Certified Healthy Departments (CHD)

PURPOSE
CHD is an exciting step in University Health and Wellness’s (UHW) goal of transforming Andrews University (AU) through wellness. Departments are the central space where connection, community, and caring takes place. Imagine your students and colleagues all sharing an experience that can make the whole department happier, more engaged, more resilient, more confident and healthier!

WHY DO CHD MATTER?
Achieving greater levels of physical, mental, and spiritual health as a community means we all benefit from our collective efforts. The CHD initiative recognizes, rewards and celebrates those departments that put forth intentional effort to improve their members' health and wellness as a team. This provides an encouraging environment for faculty, staff, students, and visitors to easily participate in an overall healthier AU campus.

CRITERIA 2017 – 2018 SCHOOL YEAR
1. Department must have at least one Wellness Ambassador
2. Department must visibly promote the Wellness Menu available via posters/displays
3. A minimum of 50% of the department’s employees participate regularly in Fitthumb options
4. Department offers at least one scheduled Fitbreak (5 – 10 min.) once a week (e.g. a department member leads out in basic exercises, walk, etc.)
5. Department offers healthy food options for departmental events/functions
6. 75% of employees use an eco-friendly reusable water container (one available for purchase at UHW)
7. 25% of employees have gotten a “Full Body Scan” completed
8. Department offers one mental/emotional wellness experience (e.g. workshop, training, experience, etc.) per school year for employees
9. Department offers one departmental spiritual wellness experience per semester for employees

NOTE: If department chooses to integrate students into each of the efforts, that would be terrific! For the purpose of becoming a CHD for 2017-2018, the above criteria checklist will be utilized.
2017 – 2018 APPLICATION

NOTE: Applications will be accepted starting on March 13, 2017 through January 31, 2018 to obtain a CHD certification for the 2017 – 2018 school year. Please submit an electronic or hard copy to University Health & Wellness (wellness@andrews.edu OR Campus Center 168).

Department Name: ____________________________________________________________

Application Date: ____________________________

Total # of Staff: __________ Total # of Faculty: __________ Total # of Students: __________

1) Name(s) of active Wellness Ambassador(s):

   1. __________________________________________________________
   2. __________________________________________________________
   3. __________________________________________________________

2) How do you visibly promote the Wellness Menu from the andrews.edu/wellness website?

3) Provide names of department employees who actively utilize Fitthumb:

4) What type of Fitbreak do you offer? When? Where? Who leads out?

5) What type of healthy food options/policy do you utilize in the department? Please explain.
6) How many employees utilize an eco-friendly water container in your department?

7) Name the employees who have completed a Full Body Scan?

8) Explain and describe the mental/emotional wellness experience you plan to offer? When/how do you plan to offer it? Please include a specific date/time.

9) Explain and describe the spiritual wellness experience you plan to offer each semester? When/how do you plan to offer it? Please include a specific date/time.