

Healthy

WHEN STUDENTS ARE MENTALLY, PHYSICALLY, AND EMOTIONALLY HEALTHY THEY ARE LESS LIKELY TO ENGAGE IN RISKY BEHAVIOR AND ARE MORE LIKELY TO MISS LESS CLASS AND ACHIEVE HIGHER TEST SCORES.

Schools Should Promise and Support the Following

- 1 A health education curriculum supporting children and staff
- 2 Addressing health and well-being for each staff member
- 3 Setting realistic goals for students and staff's health that are built on accurate data
- 4 Facilitating students and staff's access to health, mental health and services
- 5 Facilitating healthy eating habits in school provided meals

What the Research Says



Nearly **1/3** of U.S. children are overweight and almost **17%** of children and adolescents are obese.

U.S. Centers for Disease Control Prevention, 2008
Ogden, Carroll, Kit, & Flegal, 2012

1/5 of children and adolescents experiences symptoms of a mental health illness and **80%** go untreated. There is a much higher chance these students will drop out and suffer long-term impairments.

Eaton et al., 2010
Breslau, 2010



Improved health can improve attendance at school. Studies have shown that health-related absenteeism due to conditions such as obesity, asthma, or lack of sleep can be reversed by increasing access to services and increasing physical activity.

Basch, 2010



Some Case Studies



HILTON HEAD ISLAND ELEMENTARY SCHOOL

Hilton Head Island, South Carolina

HEALTHY CHOICES—EAT SMART/MOVE MORE PROGRAM



More student-choice entrees, vegetarian trays, healthy snacks and using more appetizing preparations



Enlisting help of experts to develop curriculum promoting gardening and nutrition awareness



Helping HHIE students develop behaviors that will prepare them to take charge of their own health in the future

BATESVILLE COMMUNITY SCHOOL CORPORATION

Batesville, IN

HEALTHY PARTNERSHIPS & COLLABORATIONS WITH THE COMMUNITY



By partnering with local hospitals and the local Food & Growers Association, the school has been able to offer more fruits and vegetables



Ventures with local organizations to increase physical activity by putting on events such as the Presidential Challenge for Families, Active for Life, and the development of a school garden



Community efforts to improve physical activity and nutrition in results in healthier students and a safe, connected community