

[Tulane is certified healthy](#)

December 12, 2014 8:45 AM Naomi King Englar
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Students work out at the [Reily Student Recreation Center](#) on the Tulane University uptown campus. (Photo by Sally Asher)

Promotion of healthy eating and physical activity on its smoke-free campuses earned Tulane University the [Fit NOLA](#) Gold Award.

The award was announced at the Fit NOLA Fall Forum, a citywide semi-annual meeting of partners working toward improving the health of all New Orleanians, on Dec. 5.

“Tulane is the first university in New Orleans to earn the Fit NOLA designation, and we're so proud to say that Tulane achieved gold level certification,” said Carolyn Johnson, director of the Tulane [Prevention Research Center](#). “Fit NOLA is a model initiative for other cities looking to collaborate on a shared goal, leverage resources and highlight successes.”

The Fit NOLA Business Certification Program, launched in 2013, gives public recognition to businesses in Orleans Parish that meet certain standards for worksite wellness. Businesses that meet or surpass these standards receive a platinum, gold, silver or bronze award and public recognition from Mayor Mitch Landrieu and the Fit

NOLA partnership.

As a founding member of Fit NOLA, the Prevention Research Center pursued the designation this fall on behalf of the university.

Businesses in the New Orleans area receive certification by completing an online assessment, which cover standards developed by Fit NOLA based on research and best practices. Tulane joins the ranks of the New Orleans Saints and Pelicans professional sports teams, GE Capital, Louisiana Public Health Institute, United Healthcare and others who have been certified as Fit NOLA businesses.

“We know that workplace wellness is a key component to New Orleans becoming a fit city,” said Charlotte Parent, New Orleans health director. “We encourage all offices ? big or small ? to join the Fit NOLA partnership and get support to ensure their employees are happy, healthy and productive.

Naomi King Englar is the communications and training coordinator for the Prevention Research Center at Tulane University and the Maternal and Child Health Leadership Training Program.

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