

JOIN THE Healthy Schools Program



“Research shows that when school districts and schools have effective policies and practices that support the health of their students and staff; student and staff absenteeism decreases, student concentration improves, student behavior problems are reduced, and children and adolescents establish lifelong health promoting behaviors.” —National School Boards Association

Why?

The research is clear: healthy, properly nourished and fit students are better able to concentrate on their work, attend school on a regular basis and perform well in class and on tests. Simply put, you can better achieve academic performance goals when the students and staff eat healthy and move more. While children’s health is not solely dependent on their school, schools can have a significant impact by creating an environment that fosters healthy behaviors among students and staff.

The Facts

- Estimated additional instructional spending needed to offset the negative obesity effects in low-income districts: **\$1,392 per student** ¹
- Amount school districts can lose annually in attendance-based state funding because of absenteeism:
Tens of thousands to millions of dollars ²
- Cost of healthcare for obese children as compared to the average insured child: **3 times as high** ³
- Estimated cost of obesity-related illnesses in the U.S. as a percent of annual medical spending: **21%** ⁴



Why Wellness, Why Now?

- The federal government requires that every local educational agency that participates in the federal school meal program have a school wellness policy.
- Many states and districts have adopted regulations and policies for school health and wellness.
- It’s what is best for kids, teachers and families.

¹ Gurley-Calvez T, Higginbotham A. Childhood obesity, academic achievement, and school expenditures. Public Finance Review. 2010;38(5):619-646.

² Action for Healthy Kids. The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools. Chicago, IL: Action for Healthy Kids; 2004.

³ Marder W, Chang S. Childhood obesity: costs, treatment patterns, disparities in care, and prevalent medical conditions. Thomson Medstat Research Brief.

⁴ Institute of Medicine, National Research Council. Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation. 2012.

Join the movement! HealthierGeneration.org

Join the Healthy Schools Program

continued



Why the Healthy Schools Program?

1. IT WORKS.

An evaluation of the Healthy Schools Program published by the Centers for Disease Control in the Preventing Chronic Disease Journal (2012) found that:

- Evidence based training and technical assistance were associated with school progress in changing policies, practices and environment to prevent childhood obesity.
- Schools that completed baseline and follow-up inventories made moderate to large changes in policies, practices and environment.
- Schools reported more progress in improving policies, practices and environments when they received more technical assistance from the HSP program.

2. YOUR BOTTOM LINE.

Hiring an educational consultant can cost thousands of dollars. The Healthy Schools Program provides trainings and consultations at no cost to schools and districts.

Resources and Assistance

Participating Schools will have Access to:

- Professional Development delivered by skilled Healthy Schools Program staff that includes:
 - Customized Training and Technical Assistance
 - In-person and virtual learning opportunities
 - Consultation with national school health experts
 - Success Stories featuring schools that have made positive wellness changes
 - Resource Database that includes quality science-based materials and grant opportunities
 - Options for continuing education or college credit
- Customer support center available via phone and email
- National Recognition to help celebrate small victories and big successes

HEALTHY SCHOOLS PROGRAM MODEL FOR CONTINUOUS IMPROVEMENT:



GENEROUS SUPPORT
PROVIDED BY:

Robert Wood Johnson Foundation
Supporting healthy schools nationwide



FOUNDED BY:

