



CENTER FOR  
WELLNESS AND NUTRITION



**PROJECT LEAN**  
LEADERS ENCOURAGING  
ACTIVITY AND NUTRITION



## Catalysts for Change: 3 Perspectives for Healthy Policy and Practice Change in the School Environment

May 17, 2016

# Objectives

- Describe the 3 various stakeholders' perspectives and the types of partnerships needed to advance school wellness policy and practices.
- List at least 2 strategies that support realistic district and/or school site wellness activities.
- Recognize the importance to have clear goals and outcomes to achieve a common goal, especially when related to creating healthier school environments.



# Q & A



# Student Stats

- 19% (1 in 5) in the United States did not graduate high school on time<sup>1</sup>
- 14% of high school students are obese<sup>2</sup>
- 11 % drank three or more sodas a day<sup>2</sup>
- 15% did not participate in 60 minutes of PA<sup>2</sup>
- 22 % drank alcohol or used drugs before last sexual encounter<sup>2</sup>
- 41% ever tried smoking cigarettes<sup>2</sup>
- 19.6% of students were bullied on school property<sup>3</sup>

<sup>1</sup> U.S. Department of Education National Center for Education Statistics. Common core of data (CCD), NCES common core of data state dropout and graduation rate data file, school year 2011–12. 2012. Available at: <http://nces.ed.gov/ccd/tables/AFGR0812.asp>. Accessed July 7, 2015.

<sup>2</sup> 2013 National Youth Risk Behavior Survey

<sup>3</sup> Trends in the Prevalence of Behaviors that Contribute to Violence on School Property National YRBS: 1991—2013

It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.

# “Schools are the Heart of Health”

## 5 SOLUTIONS FOR CHANGING OUR COMMUNITIES

INTEGRATE PHYSICAL ACTIVITY  
EVERY DAY IN EVERY WAY.

STRENGTHEN SCHOOLS AS  
THE HEART OF HEALTH.

MARKET WHAT MATTERS  
FOR A HEALTHY LIFE.

EAT WELL!

ON THEIR OWN, ANY ONE OF THESE FIVE  
SOLUTIONS MIGHT HELP SPEED UP PROGRESS  
IN PREVENTING OBESITY, BUT TOGETHER, THEIR  
EFFECT WOULD BE REINFORCED, AMPLIFIED,  
AND MAXIMIZED.

ACTIVATE EMPLOYERS AND  
HEALTH CARE PROFESSIONALS.

MARKET  
FRESH PRODUCE  
AVAILABLE!  
MAKE HEALTHY FOODS  
AVAILABLE EVERYWHERE.



# We're all in this TOGETHER



Thank You!



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