



CREATING HEALTHIER SCHOOLS

Every day, 53 million people go to **school** to work or learn.

CHILDREN

30.8% of children in the state of Ohio are obese

24th

OHIO'S OBESITY STATE RANKING

ADULTS

30.1% of adults in the state of Ohio are obese

13th



FACT



Healthy students perform better, attend school more, and behave better in class.



95 percent of school-aged youth in the United States attend school. Other than home, it is where they spend the most time.



Children consume nearly 50% of their daily calories while attending school.

MAKING HEALTHY CHOICES

ALLIANCE FOR A HEALTHIER GENERATION Healthy Schools Program

Supported by:
American Heart Association
Clinton Foundation
Robert Wood Johnson Foundation



2008

18,000+ schools are enrolled nationwide

Ohio schools joined the Alliance for a Healthier Generation's Healthy Schools Program. The Healthy Schools Program (HSP) recognizes schools that create healthier school environments that promote physical activity and healthy eating among students and staff.

HSP reaches 892 schools and over 465,000 students in the state of Ohio.



Enrollment in the Healthy Schools Program

The Cleveland district is the second largest pre-K-12 district in the state, with a 2012-2013 enrollment of **40,251 students**.

2009

10 Schools Enrolled



2013/14

78 Schools Enrolled

+
New Program Manager Hired



CMSD
45,900 meals served per day

CMSD
16,900 breakfasts served per day

CMSD
29,000 lunches served per day

CMSD
7.9 million meals served per year



4 CMSD Schools Received Bronze Level Awards

- ▶ Buhner Dual Language Academy
- ▶ Douglas MacArthur Girls Leadership Academy
- ▶ John Marshall High School
- ▶ Michael R. White STEM School

To earn a Healthy Schools Program National Recognition Award, schools must meet the requisite number of criteria in each of the following seven wellness categories that address school health improvement:

- ✓ Policy & Systems
- ✓ Employee Wellness
- ✓ School Meals
- ✓ Physical Education
- ✓ Health Education
- ✓ Student Wellness
- ✓ Competitive Foods & Beverages



Reduction in consumption of sugar-sweetened beverages / Increase in fruit consumption

Reduction in body mass index among students enrolled in HSP schools

Enhance student readiness to learn

PE and Nutrition = better cognition, brain health and academic performance

Outcomes for Schools Enrolled in Healthy Schools Program (HSP)

WHAT DIFFERENCE DOES IT MAKE?

Continual evaluation of health and wellness policies and practices for impact

Employee wellness programs established

WHERE DO WE GO FROM HERE?

- + Generate additional community support and secure additional funding partners
- + Get all 40,251 pre-K-12 CMSD students involved
- + Get ALL 100 CMSD schools enrolled in HSP
- + Build School Wellness Councils at all schools
- + Support more schools achieving recognition status
- + Encourage more kids, teachers and families to lead healthier lives



Current supporters of the Cleveland Metropolitan School District's Healthy Schools Program:

