

Default Question Block

The Healthy Environment POINTS Audit examines policies and programs/initiatives on college campuses.

To complete this audit, we ask you to find both policies and/or programs/initiatives for 7 different areas. You will use the Internet to complete this audit by searching your campuses' websites.

What is the difference between a policy and a program/initiative?

- **Policy:** a written and published document outlining a definite course or method of action to determine and guide present and future decisions. Policies may have defined goals and procedures for implementation, including a charged department or individual responsible for their implementation.
- **Program or Initiative:** a series of projects or programs intended to encourage healthy behaviors and values. Initiatives may or may not contain any defined goals, procedures, or plans for implementing initiatives. This can also include pledges and commitments.

Here are some examples:

University of Florida's POLICY prohibits smoking, tobacco, and tobacco products to be used on land occupied by the University.

University of New Hampshire's Healthy UNH PROGRAM educates the campus community to be engaged healthcare consumers.

A good place to look for policies would be your policy hub by searching "your institution policy"

Demographics

Evaluator Name

Evaluator Email

Type of Evaluation

Data Collection

Practice (for training purposes only)

College / University Name (write "Not Applicable" if your institution is a high school)

K-12 School Name (write "Not Applicable" if your institution is a college / university)

What state is the campus located in?

Type of Environment

Elementary School

Secondary School

Worksite

College / University

Hospital

Campus Zip Code

This audit is being completes for the following campus population (select one)

Students

Employees

Campus Stimulant Standards

1a. Smoking (Cigarettes, E-cigarettes, Vaping, etc.) Policy/Program

Choose the best option that describes the policy of smoking and availability of smoking cessation program on campus.

- There are no programs or policies regarding smoking or smoking cessation
- There is a program regarding smoking or smoking cessation
- There is a policy regarding smoking or smoking cessation
- There is both a policy and program regarding smoking or smoking cessation

1b. Smoking Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

2a. Vaping Policy/Program

Choose the best option that describes the policy and/or programs of vaping on campus.

- There are no programs or policies regarding vaping or vaping cessation
- There are programs regarding vaping or vaping cessation
- There are policies regarding vaping or vaping cessation
- There are both programs or policies regarding vaping or vaping cessation

2b. Vaping Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

3a. Drug-Free Policy/Program

Choose the best option that describes the drug-free policy and/or program on campus.

- There are no programs or policies regarding drugs or drug possession
- There are programs regarding drugs or drug possession
- There are policies regarding drugs or drug possession
- There are both programs or policies regarding drugs or drug possession

3b. Drug-Free Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

4a. Alcohol Policy/Program

Choose the best option that describes the programs and policies of alcohol on campus.

- There are no programs or policies regarding alcohol
- There are programs regarding alcohol
- There are policies regarding alcohol
- There are both programs or policies regarding alcohol

4b. Alcohol Policy/Program Link(s)

Please provide all supporting link(s) for a program and/or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

Campus Chronic Disease Management and Health Promotion

5a. Health Education (NOT for Course Credit) Policy/Program

- 0: No health education resources/programs or policy found.

- 1: There are health education resources/programs found that requires non-mandatory health education programs to implemented online/on-campus/off-campus. Examples?
- 2: There are health education policies. Examples might be campus specific or a health pledge like American Heart Association's "My heart. My life."
- 3: There are both health education resources/programs and policies found.

5b. Health Education (NOT for Course Credit) Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

6a. Nutrition Education (NOT for Course Credit) Policy/Program

- 0: No available nutrition education resources/programs or policies found.
- 1: There are nutrition education policies found. Examples include requiring dining halls provide nutrition facts for all foods or requiring MyPlate information on vending machines.
- 2: There are nutrition education resources/programs found. Examples include healthy snack ideas on campus or MyPlate information.
- 3: Both nutrition education resources/programs and policies found.

6b. Nutrition Education (NOT for Course Credit) Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

7a. Physical Education (NOT for Course Credit) Policy/Program

- 0: No physical education resources/programs online.
- 1: A physical education program is online that requires non-mandatory physical education programs to implemented online/on-campus/off-campus
- 2: There are physical education policies found. Examples might be campus specific like walking routes on campus or general like the American Heart Association's physical activity recommendations.
- 3: Both physical education resources/programs and policies found.

7b. Physical Education (NOT for Course Credit) Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

8a. Health Promotion Policy/Program

Health Promotion could be defined as:

- "any planned combination of educational, political, environmental, regulatory, or organizational mechanisms that support actions and conditions of living conducive to the health of individuals, groups, and communities" (Joint Committee, 2012)
- "any planned combination of educational, political, regulatory, or organizational supports for actions and conditions of living conducive to the health of individuals, groups, and communities" (Green & Kreuter, p. G-4)

Some examples could be forms of media such as magazines, social media accounts, etc.

- 0: No available health promotion resources/programs found.
- 1: Campus health programs are found but NOT required examples include health fair, health screenings, campus-wide health awareness, or campus health magazine.
- 2: A health promotion policy is found. Some examples include requiring a campus-wide health fair or a health screening on campus.
- 3: Both health promotion programs and policies are found.

8b. Health Promotion Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

9a. Chronic Disease Education Policy/Program

- 0: No evidence of chronic disease education found.
- 1: Campus chronic disease programs; off-campus chronic disease education program info; online chronic disease management education/materials.
- 2: Chronic disease policy that requires chronic disease promotion on campus; individuals with a specified chronic disease to seek education; etc.
- 3: There are both resources/programs and policies found.

9b. Chronic Disease Education Policy/Program link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

10a. Healthy Habit Challenges Policy/Program

- 0: No available healthy challenges, rewards, incentives for healthy behaviors in forms of resources/programs or policies found.
- 1: There are healthy habits programs found. Examples include the campus encourages members to take a national health challenges like the AHA walking challenge, department healthy challenge programs, or campus wide healthy habit challenge program like Join campus in walking 10,000 steps/day.
- 2: There are healthy habit challenge policies found. Examples include the campus like the rec services department to promote or implement healthy behavior challenges. They can be specific if incentives need to be included.
- 3: Both healthy habits resources/programs and policies found.

10b. Healthy Habit Challenges Policy/Program link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

Healthy Student Course Credit Requirement

11a. Health Education Course Credit Requirement Policy/Program

- 0: There is no health education credit requirement or health education courses for credit as resources/programs or policies found on campus. (Do not include health education courses for specific programs i.e. "Advanced Exercise Physiology")
- 1: There are health education courses for resources/programs found and intended for general campus population. Examples include "How to Lead a Healthy Lifestyle" and is NOT required for all undergraduate students.
- 2: There are health education credit policies found. Examples include that "X" credits must be completed to graduate.
- 3: Both health education resources/programs and policies found.

11b. Health Education Course Credit Requirement Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

12a. Nutrition Education Course Credit Requirement Policy/Program

- 0: No available nutrition education courses for specific programs as resources/programs or policies found i.e. "Medical Nutrition Therapy"
- 1: Do include general nutrition education courses for specific programs i.e. "Introduction to Nutrition."
- 2: Nutrition education credit requirement. The policy states that "X" credits must be completed to graduate.
- 3: There are both resources/programs and policies found.

12b. Nutrition Education Course Credit Requirement Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

13a. Physical Activity Education Course Credit Requirement Policy/Program

- 0: No available physical education courses for specific programs i.e. "Teaching Elementary Physical Education" as resources/programs or policies found.

- 1: There are physical education courses for specific programs as resources/programs found. Examples include "Spinning" or "Intro to Running" and physical education course credit is NOT required for all undergraduate students.
- 2: There are physical education credit requirement policies. Examples include that "X" credits must be completed to graduate.
- 3: Both physical activity education resources/programs and policies found.

13b. Physical Activity Education Course Credit Requirement Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

Movement in a Sustainable World

14a. Physical Activity During Work Hours Policy/Program

- 0: There are no programs or policies regarding physical activity during work hours
- 1: There are programs regarding physical activity during work hours
- 2: There are policies online that states employees should partake in physical activity during working hours to reduce sedentary time or use of standing desks.
- 3: There are both programs and policies regarding physical activity during work hours found.

14b. Physical Activity During Work Hours Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

15a. Active Environment (bike lanes, stairwells and sidewalks) Policy/Program

- 0: There are no programs or policies regarding an active environment. Examples include online walking/biking routes are referenced online, no pictures parks/sidewalks on campus, no "take the stairs" initiative/program.

- 1: There are programs regarding an active environment. Examples include walking/biking routes are referenced online, pictures of on campus or nearby parks, and a "take the stairs" initiative/program is promoted.
- 2: There are policies regarding an active environment. Examples include signages for bike and walk lanes, bike racks throughout campus, and bike lanes connecting for moving throughout campus.
- 3: There are both programs and policies regarding an active environment.

15b. Active Environment Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

16a. Closed Campus Policy/Program

- 0: There are no programs or policies regarding closed campus. Examples include the campus is open and no permit or pass is required to drive or park on campus.
- 1: There are programs regarding closed campus. Examples include the campus requires a pass/permit for driving/parking or restricted campus driving is intended to limit traffic for safety purposes.
- 2: There are policies regarding closed campus. Examples include the campus completely closed and no parking/driving for general campus population (excludes handicap, deliveries, etc.).
- 3: There are both programs and policies regarding closed campus.

16b. Closed Campus Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

17a. Sustainable Transportation Policy/Program

- 0: There are no programs or policies regarding sustainable transportation programs.
- 1: There are programs regarding sustainable transportation. Examples include sustainable transportation resources online/mobile, campus car pooling program, Zipcars, and bus pass reimbursements.

- 2: There are policies regarding sustainable transportation. Examples include alternative transportation resources/incentives included in the test.
- 3: There are both programs and policies regarding sustainable transportation.

17b. Sustainable Transportation Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

Health and Wellness Services

18a. Campus Health and Wellness Department

- 0: No campus departments related to health and wellness
- 1: No campus central health/wellness department. Separate campus departments that collaborate. (i.e. Food services - Nutrition and Office of Health Promotion - mental health)
- 2: A single overarching department that is intended to promote general health and wellness for campus population.

18b. Campus Health and Wellness Department Link(s)

Please provide all supporting evidence for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

18c. Check all professionals whom are employed for the purpose of serving students through the health/wellness department and/or university.

- Medical Practitioner (Medical Doctor, Registered Nurse, Nurse Practitioner, Speciality Medical Doctors (i.e. gynecologist), Physician's Assistant (PA))
- Wellness Educator (Health Coach/Certified Health Education Specialist (CHES))
- Fitness Professional (Personal Trainer, Certified sports specialist or expert (i.e. CPT)/Athletic Trainer, Group Fitness Instructor)
- Registered Dietitian/Registered Dietitian Nutritionist

- Mental Health Professional (i.e. psychologist)
- Social Worker

19a. Healthy Campus Fundraising Policy/Program

- 0: No fundraising policy or promotion of healthy fundraisers.
- 1: Campus promotes healthy fundraisers (i.e. ideas for healthy fundraising article).
- 2: Campus fundraising policy exist which can limits/restricts fundraisers for a healthy campus (i.e. no alcohol or candy sales, gambling fundraisers).
- 3: Both policy and promotion exist to encourage and support any healthy campus fundraising.

19b. Healthy Campus Fundraising Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

20a. Healthy Employee Insurance Premium Policy/Program

- 0: Campus does not offer health insurance.
- 1: Pledge/Commitment of campus encouraging employees to enroll in health insurance, but is not required. There might be an initiative to keep insurance rates low. An example would include insurance incentives of \$50 gift card for annual physical.
- 2: Policy to requires all employees submit proof of insurance or enroll in campus insurance plan. **An example would include?**

20b. Healthy Employee Insurance Premium Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

Nutritious and Sustainable Foodways - Part 1

The food service department on this campus is

- Contracted (i.e. Chartwells)
- Independently run by the campus

21a. Healthy Food Options Policy/Program - procured, served, marketed and strategically placed

- 0: There are no programs/initiatives or policies related to "Nutrition" for food service/dining found online or on campus.
- 1: Program/Initiative for healthy food options, which might not be campus specific, examples include partnering with local organizations to serve local food on campus, MyPlate campaign, and a healthy food pledge.
- 2: Information on a nutrition policy is found that requires healthy food options and/or nutrition standards for healthy food. Examples include minimum % of healthy food options procured/served and standards related to allergens and special dietary needs available
- 3: Both programs/initiatives and policies related to "Nutrition" for food service/dining found online or on campus.

21b. Healthy Food Options Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

22a. Nutrient Minimum / Maximum Standards Policy/Program

- 0: There are no programs/initiatives or policies related to nutrient information about food served on campus found.
- 1: Program/Initiative for specific nutrient minimums or maximums standards examples include trans fat free campus.
- 2: Information on a nutrient policy is found that defines specific nutrient standards. Examples include Hot food will not exceed 500 mg sodium per serving.
- 3: Both programs/initiatives and policies related to nutrients standards about food served on campus found.

22b. Nutritional Guidelines and Standards Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

23a. Healthy Food Labels and/or Point-of-Purchase Nutrition Information Policy/Program

- 0: There are no initiatives/pledges or policies related to a healthy food labeling program (i.e. Guiding Stars) on campus.
- 1: Initiative/pledge for healthy food option labeling or nutrition and ingredient labeling at point-of-purchase, which may be listed on menu boards if it is required by the state or county. An example would include Starbucks on campus property.
- 2: Campus has a healthy food option labeling program and nutrient and ingredient labeling policy. An example would include requiring nutrition information for food served on campus to be available.
- 3: There are both initiatives/pledges and policies related to a healthy food labeling program (i.e. Guiding Stars) on campus.

23b. Healthy Food Labels (or "Guiding Stars") or Nutrient/Ingredient Facts Labels Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

Is the campus located in a state/county with a food tax or healthy food subsidy policy?

- Yes
- No

Please provide a URL link to the state/county policy.

24a. Campus Food Taxes and Healthy Food Subsidies Policy/Program

- 0: There are no initiatives/pledges or policies related to a food tax or food subsidy on campus.

- 1: Written statement/pledge to keep healthy food prices low to compete with unhealthy food options. An example would include a Double Up Food Bucks Program.
- 2: Food tax or food subsidy policy, which defines the tax or subsidy and is NOT a federal, state, or county policy. An example would include all soda will be an addition 10 cents/bottle.
- 3: There are both initiatives/pledges and policies related to a food tax or food subsidy on campus.

24b. Food Tax and/or Food Subsidy Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

25a. Designated Eating Environments and Mindful Eating Policy/Program

- 0: There are no designated places to eat on campus like a cafe or lunch room, no "lunch break" policy, and no mindful eating programs.
- 1: Initiative/Pledge for designated places to eat on campus, but no "lunch break policy". An example would include mindful eating seminars/programs for population.
- 2: Program for designated places to eat on this campus. An example would include employees required to take a lunch break, but mindful eating programs might not be mentioned in the policy.
- 3: There are both initiatives/pledges and policies related to designated places to eat on campus and mindful eating on campus.

25b. Eating Environment and Mindful Eating Policy/Program Link(s)

Please provide all supporting evidence for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

26a. Local and Sustainable Food Policy/Program - Free-range, organic, local, fair-trade, etc.

- 0: There are no pledge/commitment or policies related to local or sustainable food being procured or marketed.
- 1: Local food pledge/commitment to local and sustainable food. Local vendors and farms are also referenced. **An example would include?**

- 2: Policy requires that all food or specific foods come from within a specific mile radius. The policy might state that during local seasons the campus will purchase from local farmers. **An example would include?**
- 3: There are both pledges/commitments and policies related to local or sustainable food being procured or marketed.

26b. Local and Sustainable Food - Free-range, organic, local, fair-trade, etc. Link(s)
Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you **MUST** provide a web link to the policy page.

Nutritious and Sustainable Foodways - Part 2

27a. Organic Waste Reduction and Disposal Policy/Program - recycling, composting, etc.

- 0: There are no pledge/commitment or policies related to sustainability initiatives.
- 1: Sustainability programs/initiatives in regard to food waste and food trash. An example would include water used in dish room, drinking water, food compost, food donations, etc.
- 2: Sustainability policy requires that all waste be composted; food service department must minimize water use; all water fountains will be installed in buildings to reduce water bottle purchases, etc.
- 3: There are both pledges/commitments and policies related to sustainability initiatives.

27b. Organic Waste and Disposal (includes recycling and composting) Policy/Program
Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you **MUST** provide a web link to the policy page.

28a. Does this campus have a nearby local farmers market? (<10 miles from campus)
(Google search: {city name} farmers market)

- Yes

No

28b. Nearby Farmers Market Link(s)

Please provide link(s) to the nearby farmers market website or social media webpage.

29a. Local Food Access On-Campus Policy/Program - campus farmers market, Community Supported Agriculture, and campus gardens

- 0: There are no pledge/commitment or policies related to local food access program on campus.
- 1: Pledge/commitment in regard to local food access program on campus. Some examples include student organization or club might run a CSA pickup on campus, campus garden, department plans/hosts a farmers market, and bus from campus to local farmers market runs once/week, etc.
- 2: Campus has a local food access policy with funding/department in charge, but also might define specific local food access initiatives and programs. **An example would include?**

29b. Local Food Access on Campus Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you **MUST** provide a web link to the policy page.

30a. Does this campus have a campus garden that grows food?

- Yes
- No

30b. Campus Garden Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages.

Healthy Student Living

31a. On-Campus Housing Policy/Program

- 0: There are no pledges/commitments or policies related to on-campus housing for students.
- 1: Pledge/commitment of on-campus housing available but not required. An example would be students might be encouraged to live on campus for the first two years.
- 2: Policy related to on-campus housing for students. An example would include a required number of years/class standing that students must live on campus.

31b. On-Campus Housing Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

32a. Can students choose to eat on- or off-campus?

- Yes
- No

32b. Please attach the policy that requires students to only eat on-campus.

32c. Are the off-campus dining options within walking distance of the campus? (= $<2/3$ mile)

- Yes
- No

33a. Dining Hall Contract Policy/Program

- 0: There are no pledges/commitments or policies related to dining hall contracts or meal plans available on this campus. All food is purchased independently.
- 1: There is a meal plan policy for campus members who wish to purchase one. The dining hall contract is optional. (ex. 1 meal/day)

- 2: There is a dining contract policy that required students living on-campus to purchase a meal plan. Students living off-campus and employees can purchase an optional meal plan.
- 3: There are both pledges/commitments and policies related to dining hall contracts or meal plans available on this campus.

33b. Dining Hall Contract Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

34a. Food Security Initiative Policy/Program

- 0: There are no pledges/commitments or policies related to food security resources referenced.
- 1: Pledge/commitment regarding resources for federal food assistance programs (SNAP or WIC). Some examples could include campus food bank or weekly free meal and campus office assisting in SNAP application.
- 2: Food security policy that requires a department to assist campus population. An example would include requiring means to purchase food, food, or enrolling in a food assistance program.

34b. Food Security Initiative Policy/Program Link(s)

Please provide all supporting link(s) for a program or policy in the form of URL links to webpages. If you indicated that this topic was a policy, you MUST provide a web link to the policy page.

