

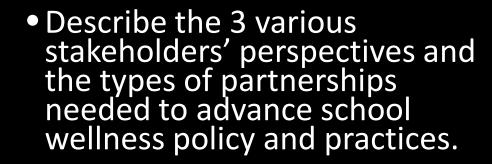




# **Catalysts for Change: 3 Perspectives for Healthy Policy and Practice Change** in the School Environment

May 17, 2016

## **Objectives**



 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.





#### **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 2013</sup> 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

#### Institute of Medicine

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"



# We're all in this TOGETHER





### Thank You!



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