

Creating a Culture of Health In Schools



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Eat Smart Move More SC





Mission - Advance community-led change to reduce obesity by making the healthy choice the easy choice for every South Carolinian.

Vision - A SC in which healthy eating and active living are central to the everyday culture where we live, learn, work, play, and pray.

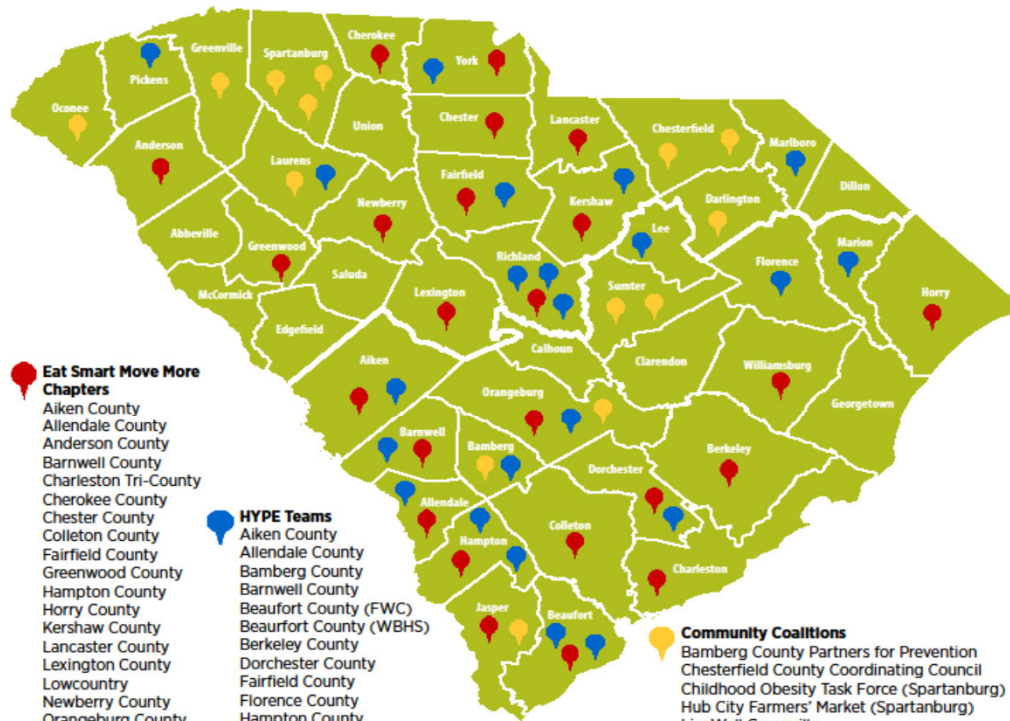


Partners

- ▶ Over 2,400 partners statewide
- ▶ Agencies, businesses, organizations, churches, schools, communities, cities, parks/recreation and individuals
- ▶ SC Dept. of Health, SC Dept. of Education, SC Dept. of Transportation, SC Dept. of Agriculture
- ▶ Local ESMM Chapters
- ▶ Other local coalitions



South Carolina Community Action Chapters & Coalitions



Eat Smart Move More Chapters

- Aiken County
- Allendale County
- Anderson County
- Barnwell County
- Charleston Tri-County
- Cherokee County
- Chester County
- Colleton County
- Fairfield County
- Greenwood County
- Hampton County
- Horry County
- Kershaw County
- Lancaster County
- Lexington County
- Lowcountry
- Newberry County
- Orangeburg County
- Richland County
- Williamsburg County
- York County

HYPE Teams

- Aiken County
- Allendale County
- Bamberg County
- Barnwell County
- Beaufort County (FWC)
- Beaufort County (WBHS)
- Berkeley County
- Dorchester County
- Fairfield County
- Florence County
- Hampton County
- Kershaw County
- Laurens County
- Lee County
- Marion County
- Marlboro County
- Orangeburg County
- Pickens County
- Richland County (Allen Univ)
- Richland County (Bud's)
- Richland County (Grace)
- York County

Community Coalitions

- Bamberg County Partners for Prevention
- Chesterfield County Coordinating Council
- Childhood Obesity Task Force (Spartanburg)
- Hub City Farmers' Market (Spartanburg)
- LiveWell Greenville
- Partners for Active Living (Spartanburg)
- Pioneering Healthier Communities (Darlington, Chesterfield)
- Step Up Laurens County
- Sumter County Active Lifestyles
- Walk Westminster (Oconee)
- Ways to Wellness (Orangeburg)



Our Three Focus Areas

- ▶ Community Action
- ▶ Youth Engagement
- ▶ Advocacy



1. Community Action

Build and empower local coalition efforts to successfully create sustainable change in healthy eating, active living options for all residents.



Colleton County, SC



Columbia, SC



2. Youth Engagement

Engage, educate, and empower youth to become champions of change to create healthier communities.

THE HYPE[®]
PROJECT
HEALTHY YOUNG PEOPLE EMPOWERMENT



3. Advocacy

Mobilize local and state partners to influence policies, systems and environmental change that support healthy eating, active living for all residents.

- ▶ Healthy School Foods Bill
- ▶ Open Community Use



School lunch in Greenville, SC



Open Community Use policy
in Spartanburg, SC

Why School Health Matters

- ▶ SC has the second highest obesity rate in the US for ages 10-17 (21.5%)
- ▶ Children spend most of their waking hours at school
- ▶ Many children consume up to half their daily calories at school
- ▶ Research shows that healthy kids are better learners.
- ▶ Send a consistent message
- ▶ Creating healthy habits early





Healthy School Food Environment

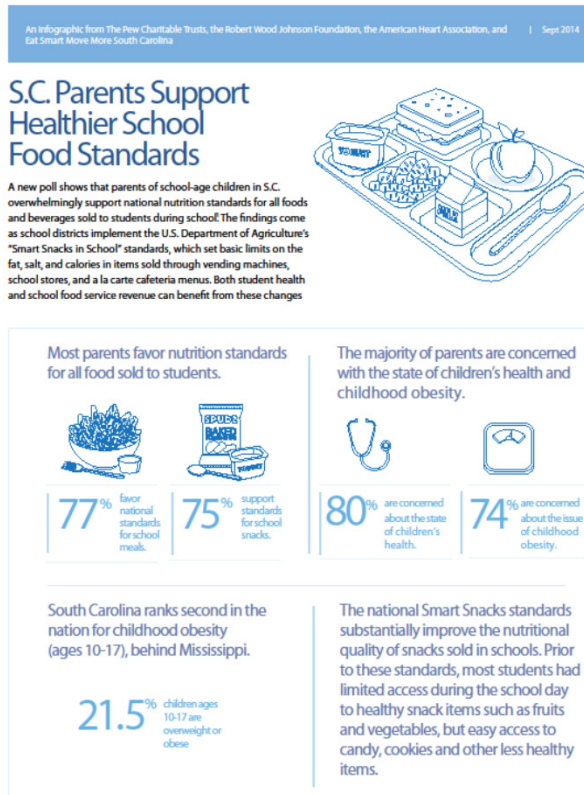
- ▶ Market healthy choices
- ▶ Accessible water
- ▶ Make it appealing and kid friendly
- ▶ Healthy classroom celebrations
- ▶ Nonfood or healthy food fundraisers
- ▶ School gardens & Farm to School
- ▶ Allow time to eat
- ▶ Recess before lunch

<http://smarterlunchrooms.org/>

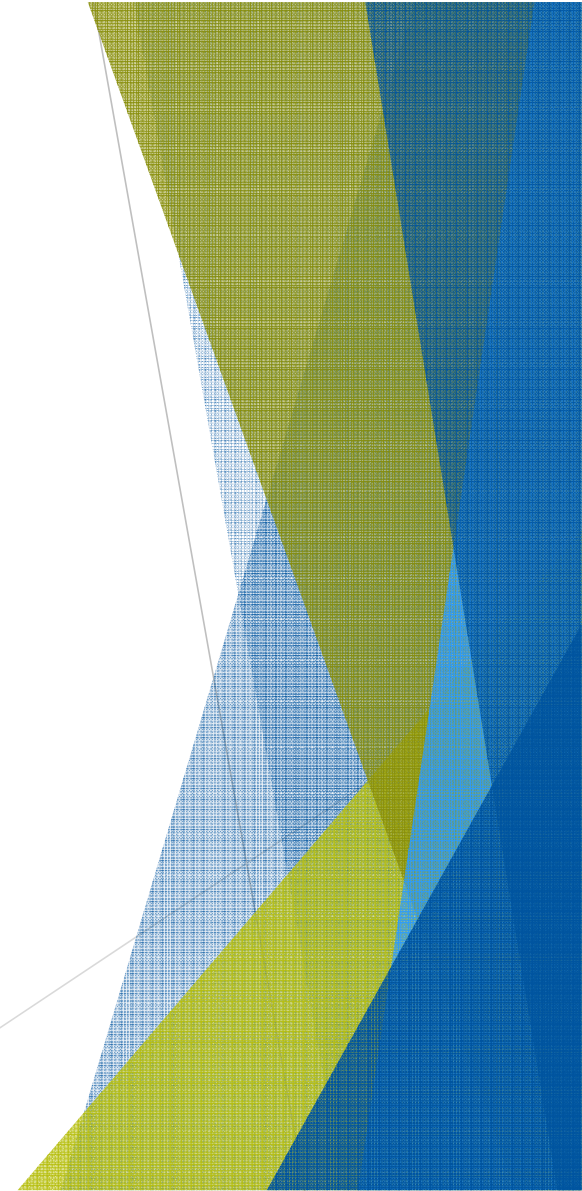


SC Parents Opinions

- ▶ 80% are concerned about child health
- ▶ 74% are concerned about obesity
- ▶ 77% favor national standards for school meals
- ▶ 75% support standards for school snacks



Brain Break



active kids learn better

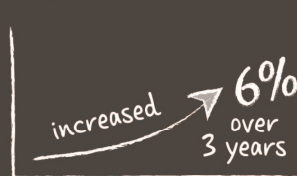


physical activity at school is a win-win for students and teachers

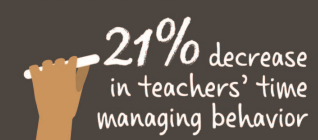
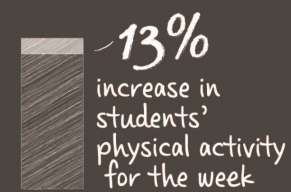
GRADES:



STANDARDIZED TEST SCORES:

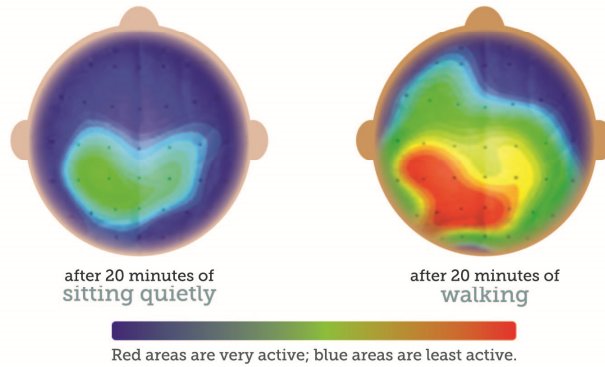


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

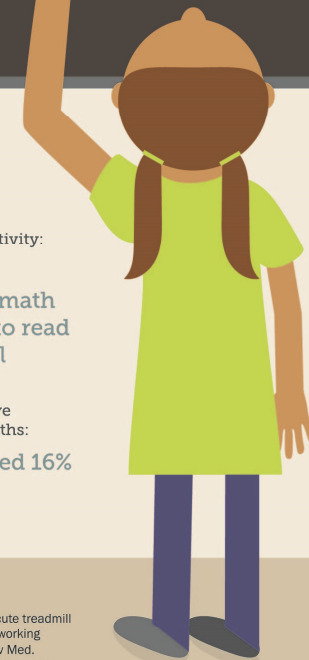
BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

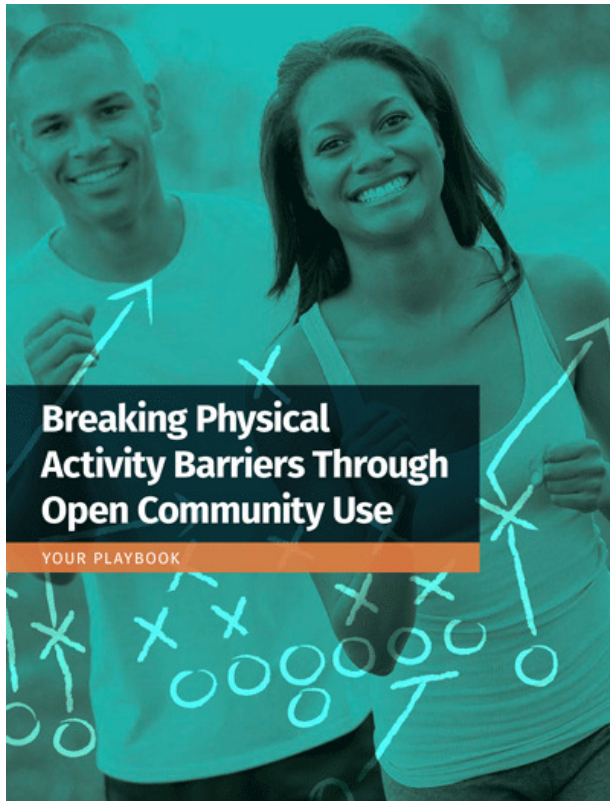
Active School Environments

- ▶ Recess
- ▶ Integrating movement in the curriculum
- ▶ Opportunities for physical activity before and after school
- ▶ Policies & practices that PA is not used as or withheld as a punishment
- ▶ Opportunities for PA during school day
- ▶ Physically Active Fundraisers
- ▶ Safe Routes to School

<https://app.gonoodle.com/channels/koo-koo-kanga-roo/skip-counting?source=category>



Open Community Use



Policy

OPEN COMMUNITY USE OF SCHOOL RECREATIONAL AREAS

Code **KFA** *Issued* **MODEL/14**

Purpose: To establish the basic structure for open community use of school recreational areas.

The board believes one strategy to address issues of physical inactivity and obesity in the state is allowing the community the use of outside recreation spaces. In communities where parks and land space are limited, outside recreation areas on school property can offer opportunities for physical activity and recreation for children and families. Schools can offer a variety of safe, clean facilities including running tracks, playgrounds and outdoor courts and fields.

As a service to the community, the board will open up outdoor areas to the community as follows.

- The board will provide public school recreational areas through the use of taxpayers' funds collected for educational purposes.
- The community will be entitled to access the recreational areas during daylight hours when the school or school-related organizations are not using such areas.

The board defines open recreational areas to mean the designated tracks, playgrounds, courts and fields. *[Option: The following specific areas are identified as recreational areas open to the community (list areas here).]*

Use of recreational areas by the schools and by school-related organizations takes precedence over all other uses.

All use of school property will be in accordance with federal, state and local laws. All applicable district rules, regulations and policies will be enforced while community members are utilizing the recreational areas.

The district is not liable for any personal injury resulting from the use of the open recreational areas. Furthermore, as the district is not responsible for the security or supervision of any public property permitted to be used as open areas for recreational purposes, the district is not liable for any property damage or loss incurred while using the recreational areas.

Cf. KF

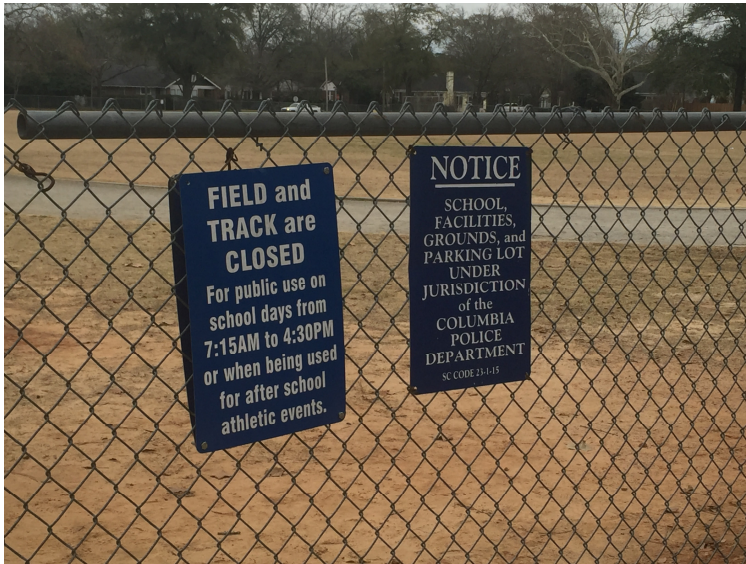
Adopted ^

Legal references:

- A. S.C. Code of Laws 1976, as amended:
1. Section 59-78-10, *et seq.* - South Carolina Tort Claims Act.

Open Community Use

Schools allowing free community access to tracks, fields, courts, playgrounds, or other outdoor recreational facilities before or after school hours



Hand Middle School, Columbia, SC

MACEDONIA ELEMENTARY SCHOOL PLAYGROUNDS TO PLAYYARDS

The Macedonia Elementary School playgrounds and Crystal Jenkins Walking Track are open for public use after school, weekends, and holidays when not being used by the school.

PURPOSE: Barnwell School District #19 is committed to providing access to safe and affordable recreational areas understanding that active children are healthier and perform better academically.

HOURS of USE: The playgrounds and walking track may be used after school hours until dusk, when not in use by the school. Weekend and holiday hours are from 8:00a.m. to dusk.

RULES:

- 1. BE SAFE AND CAREFUL; USE OF PLAYGROUND EQUIPMENT IS AT YOUR OWN RISK. BARNWELL SCHOOL DISTRICT #19 IS NOT RESPONSIBLE OR LIABLE FOR ANY INJURIES OR DAMAGES SUSTAINED BY PERSONS USING THE PLAYGROUNDS OR WALKING TRACK.**
- 2. NO PETS ARE ALLOWED.**
- 3. NO ALCOHOL, TOBACCO, OR DRUGS ARE ALLOWED.**
- 4. NO LITTERING OR GLASS CONTAINERS ARE ALLOWED.**
- 5. NO MOTORIZED VEHICLES ARE ALLOWED ON THE PLAYGROUNDS.**
- 6. DO NOT ENTER PLAYGROUNDS AFTER HOURS.**



TO REPORT CONCERNS, PLEASE CALL
MACEDONIA ELEMENTARY AT 284-5801
IN CASE OF EMERGENCY, CALL 911



Macedonia Elementary School,
Blackville, SC

Anderson District 4

- ▶ *“In Anderson School District Four, we believe that our students’ health comes first. We have seen attendance, concentration, and overall academic performance improve when you provide healthy nutritional choices and opportunities for physical activity.”*
- ▶ ***Dr. Joanne Avery, Superintendent, and Alliance Healthy Schools Program Ambassador***



- Be active 60 minutes a day
- Participate in Green Means Go Punch Card program
- Choose Healthy Nutritional Choices
- Eliminate sale of unhealthy snacks
- Hold Healthy Fund Raisers
- Eliminate food being used as a reward



Newberry

- ▶ Taste test for administrators too
- ▶ Lunch room design
- ▶ Universal breakfast
- ▶ Just a Minute (JAM) breaks
- ▶ Spaghetti dinner fundraiser



Colleton

- ▶ <https://www.youtube.com/watch?v=1W3XDCoqFcU&feature=youtu.be>



Clover





Healthy Schools Program

Tools & Resources

Home

About Assessment

About Action Plan

About Celebration

Tools & Resources →

About the Healthy Schools Program 6 Step Process

Alliance for a Healthier Generation Resources

Promote Your Program

Training Opportunities

About Tools & Resources

Our national experts have developed tools to help you effectively and achieve your wellness goals, including printable guides, state on-one...

When selecting any of the items below, a new window will open to...

Alliance for a Healthier Generation

Learn about childhood obesity, how to live healthier, and how you...

Healthy Schools Program 6 Step Process

Our 6 Step Process is your roadmap guiding you to create a health circular journey where schools continuously take a status check, v improvements, learn from successes and challenges and keep pu forward. When schools repeat the cycle each year, it becomes en the school and efforts to become a healthy school are sustained.

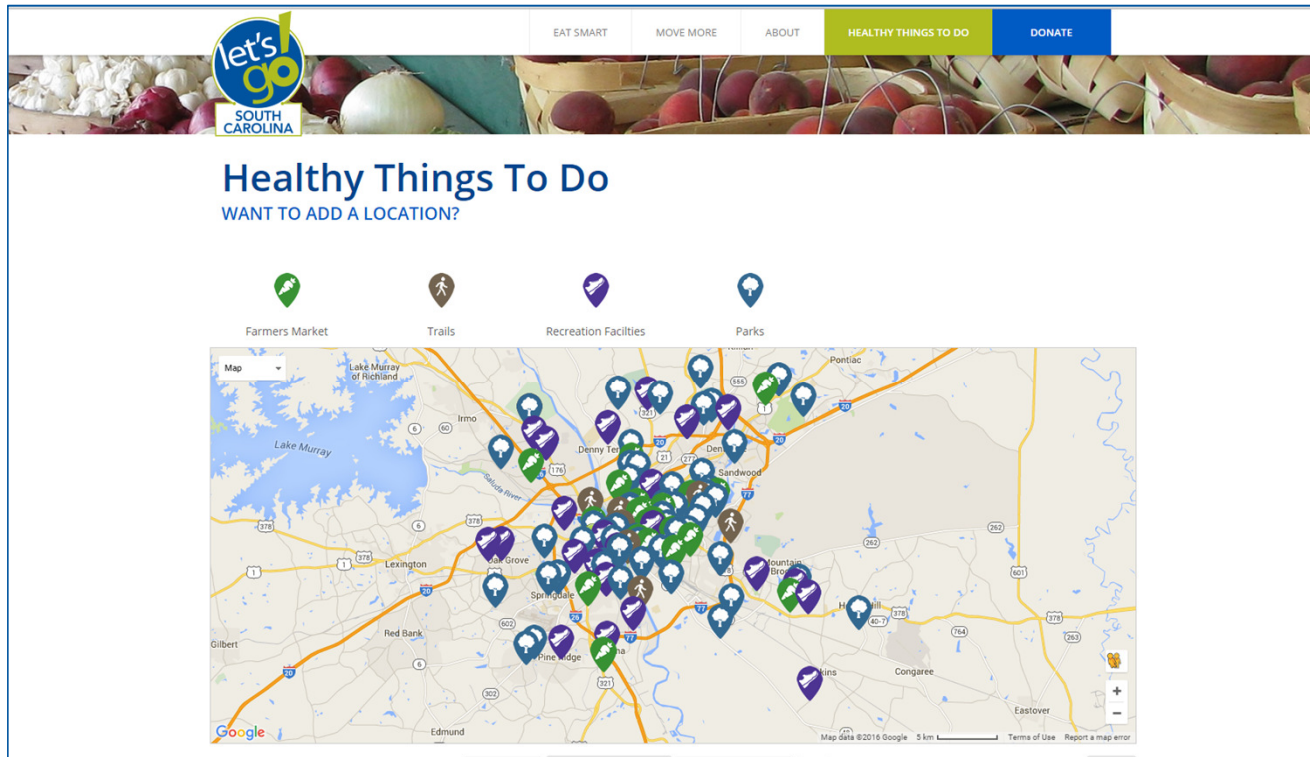
Make healthy changes your way, at your own pace.

What you can do:

- ▶ Serve on School Health/School Improvement Councils
- ▶ Promote for healthy school food environments
- ▶ Promote for physical activity and P.E.
- ▶ Promote healthy community school connections
- ▶ Be a role model
- ▶ Volunteer to assist afterschool active clubs
- ▶ Volunteer to led a walking school bus



LetsGoSC.org



The screenshot displays the website's navigation menu with options: EAT SMART, MOVE MORE, ABOUT, HEALTHY THINGS TO DO (highlighted), and DONATE. Below the menu is a banner image of fresh produce. The main heading is "Healthy Things To Do" with a sub-link "WANT TO ADD A LOCATION?". Below this are four filter icons: Farmers Market (green leaf), Trails (brown hiker), Recreation Facilities (purple building), and Parks (blue location pin). The map shows a dense cluster of these icons in the central region of South Carolina, including areas like Lexington, Spartanburg, and Anderson. The map includes a scale bar (5 km) and a "Report a map error" link.





Questions?

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