

Docs Adopt School Health Initiative in Tri-County Schools



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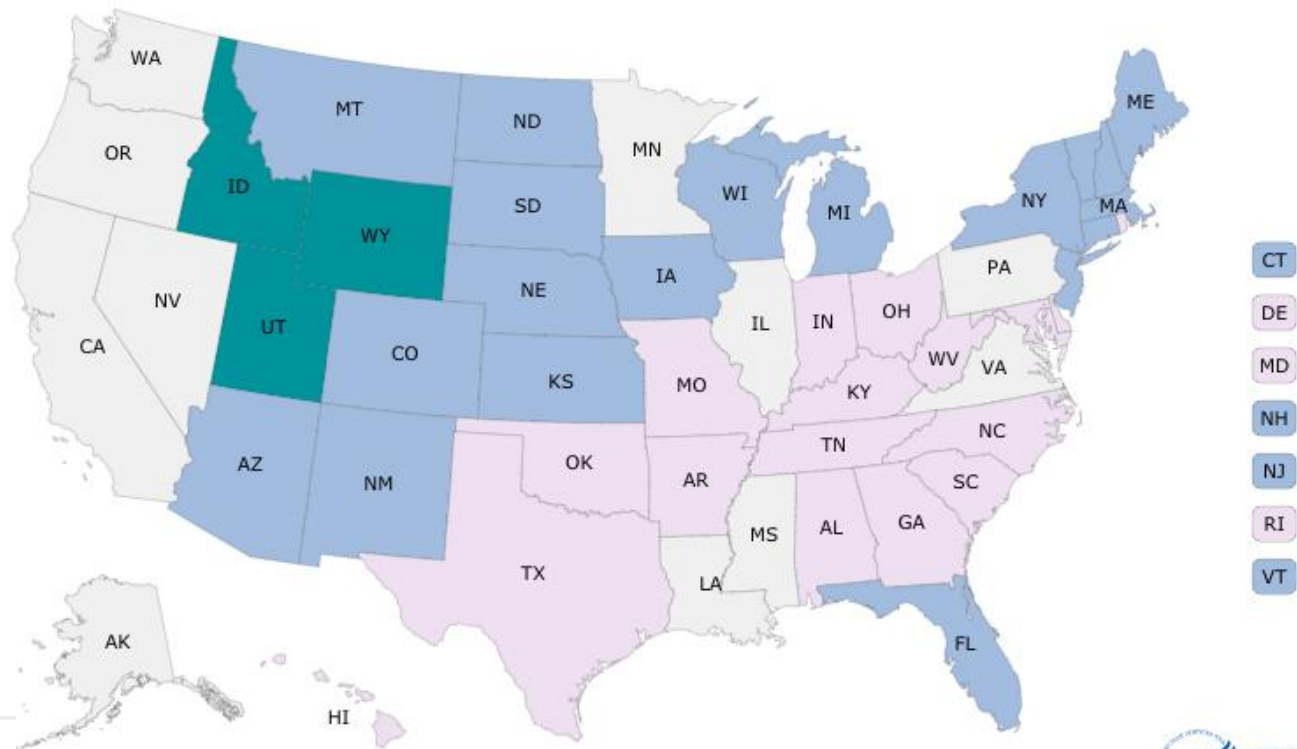
Mission

- ▶ The MUSC Boeing Center for Children's Wellness addresses children's health and development from birth through adolescence. In partnerships across the state, we are working to instill a culture of wellness and prevent obesity such that each child is healthy, succeeds in school and thrives in life.



Childhood Obesity- 2005

Percentage of high school students who were obese* — selected U.S. states, Youth Risk Behavior Survey, 2005



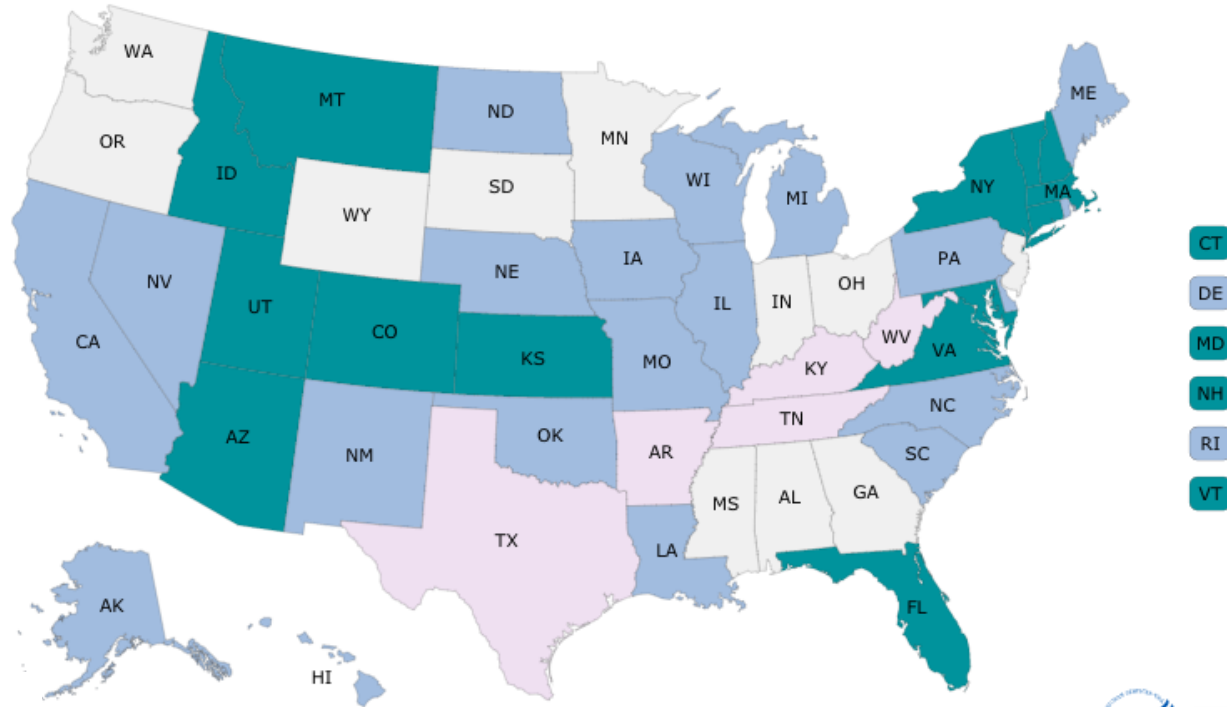
Legend

- 6% - <9%
- 9% - <13%
- 13% - 16%



Childhood Obesity- 2017

Percentage of high school students who were obese* — selected U.S. states, Youth Risk Behavior Survey, 2017



Legend

- 9.5% - <13.6%
- 13.6% - <17.6%
- 17.6% - 21.7%



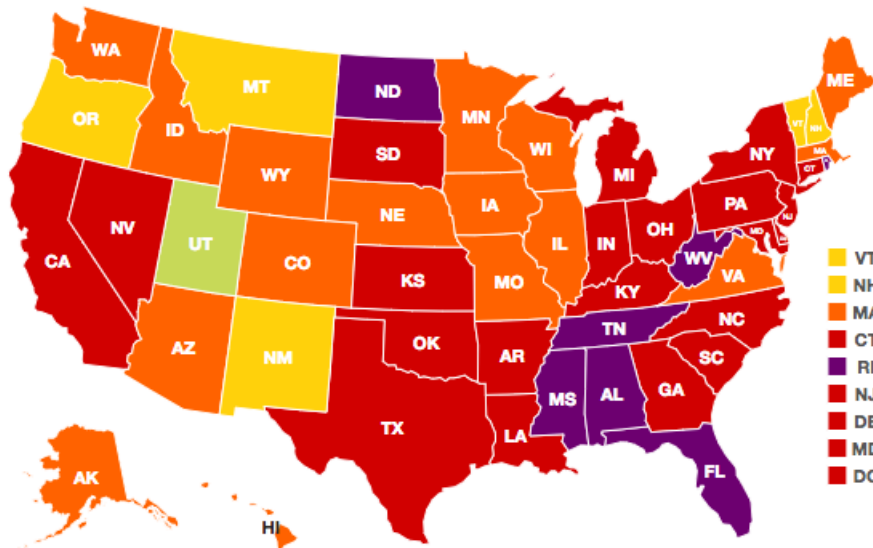
Childhood Overweight & Obesity in SC

Overweight & Obese Children 10-17, 2016

Select years with the slider to see historical data. Hover over states for more information. Click a state to lock the selection. Click again to unlock.

Combined overweight and obese rates, children ages 10 to 17

0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+



NEARLY
40% of children
in South Carolina are
overweight or obese.



Source: Data Resource Center for Child & Adolescent Health



Childhood Overweight & Obesity in SC

2- to 4-year-old WIC participants

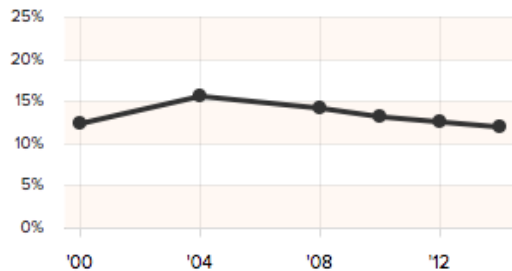
Current obesity rate (2014)

12.0%

Rank among states (2014)

45_{/51}

Historical rates (2000-2014)



Source: stateofobesity.org/wic

10- to 17-year-olds*

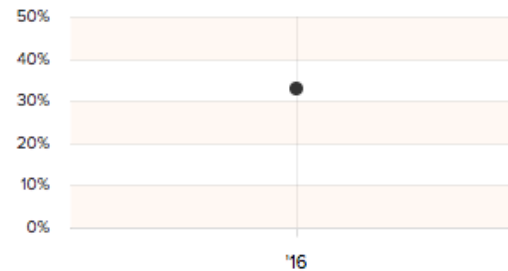
Combined overweight & obesity rate (2016)

32.9%

Rank among states (2016)

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Historical rates (2016-)



Source: stateofobesity.org/children1017

High school students

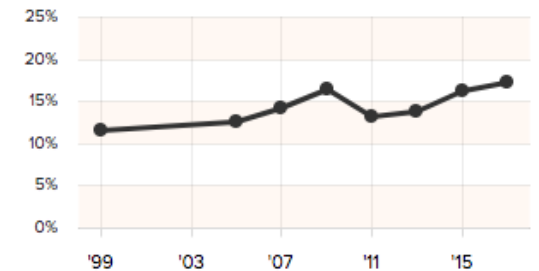
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17.2%

Rank among states (2017)

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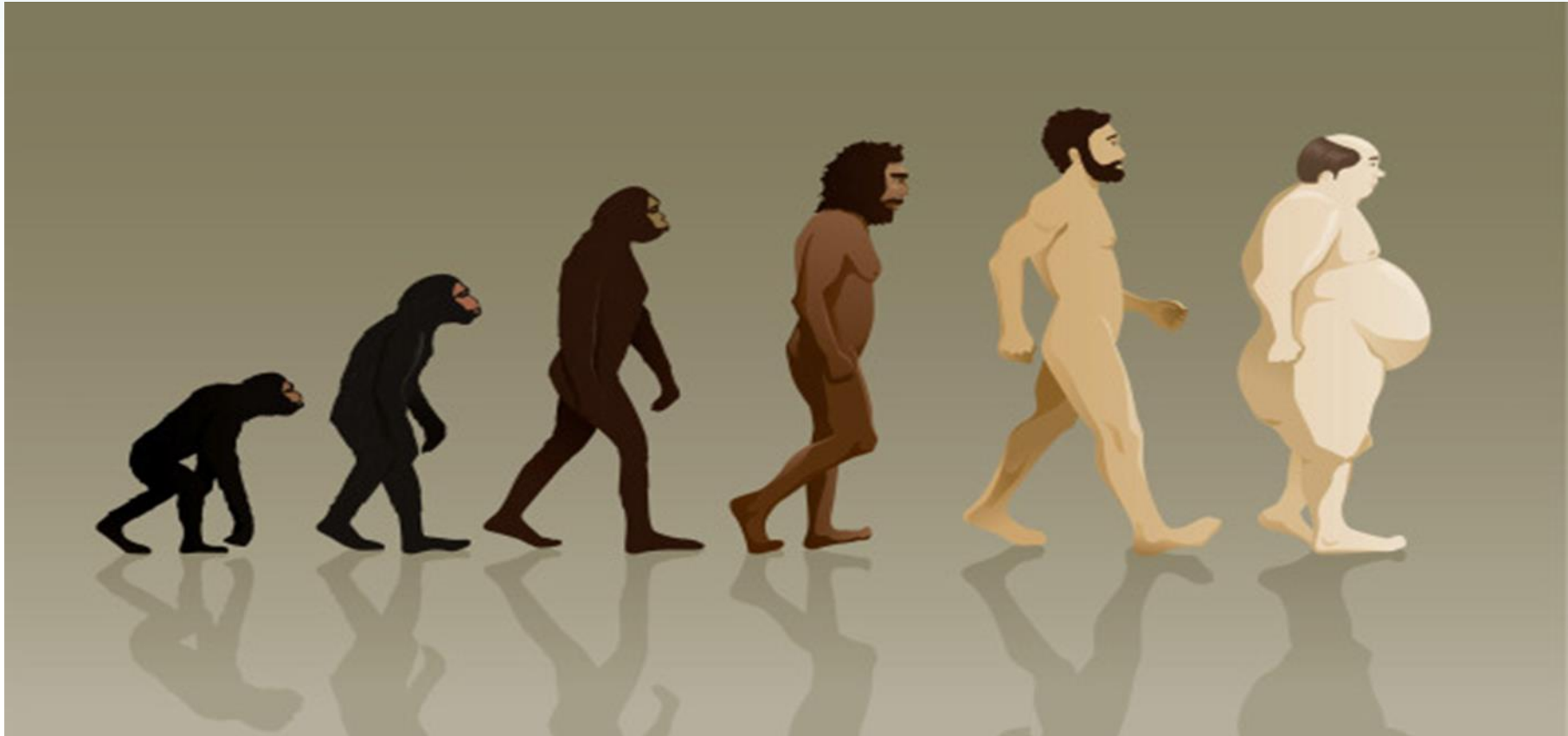
Historical rates (1999-2017)



Source: stateofobesity.org/high-school-obesity



How did we get here...



- ▶ **Obesity is a recent phenomenon; today normal human behavior results in unhealthy weight gain. Therefore effective intervention must address the “obesogenic” environment.**



THE PHYSICAL INACTIVITY CYCLE

EARLY CHILDHOOD

ADOLESCENCE

ADULTHOOD



PHYSICALLY INACTIVE CHILDREN



30% of children are obese



Misses school 2 days higher than average



Lower test scores



US\$ 2,741 per year higher health care costs



1 week per year of extra sick days taken



5.3 million premature deaths/yr. due to inactivity

PRESCHOOLERS WITH INACTIVE PARENTS ARE FAR LESS LIKELY TO BE ACTIVE

2X AS LIKELY TO BE OBESE AS ADULTS



LIFETIME BENEFITS OF PHYSICAL ACTIVITY

ACTIVE PARENTS ASSOCIATED WITH ACTIVE CHILDREN



CHILDREN OF ACTIVE MOMS ARE 2X AS LIKELY TO BE ACTIVE

MAY LIVE 5 YEARS LONGER



Reduced risk of heart disease, stroke, cancer, diabetes

Saves up to US\$ 2,741 per year in health costs

15% more likely to go to college

Less likely to smoke, become pregnant

40% higher test scores

Up to 1/10th as likely to be obese



PHYSICALLY ACTIVE CHILDREN

EARLY CHILDHOOD

ADOLESCENCE

ADULTHOOD

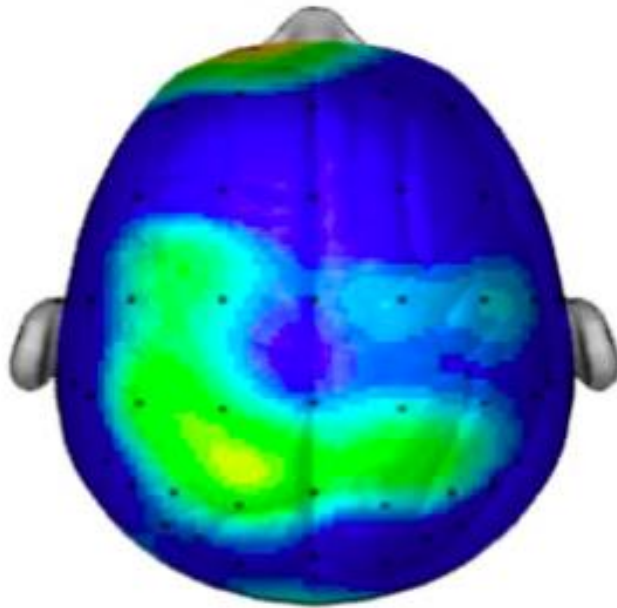
Why Schools:

- > 95% children in schools
- Large portion of daily food and exercise occurs at school
- Ideal setting to teach about healthy lifestyle
- Can enhance academic performance and behavioral improvements

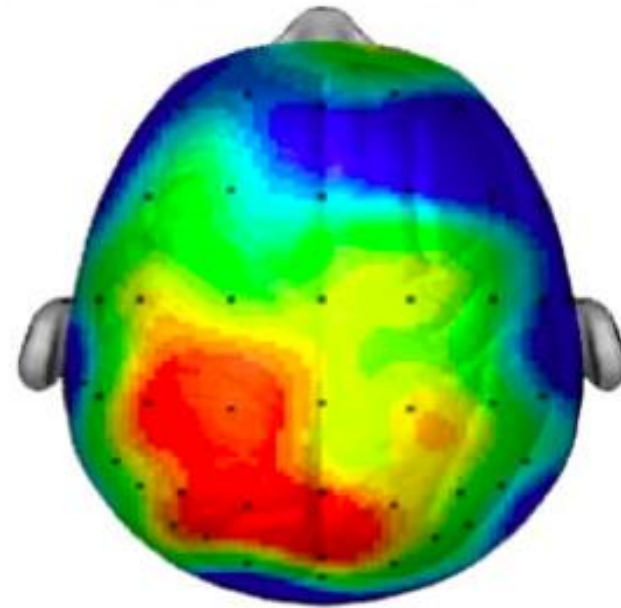


Average composite of 20 students brains taking the same test

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20
MINUTE WALK



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	<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

CDC, *Healthy Kids. Successful Students. Stronger Communities. Improving Academic Achievement through Healthy Eating and Physical Activity*



Whole School, Whole Community, Whole Child Model



Docs Adopt School Health Initiative

▶ Docs-Adopt©

- ▶ Matches physicians and healthcare professionals with individual schools
- ▶ Healthcare professionals join wellness committee
- ▶ No clinical services



▶ School Wellness Checklist©

- ▶ Action guide for implementing evidence-based strategies to improve overall school health environment
- ▶ Basis of an annual contest that leads schools to improve nutrition and increase physical activity
- ▶ Qualifying schools receive monetary award to use towards wellness projects of their own choosing



School Wellness Checklist

1. Getting Started
 - ❖ Must log at least one point in each category
2. Nutrition
3. Physical Activity
 - ❖ Minimum of 50 points
4. Stress Management
5. Establishing a Wellness Culture
 - ❖ At least 3 wellness committee members
6. Employee Connections
 - ❖ Minimum of 4 wellness committee meetings
7. Sustainability



2018-2019 Timeline

- ▶ Wellness Checklist Contest starts September
 - ▶ Wellness Committee meetings begin
 - ▶ Usernames and Passwords for online checklist
- ▶ Wellness Leader Training
 - ▶ Held each Fall
- ▶ Wellness Focus Group
 - ▶ Held each Spring
- ▶ Checklist due Friday, **APRIL 12th at Noon**
 - ▶ Verification process
 - ▶ Prize Patrol to top three schools in each district
 - ▶ **May awards celebration** and winner announced



Award Structure

50-70 points → \$250

71-100 points → \$350

101-150 points → \$500

151-200 points → \$750

201+ points → \$1000



Award Structure

- ▶ **Grand Prize Winner**
 - ▶ Additional \$1000
- ▶ **Second Place Winner**
 - ▶ Additional \$500
- ▶ **Third Place Winner**
 - ▶ Additional \$500



Getting Started

- ▶ Become a member of your school wellness committee
- ▶ Attend school wellness committee meetings
- ▶ Assist with updating School Health Plan



Healthy Schools Program



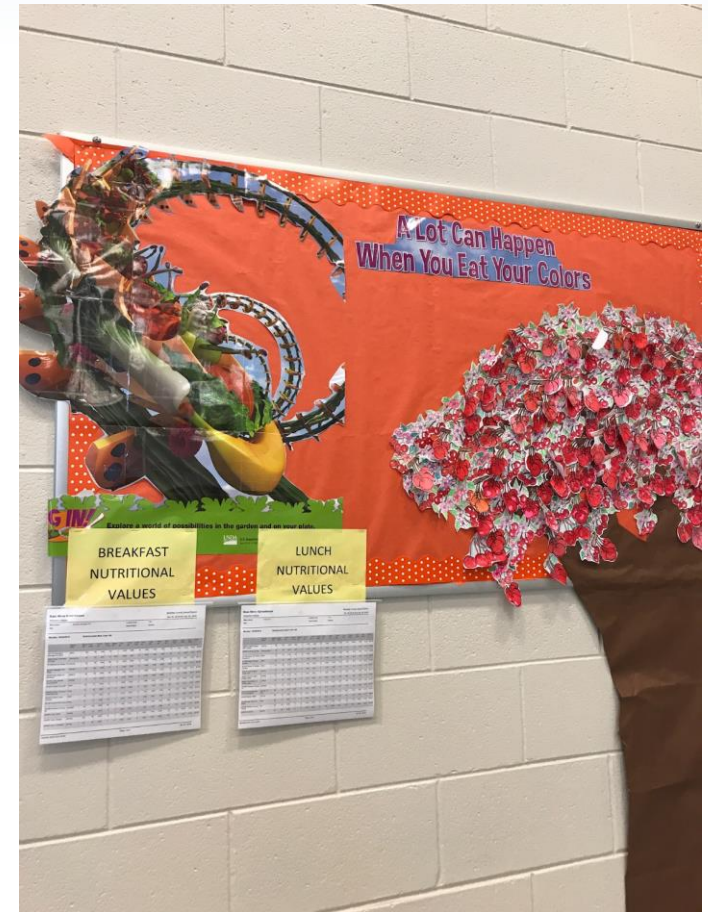
Getting Started

- ▶ Encourage health professionals and community involvement in wellness committee
- ▶ Be Healthy Moments with Dr. B



Nutrition

- ▶ Post nutrient information for students and staff to see



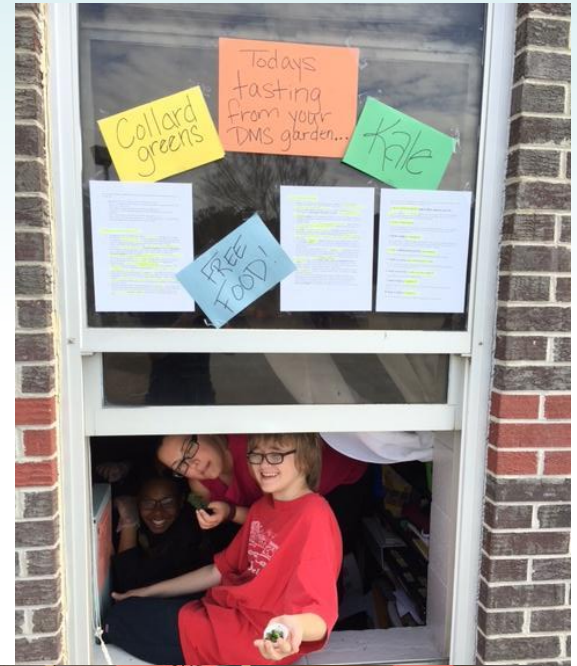
Nutrition

- ▶ School gardens



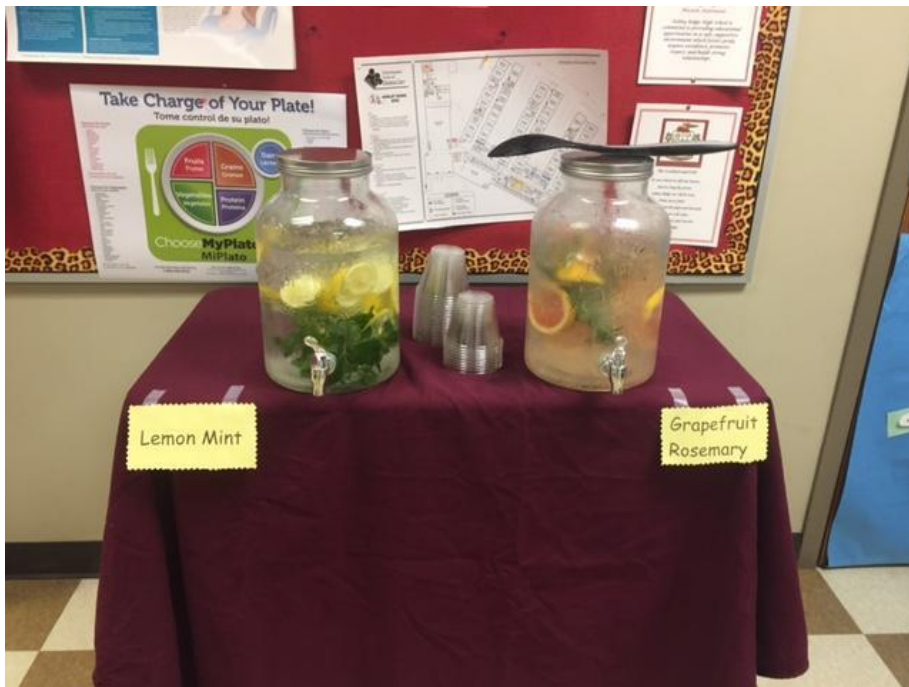
Nutrition

- ▶ Assist school with hosting fresh fruit and vegetable tastings

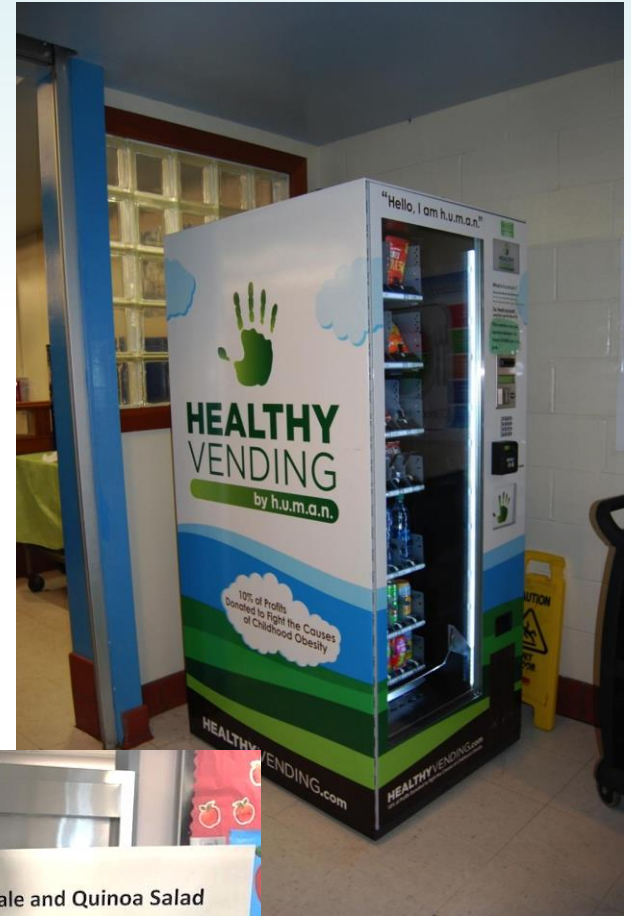


Nutrition

- ▶ Hold a Water Drinking Campaign

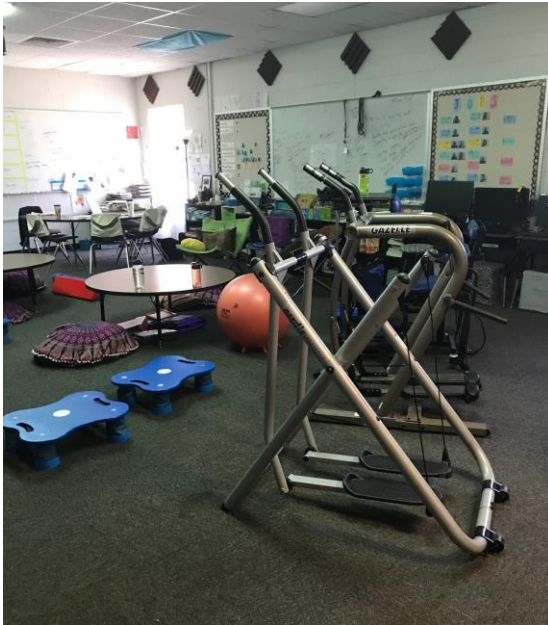


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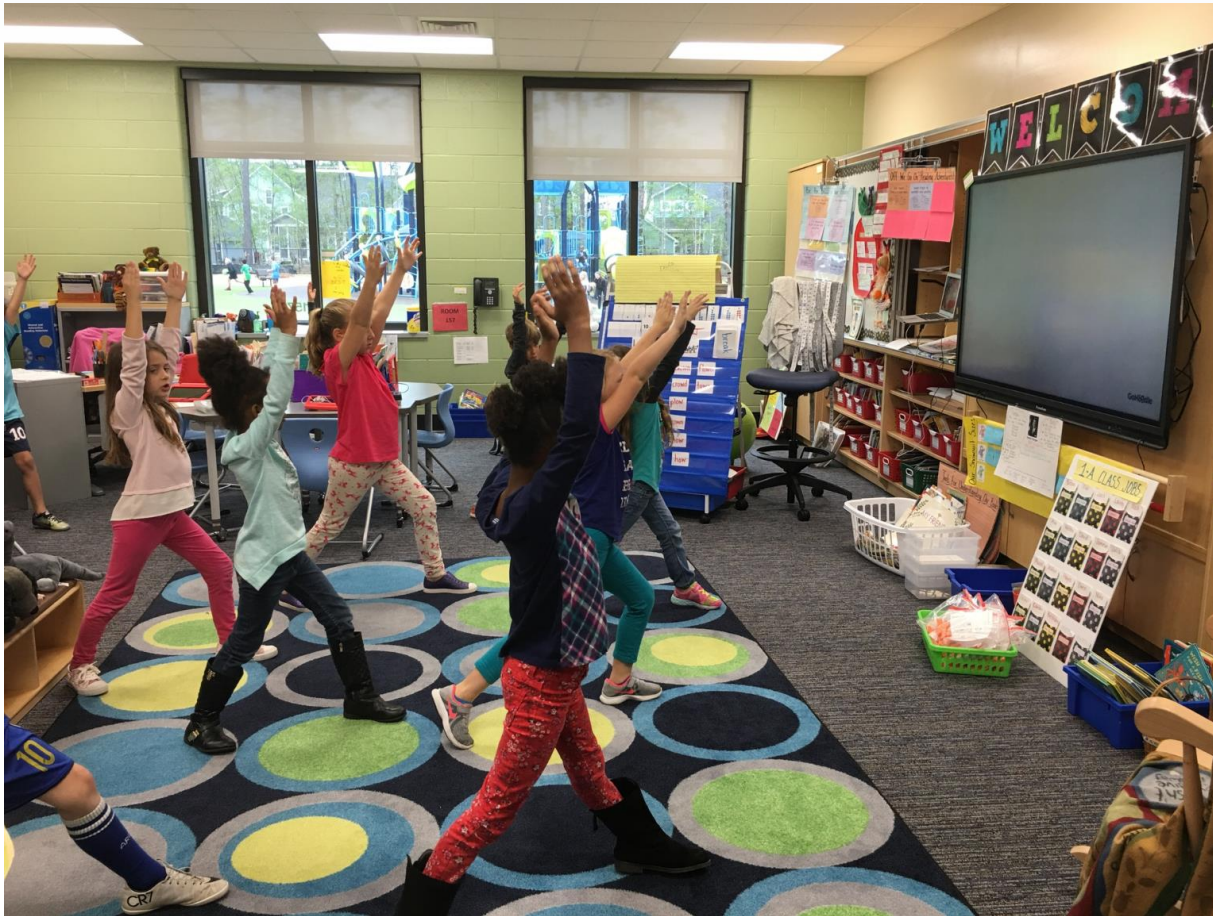


Physical Activity

- ▶ Action Based and Kinesthetic Learning



Brain Break



Physical Activity

- ▶ Encourage students to participate in community physical activity events
- ▶ Help organize Walk/Bike to School Days
- ▶ Assist with before or after school walk/run clubs



Physical Activity



Physical Activity

- ▶ Open Community Use
- ▶ Joint Use Agreements
- ▶ Recreational Agreements



OPEN COMMUNITY USE

Open community use refers to schools allowing free community access to tracks, fields, courts, playgrounds, or other outdoor recreational facilities before or after school hours.

Open community use can increase community access to places to be physically active. In addition, opening schools' outdoor facilities can assist in eliminating health disparities that exist in the state⁵⁸. Many individuals cannot afford to pay for recreational facilities or their community does not have a nearby park or recreational area⁵⁹. Opening schools' outdoor recreational facilities can help all South Carolinians, regardless of income level, engage in more physical activity. Open community use increases the opportunities for youth, adults, seniors, and families to be active, which, combined with good nutrition, is an important step toward improving health.

Benefits of Open Community Use

- Increases access to safe, affordable, and convenient places for physical activity^{10, 11}.
- Decreases children's sedentary behavior¹².
- Improves family and community engagement with the school¹.
- Increases safety and decreases vandalism of facilities¹.

Other Types of Facility Use Agreements

In addition to open community use, school facilities can be open for public use in a number of different ways.

1. **Shared Use/Joint Use Agreements:** When government entities, private organizations, or non-profits partner to open access to school property and/or facilities for community use.
Example: An afterschool program uses the local middle school track during the week for their program.
2. **Recreational and Non-recreational Agreements:** When a school district allows third parties to host group programs and activities on school property, sometimes in exchange for paying a fee.
Example: The local parks and recreation department hosts T-ball games at the local elementary school's baseball diamond.

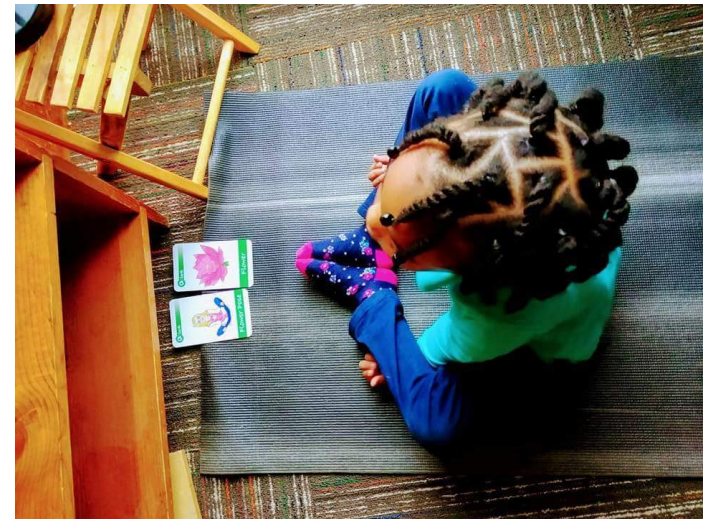
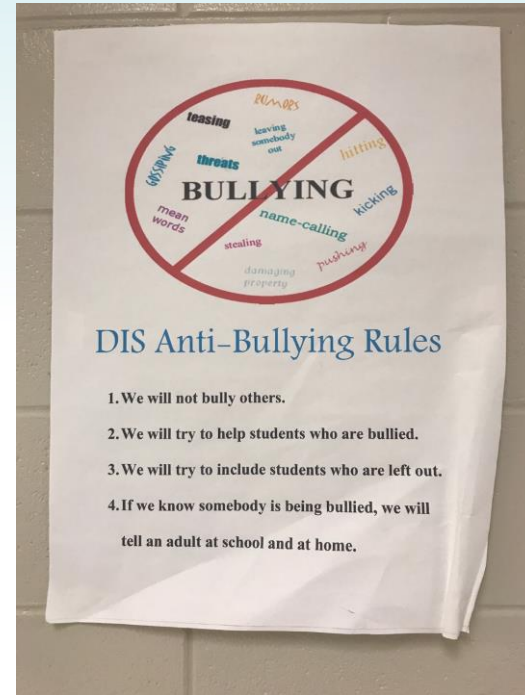


Stress Management

- ▶ Provide relaxation area for staff
- ▶ Encourage stress relief programs for students AND staff
- ▶ Set up massages and guest speakers for staff

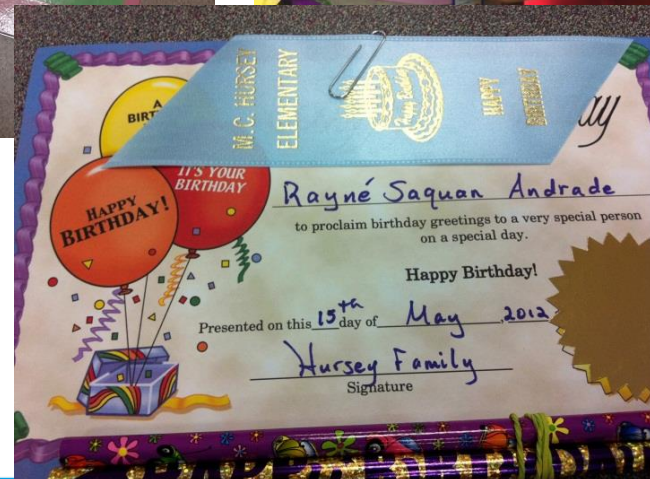


Stress Management



Establishing a Wellness Culture

- ▶ School level Wellness Policies
 - ▶ Non food rewards
 - ▶ Birthday parties
 - ▶ Celebrations
 - ▶ Water Drinking
 - ▶ Physical Activity
 - ▶ Breastfeeding



Wellness Culture

- ▶ Create a lactation room
- ▶ Start a healthy student incentive program
- ▶ Send home wellness newsletter to parents



MAY 4-10 2014

DRINKING WATER WEEK

What do you know about H₂O?

SNACK SMARTER:
Eat Strawberries!!

Health Benefits

- Helps burn stored fat
- Boost short term memory
- Low in Calories/High in Fiber
- Ease inflammation
- Lower cardiovascular disease
- Promote bone health
- Prevent esophageal cancer
- Build strong hair and nails
- Good for weight loss
- Promote eye health

Quench Your Body's Thirst with Water!

Important facts about the many health benefits of drinking water daily

Did you know that water makes up two-thirds of your body? It's true! Also, when you are actively working, water is exactly what your body needs. When you become overheated due to the weather or exercise, water helps control body temperature by sweating. Water also helps rid the body of waste products as well. Water helps deliver energy to muscles so you can keep working. Because your heart is a muscle as well, water helps it to work better! These are only some of the benefits of drinking water. Pour yourself a cold glass of water and treat your body right today!

Mission Statement

Diabetes Alternative Program understands and embraces the positive relationship between healthy bodies and eager minds. We will provide a balanced learning environment that encourages academic excellence, fitness, and emotional well-being; instills the knowledge that mind and body must be in harmony in order to achieve true wellness.

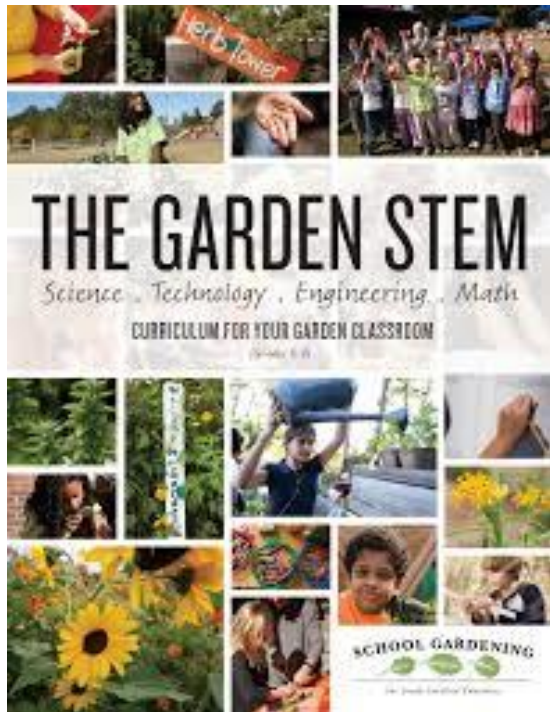
Wellness Committee

Health Facts is published by Children's Alternative Program, Wellness Committee, Pleasant Grove Middle School, 10000 Highway 41, Hillsville, VA 22877, (540) 832-8888

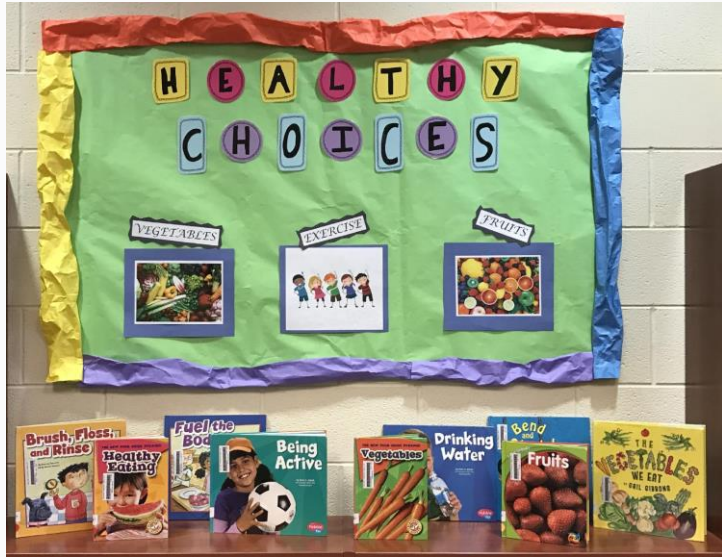


Establishing a Wellness Culture

- ▶ Nutrition/physical activity is the focus of a STEM related project OR arts and creative writing project



Establishing a Wellness Culture



MAY 4-10 2014
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Healthy Food is provided by Okaloosa Community Programs. Okaloosa Community Programs does not represent the school district. © 2014 Okaloosa Community Programs. All rights reserved. 924.384.1111



High Five for a Healthy Heart @ MPS

"High Five for a Healthy Heart" is a school-wide incentive program that positively reinforces healthy choices!

Students earn "PAW-SOME" tickets when observed:

- Drinking water (using a water bottle)
- Making healthy choices
- Encouraging/showing respect to a peer by using kind words
- Picking up trash in the hallway or on the playground

Please note, "PAW-SOME" tickets must be earned for making a healthy choice pertaining to nutrition, water intake, and/or positive behavioral/mental health interactions with peers/adults.

Students who earn 5 "PAW-SOME" tickets will be rewarded with a "non-food" prize.
 The student should take his/her 5 tickets to Room 113 (Ms. Shelly's classroom).
 Tickets may be redeemed daily from 7:30-8:15 and 2:00-2:30.

Employee Connections

- ▶ Weight Management Program
- ▶ Staff incentive program that encourages healthy choices
- ▶ Staff Wellness Library
- ▶ Health Screenings



Sustainability

- ▶ Grant Opportunities
- ▶ Wellness Fundraisers
- ▶ Additional Community Partnerships and Sponsors



Tri-County Community Partners

- ▶ Action for Healthy Kids
- ▶ American Heart Association
- ▶ Clemson Extension
- ▶ College of Charleston
- ▶ DHEC
- ▶ Eat Smart, Move More
- ▶ Girls on the Run
- ▶ Green Heart
- ▶ KidsFit Action Based Learning
- ▶ Lowcountry Food Bank
- ▶ Lowcountry Street Grocery
- ▶ Molina Healthcare
- ▶ MUSC Heart Health
- ▶ MUSC Safe Kids
- ▶ MUSC Telehealth
- ▶ Summerville YMCA
- ▶ The Dairy Alliance
- ▶ Tiger Corner Farms



Breastfeeding Friendly Child Care



- ▶ The SC Breastfeeding Friendly Child Care Designation recognizes child care facilities that promote, protect, and support breastfeeding.
- ▶ Trainings provided by SCPITC ITS – 2.5 hours of professional training credits (CCCCD)
- ▶ Free to any interested licensed child care program
- ▶ SC currently has 20 designated programs!



Breastfeeding Friendly Child Care



- ▶ Breastfeeding Friendly Child Care designation modeled after Baby Friendly Hospital Initiative
- ▶ Partnership with DSS Division of Early Care and Education
- ▶ Train child care providers to encourage moms to get help when needed, support and advocate breastfeeding, offer on-site breastfeeding and pumping, be the mother's cheerleader, etc.



Why Be Breastfeeding Friendly in Child Care?

- **Babies:** Breastfed babies have less risk of obesity, type 2 diabetes, asthma, ear infections, diarrhea, vomiting, colic, and Sudden Infant Death Syndrome (SIDS).
- **Mothers:** Breastfeeding lowers a mom's risk of breast and ovarian cancer, enhances the bond with her baby, and speeds recovery from childbirth.
- **Child Care:** Being breastfeeding friendly may lead to better daily attendance, healthier children, higher parent satisfaction, and more public recognition.
- **Everyone:** Breastfeeding- friendly child care helps everyone by improving breastfeeding rates, leading to healthier people in South Carolina.

The Ten Steps to Breastfeeding-Friendly Child Care were adapted from the Carolina Global Breastfeeding Institute (CGBI) at UNC-Chapel Hill and the designation process from the South Carolina Program for Infant and Toddler Care (SCPITC).



BCSD Changes in School Environment

- ▶ [BCSD Wellness Highlights](#)

BCSD Wellness Highlights

2017-2018 School Year



Berkeley County School District, 2017-18

83%

of schools had stress relief programs for students



90%

of schools had kinesthetic desks/chairs in classrooms



70%

of schools had weekly wellness morning announcements



73%

of schools held health screenings for employees



67%

of schools held water drinking campaigns



77%

of schools held healthy school fundraisers



Charleston County District, 2017-18

71%

of schools had kinesthetic desks/chairs in classrooms



69%

of schools had gardening projects



78%

of schools had stress relief programs for students



60%

of schools had weekly wellness morning announcements



67%

of schools held health screenings for employees



69%

of schools held healthy school fundraisers



Dorchester School District Two, 2017-18

88%

of schools had stress relief programs for students



83%

of schools held healthy fundraisers



100%

of schools completed the Smarter Lunchroom Assessment



100%

of schools had kinesthetic desks/chairs in classrooms



79%

of schools served or promoted locally grown foods

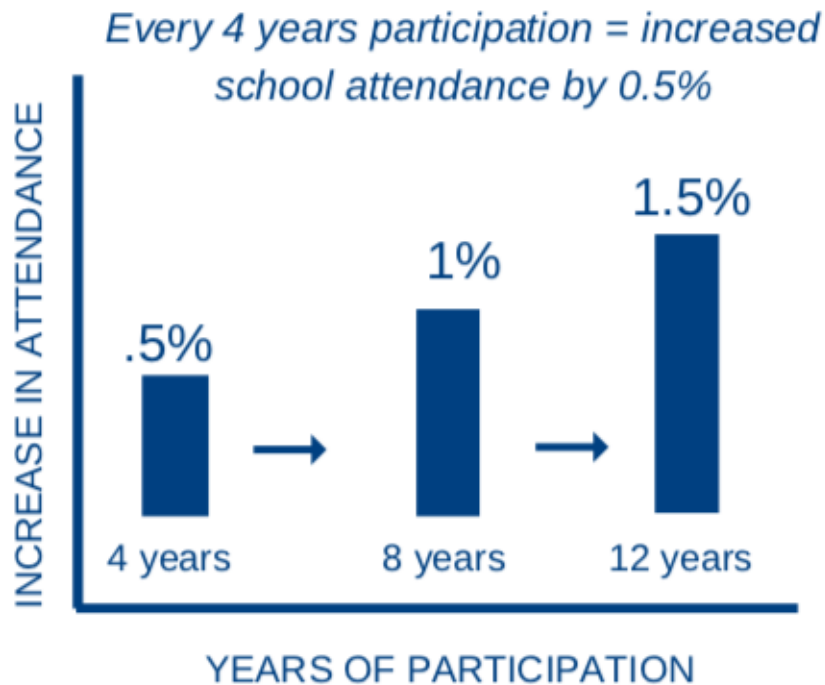


88%

of schools applied for a wellness related grant



South Carolina Outcomes



Every 70
SWC points



1 unit decrease in
student mean BMI



SWC points
increase



student mean BMI
decrease



Wellness Checklist Resources

Website:

musc.edu/leanteam

School Wellness Checklist Contest →
Wellness Checklist Resources

[Bccw.musc.edu](https://bccw.musc.edu)



An Apple a Day is Not Enough

An Apple a Day is Not Enough - A Poem by Taylor Mali



by Taylor Mali



Contact Us

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leanteam@musc.edu



References

- ▶ ASCD, & Centers for Disease Control and Prevention. (2014). *Whole School Whole Community Whole Child: A Collaborative Approach to Learning and Health*. Alexandria, VA: ASCD.
- ▶ Centers for Disease Control and Prevention. (2017). *School Health Index: A Self-Assessment and Planning Guide*.
- ▶ Donnelly, J., Hillman, C., Castelli, D., Etnier, J., Tomporowski, P., Lambourne, K., & Szabo-Reed, A. (2016). Physical Activity, Fitness, Cognitive Function, and Academic Achievement in Children: A Systematic Review. *Medicine & Science in Sports & Exercise*, 48(6), 1197-1222.
- ▶ H 4833, SC Farm to School Program Act
- ▶ Institute of Medicine. (2012). *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. doi:10.17226/13275
- ▶ Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010, 81 Fed. Reg. 50151 (July, 29, 2016) (to be codified at 7 C.F.R. pts. 210 & 220).
- ▶ Lewallen, T. C., Hunt, H., Potts-Datema, W., Zaza, S., & Giles, W. (2015). The Whole School, Whole Community, Whole Child Model: A New Approach for Improving Educational Attainment and Healthy Development for Students. *Journal of School Health*, 85(11), 729-739. doi:10.1111/josh.12310
- ▶ South Carolina Department of Education. (2017). *South Carolina Standards for Health and Safety Education*.
- ▶ USDA National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger- Free Kids Act of 2010, 81 Fed. Reg. 50131 (July 29, 2016) (to be codified at 7 C.F.R. pts. 210 & 220).



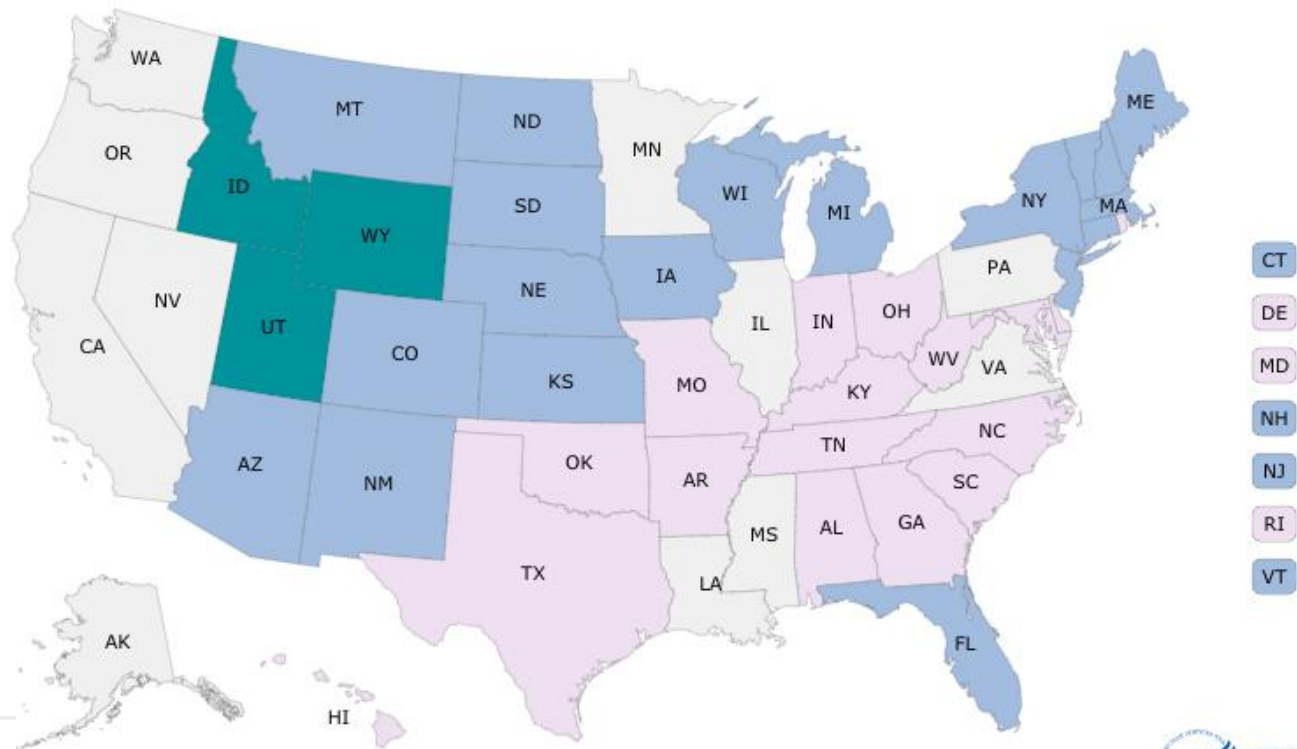
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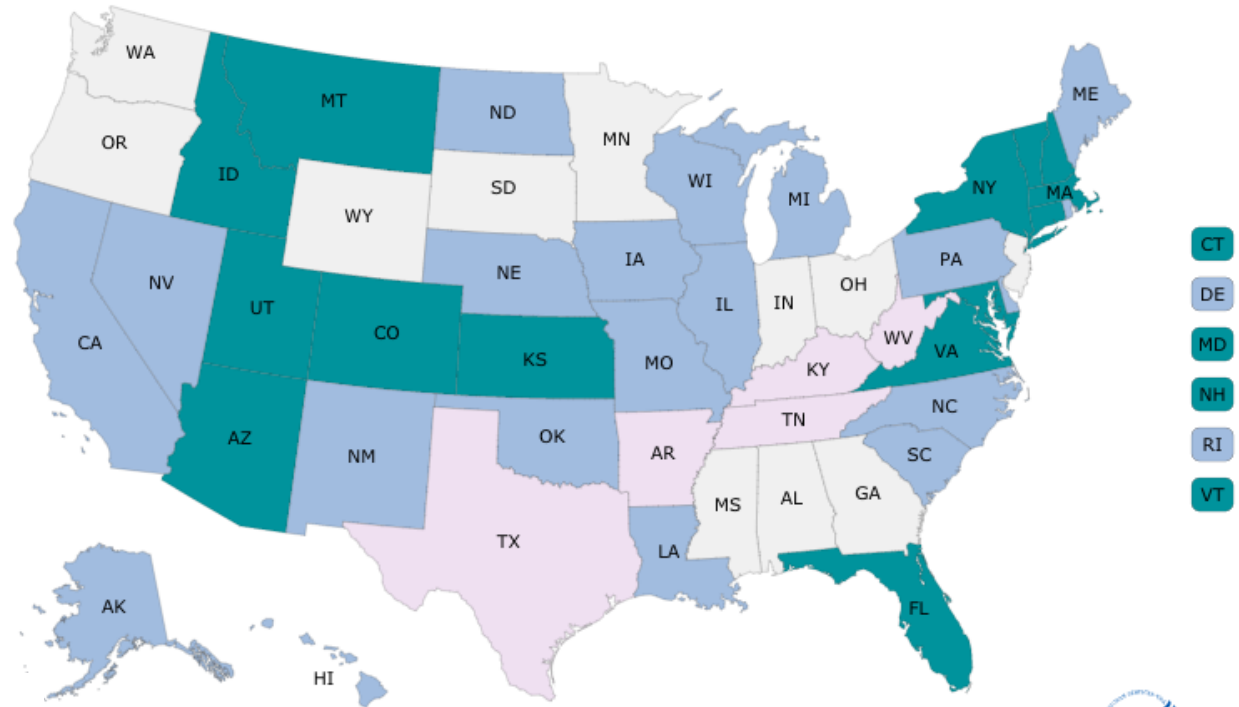
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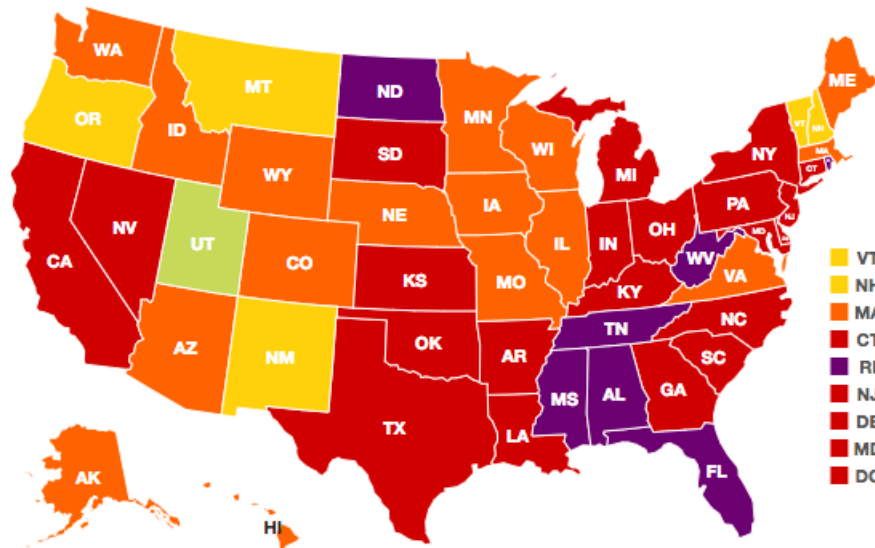
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2- to 4-year-old WIC participants

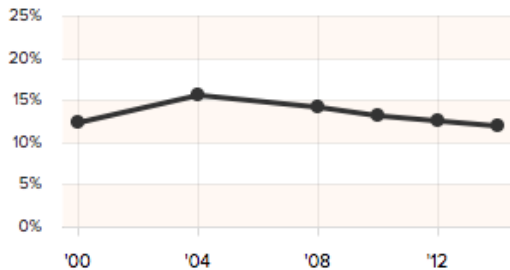
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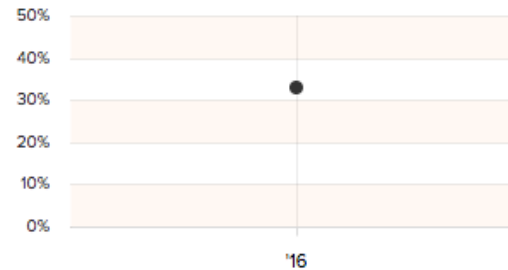
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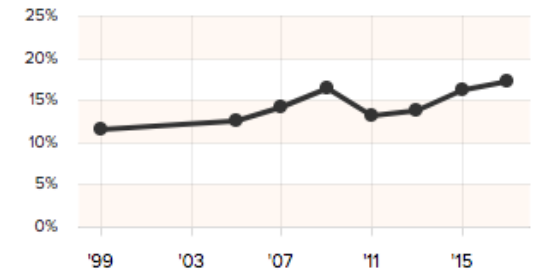
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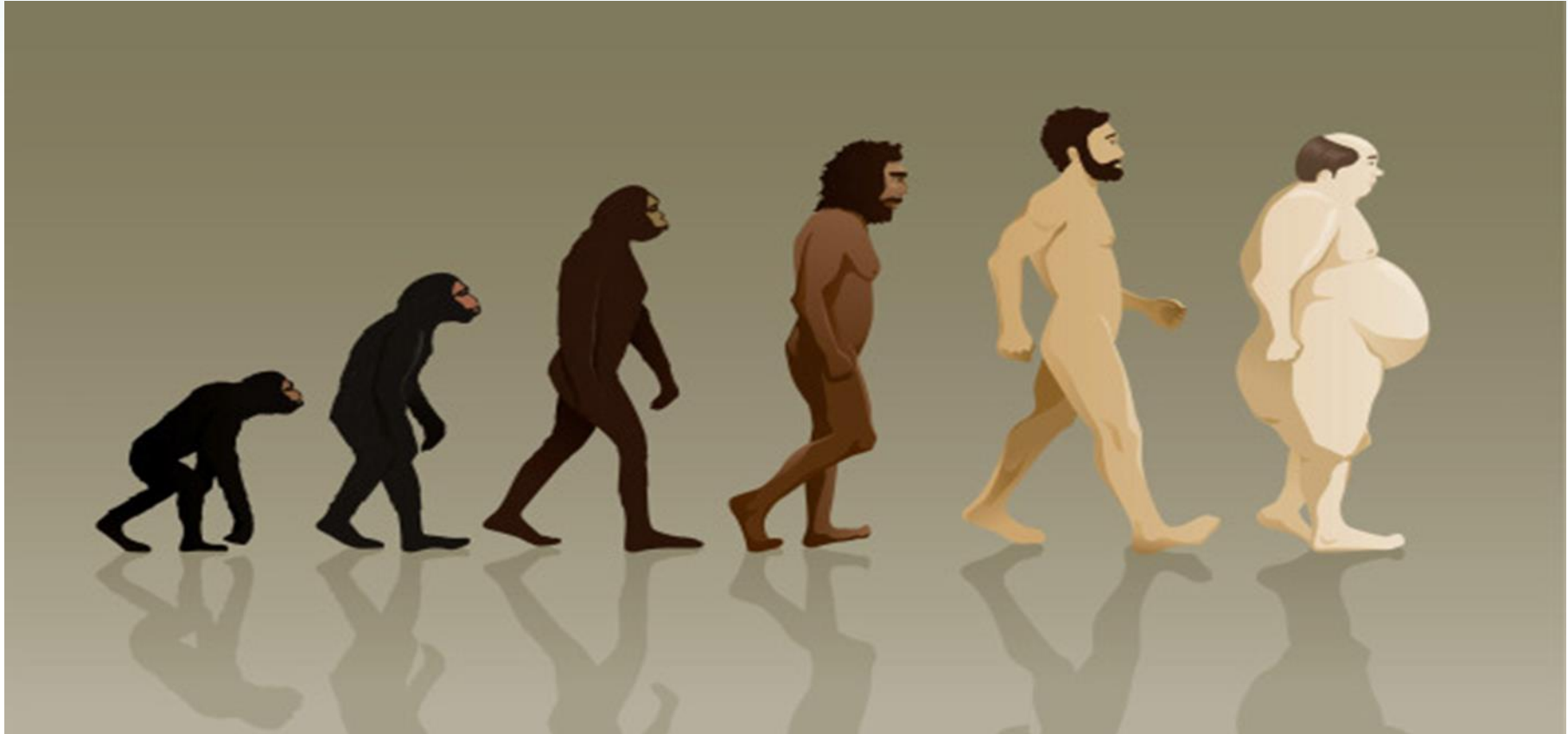
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ADOLESCENCE

ADULTHOOD



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PRESCHOOLERS WITH INACTIVE PARENTS ARE FAR LESS LIKELY TO BE ACTIVE

2X AS LIKELY TO BE OBESE AS ADULTS



LIFETIME BENEFITS OF PHYSICAL ACTIVITY

ACTIVE PARENTS ASSOCIATED WITH ACTIVE CHILDREN



CHILDREN OF ACTIVE MOMS ARE 2X AS LIKELY TO BE ACTIVE

MAY LIVE 5 YEARS LONGER



Reduced risk of heart disease, stroke, cancer, diabetes



Up to 1/10th as likely to be obese



40% higher test scores



Less likely to smoke, become pregnant



15% more likely to go to college



Saves up to US\$ 2,741 per year in health costs



PHYSICALLY ACTIVE CHILDREN

EARLY CHILDHOOD

ADOLESCENCE

ADULTHOOD

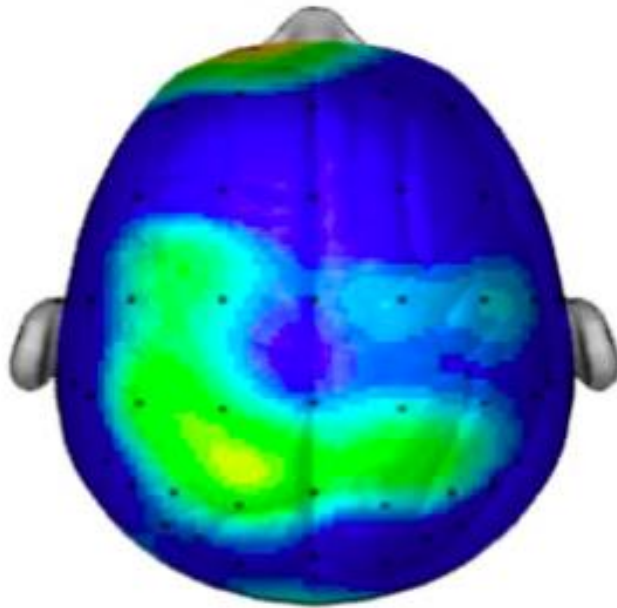
Why Schools:

- > 95% children in schools
- Large portion of daily food and exercise occurs at school
- Ideal setting to teach about healthy lifestyle
- Can enhance academic performance and behavioral improvements

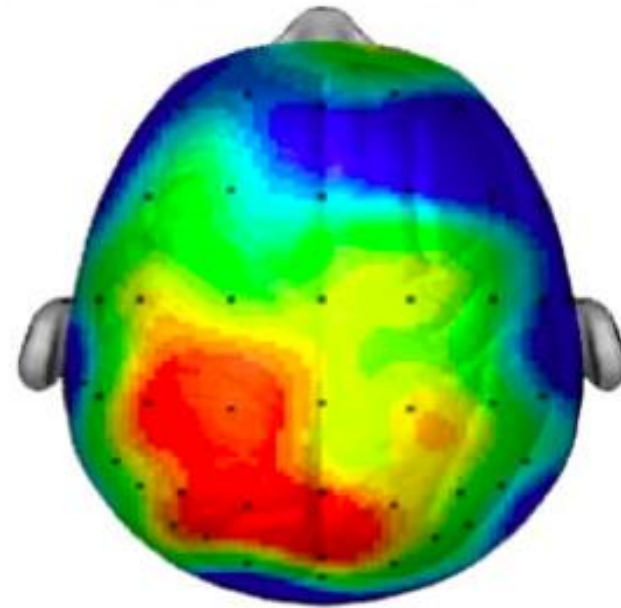


Average composite of 20 students brains taking the same test

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20
MINUTE WALK



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	<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

CDC, *Healthy Kids. Successful Students. Stronger Communities. Improving Academic Achievement through Healthy Eating and Physical Activity*



Whole School, Whole Community, Whole Child Model



Docs Adopt School Health Initiative

▶ Docs-Adopt©

- ▶ Matches physicians and healthcare professionals with individual schools
- ▶ Healthcare professionals join wellness committee
- ▶ No clinical services



▶ School Wellness Checklist©

- ▶ Action guide for implementing evidence-based strategies to improve overall school health environment
- ▶ Basis of an annual contest that leads schools to improve nutrition and increase physical activity
- ▶ Qualifying schools receive monetary award to use towards wellness projects of their own choosing



School Wellness Checklist

1. Getting Started
 2. Nutrition
 3. Physical Activity
 4. Stress Management
 5. Establishing a Wellness Culture
 6. Employee Connections
 7. Sustainability
- ❖ Must log at least one point in each category
 - ❖ Minimum of 50 points
 - ❖ At least 3 wellness committee members
 - ❖ Minimum of 4 wellness committee meetings



2018-2019 Timeline

- ▶ Wellness Checklist Contest starts September
 - ▶ Wellness Committee meetings begin
 - ▶ Usernames and Passwords for online checklist
- ▶ Wellness Leader Training
 - ▶ Held each Fall
- ▶ Wellness Focus Group
 - ▶ Held each Spring
- ▶ Checklist due Friday, **APRIL 12th at Noon**
 - ▶ Verification process
 - ▶ Prize Patrol to top three schools in each district
 - ▶ **May awards celebration** and winner announced



Award Structure

50-70 points → \$250

71-100 points → \$350

101-150 points → \$500

151-200 points → \$750

201+ points → \$1000



Award Structure

- ▶ **Grand Prize Winner**
 - ▶ Additional \$1000
- ▶ **Second Place Winner**
 - ▶ Additional \$500
- ▶ **Third Place Winner**
 - ▶ Additional \$500



Getting Started

- ▶ Become a member of your school wellness committee
- ▶ Attend school wellness committee meetings
- ▶ Assist with updating School Health Plan



Healthy Schools Program



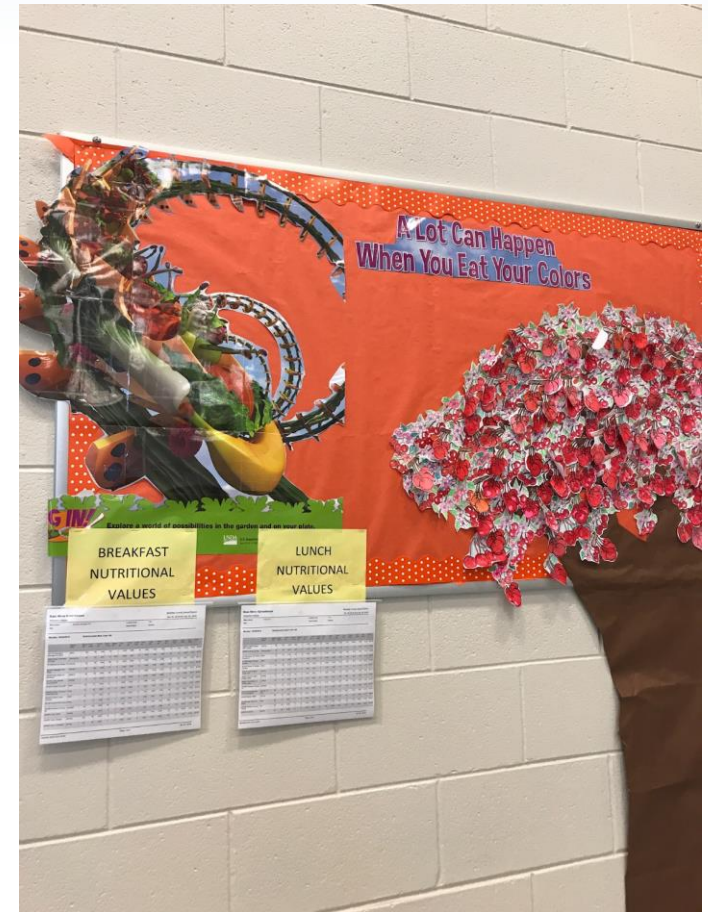
Getting Started

- ▶ Encourage health professionals and community involvement in wellness committee
- ▶ Be Healthy Moments with Dr. B



Nutrition

- ▶ Post nutrient information for students and staff to see



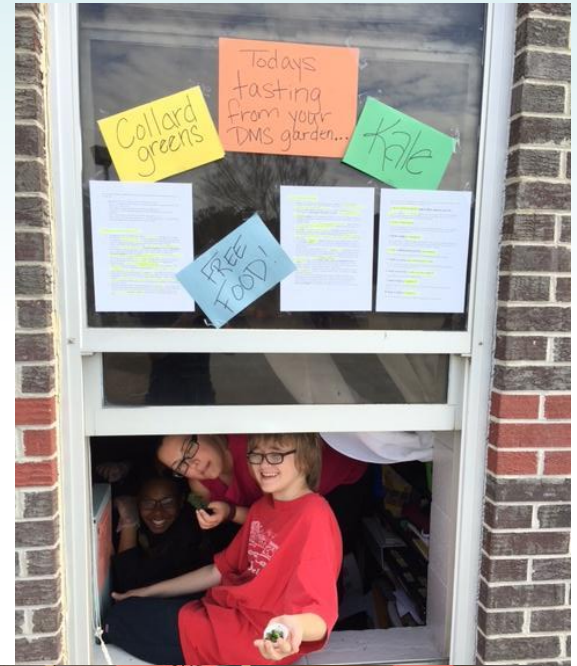
Nutrition

- ▶ School gardens



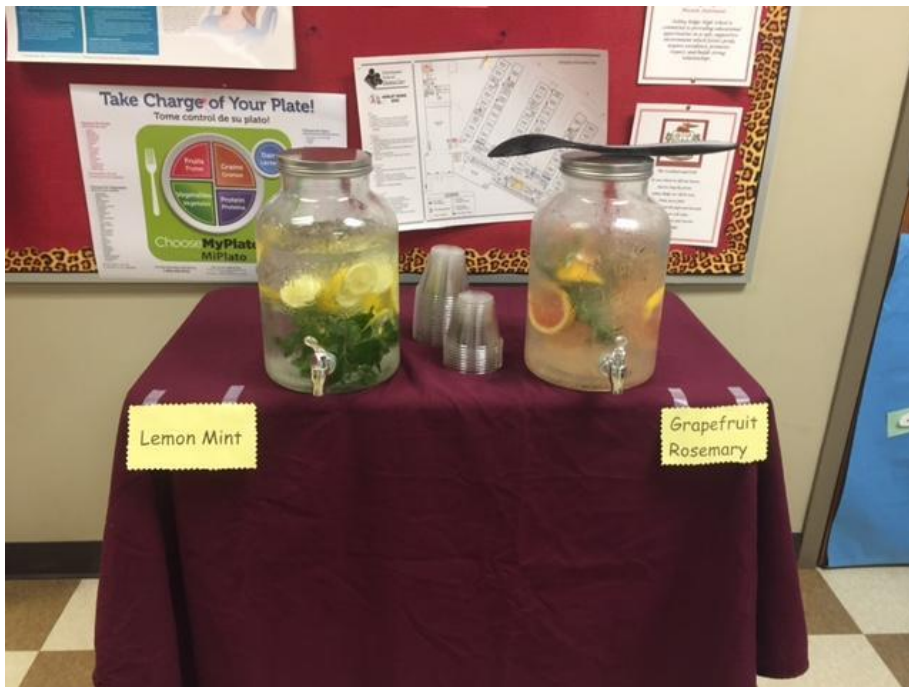
Nutrition

- ▶ Assist school with hosting fresh fruit and vegetable tastings

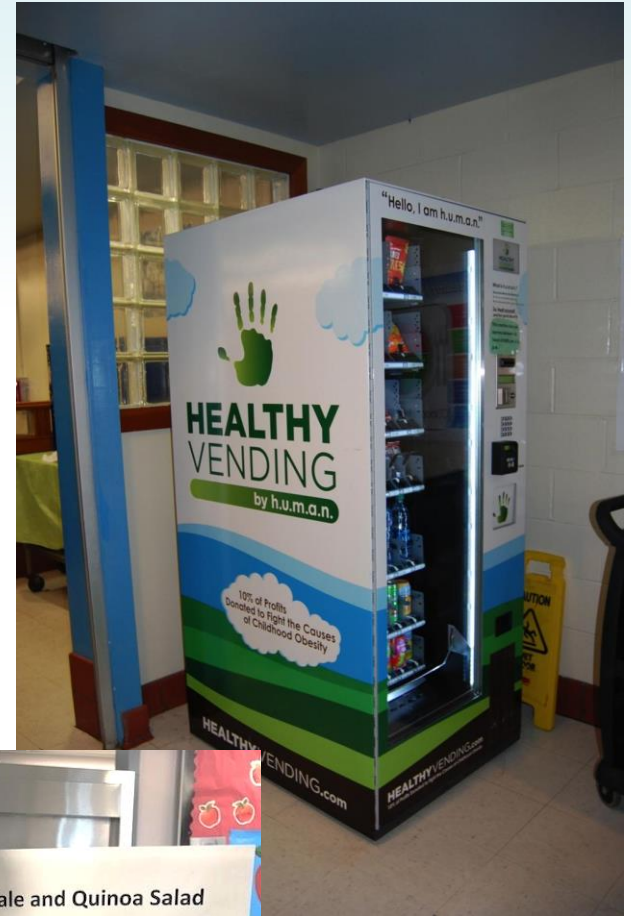


Nutrition

- ▶ Hold a Water Drinking Campaign

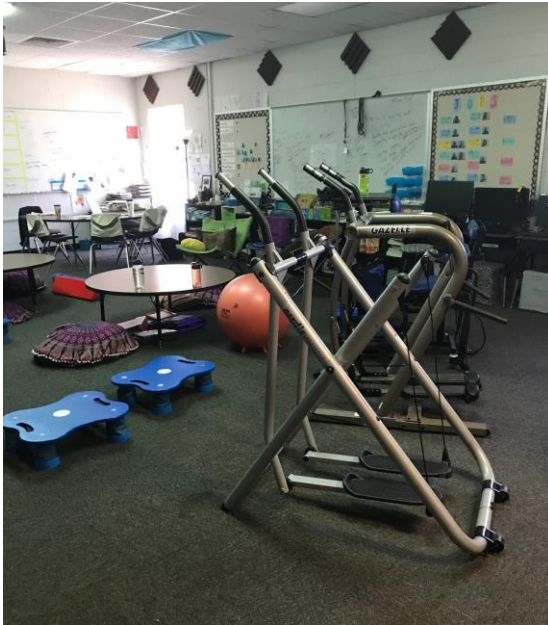


Nutrition

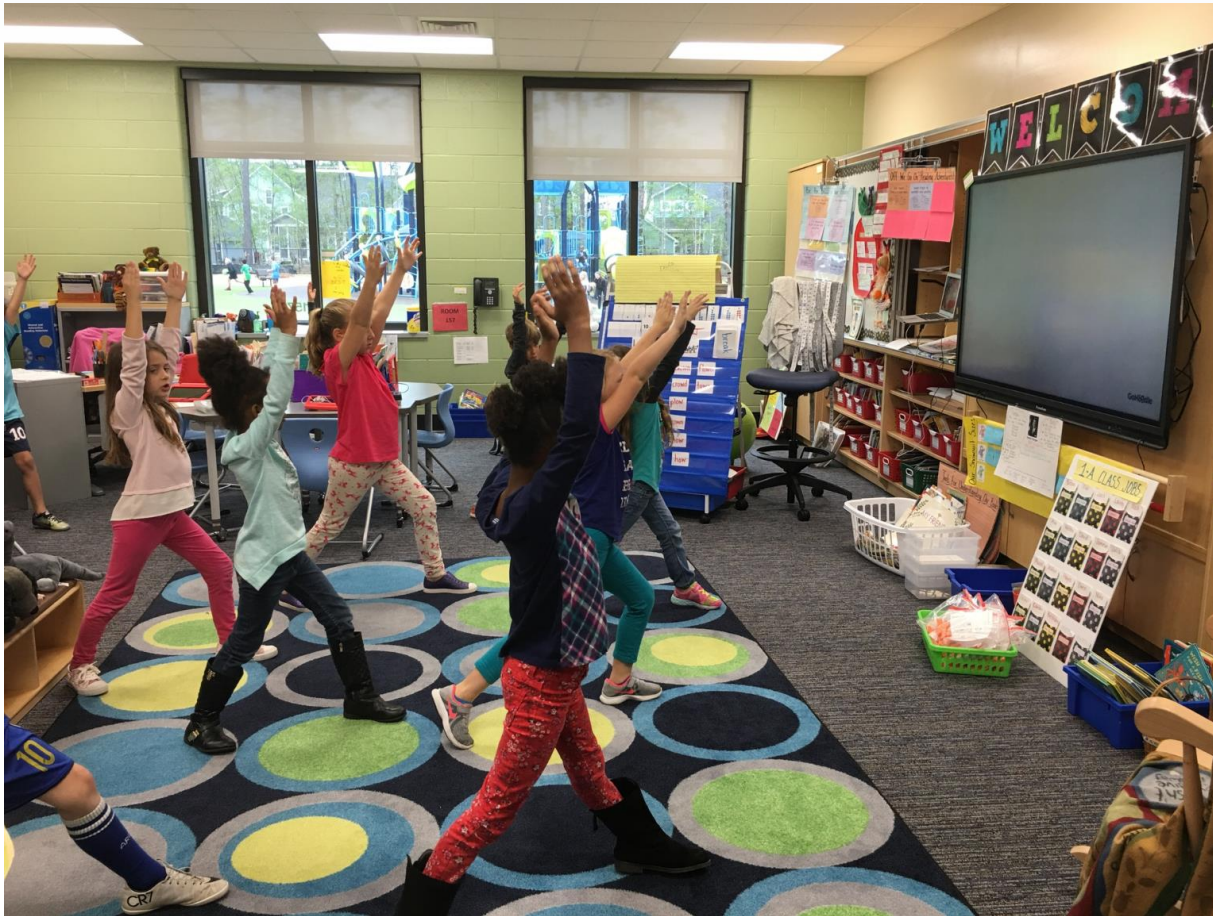


Physical Activity

- ▶ Action Based and Kinesthetic Learning



Brain Break



Physical Activity

- ▶ Encourage students to participate in community physical activity events
- ▶ Help organize Walk/Bike to School Days
- ▶ Assist with before or after school walk/run clubs



Physical Activity



Physical Activity

- ▶ Open Community Use
- ▶ Joint Use Agreements
- ▶ Recreational Agreements



OPEN COMMUNITY USE

Open community use refers to schools allowing free community access to tracks, fields, courts, playgrounds, or other outdoor recreational facilities before or after school hours.

Open community use can increase community access to places to be physically active. In addition, opening schools' outdoor facilities can assist in eliminating health disparities that exist in the state⁵⁸. Many individuals cannot afford to pay for recreational facilities or their community does not have a nearby park or recreational area⁵⁹. Opening schools' outdoor recreational facilities can help all South Carolinians, regardless of income level, engage in more physical activity. Open community use increases the opportunities for youth, adults, seniors, and families to be active, which, combined with good nutrition, is an important step toward improving health.

Benefits of Open Community Use

- Increases access to safe, affordable, and convenient places for physical activity^{10, 11}.
- Decreases children's sedentary behavior¹².
- Improves family and community engagement with the school¹.
- Increases safety and decreases vandalism of facilities¹.

Other Types of Facility Use Agreements

In addition to open community use, school facilities can be open for public use in a number of different ways.

1. **Shared Use/Joint Use Agreements:** When government entities, private organizations, or non-profits partner to open access to school property and/or facilities for community use.
Example: An afterschool program uses the local middle school track during the week for their program.
2. **Recreational and Non-recreational Agreements:** When a school district allows third parties to host group programs and activities on school property, sometimes in exchange for paying a fee.
Example: The local parks and recreation department hosts T-ball games at the local elementary school's baseball diamond.

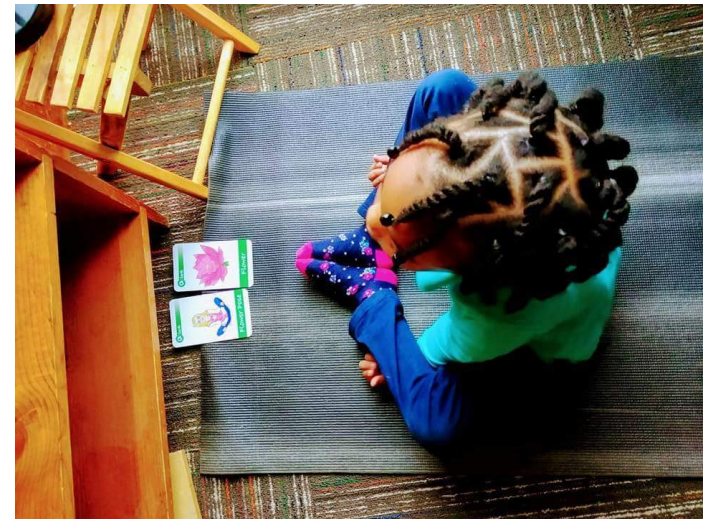
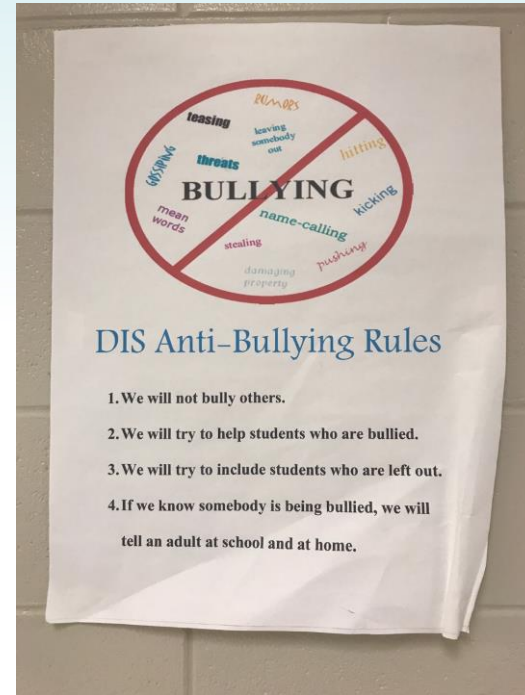


Stress Management

- ▶ Provide relaxation area for staff
- ▶ Encourage stress relief programs for students AND staff
- ▶ Set up massages and guest speakers for staff

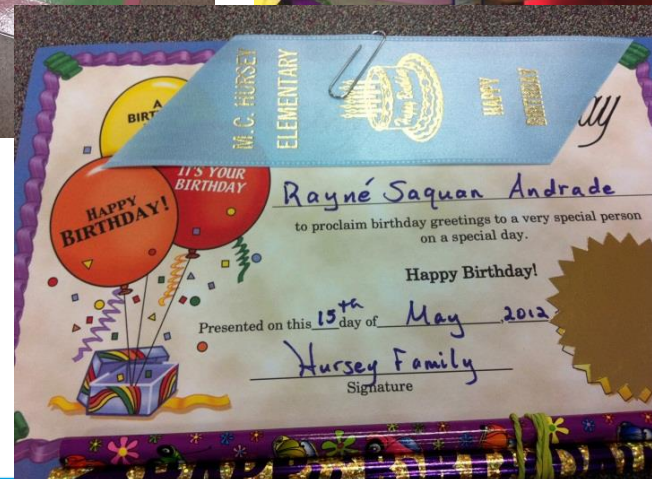


Stress Management



Establishing a Wellness Culture

- ▶ School level Wellness Policies
 - ▶ Non food rewards
 - ▶ Birthday parties
 - ▶ Celebrations
 - ▶ Water Drinking
 - ▶ Physical Activity
 - ▶ Breastfeeding



Wellness Culture

- ▶ Create a lactation room
- ▶ Start a healthy student incentive program
- ▶ Send home wellness newsletter to parents



MAY 4-10 2014

DRINKING WATER WEEK

What do you know about H₂O?

SNACK SMARTER:
Eat Strawberries!!

Health Benefits

- Helps burn stored fat
- Boost short term memory
- Low in Calories/High in Fiber
- Ease inflammation
- Lower cardiovascular disease
- Promote bone health
- Prevent esophageal cancer
- Build strong hair and nails
- Good for weight loss
- Promote eye health

Quench Your Body's Thirst with Water!

Important facts about the many health benefits of drinking water daily

Did you know that water makes up two-thirds of your body? It's true! Also, when you are actively working, water is exactly what your body needs. When you become overheated due to the weather or exercise, water helps control body temperature by sweating. Water also helps rid the body of waste products as well. Water helps deliver energy to muscles so you can keep working. Because your heart is a muscle as well, water helps it to work better! These are only some of the benefits of drinking water. Pour yourself a cold glass of water and treat your body right today!

Mission Statement

Diabetes Alternative Program understands and embraces the positive relationship between healthy bodies and eager minds. We will provide a balanced learning environment that encourages academic excellence, fitness, and emotional well-being; instills the knowledge that mind and body must be in harmony in order to achieve true wellness.

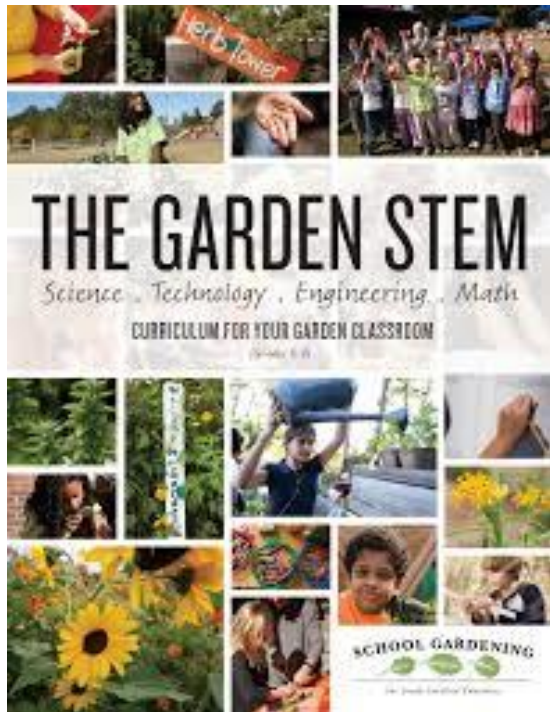
Wellness Committee

Health Facts is published by Children's Alternative Program, Wellness Committee, Pleasant Grove Middle School, 10000 Highway 41, Hillsville, VA 22871, (540) 832-8888

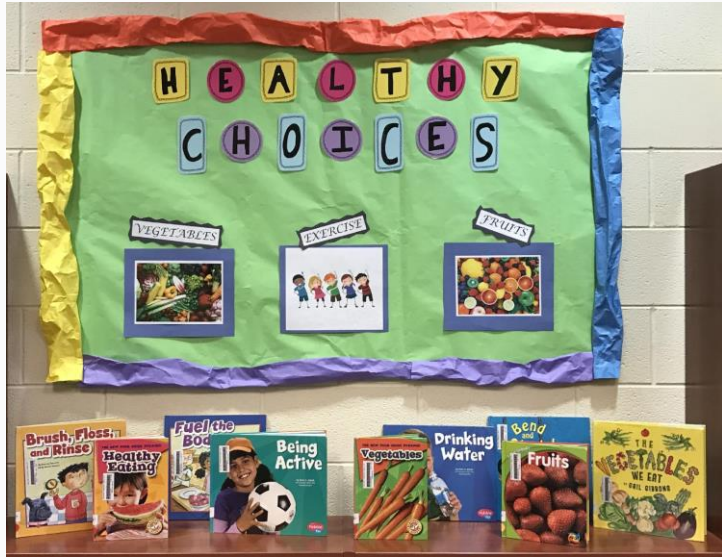


Establishing a Wellness Culture

- ▶ Nutrition/physical activity is the focus of a STEM related project OR arts and creative writing project



Establishing a Wellness Culture



MAY 4-10 2014
DRINKING WATER WEEK
 What do you know about H₂O?

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 Eat Strawberries!!

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Mission Statement
 Okaloosa Alternative Program understands and embraces the positive relationship between healthy bodies and eager minds. We will provide a balanced learning environment that encourages academic excellence, fitness, and emotional well-being. Success in this knowledge that mind and body must be in harmony in order to achieve true excellence.

Healthy Food is provided by Okaloosa Community Programs. Okaloosa Community Programs does not represent the United States, 1 Justice Avenue, NW, 373 Highway 44, Marietta, GA 30067, 770.421.8800



High Five for a Healthy Heart @ MPS

"High Five for a Healthy Heart" is a school-wide incentive program that positively reinforces healthy choices!

Students earn "PAW-SOME" tickets when observed:

- Drinking water (using a water bottle)
- Making healthy choices
- Encouraging/showing respect to a peer by using kind words
- Picking up trash in the hallway or on the playground

Please note, "PAW-SOME" tickets must be earned for making a healthy choice pertaining to nutrition, water intake, and/or positive behavioral/mental health interactions with peers/adults.

Students who earn 5 "PAW-SOME" tickets will be rewarded with a "non-food" prize.
 The student should take his/her 5 tickets to Room 113 (Ms. Shelly's classroom).
 Tickets may be redeemed daily from 7:30-8:15 and 2:00-2:30.

Employee Connections

- ▶ Weight Management Program
- ▶ Staff incentive program that encourages healthy choices
- ▶ Staff Wellness Library
- ▶ Health Screenings



Sustainability

- ▶ Grant Opportunities
- ▶ Wellness Fundraisers
- ▶ Additional Community Partnerships and Sponsors



Tri-County Community Partners

- ▶ Action for Healthy Kids
- ▶ American Heart Association
- ▶ Clemson Extension
- ▶ College of Charleston
- ▶ DHEC
- ▶ Eat Smart, Move More
- ▶ Girls on the Run
- ▶ Green Heart
- ▶ KidsFit Action Based Learning
- ▶ Lowcountry Food Bank
- ▶ Lowcountry Street Grocery
- ▶ Molina Healthcare
- ▶ MUSC Heart Health
- ▶ MUSC Safe Kids
- ▶ MUSC Telehealth
- ▶ Summerville YMCA
- ▶ The Dairy Alliance
- ▶ Tiger Corner Farms



Breastfeeding Friendly Child Care



- ▶ The SC Breastfeeding Friendly Child Care Designation recognizes child care facilities that promote, protect, and support breastfeeding.
- ▶ Trainings provided by SCPITC ITS – 2.5 hours of professional training credits (CCCCD)
- ▶ Free to any interested licensed child care program
- ▶ SC currently has 20 designated programs!



Breastfeeding Friendly Child Care



- ▶ Breastfeeding Friendly Child Care designation modeled after Baby Friendly Hospital Initiative
- ▶ Partnership with DSS Division of Early Care and Education
- ▶ Train child care providers to encourage moms to get help when needed, support and advocate breastfeeding, offer on-site breastfeeding and pumping, be the mother's cheerleader, etc.



Why Be Breastfeeding Friendly in Child Care?

- **Babies:** Breastfed babies have less risk of obesity, type 2 diabetes, asthma, ear infections, diarrhea, vomiting, colic, and Sudden Infant Death Syndrome (SIDS).
- **Mothers:** Breastfeeding lowers a mom's risk of breast and ovarian cancer, enhances the bond with her baby, and speeds recovery from childbirth.
- **Child Care:** Being breastfeeding friendly may lead to better daily attendance, healthier children, higher parent satisfaction, and more public recognition.
- **Everyone:** Breastfeeding- friendly child care helps everyone by improving breastfeeding rates, leading to healthier people in South Carolina.

The Ten Steps to Breastfeeding-Friendly Child Care were adapted from the Carolina Global Breastfeeding Institute (CGBI) at UNC-Chapel Hill and the designation process from the South Carolina Program for Infant and Toddler Care (SCPITC).



BCSD Changes in School Environment

- ▶ [BCSD Wellness Highlights](#)

BCSD Wellness Highlights

2017-2018 School Year



Berkeley County School District, 2017-18

83%

of schools had stress relief programs for students



90%

of schools had kinesthetic desks/chairs in classrooms



70%

of schools had weekly wellness morning announcements



73%

of schools held health screenings for employees



67%

of schools held water drinking campaigns



77%

of schools held healthy school fundraisers



Charleston County District, 2017-18

71%

of schools had kinesthetic desks/chairs in classrooms



69%

of schools had gardening projects



78%

of schools had stress relief programs for students



60%

of schools had weekly wellness morning announcements



67%

of schools held health screenings for employees



69%

of schools held healthy school fundraisers



Dorchester School District Two, 2017-18

88%

of schools had stress relief programs for students



83%

of schools held healthy fundraisers



100%

of schools completed the Smarter Lunchroom Assessment



100%

of schools had kinesthetic desks/chairs in classrooms



79%

of schools served or promoted locally grown foods

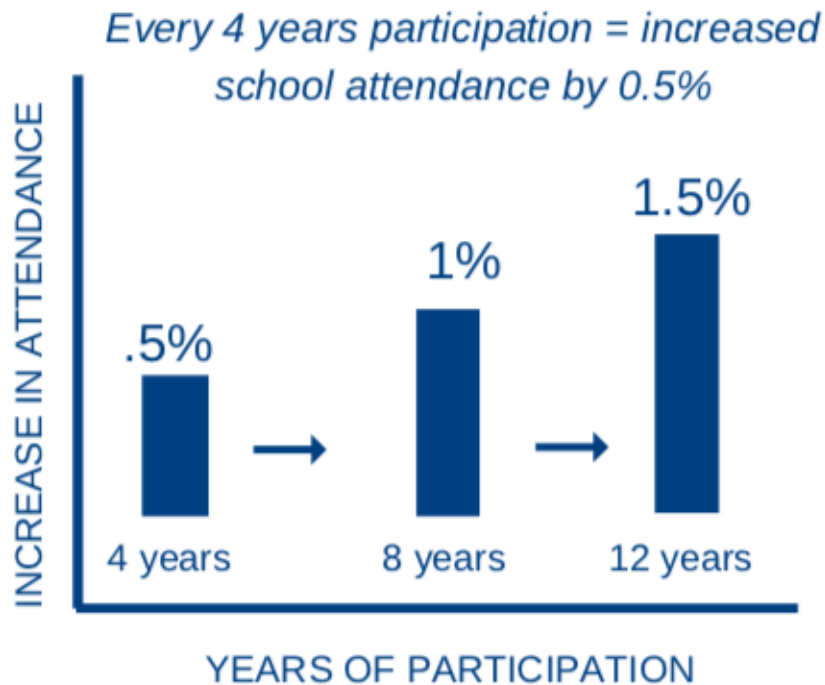


88%

of schools applied for a wellness related grant



South Carolina Outcomes



Every 70 SWC points



1 unit decrease in student mean BMI



SWC points increase



student mean BMI decrease



Wellness Checklist Resources

Website:

musc.edu/leanteam

School Wellness Checklist Contest →
Wellness Checklist Resources

[Bccw.musc.edu](https://bccw.musc.edu)



An Apple a Day is Not Enough

An Apple a Day is Not Enough - A Poem by Taylor Mali



by Taylor Mali



Contact Us

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