



The Link Between Health and Academic Achievement

How to Improve Healthy Eating and Physical Activity Opportunities for Students

We will begin promptly at 11am!



Welcome & Logistics

- Thanks for joining us today!
- All participants are currently in listen-only mode with lines muted to reduce background noise.
- We will take questions throughout the webinar using the chat feature.
- This webinar will be recorded and archived for future use.

#HealthyStudents

Powered by CALIFORNIA SCHOOL-BASED HEALTH ALLIANCE

The California School-Based Health Alliance (CSHA) and the Dairy Council of California have partnered on the #HealthyStudents Campaign to bring nutrition education, tools, resources and support to school-based health centers (SBHCs) throughout California. By partnering we can make strides toward our common cause, which is to elevate the health of children and parents in California.



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CALIFORNIA

**SCHOOL-BASED
HEALTH ALLIANCE**

Putting Health Care Where Kids Are





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HealthyEating.org/SchoolHealth



Why Health Equity Matters

Health equity is the ability of every person to have the same chance to stay healthy and/or to “attain his/her full potential” (CDC, 2012) regardless of his/her race, gender, age, economic conditions, social status, environment, and other socially determined factors.

- Health is a basic human right.
- It is a key determinant of economic and social development.
- It has a positive impact on people’s life chances and opportunities.
- Is influenced by and influences individual and social transitions.



Why Health Equity Matters

“Children from minority groups continue to suffer from direct biological consequences of health disparities since they are likely to experience developmental setbacks because they are sick, or their parents are sick.”

—Jennifer Ng’andu, Nat’l Council of La Raza

- Impacts childhood education with long-term consequences on productivity, job security, etc.
- With minority groups steadily becoming the majority of the US population, this has important implications for our future.
- Achieving health equity requires the involvement of all segments of society and communities.



Childhood Obesity- A Health Equity Issue



Conditions Seen in Children

- High Cholesterol
- Type 2 Diabetes/
Impaired Glucose Tolerance
- High Blood Pressure
- Social Problems and
Poor Self-Esteem
- Sleep Disturbances
- Orthopedic Problems

*Slide adapted from CDC's Healthy Schools





Healthy Students are Better Students

- "Brain imaging shows that children experience improved cognitive function and higher academic achievement after just 20 minutes of physical activity,"
- "Combining the many benefits of physical activity with good nutrition habits that support healthy weight can have a powerful impact on a child's potential to learn."
 - Dr. Charles Hillman, University of Illinois at Urbana-Champaign

Today's Lesson:

Healthy Students are Better Students

Healthy Eating + Physical Activity = Improved Academic Performance

 <p>Students who eat breakfast have better attention and memory.</p> <p>Good Job!</p>	 <p>Only 38% of all teens eat breakfast everyday.</p> <p>Needs improvement!</p>
 <p>After just 20 minutes of physical activity, brain activity improves.</p>	 <p>Only 25% of high school students are active for the recommended 60 minutes each day.</p>

What is the right answer?

- ☒ **Schools:**
Kids spend **2000 hours** every year in school, which makes that the smart place to encourage kids to eat right and get moving.
- ☒ **Wellness Programs:**
Programs like **Fuel Up to Play 60** empower students to take actions like starting breakfast programs and walking clubs. Community leaders, businesspeople and health professionals can also assist schools in providing opportunities.

Extra credit:

- ☒ Read *The Wellness Impact: Enhancing Academic Success Through Healthy School Environments* at GENYOUthfoundation.org.
- ☒ Learn more about how **Fuel Up To Play 60** is helping schools to take action at FuelUpToPlay60.com

Academic Achievement

Academic performance

- Class grades
- Standardized tests
- Graduation rates

Education behavior

- Attendance
- Drop out rates
- Behavioral problems at school

Students' cognitive skills and attitudes

- Concentration
- Memory
- Mood



QUESTION:

Do health and education agencies in the United States share responsibility for academic achievement and health?

ANSWER:

An undeniable “yes”



“With this persuasive evidence about the relationship between health-risk behaviors and academic achievement, it is imperative that leaders in education and health act together to make wise investments in our nations school-age youth...”



Health-Risk Behaviors and Academic Achievement

Journal of Adolescent Health, April 2013

Inadequate Physical Activity and Nutrition are inversely linked to student academic achievement



HEALTH-RISK BEHAVIORS	NUMBER OF STUDIES	LONGITUDINAL/ CROSS-SECTIONAL	MEASURES USED FOR ACADEMIC ACHIEVEMENT	STUDIES REPORTING AN INVERSE ASSOCIATION BETWEEN HEALTH-RISK BEHAVIORS AND ACADEMIC ACHIEVEMENT
Violence-Related Behaviors	32*	14* Longitudinal 19* Cross-Sectional Range of length of longitudinal studies: 1 year to 10 years	GPA, grades, standardized test scores, grade-level retention, teacher-rated educational engagement, educational aspirations, and/or educational attainment	31 of 32 The only study that did not report an inverse association between academic achievement and being a victim of violence did, however, report an association with subsequent poor school attendance.
Tobacco Use	28	10 Longitudinal 18 Cross-Sectional Range of length of longitudinal studies: 10 months to 17 years	GPA, grades, standardized test scores, grade-level retention, teacher-rated educational engagement, academic stream in high school, and/or college intentions	28 of 28 All the studies reported an inverse relationship between use of tobacco (including smokeless tobacco) and academic achievement.
Alcohol and Other Drug Use (AOD)	44	21 Longitudinal 23 Cross-Sectional Range of length of longitudinal studies: 2 years to 23 years	GPA, grades, standardized test scores, high school class rank, academic stream in high school, grade-level retention, teacher-rated classroom adjustment, on-time/late high school graduation, high school graduation or GED, college plans, college entry and/or attainment of a college degree	43 of 44 A consistent finding of all except one of the 45 studies was an inverse association between academic achievement and either binge drinking, drinking to get drunk, using inhalants, marijuana, other illicit drugs and/or misusing prescription medications. In studies that differentiated alcohol use from binge drinking and drinking to get drunk, the inverse association was reported only for binge drinking and drinking to get drunk.
Sexual Risk Behaviors	22	12 Longitudinal 10 Cross-sectional Range of length of longitudinal studies: 1 month to 11 years	GPA, grades, standardized test scores, grade level retention, class rank, high school graduation, plans for future schooling, years of school completed, school involvement, initiating college, and/or attending college	22 of 22 All of the 10 studies that collected data about age of sexual debut reported that earlier sexual debut was inversely correlated with grades and also with years of education completed. Risky sexual behavior (e.g. multiple sexual partners and unprotected sexual intercourse) was also inversely correlated with academic achievement.
Inadequate Physical Activity	13	7 Longitudinal 6 Cross-Sectional Range of length of longitudinal studies: 3 months to 10 years	GPA, grades, standardized test scores, self-reported chances of attending and/or graduating from college	9 of 13 Time spent in physical education class during the instructional day did not result in lower grades or lower standardized test scores. All studies that analyzed data about time participating in Moderate and Vigorous Physical Activity (MVPA) reported a positive association with academic achievement. Studies about participation in competitive athletics and academic achievement had mixed results.
Inadequate Nutrition	9	4 Longitudinal 5 Cross-Sectional Range of length of longitudinal studies: 4 months to 10 years	GPA, grades, standardized test scores, and/or school attendance and tardiness	9 of 9 Participating in school breakfast or lunch programs was associated with improvement in grades, standardized test scores and school attendance. After adding specific nutrients (fruits, vegetables and dairy products) missing from students' diets, their academic performance improved.
TOTAL	148**	1 month - 23 years	96.6%	of the studies reported statistically significant inverse relationships between health-risk behavior and academic achievement.

Creating Healthy Students

Healthy eating and physical activity are linked with:



- Academic Success
- Health and Well-being



- Risk for Obesity
- Risk for Chronic Conditions (e.g., osteoarthritis)
- Risk for Chronic Diseases (e.g., Type 2 diabetes)




Local Control and Accountability Plan



- System Leadership
- Inclusion
- Vision for academic achievement

Pupil Achievement <ul style="list-style-type: none">» Performance on statewide standardized tests.» Score on Academic Performance Index.» Share of pupils that meet the requirements for entrance to the University of California and the California State University or complete career technical education sequences or programs.» Share of English learners that become English proficient.» English learner reclassification rate.» Share of pupils that pass Advanced Placement exams with 3 or higher.» Share of pupils determined prepared for college by the Early Assessment Program.	School Climate <ul style="list-style-type: none">» Pupil suspension rates.» Pupil expulsion rates.» Other local measures.
Pupil Engagement <ul style="list-style-type: none">» School attendance rates.» Chronic absenteeism rates.» Middle school dropout rates.» High school dropout rates.» High school graduation rates.	Parental Involvement <ul style="list-style-type: none">» Efforts to seek parent input.» Promotion of parental participation.
Other Pupil Outcomes <ul style="list-style-type: none">» Other indicators of pupil performance in required areas of study.	Basic Services <ul style="list-style-type: none">» Rate of teachers appropriately assigned and fully credentialed.» Pupil access to standards-aligned instructional materials.» Facilities maintained in good repair.
	Implementation of State Standards <ul style="list-style-type: none">» Implementation of State Board of Education-adopted academic content and performance standards for all pupils, including English learners.
	Course Access <ul style="list-style-type: none">» Pupil access and enrollment in all required areas of study.



School Health: Nutrition Education Opportunities

Ashley Rosales, RDN



April 15, 2016



Dairy Council of California

Healthy Eating Made Easier®

Cause: To elevate the health of children and parents in CA through the pursuit of lifelong healthy eating habits.



Nutrition and Health Are Closely Related

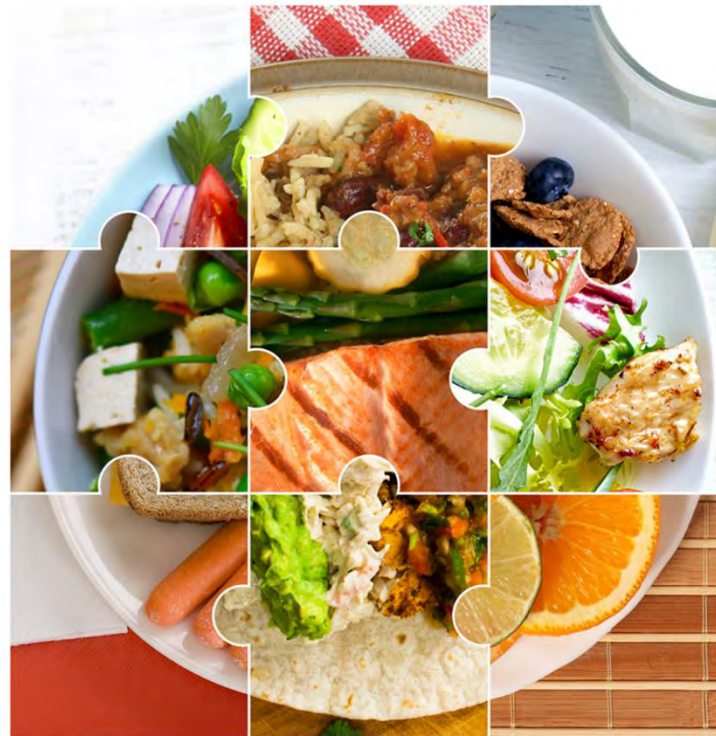
“More than 2/3 of adults and nearly 1/3 of children and youth are overweight or obese. About half of all American adults- 117 million individuals- have one or more preventable chronic diseases, many of which are related to poor eating and physical activity patterns.”



Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.



An In-Depth Look at the 2015-2020 *Dietary Guidelines for Americans*



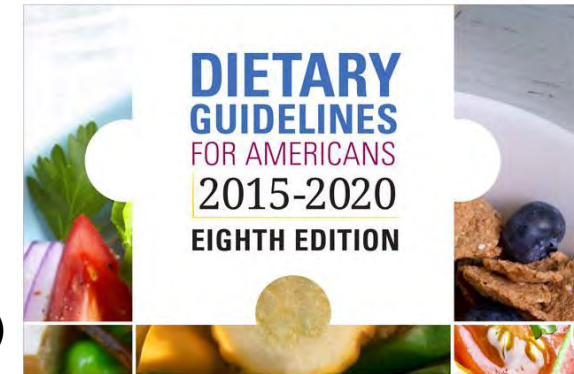
**DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION**

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.



Dietary Guidelines for Americans 2015-20: A Focus on Healthy Eating Patterns

- Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.
- A healthy eating pattern includes:
 - A variety of vegetables (from all sub-groups)
 - Fruits, especially whole fruits
 - Grains, in which half are whole grains
 - Fat-free and low fat dairy (including milk, yogurt, cheese and fortified soy beverages)
 - A variety of protein foods (including seafood, lean meats & poultry, eggs, legumes, nuts, seeds, and soy products)
 - Oils
- A healthy eating pattern limits:
 - Saturated fats and trans fats, added sugars, and sodium



Healthy Eating Patterns

Example: Healthy U.S.-Style Eating Pattern at the 2,000-Calorie Level

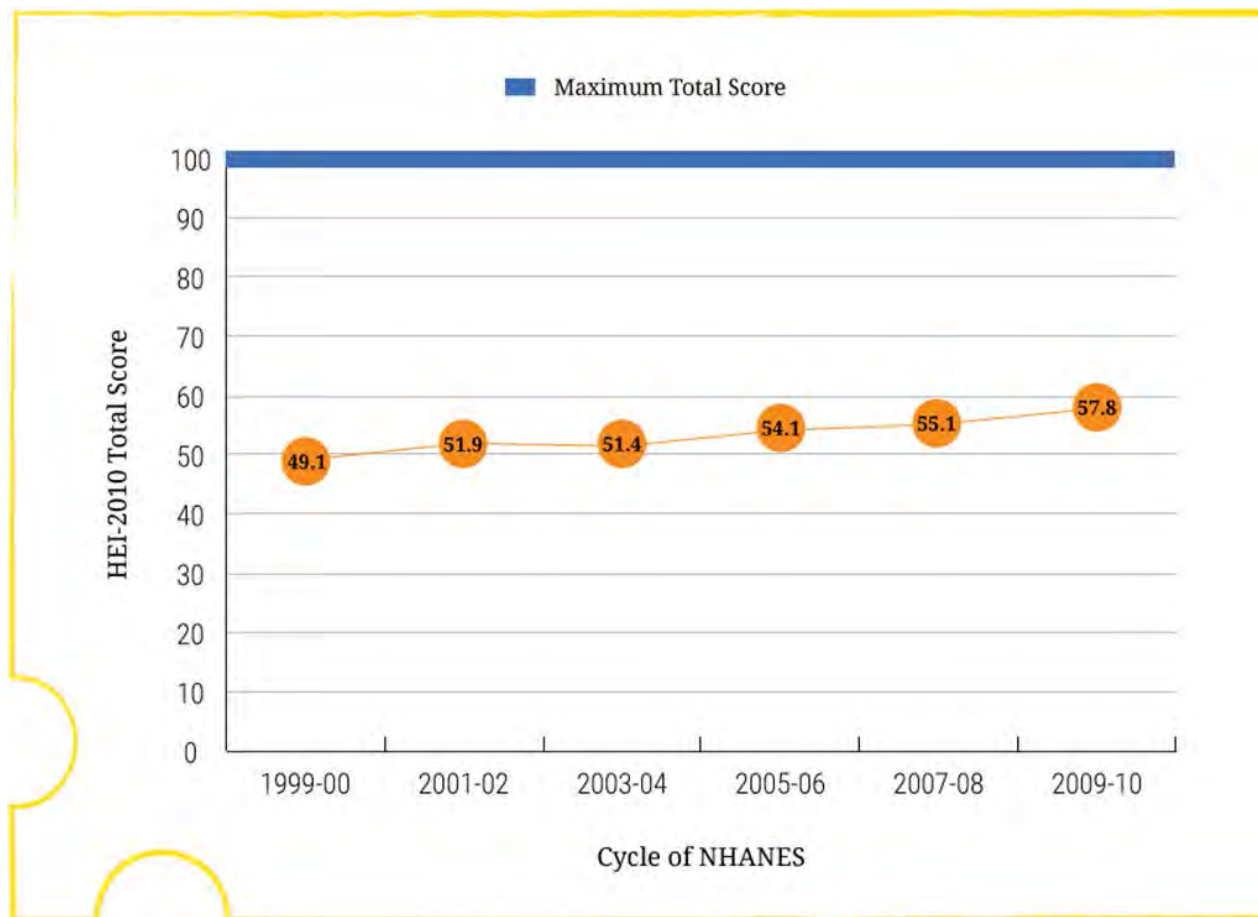
	Food Group ^a	Amount ^(b) in the 2,000-Calorie-Level Pattern
	Vegetables	2½ c-eq/day
	Dark Green	1½ c-eq/wk
	Red & Orange	5½ c-eq/wk
	Legumes (Beans & Peas)	1½ c-eq/wk
	Starchy	5 c-eq/wk
	Other	4 c-eq/wk
	Fruits	2 c-eq/day
	Grains	6 oz-eq/day
	Whole Grains	≥ 3 oz-eq/day
	Refined Grains	≤ 3 oz-eq/day
	Dairy	3 c-eq/day
	Protein Foods	5½ oz-eq/day
	Seafood	8 oz-eq/wk
	Meats, Poultry, Eggs	26 oz-eq/wk
	Nuts, Seeds, Soy Products	5 oz-eq/wk
	Oils	27 g/day
	Limit on Calories for Other Uses (% of Calories)^c	270 kcal/day (14%)

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.



Adherence to the *2010 Dietary Guidelines*

Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores of the U.S. Population Ages 2 Years and Older (Figure I-1)



Data Source:
Analyses of What We
Eat in America,
National Health and
Nutrition Examination
Survey (NHANES)
data from 1999-2000
through 2009-2010.

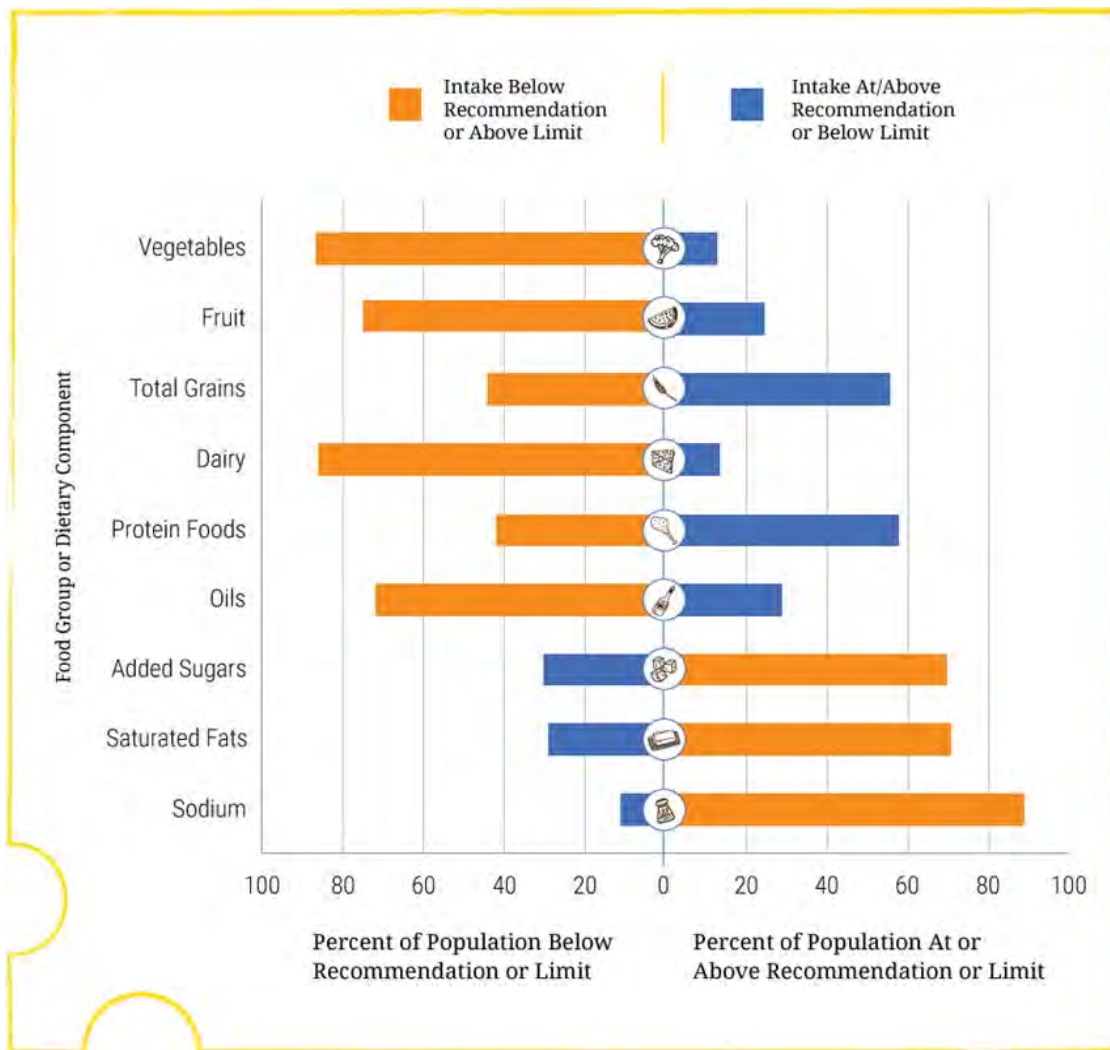
Note: HEI-2010 total
scores are out of 100
possible points. A
score of 100 indicates
that recommendations
on average were met
or exceeded. A higher
total score indicates a
higher quality diet.

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.



Current Eating Patterns in the United States

Percent of the U.S. Population Ages 1 Year and Older Who are Below, At, or Above Each Dietary Goal or Limit



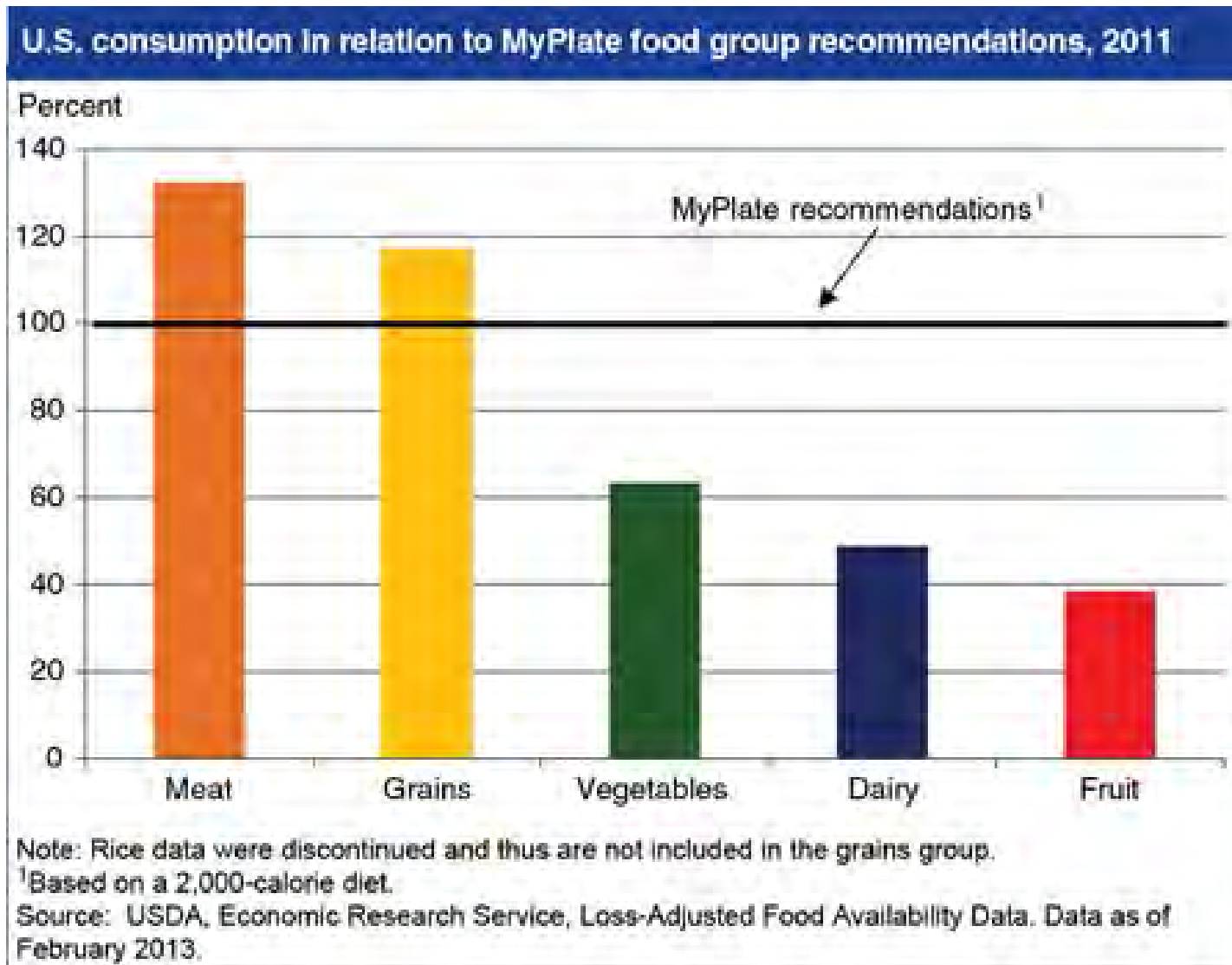
Note: The center (0) line is the goal or limit. For most, those represented by the orange sections of the bars, shifting toward the center line will improve their eating pattern.

Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.

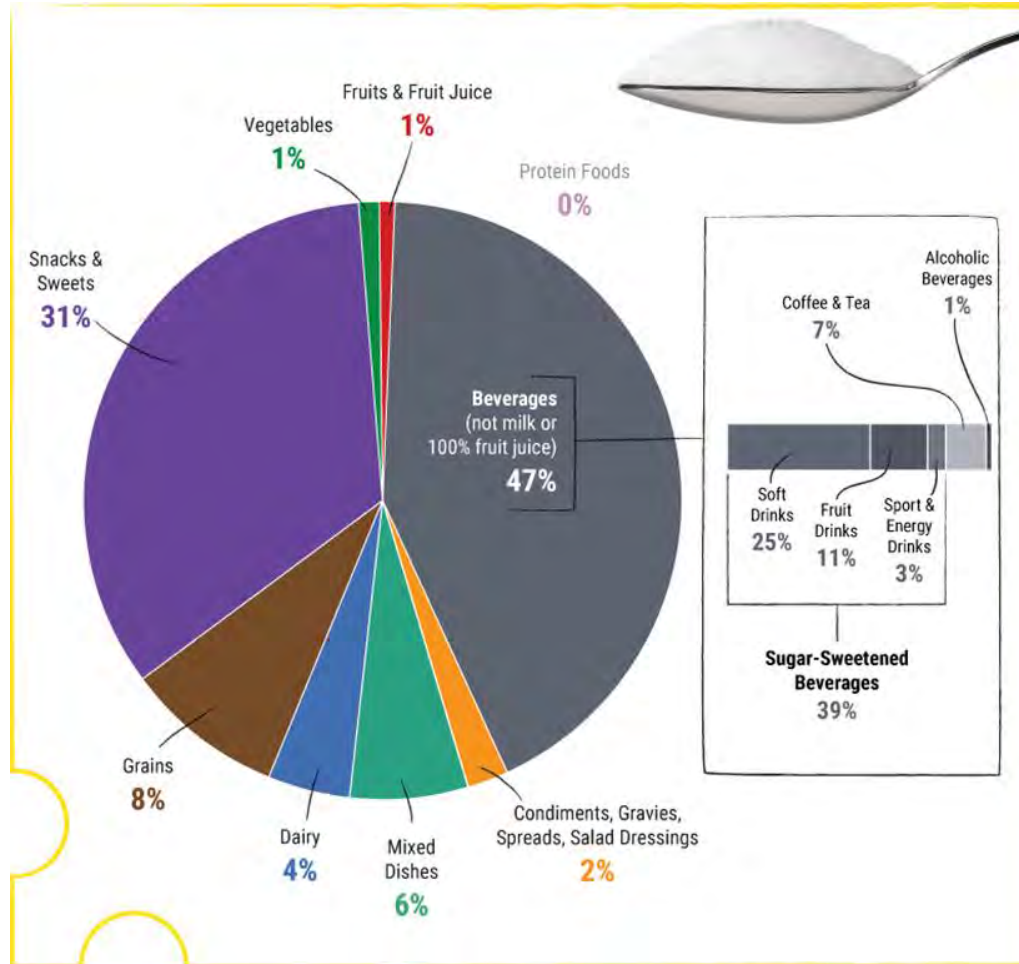


Eating Patterns Compared to MyPlate



Food Sources of Added Sugars

Food Category Sources of Added Sugars in the U.S. Population Ages 2 Years and Older



- ★ Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.



Dietary Guidelines and MyPlate: Key Recommendations

■ Consume more:

↑ fruit
vegetables
whole grains
low-fat dairy

■ Increasing consumption of these food groups will help supply these “nutrients of concern”:

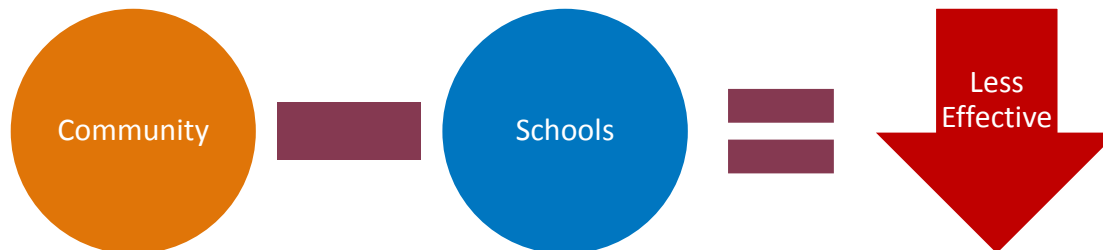
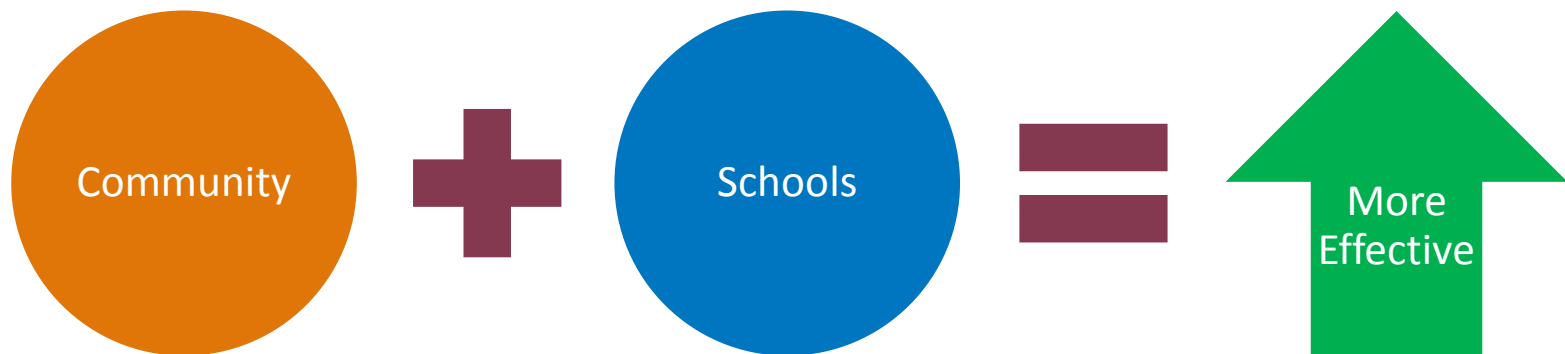
↑ calcium
potassium
vitamin D
fiber



Review of Community-Based Childhood Obesity Prevention Studies

American Academy of Pediatrics

Published July 12, 2013



Schools Role in Obesity Prevention: California Results

Survey by Field Research Corporation on behalf of Kaiser Permanente

89%

adults favor the
new USDA
school nutrition
standards

90%

parents feel
nutrition
education is
highly important



9 out of 10 parents say K-12 schools
should play a role in reducing obesity
in their community

71%

adults endorse
extending new
standards
beyond
mealtime

<http://share.kaiserpermanente.org/article/survey-americans-expect-schools-to-lead-in-preventing->



Inadequate nutrition is a health-risk behavior associated with poor academic achievement:

- Participating in school breakfast or lunch programs was associated with improvement in grades, standardized test scores and school attendance.
- After adding specific nutrients* missing from students' diets, academic performance improved.
*Fruits, Vegetables, Dairy products



<http://www.chronicdisease.org/?page=SchoolHealthPubs&hhSearchTerms=%22do+health+and+education+agencies%22>



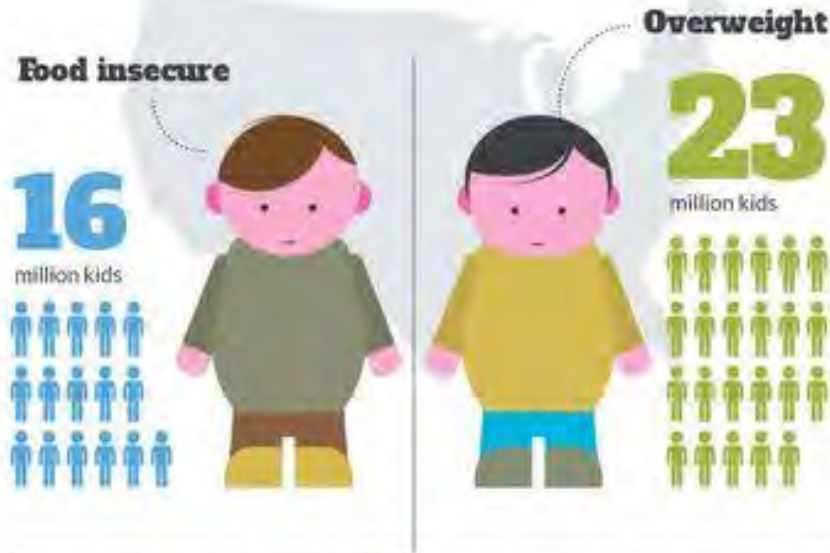
Healthy Eating and Academic Achievement

Dietary Behavior/Issue	Related Academic Achievement Outcomes
Participation in the School Breakfast Program (SBP)	<ul style="list-style-type: none"> • Increased academic grades and standardized test scores • Reduced absenteeism • Improved cognitive performance
Skipping breakfast	<ul style="list-style-type: none"> • Decreased cognitive performance
Lack of adequate consumption of specific foods (fruits, veg, dairy)	<ul style="list-style-type: none"> • Lower grades
Deficits in specific nutrients	<ul style="list-style-type: none"> • Lower grades • Higher rates of absenteeism and tardiness
Insufficient food intake	<ul style="list-style-type: none"> • Lower grades • Higher rates of absenteeism • Repeating a grade • Inability to focus



Nourish to Flourish

Food insecurity and being overweight are two of the biggest crises facing America's kids today. But they don't need to be. The solution lies in understanding the facts.



The Reality of Being Overweight and Food Insecure

They are linked.



Nutrition Services: School Meals

Building Blocks for Healthy Children report by IOM

Access to
nutritious,
low-cost meals

Support growth
and
development

Foster healthy
eating habits

Safeguard
children's health

Based on Dietary
Guidelines for
Americans

Increase
availability of key
food groups

Did you know?

The **National School Lunch Program** was created in 1946 "as a measure of **national security**, to safeguard the **health** and **well-being** of the **nation's children**."

Source: National School Lunch Act, Section 2, Public Law 396, 79th Congress, June 4, 1946



School cafeterias can help influence healthy food choices



Healthy choice is the easy choice

Nutritious foods are appealing

Includes student involvement

SLM
of CA



Health Education

Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for healthy eating and physical activity.



Nutrition Education Defined

“Any combination of educational strategies, accompanied by environmental supports, designed to facilitate voluntary adoption of food choices and other food and nutrition related behaviors conducive to health and well-being and delivered through multiple venues.”

Contento, Nutrition Education: Linking Research, Theory, and Practice, 2nd ed. 2010, p14



Effective Nutrition Education Program in K-12 Schools

Nutrition Promotion

- Posters
- Bulletin Boards
- Newsletters
- Marketing

Food

- Taste Testing
- Cooking
- Food Safety
- Farm-to-School activities and events

Literacy

Classroom Nutrition Education

- USDA Dietary Guidelines for Americans
- Based on health education standards
- Part of a comprehensive health education program
- Integrates nutrition knowledge and skills
- Encourages experiential learning
- Assesses knowledge, skills and behaviors
- Engages family and community
- Incorporates the physical environment
- Aligns to Common Core State Standards



Nutrition Education Evaluation Results



Knowledge of food groups

Nutrient-rich food choices

Physical activity



Extra foods

High sugar beverages

Screen time



Teachers Value Nutrition Education

I am happy to say my students are making much better choices in the lunch line.

4th grade teacher
Peabody Charter School

I had two former students come back and report that they were now eating healthy because I had taught them how and why.

Kindergarten teacher
Westminster Avenue Elementary



43%

Believe nutrition is a vital topic that is left out of the standard curriculum, that it ties to curriculum and offers variety

30%

Have seen the results of students eating better, practicing healthier habits , and doing better in school.





Nutrition Education Toolkit

HealthyEating.org/SchoolHealth

The screenshot displays the Dairy Council of California website's 'School-Based Health' section. At the top, the Dairy Council logo and tagline 'Healthy Eating Made Easier' are visible, along with social media links and a search bar. The navigation menu includes 'Healthy Eating', 'Healthy Kids', 'Milk + Dairy', 'Schools', 'Health + Wellness Providers', 'About Us', and 'Blog'. The 'Schools' link is highlighted, leading to the 'School-Based Health' page. On the left, a sidebar lists various resources: Schools Overview, Classroom Programs, Teacher Training, Mobile Dairy Classroom, Administrators, Parent Nutrition Education, School Wellness, Evaluation, School Foodservice, More School Resources, and Tips + Trends. The main content area features a large heading 'Bring #HealthyStudents to Your School' with a subtext explaining the importance of creating a healthy environment for children. Below this, a paragraph describes the partnership with the California School-based Health Alliance. A photograph shows a group of diverse children sitting at a table, smiling and eating from blue trays. At the bottom of the page, there are logos for the California School-based Health Alliance and the Dairy Council of California, along with a photo of a group of children in a hallway, some with their arms raised in a celebratory gesture.

DAIRY COUNCIL of CALIFORNIA®
Healthy Eating Made Easier®

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Schools » **School-Based Health**

Schools Overview

- Classroom Programs
- Teacher Training
- Mobile Dairy Classroom
- Administrators
- Parent Nutrition Education
- School Wellness
- Evaluation
- School Foodservice
- More School Resources
- Tips + Trends

Bring #HealthyStudents to Your School

Every child deserves to be healthy and successful. The most effective way to elevate the health of children is to create a comprehensive model of community health, one that provides a foundation of education and impacts the environment in which the student lives, learns and plays.

Dairy Council of California has partnered with [California School-based Health Alliance](#) to elevate the health and academic success of California students by offering the resources and support outlined below. Learn more about California School-based Health Alliance [offerings](#).

Activate School Wellness

Your Local School Wellness Policy can be implemented to affect vast change in your school and create a culture of wellness for your students. Here are some ideas to get an effective policy in place:

- ★ Access [resources we've compiled](#) to assist you in developing and implementing your Wellness Policy.
- ★ [Evaluate your policy](#), then [review policies from throughout California](#) for ideas and inspiration.
- ★ [Contact Dairy Council of California staff](#) for help on implementing or updating your policy.

- ★ Online resources
- ★ Print resources
- ★ Turnkey presentations
- ★ Posters and healthy eating messaging
- ★ Professional development
- ★ Parent engagement



Healthy Eating Made Easier through Technology

What Can You Add To Your Breakfast To Make It "3 Out of 5"?



Yogurt and fruit smoothie



Add Grains (crackers)



Egg and cheese in tortilla



Add Vegetables (salsa, avocado)



Granola bar and milk



Add Fruit (an apple)



Peanut butter on toast



Add Fruit (orange slices)



Strengthen Nutrition Education in Schools

- ❖ Provide professional development on nutrition and achievement.
- ❖ Integrate nutrition into local school wellness policies.
- ❖ Teach evidenced-based classroom nutrition education.
- ❖ Connect to the cafeteria (Smarter Lunchroom Movement, Farm to School, etc.)
- ❖ Support school health clinics.
- ❖ Partner to leverage resources and capacity even further.





Action for Healthy Kids®

Presenter



- Katia Ahmed, M.Ed., MS, RN
kahmed@actionforhealthykids.org



How to Add More Activity into the School Day

"I call (exercise) Miracle-Gro for the brain. Exercise keeps these cells healthy in a way that even playing chess (and other highly cognitive activities) does not."

– John J. Ratey, MD

Co-Author of *Spark - The Revolutionary New Science of Exercise and the Brain*





WHAT'S HAPPENING IN OUR SCHOOL?

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A Comprehensive School Physical Activity Program (CSPAP) provides a national framework for school-based physical education and physical activity. A CSPAP provides strong coordination for five components: physical education, physical activity during school (recess and classroom physical activity), physical activity before and after school, staff involvement, and family and community engagement.





Action for Healthy Kids®

Help Promote Healthy School Practices

Physical Education and School-based Physical Activity





Action for Healthy Kids®

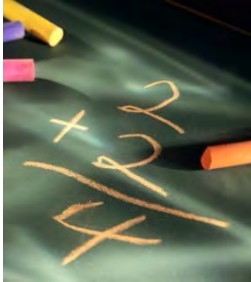
Physical Activity in Schools



- The Centers for Disease Control and Prevention (CDC) recommends that kids get 60 minutes of physical activity daily.
- SHAPE America recommends that all schools implement a Comprehensive School Physical Activity Program (CPAPS).



Comprehensive School Physical Activity Programs



The five components of a CSPAP are:

1. High-quality physical education.
2. Physical activity during school.
3. Physical activity before and after school.
4. Staff involvement.
5. Family and community engagement.





Action for Healthy Kids®

Physical Activity vs. Physical Education

"I tell people it's not my job as a PE teacher to make kids fit. My job is to make them know all of the things they need to know to keep themselves fit."

Paul Zientarski, P.E. Coordinator
Naperville Central High School

P.E. = class where
students learn benefits,
skills and training
principles of physical
activity

ShapeAmerica.org

www.education.com/reference/article/physical-exercise-school-fitness-body-mind/?page=4



Action for Healthy Kids®

Physical Activity vs. Physical Education

**Physical
activity =**
anything that
gets your body
moving



- P.E.
- Recess
- Fitness breaks
- Field trips
- Classroom learning that incorporates movement
- Before and after school activities
- Walk and bike to school programs





Action for Healthy Kids®

Ideas for Action

- Classroom Activity Breaks
- Effective Recess Programs
- Before and After-School Clubs
- Walk and Bike-to-School Programs
- Active Celebrations, Fundraisers and Family Events



How to Get Involved



Launch a physical activity initiative with the support of your principal, school leaders, teachers, students and parent community.

Let's Move, Active Schools is a collaborative effort between leading health and education organizations that empowers individual school leaders to help their schools achieve an active environment.

<http://letsmoveschools.org/>

Advocate for **more** recess.

- SHAPE America recommends 20 minutes of daily recess.
- Up to 40% of school districts have reduced or eliminated recess.
- Scaling back recess comes at a cost to learning.

"State of Play," Robert Wood Johnson Foundation,
www.playworks.org/files/StateOfPlayFeb2010.pdf



"...the most unexpected opportunity to boost learning lies outside the classroom: on the playground at recess."

Advocate for **better** recess.

“Overweight or obese students are more likely to be victims of bullying than their average-weight peers...Students who are teased because of their weight may experience problems that are harmful to their emotional and physical well-being.”

— Yale Rudd Center for Food Policy & Obesity.
“Weight Bias is a Major Reason that Students are Bullied in Schools: A Fact Sheet on School Climate.”

- Enough trained adults
- Enough space, facilities, and equipment
- A physically safe environment
- An environment that promotes more activity and movement

Physical Activity and Wellness Policies

Sample policy items for physical activity:

- Physical activity should not be **given out** to students as punishment for misbehavior (e.g., push-ups, running laps).
- Physical activity should not be **withheld** from students as punishment or to make up tests or homework (e.g., missing recess or gym).



Fitness Breaks



- Brain Breaks
- Instant Recess
- Yoga Programs
- Fitness Alarms
- “Walk and Talk” Breaks
- Morning Announcements
- Academic learning that incorporates movement



Fitness Breaks

Tips for success



Music is key – Use it to get kids moving more in the classroom and in the hallways during transitions.



At East Grand School District in Granby, Colorado, you might see students dancing to music during transitions or movement breaks, special education classes doing ball exercises with music, or music setting the tone of the day or being used to introduce a lesson theme.

“Physical Activity in Schools , Resources and Case Studies to Implement HB11-1069.” LiveWell Colorado Webinar – August 16, 2011

Fitness Breaks

Tips for success



- Model enthusiasm – participate with students.
- Demonstrate breaks during staff meetings.
- Start a video exercise library.
- Modify activities so that all students can participate.

Alliance for a Healthier Generation: www.healthiergeneration.org/schools.aspx?id=4425

Success Story

Indoor Recess Kits

Nicole and her team put together indoor recess kits for inclement weather days. Instead of watching movies, now students get a much needed movement break even though they can't go outside.



Nicole Croy, Parent Volunteer
Ryan Elementary
Westminster, Colorado

"The great thing about them is every child can find an activity from the bag that they enjoy. No one feels left out or pressured to participate in something they don't want to do."

Amanda Hill, 4th grade Ryan teacher

Fitness Breaks

For secondary students

Tips for success

- Implement breaks during homeroom or “advisory” period.
- Start slowly, have patience and be persistent.
- Use humor, make activities challenging and show students the benefits.
- Involve students in creating, planning and leading their own activity breaks.

Colorado Legacy Foundation

“Take a Break! Teacher Toolbox – Physical Activity Breaks in the Secondary Classroom”

<http://colegacy.org/resource/movemore/>

Alliance for a Healthier Generation, www.healthiergeneration.org/schools.aspx?id=4425
& Colorado Legacy Foundation, “Move More, Learn More: Physical Activity at the Secondary Level,” Webinar, September, 2012



Before and After School Activity Clubs



- Start a walking or running club (100 Mile Club, Girls on the Run)
- Start a club focused on what you enjoy – dancing, volleyball, jump-rope, yoga.
- Find community members to help.
- Open up the gym for exercise time.
- Bring in an established program (yoga, Zumba®, martial arts, etc.).

Before and After School

Tips for success

- Voluntary participation
- Equal opportunities to participate
- Student involvement in selection and planning
- Promotion to students and families
- Review of district policy for supervision and facility maintenance



Find more tips at:

www.actionforhealthykids.org/game-on-intramural-programs

Walk and Bike to School

- Participate in **National Walk or Bike to School Day**.
- Start a **Walk or Bike to School** program.
- Start or support a Safe Routes to School initiative



Walking School Bus or Bicycle Train

A group of students walking to school with one or more adult “bus drivers” or riding their bikes to school with adult supervision.

Learn more: www.walkingschoolbus.org/Walking_School_Bus_Basics.pdf

Link with other community efforts – find potential partners for your school to help with programming and funding.



- AFHK tipsheets on recess, fitness breaks and before and after school activities:
www.ActionforHealthyKids.org/ParentToolkit
- AFHK Share Healthy Food & Activity presentation:
www.ActionforHealthyKids.org/ShareHealthyFoods



www.ActionForHealthyKids.org

Game On: An Every Kid Healthy Tool

Game On supports America's schools in creating healthier school environments for students, staff and the communities they serve. This no-cost online guide provides all the information and resources you need to host a successful school wellness program in your school with the ultimate goal of getting your school nationally recognized as a health-promoting school through the United States Department of Agriculture, Food and Nutrition Service HealthierUS Schools Challenge (HUSC) recognition program.



Game On: 6 Steps to Building a Healthy School

1. Get Your Team

A school wellness team identifies health concerns, leads projects, raises funds, promotes and celebrates successful health initiatives, and helps others replicate their efforts. Anyone, from school staff to parents to community members, can serve on a team.

2. Assess & Track Progress

Assess the health of your school environment using the [School Health Index](#). Identify strengths and areas of weakness, then use Game On activities to make improvements.

3. Create and Implement an Action Plan

A clear action plan will serve as a road map for the wellness team and outline priorities and goals that can be accomplished one step and one year at a time.

4. Find Activities

Use our [school blueprint](#) to identify activities that line up with your school's needs and find resources to help you implement those activities.

5. Engage Families and Communities

These partnerships can improve student learning by promoting consistent messages about healthy behaviors and provide access to additional resources and volunteers.

6. Seek Recognition

You've done all the hard work. Now show school staff, parents, students and the community that your school is one of the healthiest in the nation! Apply for recognition through the HealthierUS School Challenge award program.



Log into Game On to select a room on the school blueprint to find nutrition and physical activity challenges for every aspect of your school building. Whether you are part of the school staff, a parent or community member, you can make a difference!

Eat Better Activities

Alternative Breakfast Programs
Farm to School
Health & Wellness Fair
Healthy & Active Non-food Rewards
Healthy & Active Parties
Healthy Fundraising
Healthy School Store

Healthy Staff Meetings
Host a Taste Test
Morning Eat Better Announcements
Nutrition Education
Recess before Lunch
Rethink Your Drink
Understanding Nutrition Facts Label

Move More Activities

Active Learning Opportunities
Bike Rodeo
Brain Breaks, Instant Recess & Energizers
Daily Physical Education
Family Fun Days
Fitness Classes
Indoor Recess Ideas

Intramural Programs
Morning Groove
Open Gym
Playground Circuit Challenges
School Fundraiser Runs
Walk with Principal
Walking School Bus

Find all activities online at www.actionforhealthykids.org/tools-for-schools



Every Kid Healthy™ Week: April 25-29, 2016



Every Kid Healthy™ Week is an annual observance to celebrate school health and wellness achievements recognized on the calendar of National Health Education Week. Observed the last week of April each year, this observance shines a spotlight on the great efforts our schools are doing to improve the health and wellness of their students. The link between nutrition, physical activity and learning is because healthy kids learn better! Everyone is encouraged to get involved and be a part of the celebration to promote sound nutrition, regular physical activity and health programs in schools.

Thank you to the 1,500 schools, 760,000 students, and 37,000 parents, teachers, and volunteers who participated in the Every Kid Healthy Week celebrations in April 2015!

It's always a good time to plan an Every Kid Healthy themed event at your school. Find [Every Kid Healthy Week resources](#) below and check out [Game On](#) for ideas and inspiration.



Action for Healthy Kids®

Take the Pledge!



Take the ***Every Kid Healthy Pledge***.
Help us create a 100,000-person
movement to make *all* schools
healthier places.

ActionforHealthyKids.org/EveryKidHealthy



Resources

California School-Based Health Alliance

<http://www.schoolhealthcenters.org>

Dairy Council of California

<http://www.healthyeating.org>

ACSA <http://www.acsa.org>

Action for Healthy Kids

<http://www.actionforhealthykids.org>

Q & A

- Thank you all for joining us today to learn more about the link between health and academic achievement.
- We will send a link to the archived webinar along with links to partner resources in the coming week.
- We will now take questions for our presenters!

Questions for our presenters

Please submit your
questions in the chat box!

