



2019 Recognized Healthy Employer Criterion:

Employers who are interested in becoming a *Recognized Healthy Employer* in 2019 must complete the CDC Worksite Health ScoreCard and meet a minimum standard by answering at least 75% of the following 20 questions within the selected health topics:

Organizational Supports:

1. Conduct an employee needs and interest's assessment for planning health promotion activities? (1 point)
6. Promote and market health promotion programs to employees? (1 point)
9. Have an active health promotion committee? (2 points)
11. Have a champion(s) who is a strong advocate for the health promotion program? (2 points)

Tobacco Control:

19. Have a written policy banning tobacco use at your worksite? (3 points)
21. Display signs (including 'no smoking' signs) with information about your tobacco-use policy? (1 point)
22. Refer tobacco users to a state or other tobacco cessation telephone quit line? (3 points)

Nutrition:

39. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of healthy eating? (1 point)
40. Provide a series of educational seminars, workshops, or classes on nutrition? (2 points)

Lactation Support:

43. Provide a private space (other than a restroom) that may be used by an employee to express breast milk? (3 points)

Physical Activity:

52. Provide organized individual or group physical activity programs for employees (other than the use of an exercise facility)? (3 points)
53. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of physical activity? (1 point)
54. Provide a series of educational seminars, workshops, or classes on physical activity? (2 points)

Weight Management:

58. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of overweight or obesity? (1 point)
59. Provide a series of educational seminars, workshops, or classes on weight management? (3 points)



Stress Management:

64. Provide stress management programs? (3 points)

Depression:

70. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address depression? (2 points)

High Blood Pressure:

76. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of high blood pressure? (1 point)

High Cholesterol:

83. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of high cholesterol? (1 point)

Diabetes:

89. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of diabetes? (1 point)