## Improving student health and academic achievement through nutrition, physical activity and the management of chronic conditions in schools

### SHORT-TERM OUTCOMES

**~1 to 3 years**

- Increased skill among individuals trained to improve school health.
- Increased skill in implementing school health policies and practices among individuals or teams.

### INTERMEDIATE OUTCOMES

**~3 to 5 years**

- Increased % of schools that do not sell less healthy foods and beverages (soda pop or fruit drinks, sport drinks, baked goods, salty snacks, candy).*
- Increased % of schools that have established, implemented and/or evaluated CSPAP.*
- Increased % of schools that provide case management for students with chronic health conditions.*
- Increased % of individuals or teams who have been able to transfer school health skills into practice.

### LONG-TERM OUTCOMES

**~5 or more years**

- Increased % of students who ate vegetables 3 or more times per day.*
- Increased % of students who ate fruit or drank 100% fruit juices two or more times per day.*
- Increased % of students participating in 60 minutes of daily physical activity.*

### STRATEGIES AND ACTIVITIES

#### Priority 1 - Improving Student Health and Academic Achievement through Nutrition, Physical Activity and the Management of Chronic Conditions in Schools

**Strategy 1: Infrastructure Development**

- SEAs will build infrastructure and capacity within LEAs and schools through implementation of the following activities:
  - Establish and coordinate a state-wide coalition with key school health stakeholders to facilitate collaboration and advance the program.
  - Support the adoption of school health councils to advance health promoting strategies in schools by providing resources and guidance.
  - Support use of the SHI for routine assessment to strengthen school health policies, practices, and programs.
  - Use technology to increase the efficiency of communication, dissemination of information, and to support training, program implementation, and evaluation.

#### Strategy 2: Professional Development and Training

- Promote school health through professional development and training (e.g., Whole School, Whole Community, Whole Child approach, connections between health and academic achievement, and school health tools and resources).
- Support LEAs and schools to improve, implement and evaluate local wellness policies.
- Support LEAs and schools to improve the school nutrition environment.
- Support LEAs and schools to improve physical education and physical activity through CSPAP.
- Support LEAs and schools in the development and maintenance of a system to manage chronic health conditions.
- Support the role out of school time programs can play in supporting student health and academic achievement.
- Promote the importance of quality health education curriculum and instruction.

#### Strategy 3: Technical Assistance

- SEAs will provide technical assistance to support development and adoption of policies and practices that create supportive nutrition environments.
- Support LEAs and schools to create supportive environments for physical education and physical activity through a Comprehensive School Physical Activity Program (CSPAP).
- Foster a systematic approach to address the management of chronic health conditions among students, including disease specific education, managing emergency needs, and care coordination.
- Assist LEAs and schools in the integration of health promoting activities in out-of-school time, such as increasing access to healthy foods and beverages, physical activity and care coordination for students with chronic health conditions.

#### Priority 2 - National Professional Development and Training to Improve Student Health and Academic Achievement

**Strategy 1: National Professional Development and Training**

- Coordinating and providing professional development and training to funded state departments of education by:
  - Convening a consortium of national and state stakeholders for the purpose of planning and coordinating school health professional development and training.
  - Assessing and identifying key professional development and training needs of Priority 1 SEAs.
  - Developing professional development and trainings that support school health priorities using CDC’s professional development practices.
  - Delivering up to two, in person, professional development and training events annually that bring together state teams.
  - Offering other professional development opportunities including webinars, blogs, newsletters, Communities of Practice.

* These outcomes will be collected using existing surveillance systems and reported by CDC.