

# Rewarding Healthy Schools



# Why is wellness an important focus for schools?

- Obesity statistics
- Lifetime of good habits—start them young
- N&O series this week on Exercise—The Real Drug
  - focusing on the benefits of a lifetime of exercise and its correlation to good health
- Children spend most of their day at school—schools have a huge opportunity to impact children's health
- Schools often criticized for many things—AHA's awards program celebrates schools' efforts in this area.

# Health Consequences of Poor Nutrition and Lack of Physical Activity

- Cardiovascular disease
- Hypertension
- Type-2 diabetes
- High blood cholesterol
- Respiratory ailments
- Orthopedic problems



# Social and Emotional Health

Social and emotional health decreases as soon as child's weight rises above average

- Lower self esteem
- Negative body image
- Depression
- Stigmatizing, stereotyping and marginalization
- Teasing and bullying

# Poor Nutrition = Poor Learning

- Behavior problems
- Difficulty concentrating and performing complex tasks
- Reduced energy levels
- More illness and more missed class time
- Reduced cognition
- Lower standardized test scores

# Students with better grades:

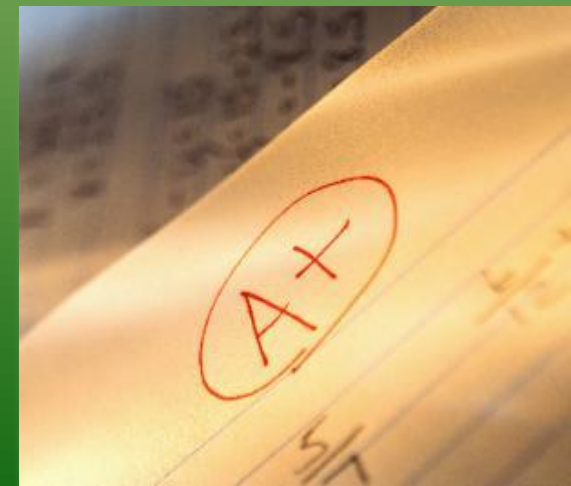
- Are typically physically active at least 60 minutes per day
- Watch less than 3 hours of TV per day
- Use computers for something other than school work less than 3 hours per day
- Drink less soft drinks
- Are less likely to skip eating to lose weight or not gain weight

Source: 2009 YRBSS Survey

# Physical Activity & Academic Success

National study: 5,300 elementary students found an increase in math and reading test scores among girls who spent the most time in PE compared to those who spend the least. (Carlson, Fulton, Lee, et al. 2008)

2005 study found that physical activity has a positive influence on concentration, memory, and classroom behavior. Additionally, PE results in small positive gains in academic performance. (Strong, Malina, Blimkie, et al. 2005)



# Healthy Eating and Academic Success

Serving a nutritious breakfast to children who do not get breakfast increases impact on cognitive abilities, increased attention span, alertness, and improved reading, math, and other standardized test scores.  
(Brown, Beardslee, Prothrow-Stith 2008)



# AHA Brains and Bodies Award Go for the Gold!



# What Is the AHA Brains and Bodies Award?

- Program recognizes elementary & middle schools in Wake County that are working to create a healthy school environment and are enforcing and/or strengthening the local wellness policy
- Celebrates the great things that are happening in our schools and encourages more schools to get on board with the wellness movement!
- Encouragement & educational for schools

# 2011 Winners

- **Four Gold Winners:**

- A.B. Combs Elementary
- Fuller Elementary
- Underwood Elementary
- St. Mary Magdalene Catholic School



**Raleigh Award Winners**

- **One Silver Winner:** West Lake Elementary

- **Six Bronze Winners:** Davis Dr., Mills Park, Northwoods, Hunter, Olive Chapel, Swift Creek & Wildwood Forest Elementary Schools

- **One Honorable Mention:** Farmington Woods Elementary

# Winner Profiles

- Profiles of winning schools—their activities may work for your school!
- That's part of what this award is about—sharing success stories county-wide!
- Best Practices—based on last year's applications; evolving
- Key Components of Gold Winners:
  - wellness committee
  - wellness was clearly part of the school's culture

# How do we apply for the award?

1) Form a team that consists of at least one individual from 3 of the following categories:

- Parent
- Physical Education or Health Education Specialist
- School Nurse
- Guidance Counselor
- Administrator
- Child Nutrition Staff Member
- Student-- we strongly advise you to include students in any way you can, especially on the middle school level!

# Applying, continued...

- 2) Print PDF of the application and share it with your team.
- 3) Use it to collect all of your answers.
- 4) Then use online application to enter answers. (Technical difficulties! Allow at least one day before March 1)
- 5) Email supplemental materials by 5 pm, March 1.
- 6) Be prepared for site visit—finalists

# Application Timeline

- **NEW THIS YEAR:**
  - Submit intent to apply by Feb. 1, 5 pm
  - Then AHA will email you link to the application.
  - Submit intent to apply before Feb 1. to have *additional* time to work on the survey.
- **APPLICATION TIMELINE:**
  - March 1, 2012, 5 pm Deadline (supplemental materials too)
  - March: AHA reviews applications
  - March/April: AHA conducts site visits at finalist schools
  - May 30: AHA & WCPSS Supt. Tony Tata present awards!
  - July: AHA awards funding to PTAs of winning schools



# Questions & Scoring

- Some questions are just for information collection purposes.
- Most questions have points associated with them.
- Email supplemental materials as applicable to [mmckinley@wakemed.org](mailto:mmckinley@wakemed.org) with **Brains and Bodies Award-- XYZ School** in the subject line
  - photos, copies of policies, etc. required this year to accompany the application
  - due with application by 5 pm, March 1.

# Application & Questions

- Elementary, Middle, K-8
- Sections of Application:
  - Wellness Policy
  - School Employee Wellness
  - School Lunch Program
  - School Nutrition
  - Health Education
  - School Physical Education & Physical Activity
  - Healthy Lifestyles at Your School

# What do we win????!!! 😊 😊

- **Four levels of winners**
  - Gold: \$500
  - Silver: \$250
  - Bronze: \$100
  - Honorable Mention: \$50
  - funding for future wellness initiatives at your school
- Gold winners: **AHA Brains and Bodies Award: Healthy Students Grow Here** banner to display to school
- All winners receive:
  - AHA Brains and Bodies Award framed plaque
  - Community recognition in the local media
  - Pride in knowing that your school is a healthy place for students to learn and grow!



# Resources

- AHA: we are here to help!
- [www.advocatesforhealthinaction.org](http://www.advocatesforhealthinaction.org)
- [www.actionforhealthykids](http://www.actionforhealthykids)
- [www.wcpss.net/school-health-ac](http://www.wcpss.net/school-health-ac)
- [www.schoolnutrition.org](http://www.schoolnutrition.org)
- [www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)
- [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)
- [www.cdc.gov/HealthyYouth/healthtopics/wellness.htm](http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm)
- [www.californiaprojectlean.org](http://www.californiaprojectlean.org)

# Questions?

- Thanks for coming!
- Please do apply!
  
- Michele McKinley  
AHA Project Coordinator  
[mmckinley@wakemed.org](mailto:mmckinley@wakemed.org)