

# Stand Together with 3-4-50

## SHOW YOUR COMMITMENT TO REDUCING CHRONIC DISEASE

Thank you for your dedication to promoting health and reducing the risk of chronic disease. **Please check off wellness measures that your college currently employs or will accomplish within the next 12 months.**

### BRONZE

*Must check at least seven to achieve bronze level*

- Establish a worksite wellness program
- Provide multiple healthy options for student dining with ample fruit and vegetable offerings, whole grains, lean proteins and low fat/low sugar beverages, prominently displayed
- Offer multiple options for physical activity for students, staff and faculty
- Offer mindfulness training and opportunities for stress management
- Promote healthy food choices and smoke-free standards at all events
- Ensure a walkable, bikeable campus
- Establish no smoking areas in outdoor areas of campus
- Eliminate the sale of tobacco products on campus
- Display 802Quits information prominently throughout campus

### SILVER

*Bronze level plus at least five from silver level*

- Establish healthy vending options with 30% or more healthy foods in each machine, per national standards
- Offer students opportunities to learn about healthy nutrition and cooking education
- Require all food vendors to offer healthy foods
- Organize Community Supported Agriculture (CSA) or a farmers' market on campus
- Establish a tobacco-free campus
- Host regular group quit tobacco classes on campus
- Prioritize tobacco counseling and referrals to 802Quits at the Student Health Center and other campus services

### GOLD

*Silver level plus at least three from gold level*

- Pass advertising restrictions to limit promotion of unhealthy products
- Ban "all you care to eat" in food service contracts
- Offer health coaching or biometric screenings on campus
- Offer lower or competitive pricing for healthy foods and beverages
- Promote campus as tobacco-free in communications to parents, alumni and donors

