

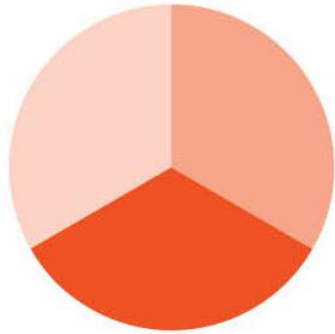


**The Alliance for a Healthier Generation**  
**Healthy Schools Program**  
Supporting Student Success

Childhood obesity has  
almost tripled in children and  
adolescents in the past 30 years.

Today about one  
out of three children

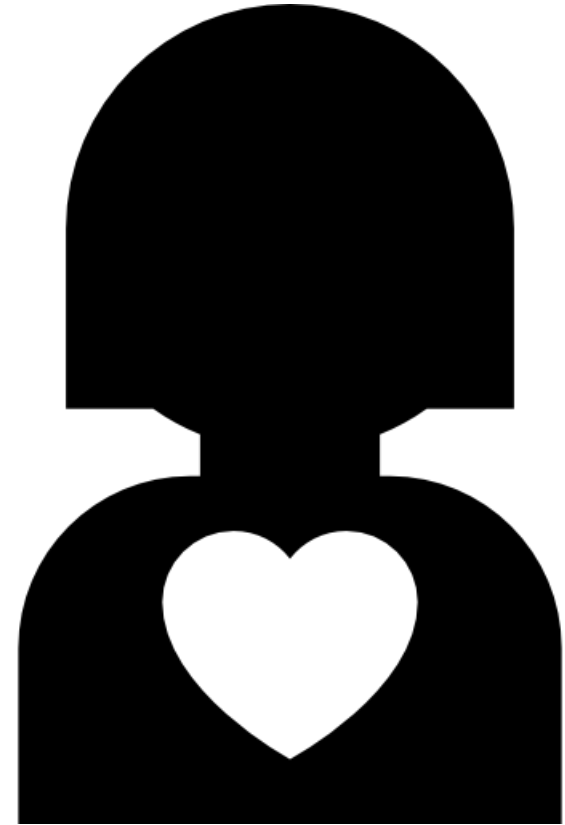
and adolescents (ages 2–19) in the United States  
is overweight or obese, putting them at risk for  
serious health problems.



33%

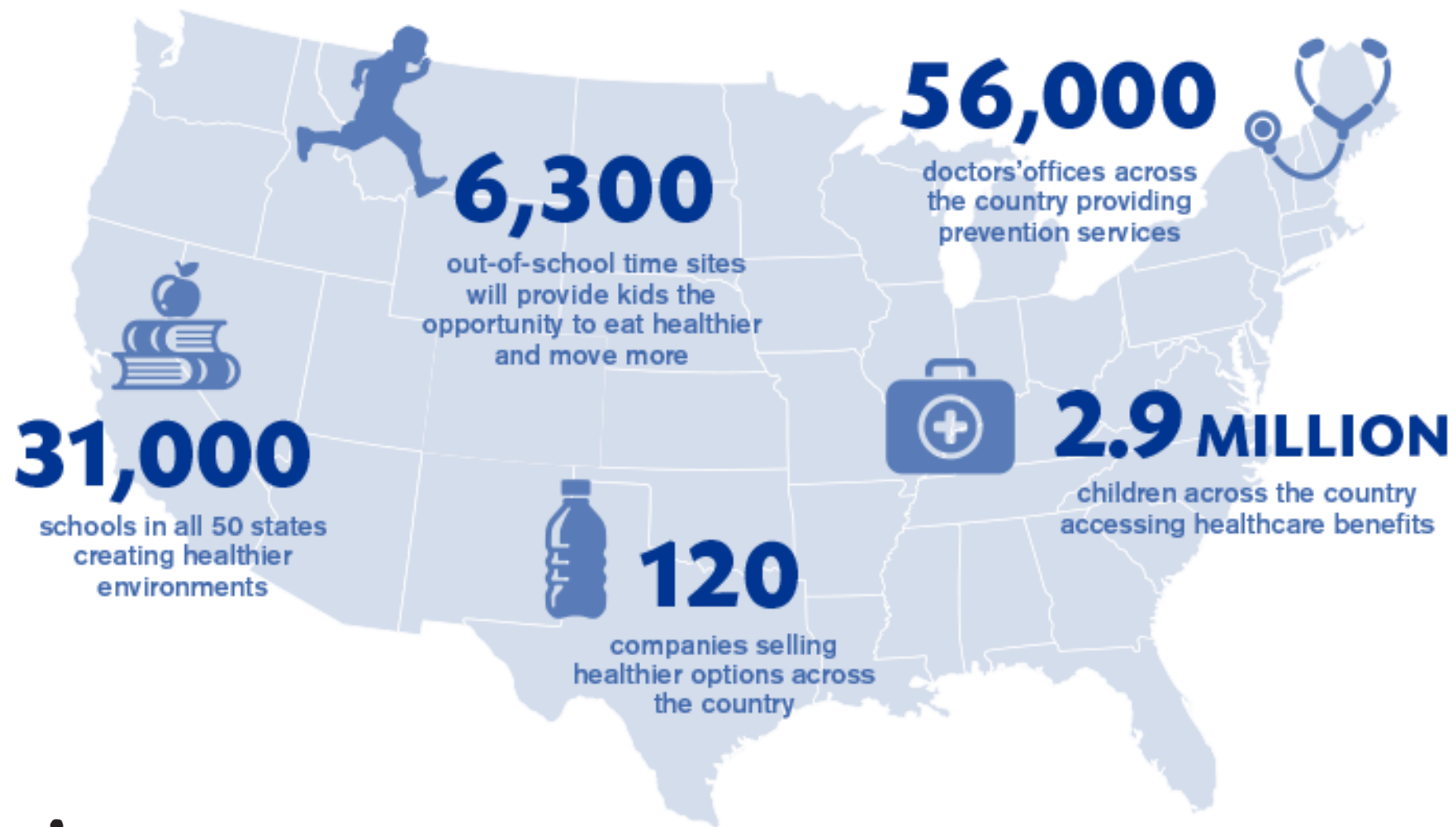
# Cost for the Child

- \$14.1 billion
- 77%–92% of obese teenagers remain obese into adulthood
- Weight matters early in life





# Reach & Impact





## Why Schools?

Every day, 95 percent of school-aged kids and teens attend school. Aside from home it's the place where kids spend most of their time.



## Healthy Schools

Our Healthy Schools Program helps to create and sustain healthy school environments where students, especially those in greatest need, can learn more and flourish.

# Key Tool

ALLIANCE FOR A  
HEALTHIER  
GENERATION

## Healthy Schools Program framework of best practices

### BEST PRACTICES FOR Health Education

- ❑ **Essential topics on healthy eating:** Health education curriculum addresses most of these essential topics on healthy eating:
- The relationship between healthy eating and personal health and disease prevention
  - Food guidance from MyPlate
  - Reading and using USDA's food labels
  - Eating a variety of foods every day
  - Balancing food intake and physical activity
  - Eating more fruits, vegetables, and whole grain products
  - Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
  - Choosing foods and beverages with little added sugars
  - Eating more calcium-rich foods
  - Preparing healthy meals and snacks
  - Risks of unhealthy weight control practices
  - Accepting body size differences
  - Food safety
  - Importance of water consumption
  - Importance of eating breakfast
  - Making healthy choices when eating at restaurants
  - Eating disorders
  - The Dietary Guidelines for Americans
  - Reducing sodium intake
  - Social influences on healthy eating, including media, family, peers, and culture
  - How to find valid information or services related to nutrition and dietary behavior
  - How to develop a plan and track progress toward achieving a personal goal to eat healthfully
  - Resisting peer pressure related to unhealthy dietary behavior
  - Influencing, supporting, or advocating for others' healthy dietary behavior



“  
For me, that's an achievement  
and a success that our students  
are eating healthier and  
understand the importance of  
eating healthier—and so do the  
parents and our staff.”

Sharon Foster,  
Physical Education Teacher,  
James Bowie Elementary School, Texas

### BEST PRACTICES FOR Health Education

#### SILVER/GOLD

- ❑ **Meets Bronze/Silver**
- ❑ **Sequential health education curriculum consistent with standards:** All teachers of health education use an age-appropriate sequential health education curriculum that is consistent with state or national standards for health education (see National Standards).
- 🔥 **Consider using CDC's Health Education Curriculum Analysis Tool (HECAT),** which is designed to help school districts and schools conduct a *clear, complete, and consistent* analysis of written health education curriculum. HECAT results can help districts and schools *enhance, develop, or select appropriate and effective* health education curricula. The HECAT assesses how consistent curricula are with national standards and can assist users in determining if the curriculum being analyzed is *sequential*.
- ❑ **Opportunities to practice skills:** All teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health.
- ❑ **Professional development:** All teachers of health education participate at least once a year in professional development in health education.



#### NATIONAL STANDARDS FOR HEALTH EDUCATION

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.







LEADING THE WAY FOR CHILDREN'S HEALTH  
HealthierGeneration.org

---

# School Wellness Council Toolkit

---

Toolkits are published  
for the benefit of  
schools enrolled in the  
Healthy Schools  
Program

---

More information can be found at  
<https://schools.healthiergeneration.org>

---

- Rosters
- Agendas
- Invitations
- Meeting tips
- Next Steps







MODULE 1	MODULE 2	MODULE 3	MODULE 4
<p><b>School Health and Safety Policies and Environment</b></p> <p>Your school has not yet started this module.</p>	<p><b>Health Education</b></p> <p>Your school has not yet started this module.</p>	<p><b>Physical Education and Other Physical Activity Programs</b></p> <p>Your school has not yet started this module.</p>	<p><b>Nutrition Services</b></p> <p>Your school has not yet started this module.</p>
<b>Assessment Not Started</b>	<b>Assessment Not Started</b>	<b>Assessment Not Started</b>	<b>Assessment Not Started</b>

MODULE 5	MODULE 6	MODULE 7	MODULE 8
<p><b>Health Services</b></p> <p>This module has no required questions.</p>	<p><b>Counseling, Psychological &amp; Social Services</b></p> <p>This module has no required questions.</p>	<p><b>Health Promotion for Staff</b></p> <p>Your school has not yet started this module.</p>	<p><b>Family &amp; Community Involvement</b></p> <p>Your school has not yet started this module.</p>
<b>Assessment Not Started</b>	<b>Assessment Not Started</b>	<b>Assessment Not Started</b>	<b>Assessment Not Started</b>

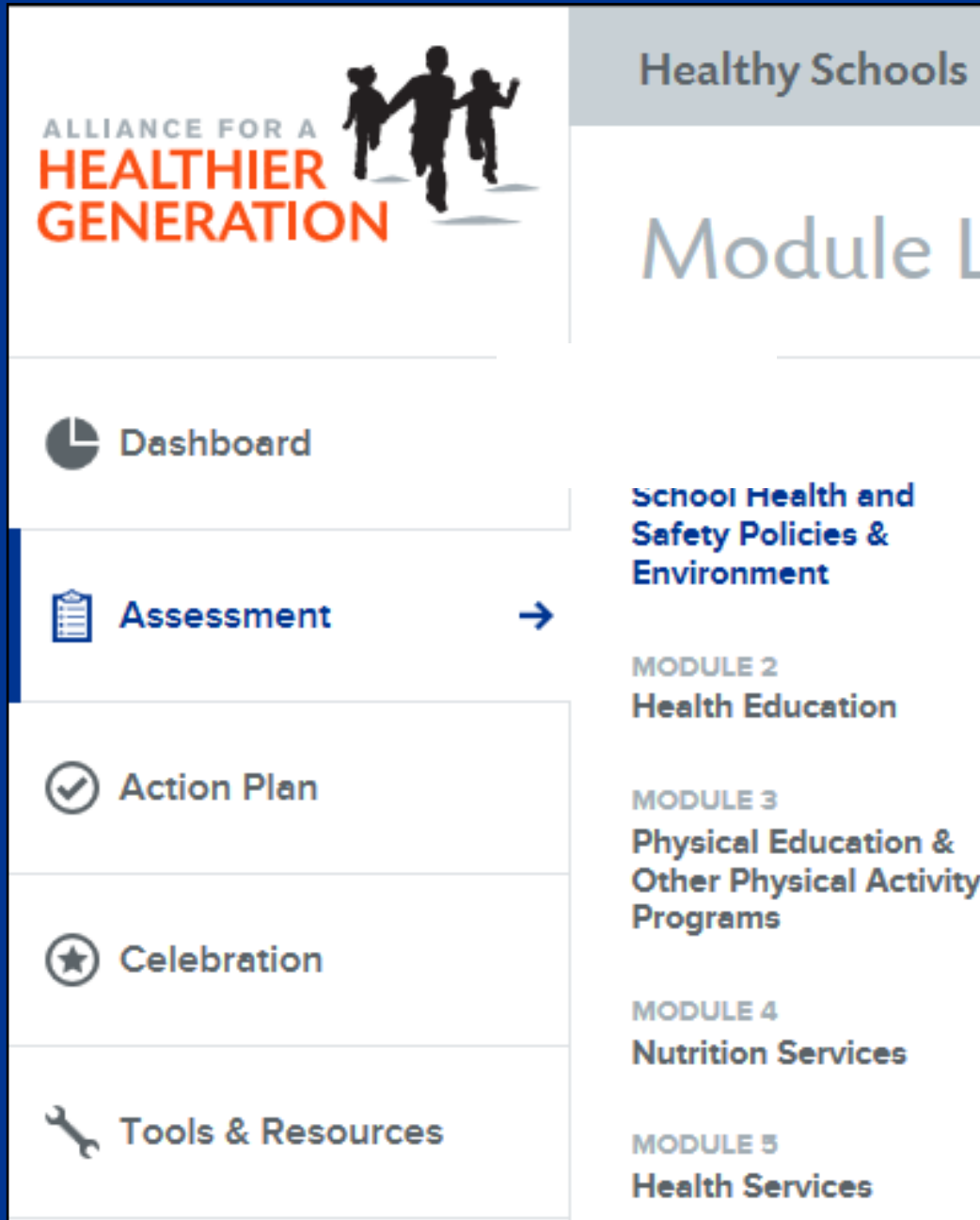
**SCHOOLS.HEALTHIERGENERATION.ORG**

## Healthy Schools Program – Assessment Guide

Use this document to help navigate the Healthy Schools Program Assessment. The tips on who in your school or district may have the answers can help to accurately complete the assessment and develop your action plan. An answer of "3" qualifies a school for a level except where otherwise noted i.e. Bronze (2). Note: Questions marked with an \* may be answered at the District Level and are part of the District Assessment.

### School Health and Safety Policies and Environment

Level	Question	Level of Completion	People Who Will Likely Know	Evidence of Success
Bronze	<p>101 <u>Representative school health committee or team:</u></p> <p>Does your school have a representative committee or team that meets at least four times a year and oversees school health and safety <u>policies</u> and programs?</p>	<p>3 = Yes.</p> <p>2 = There is a committee or team that does this, but it could be more representative.</p> <p>1 = There is a committee or team, but it is not representative, or it meets less often than four times a year.</p> <p>0 = No.</p>	Principal School Wellness Committee Chairperson	<p>Provide the dates when the school wellness committee (SWC) met during this school year.</p> <p>List the members of your wellness committee. Include:</p> <ol style="list-style-type: none"> <li>1. Name</li> <li>2. Position in the school or community and</li> <li>3. Contributions to the committee and wellness efforts</li> </ol>
Bronze	<p>102 <u>Local wellness policies:</u></p> <p>Has your school implemented all of the following components of the district's local wellness policy?</p> <ul style="list-style-type: none"> <li>• Nutrition education and promotion activities</li> <li>• Physical activity opportunities</li> <li>• Nutrition standards for all foods and beverages available on each</li> </ul>	<p>3 = Yes, our school has implemented all of these components.</p> <p>2 = Our school has implemented most of these components.</p> <p>1 = Our school has implemented a few of these components.</p> <p>0 = No, we have not implemented any of these components, or</p>	Principal District Food Service Director School Wellness Committee Chairperson	<p>Provide your building or district wellness policy.</p> <p>Confirm that the school is implementing all eight components of the district's local wellness policy.</p> <p>Describe the process for how the school is monitoring and</p>




## Tips for Completing


- Divide and conquer with SWC members
- Champion enters answers online
- Update Assessment at least annually








# ACTION PLAN TOOL

 ALLIANCE FOR A HEALTHIER GENERATION


 LOG OUT

 HELP

 40 ALERTS

 ACCOUNT

YOUR SCHOOL  
DEV ELEMENTARY





Healthy Schools Program


Action Plan


About Action Plan


Help

 Dashboard

 Assessment
















 Action Plan →

 Celebration

 Tools & Resources


## Here's Your Action Plan


Choose an item below to access notes, resources, implementation strategies, and expert help specifically tailored to help you meet each of these criteria.

	<b>Representative school health committee or team</b> • 101 UNDER DEVELOPMENT	  	
	<b>Recess</b> • 103 NOT IN PLACE	  	
	<b>Availability of physical activity breaks in classrooms</b> • 309 PARTIALLY IN PLACE	  	

**Add Action Items**

Most schools do best when working on 3-5 Action Items at a time. To add more Action Items, visit the [Assessment](#) and select a module that your school has completed.

 PRINT

 DOWNLOAD

http://www.healthiergeneration.org/



# Resources

SHARE



Our resources include videos, printables, websites, and curricula to help you make healthy changes at your school and out-of-school time setting.

Explore our resources by selecting the topics you are interested in and narrowing your search with our dropdown options. When you select a resource, it will open up in a new window to hold your spot on this page for when you're ready to continue your search.



## Search by Keyword

  
Search must be at least 3 characters

## Filter by Program

## Select Topic(s)

☐ Employee Wellness 

YOUR SEARCH RETURNED **161 RESULTS**

Sort by:

### 100 Mile Club

CHO180

The 100 Mile Club® provides the opportunity to run or walk 100 miles at school during a single school year which improves school readiness to learn, creates better education outcomes, building self-esteem and the overall health in the lives of children and others.

[VISIT SITE](#) ►

### ABC for Fitness© Activity Bursts in the Classroom



**LISA PERRY**

National Physical Education and  
Health Education Advisor



**ERIC LARSON**

National Physical Education and  
Physical Activity Advisor



**SEAN BROCK**

National Physical Activity/Physical  
Education Advisor, LMAS



**CAROL CHONG**

National Nutrition Advisor



**STEPHANIE JOYCE**

National Nutrition Advisor



**JILL TURLEY**

National Nutrition Advisor



**MICHELLE OWENS**

National Wellness Policies, Staff Wellness  
and Out-of-School Time Physical Activity  
Advisor

## Our National Advisors

Available to assist schools on  
the phone, email, in-person  
trainings, webinars and our  
many on demand recordings



# SCHOOL HEALTH GUIDES

9:00 am–7:00 pm EDT Monday–Friday

1-888-543-4584

[help@healthiergeneration.org](mailto:help@healthiergeneration.org)



Nicole Dufour,  
Customer Support  
Center Manager



Kayla Bowman,  
Customer Support  
Center Coordinator



# National Healthy Schools Award

## Go for the Gold!







**YOU Can Help Make a Change!**

Register your school today:

[Schools.HealthierGeneration.org](https://Schools.HealthierGeneration.org)





# Melissa McDonald

---

Healthy Schools Program  
National Network Manager

[melissa.mcdonald@healthiergeneration.org](mailto:melissa.mcdonald@healthiergeneration.org)