

School Health Index



The SHI: Helping Missouri Students Get Ready to Learn

www.health.mo.gov/teamnutrition

OUR GOAL



MO Team Nutrition's goal is to assist schools to identify low cost or no cost action steps for healthier environments by following these processes:

- 1 Solidify a local invested school team with staff, parents, health agencies and community partner(s).
- 2 Train school teams on a self-assessment and planning guide for improving school health environments, policies and programs.
- 3 Facilitate an improvement plan based on the school's team assessment.

OUR WORK



Jan 2014 - September 2015

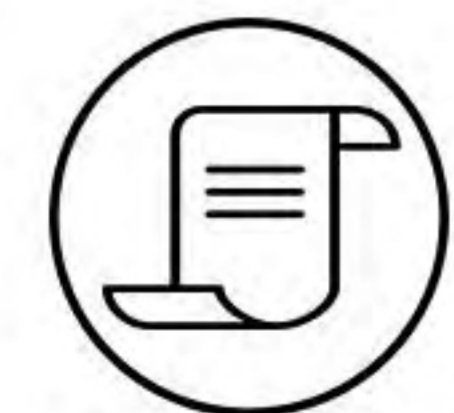
29 school sites from 22 school districts

participated



Estimated students affected

10,820



Seven policies passed

related to worksite wellness for staff, updating wellness policies and increasing recess/physical education



The program implements the Centers for Disease Control and Prevention (CDC) School Health Index: A self-assessment and Planning Guide. The SHI project incorporates a coordinated school health program (CSHP) model. It surveys the eight components key to addressing health programs and policies in a comprehensive and equitable method.

2014 - 2015 HIGHLIGHTS



" The School Health Index gave us a structured and very thorough process for us to follow and address our health needs for our students. Because of our participation, we feel capable of not only meeting our goals but also addressing new concerns as they come up. "

- Vivian McKinney, St John LaLande Catholic School
Jackson County

SHI Action Steps

As selected by school teams based on the 8 components of the CSHP

FAMILY & COMMUNITY INVOLVEMENT

- Enhance communication
- Coordinate family events
- Provide outreach materials

WORKSITE WELLNESS

- Plan wellness campaigns
- Purchase gym equipment for staff
- Adopt breastfeeding policy for staff

HEALTHY SCHOOL ENVIRONMENT

- Enhance prevention of bullying & harassment
- Healthier vending & concessions
- Seek professional development for staff

HEALTH EDUCATION

- Seek professional development for staff
- Research and update health education curriculum



COUNSELING SERVICES

- Increase awareness of suicide prevention
- Seek financial support for part-time counselor

PHYSICAL EDUCATION

- Incorporate brain breaks in the classroom
- Seek professional development for staff
- Advocate for more recess time

HEALTH SERVICES

- Enhance staff procedures on asthma care and control
- Advocate for improved school nurse to student ratio

NUTRITION SERVICES

- Organize salad bar promotional events
- Implement Smarter Lunchroom strategies
- Learn and implement Smart Snacks in Schools

OUR PLANS

Over the next year, MO Team Nutrition will continue to collaborate with schools and community partners to foster healthy school environments through low cost or no cost action steps because healthy students make better learners.



Widening Reach & Impact

MO Team Nutrition will continue to promote school wellness through the Healthy Schools. Healthy Kids. Healthy Future. campaign. The campaign offers an evolving resource center that houses outreach materials for parents of school children, connects schools with local partners and offers funding for school wellness programs.



Signs of Progress ...

... on childhood obesity in Missouri. A report released by the CDC in August 2013 showed that 18 states, including Missouri, and one U.S. territory experienced a decline in obesity rates among 2 to 4 year-olds from low-income families between 2008 and 2011. Over that period, Missouri's rate fell from 13.9% to 12.9%, a statistically significant decrease. An enticing motivator to have healthy schools for Missouri's incoming pre-schoolers.

Missouri Department of Health and Senior Services - Team Nutrition
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Services provided on a nondiscriminatory basis



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