



HEALTHY EATING & PHYSICAL ACTIVITY HAPPENS IN ELEMENTARY SCHOOLS ...

**Together Healthy Schools are Built in
Middlesex-London**





The Problem ...

- 26 % Canadian children (ages 2 to 17) are classified as overweight or obese (CCHS, 2006)
- Concern may be raising the first generation of children who will not outlive their parents (OMA, 2005)



Environments

- Weight affected not only by diet and activity but also environment where children and youth live, learn, work and play (Basrur, 2004)
- Schools in a unique position to support healthy eating and active living since most children and youth attend school five days a week for ten months of a year



Supportive Environments

- Supportive environment in school is important
- In Middlesex-London we have taken an upstream approach to promote healthier lifestyles in schools

 Make the Healthy Choice the Easy Choice

Supportive Environments in Schools



- Health Unit has partnered to create supportive environments in healthy eating and physical activity
- Goal is to create supportive environments in elementary schools related to physical activity and healthy eating to support healthier weights



Make the Healthy Choice the Easy Choice



Resources

Here is a sampling of the resources that we use:

- Healthy Living Champions Award
- Nutrition Tools for Schools
- Families are Munching





Healthy Living Champions


Award For Schools



**Together your
school can
become a
Healthy Living
Champion!
... It's easy.**



Healthy Living Champions Award

- Healthy Living Champions Award introduced 2007
- Award comprehensive approach to address physical activity and healthy eating
- Award based on Healthy Schools Model
- Includes the 4 components of comprehensive school health (high quality instruction, supportive social environment, healthy physical environment and community partnerships) 

Healthy Living Champions Criteria

- Award consists of strategies in physical activity and healthy eating categories
- Schools select strategies to work on
- Strategies implemented during school year to create more supportive environments
- Earn points based on strategies implemented



Success !!



- Successful schools need a minimum of 4000 points in both the physical activity and healthy eating categories with a minimum total of 10,000 points
- Schools can be successful at different levels
 - **Gold** (20,000 + points)
 - **Silver** (15,000 + points)
 - **Bronze** (10,000 + points)

Congratulations to the 2009 Award Winners!





Award Winners

- 76 schools of 150 elementary schools successful in achieving the award in 2009
 - 44 Gold Schools
 - 18 Silver Schools
 - 14 Bronze Schools

Congratulations to the 2009 Award Winners!





Award Winners

Successful schools
received:

- An incentive related to their level of achievement
- Healthy Living Champions Award Plaque
- Invitation to the Healthy Living Breakfast Celebration
- Recognition in the local newspaper



Sample Plaque

White Oaks Public School



YOU ARE...

Healthy Living

Champions

CONGRATULATIONS!



Evaluation Results ...



Formal evaluation conducted and results showed:

- Response rate 75% for participating schools and 44 % for non-participating schools
- Award engages students and teachers to work together
- Criteria attainable, reasonable and representative of school activities



Evaluation Results ...



Formal evaluation conducted and results showed:

- Award helps students and staff learn more about healthy eating and physical activity and created more awareness about making healthier choices and about healthy living
- Public Health Nurse instrumental in school's participation
- 73% of the respondents would like to see documentation available on-line



Evaluation Results ...



Formal evaluation conducted and results showed:

- Barriers - school champions and documentation
- Non-participating schools cited lack of time and limited staff as reasons for not participating





Creating Healthy Eating
Environments using ...

Nutrition Tools for
Schools





Nutrition Tools for Schools

- Evidence based resource available provincially
- Being piloted in area elementary schools
- Follows a “whole” school or comprehensive approach to improving the school nutrition environment
- Addresses all aspects of the school community where foods or beverages may be offered or sold - classroom, in the school and in homes and communities



Nutrition Tools for Schools



Resource outlines a step-by-step process and practical tools to guide schools in making the healthy choice the easy choice:

1. Have a Healthy School Committee in place
2. Complete a school wide Nutrition Checklist (provided) - completed by administration, staff, students, and parents



Nutrition Tools for Schools



Steps:

3. Collated completed checklist provides a snapshot of what is working well in the school and priority areas to work on



Nutrition Tools for Schools

Steps:

4. Carry out the nutrition action plan based on the area of priority selected. Use the appropriate action guide provided - 17 action guides in total provided (e.g. healthy fundraising, school milk programs, student rewards, healthy classroom celebrations)

 5. Evaluate activities and celebrate successes

East Williams Memorial Public School



Volunteered to be a pilot school

- School wide checklist completed and collated
- Breakfast identified as an area of priority - many students not eating breakfast before coming to school
- Breakfast campaign initiated - to create a more supportive environment related to breakfast eating





East Williams Memorial Public School

- Principal of the school acted as a champion to keep the momentum of the campaign going and to engage students





East Williams Memorial Public School

Activities to create a more supportive environment related to breakfast included:

- Blast off with Breakfast power point presentation at an assembly
- Healthy Living - Breakfast Rap
- Blast off with Breakfast - curriculum connected information and activities for teachers





East Williams Memorial Public School

Fall 2009 Activities - momentum
continued in the fall of 2009

- Breakfast banners created
- Breakfast books with “buddies”
- Breakfast Baskets at school





East Williams Memorial Public School

Fall 2009 cont'd:

- Breakfast DVD created
- Breakfast Assembly hosted by students and community breakfast food drive





East Williams Memorial Public School

The Mystery of Breakfast





It's Magical

The Breakfast Song



Families Are Munching

- 59% of Canadian children and youth not meeting minimum requirements for vegetable and fruit intake (Sheild, 2006)
- Based on evidence of lack of vegetable and fruit consumption this program is timely



Families Are Munching



Goal of the program:

- Raise awareness about vegetables and fruits
- Encourage students and their families to make healthier choices by increasing their daily intake of vegetables and fruit





Families Are Munching

Participation in the Program Includes:

- Presentations to students about the benefits of eating vegetables and fruit
- Students and their families track their vegetable and fruit consumption for five days
- Opportunities for students to sample vegetables and fruit
- The class with the highest participation rate will win a prize



Families Are Munching



Two Models

Public Health Nurse Led:

Public Health Nurse provides presentation to:

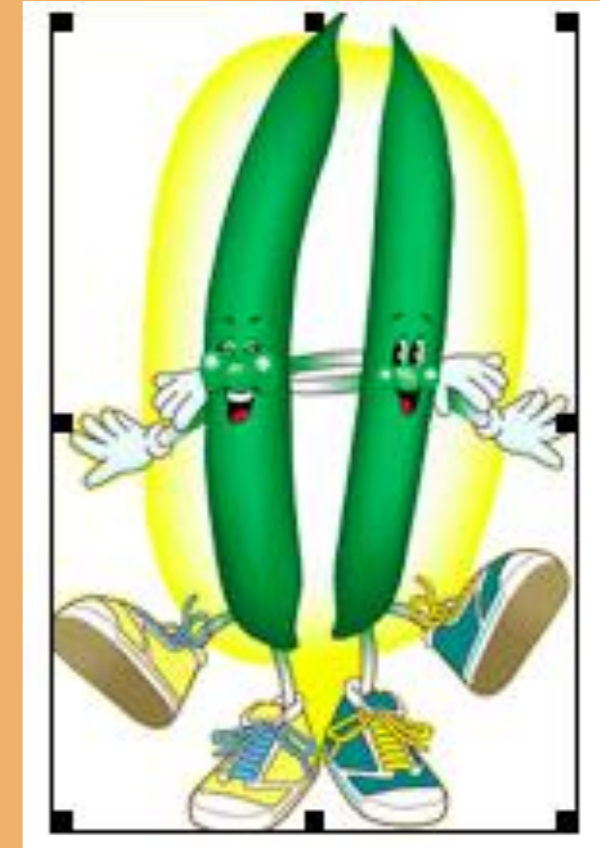
- Staff
- School Council/Parents Association
- Student Council
- Classrooms
- Staff representative acts as a contact/liaison between school and the Families Are Munching representative



Families Are Munching

Student Led:

- Public Health Nurse trains students to administer the program
- School champion helps students on a daily basis with the program



Challenges

- School Readiness
- School Culture/environment
- Finding a champion
- Physical Environment



Solutions

- Resources
- Building Relationships
- Supportive Administration
- Finding a Champion
- Understanding roles and how to compliment each other
- Recognition of accomplishments



Questions??

