please use this space to describe other organizational supports your worksite administers that is NOT captured in the scorecard:

CATEGORY 2 – Tobacco Control

During the past 12 months, did your worksite:

- Have a written policy banning all tobacco use at your worksite (3)? ***Required for Gold Award*
- Actively enforce a written policy banning smoking and/or tobacco use (1)?
- Display signs with information about your smoking and/or tobacco-use policy (1)?
- Provide health insurance coverage with no or low out-of-pocket costs for prescription tobacco cessation medications including nicotine replacement (3)?
- Provide health insurance coverage with no or low out-of-pocket costs for FDA-approved over-the-counter nicotine replacement products (2)?
- Provide or promote free or subsidized tobacco cessation counseling (2)?
- Provide incentives for being a current non-user of tobacco and for current tobacco users that are currently involved in a cessation class or actively quitting (1)?

Brag Corner

Please use this space to describe other tobacco control measures your worksite administers that is NOT captured in the scorecard:

CATEGORY 3 – Nutrition

During the past 12 months, did your worksite:

- Provide employees with food preparation and storage facilities (1)?
- Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that addresses the health benefits of healthy eating (1)?
- Provide a series of educational seminars, workshops, or classes on nutrition (2)?
- Provide places to purchase food and beverages (Not scored - if 'NO' please skip remaining questions in this section)?
- Have a written nutrition policy or formal communication that makes healthier food and beverage choices available in cafeterias or snack bars (1)?
- Have a written policy or formal communication that makes healthier food and beverage choices available in vending machines (1)?
- Identify healthier food and beverage choices with signs or symbols (3)?
- Have a written policy or formal communication which makes healthier food and beverage choices available during meetings when food is served (1)?

Brag Corner

Please use this space to describe other nutrition promotion your worksite administers that is NOT captured in the scorecard:

CATEGORY 4 – Physical Activity

During the past 12 months, did your worksite:

- Provide an exercise facility on-site or subsidize or discount the cost of an offsite exercise facility (3)?
- Provide environmental supports for recreation or physical activity (3)?
- Post signs at elevators, stairwell entrances, or exits and other key locations that encourage employees to use the stairs (3)?
- Provide organized individual or group physical activity programs for employees (other than the use of an exercise facility) (3)?
- Provide or subsidize physical fitness assessments, follow-up counseling, and physical activity recommendations either on-site or through a community exercise facility (3)?
- Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of physical activity (1)?
- Encourages employees to have walking meetings (1)?
- Provides safe and secure bicycle parking for employees (1)?

Brag Corner

Please use this space to describe other physical activity promotion your worksite administers that is NOT captured in the scorecard:

CATEGORY 5 - Stress Management

During the past 12 months, did your worksite:

- Provide dedicated space that is quiet where employees can engage in relaxation activities, such as deep breathing exercises (1)?
- Offer onsite behavioral health program such as stress management, work/life balance or depression (2)?
- Provide training for managers on identifying and reducing workplace stress-related issues (3)?
- Offer employee support groups (1)?

Brag Corner

Please use this space to describe other stress management programs, events and/or policies your worksite administers that is NOT captured in the scorecard:

CATEGORY 6 – Mental Health

During the past 12 months, did your worksite:

- Provide training for supervisors on how to recognize signs and symptoms of substance abuse (including prescription drug abuse) and depression and intervention/workplace support skills (i.e. Mental Health First Aid) (3)?
- Offer an annually reviewed Employee Assistance Program (EAP) for employees and their family members with allowed use of leave for EAP appointments (3)?
- Have a drug-free workplace policy, including prescription drug misuse and abuse (3)?

Brag Corner

Please use this space to describe other mental health programs, events and/or policies your worksite administers that is NOT captured in the scorecard:

CATEGORY 7 – Chronic Disease Prevention & Management

During the past 12 months, did your worksite:

- Offer free or reduced cost annual physical exams for employees on site or through partners (e.g., county health departments) (2)?
- Provide access to cancer screenings on site or via referral (1)?
- Provide free or subsidized blood pressure screening (beyond self-report) onsite or through partners (e.g. county health departments) (3)?
- Provide free or subsidized cholesterol screening (beyond self-report) onsite or through partners (e.g. county health departments) (3)?
- Provide free or subsidized pre-diabetes and diabetes risk factor assessment (beyond self-report) onsite or through partners (e.g. county health departments) (3)?
- Provide free or subsidized self-management programs for diabetes control (3)?
- Provide free or subsidized body composition measurement, such as height and weight, Body Mass Index (BMI) scores, or other body fat assessments (beyond self-report) onsite or through partners (e.g. county health departments) (2)?

Brag Corner

Please use this space to describe other chronic disease prevention & management strategies your worksite administers that is NOT captured in the scorecard:

CATEGORY 8 – Occupational Health & Safety

During the past 12 months, did your worksite:

- Encourage reporting of injuries and near misses (3)?
- Provide opportunities for employee input on hazards and solutions (3)?
- Have a program to investigate the causes of injuries or illnesses (3)?
- Coordinate programs for occupational health and safety with program for health promotion and wellness (2)?
- Paid vacation time or personal days or hours to full-time, non-exempt employees) (1).
- Have an emergency response plan that addresses acute heart attack and stroke events (2)?
- Offer access to a nationally-recognized training course on Cardiopulmonary Resuscitation (CPR) that includes training on Automated External Defibrillator (AED) usage (3)?
- Have one or more functioning AEDs in place (3)?

Brag Corner

Please use this space to describe other occupational health and safety measures your worksite administers that is NOT captured in the scorecard:

CATEGORY 9 – Health Promotion

During the past 12 months, did your worksite:

- Offer health insurance to employees at no/reduced cost (2)?
- Provide health insurance coverage with no or low out-of-pocket costs for one or more of the following medications: blood pressure control, lipid control, diabetes management (2)?
- Conduct influenza (flu) vaccinations at your worksite (3)?
- Provide a series of educational seminars, workshops, or classes on one or more of the following: nutrition, physical activity, weight management, high blood pressure, high cholesterol, diabetes (3)?
- Provide brochures, videos, posters, pamphlets, newsletters or other written or online information that address one or more of the following: healthy eating, physical activity, overweight/obesity, high blood pressure, high cholesterol, diabetes, health and safety, influenza vaccination (1)?
- Provide free or subsidized one-on-one or group lifestyle counseling for employees who are overweight or obese (3)?

Brag Corner

Please use this space to describe other health promotion strategies your worksite administers that is NOT captured in the scorecard:

CATEGORY 10 – Breastfeeding Support

During the past 12 months, did your worksite:

- Have a written policy on breastfeeding for employees (2)?
- Provide a private space (other than a restroom) that may be used by an employee to express breast milk (3)?
- Provide flexible paid or unpaid break times to allow mothers pump breast milk (2)?
- Offer paid maternity leave, separate from any accrued sick leave, annual leave, or vacation time (2)?

Brag Corner

Please use this space to describe other breastfeeding support strategies your worksite administers that is NOT captured in the scorecard:

CATEGORY 11 – Weight Management

During the past 12 months, did your worksite:

- Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of overweight or obesity (1)?
- Provide a series of educational seminars, workshops, or classes on weight management (3)?
- Provide free or subsidized one-on-one or group lifestyle counseling for employees who are overweight or obese (3)?
- Provide free or subsidized self-management programs for weight management (3)?

Brag Corner

Please use this space to describe other weight management strategies your worksite administers that is NOT captured in the scorecard:

CATEGORY 12 – Community Activities

If your workplace has participated in these programs within the past 12 months, you will be given additional scorecard credit.

- Heart Chase - Sponsored by St. Rita's Health Partners - September 17, 2016 - (2)
- Business Olympics - Sponsored by the Lima/Allen County Chamber of Commerce - September 22, 2016 - (2)
- Bike to Work Day - May 20, 2016 - (1)
- Workplace Walking Challenge - (1)
- Biggest Loser Competition - (1)
- Other

(please list other community activities your worksite has been involved with in the past 12 months): _____ (1)

If you have any questions or comments about this application, contact us:

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