

HEAL Goals

To increase healthy eating and physical activity through environmental and policy changes.

To reduce the prevalence of chronic conditions and health disparities resulting from overweight and obesity.

School Sectors Objectives and Strategies

Objectives	Strategies	Activities	Timeline	Activity Leads
#1 All schools in the HEAL project area will fully implement their District's Wellness Policy by December 2009.	1. Develop or attain resources and training to support implementation of District Wellness Policies.	1a. Assess training and resource needs with school staff.	Ongoing	Chris Bekins, Sector Workgroup members
		1b. Research best practice program and implementation resources.	Ongoing	
		1c. Attend statewide conferences and trainings on policy implementation and provide resources to schools as needed.	Ongoing	
		1d. Convene district wellness committee to implement and evaluate district wellness policies.	Jan-Dec 08	
		1e. Support school administration with training, tools and technical assistance in forming a District Wellness Committee (DWC) to foster healthy eating and activity patterns.	Jan-Jul 08	
	2. School wellness committees will collaborate with the school administration in developing an advocacy and communications plan to educate the school community and other stakeholders about school wellness policies.	2a. District Wellness Committees will assess the information needs of school community about district wellness policies.	Aug-Sep 08	Chris Bekins, Sector Workgroup members, District Wellness Committee (DWC)
		2b. District Wellness Committees will develop a plan to disseminate information to the school community around the district wellness policies. (<i>i.e. newsletters, mailings, presentations</i>)	Oct-Nov 08	
	3. Provide support for the school community to facilitate implementation of District Wellness Policies.	3a. District Wellness Committees will implement the communications plan, disseminating information about the district wellness policies to the school community.	Oct 08 - ongoing	Chris Bekins, Sector Workgroup members
		3b. Meet with appropriate staff, teachers, boosters, PTA members to review ideas and assist with implementation.	Feb-Mar & Sep-Oct 08	
	4. Provide support to student leadership groups to increase awareness among students about the benefits and results of healthy eating and increased physical activity.	4a. Present policy and implementation ideas at Student Council meetings (and/or other student groups) and solicit input and assistance in implementing district wellness policy.	Feb-Apr & Sep-Oct 08	Project Coordinator, Chris Bekins, Sector Workgroup members
		4b. Coordinate student-led presentations at assembly, on p.a. system (peer spokespeople and announcements)	Mar-Apr & Oct-Nov 08	

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# 2	All schools will institutionalize the physical activity component of school wellness policies and the state physical education standards, with 25% of schools offering additional opportunities for student physical activity before, during and after school, by December 2009.	1. Collaborate with the schools' policy makers in assessing assets and opportunities for implementing the state physical education (PE) standards.	1a. District Wellness Committees will assess where schools are with implementation of P.E. standards.	Jan-Feb 08 Aug-Sep 08	Sector workgroup & District Wellness Committee (DWC)
			1b. Promote a vehicle for communication through which schools will share best practices, existing strategies, and successes for increasing physical activity during the school day. (<i>i.e. HEAL sector group</i>)	Ongoing	Sector workgroup members
			1c. Provide information, training and tools to support implementation of the state PE standards.	Ongoing	DWC & sector workgroup, Chris Bekins
		2. Support efforts of schools to integrate physical activity into curriculum.	2a. Provide resources on walking lunch programs (i.e. Walk of Fame) and walking fieldtrips.	Mar- May & Oct-Dec 08	Chris Bekins, Sector Workgroup members, TA provider(s)
			2b. Provide support to organize and institutionalize traditional and alternative sports & activity during recess and lunch (i.e. yoga, Chinese jump rope etc.).	Mar- May & Oct-Dec 08	
			2c. Provide support to obtain funds for more diverse P.E. equipment.	Mar- May & Oct-Dec 08	
		3. Support efforts to increase physical activity opportunities before, during, and after school.	3a. Provide resources and technical assistance for organizing activity-related fundraisers (i.e. jog/walk-a-thon, dance contest)	Mar- May & Oct-Dec 08	Chris Bekins, Sector Workgroup members, TA provider(s),
			3b. Assist with the development of extra curricular sports activities (i.e. sponsor dance team, walking fitness clubs, before school basketball supervision, after school dance class).	Mar- May & Oct-Dec 08	
			3c. Provide support for increasing inter-mural sports.	Mar- May & Oct-Dec 08	
			3d. Implement and/or promote Safe Routes to School Programs.	Mar- May & Oct-Dec 08	
			3e. Collaborate with school administrations to advocate for open school facilities to the community after school hours	Mar- May & Oct-Dec 08	
		4. Increase staff, parent and student knowledge about the benefits of increased physical activity and state PE standards and engage parents to	4a. Provide resources such as newsletters, in-services and other educational materials to staff, parents, and students.	Ongoing	Chris Bekins, Sector Workgroup members medical champions

		support school changes.	4b. Collaborate with medical champions and schools to provide presentations to parents and students about the benefits of exercise, healthy weight, weight maintenance and loss, using BMI and other modalities based on best practices.	Mar-May & Oct-Dec 08	
		5. District Wellness Committees will mobilize support and resources from stakeholders (<i>i.e. businesses, local government, community organizations, services clubs, parents and residents</i>) to increase student physical activity before, during and after school.	5a. Meet with and assess capacity of stakeholders to assist with increasing physical activity at schools.	Jan-Mar 08	Project Coordinator, Chris Bekins, Sector Workgroup members, DWC
			5b. Involve stakeholders to develop strategies that will increase physical activity at schools.	Apr-Sep 08	
			5c. Evaluate mobilization efforts and replicate this model where feasible.	Oct-Dec 08	

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<p># 3 All schools will institutionalize a minimum of two activities for each of the following strategies around policy/systems or environmental changes that support healthy eating, by December 2010.</p>	<p>1. Collaborate with the schools' policy makers in assessing assets and opportunities for implementing healthy food options.</p>	<p>1a. DWC will assess where schools are with implementation of healthy food options.</p>	<p>Jan-Feb 08 Aug-Sep 08</p>	<p>Project Coordinator, Chris Bekins, Sector Workgroup members, TA provider(s) and/or trainer(s)</p>
		<p>1b. Promote a vehicle for communication through which schools will share best practices, existing strategies, and success for implementing healthy food options. (i.e. HEAL sector group)</p>	<p>Ongoing</p>	
		<p>1c. Provide information, training and tools to support implementation of healthy food options.</p>	<p>Ongoing</p>	
	<p>2. Support school districts in assessing and modifying school food programs to serve healthy and appealing meals/snacks to students.</p>	<p>2a. Provide training, tools and technical assistance to assist schools in implementing legislation (SB 12 and SB 965).</p>	<p>Ongoing</p>	<p>Project Coordinator, Chris Bekins, Sector Workgroup members, Food Service Directors, TA provider(s) and/or trainer(s)</p>
		<p>2b. Support school districts in assessing and modifying school food programs to serve healthy and appealing meals and snacks.</p>	<p>Jan-May & Aug-Oct 08</p>	
		<p>2c. Assist schools in developing ways to refer families to food access options where feasible (i.e. mid-year notices about free/reduced lunch, newsletter notices about food bank distribution or food stamps)</p>	<p>Jan-Feb & Aug-Sep 08</p>	
		<p>2d. Work with organizations and businesses to assist schools in serving local produce (i.e. produce from Bayer Farm or Becoming Independent to schools)</p>	<p>Jan-May & Aug-Dec08</p>	
	<p>3. Support teachers in attaining educational materials (i.e. media, information on body image and food marketing) that will be used to educate students and impact school community norms.</p>	<p>3a. District Wellness Committee (DWC) will assess needs for resources and technical assistance.</p>	<p>Jan-Feb 08 Aug-Sep 08</p>	<p>Chris Bekins, Sector Workgroup members, Garden Coordinator, TA provider(s) and/or trainer(s)</p>
		<p>3b. Promote and support integration of nutrition education into the curriculum (both required and elective subjects) that is consistent with the CDE Health Framework for CA Public Schools (i.e. purchase of multi-media teaching resources such as "Super Size Me", computer software programs, video/DVD).</p>	<p>Mar-May & Oct-Dec 08</p>	
		<p>3c. Support schools with the development of student-driven school gardens linked to nutrition education curriculum.</p>	<p>Jan-May 08 & Aug-Dec 08</p>	

			3d. Assist with the development of healthy foods cooking classes.	Jan-May 08 & Aug-Dec 08	Chris Bekins, Sector Workgroup members, TA provider(s)
			3e. Provide resources to teach students to set personal goals to develop and maintain healthy habits using evaluated programs with proven effectiveness (<i>i.e. eating 5-a -Day, physical activity, limit screen time</i>)	Mar-May & Sep-Nov 08	
			3g. Assist with the development and implementation of Nutrition 101 curriculum (<i>i.e. facts about healthy eating and the connection to school attendance, performance, chronic health problems</i>)	Jan-May 08	