



Where your school lies on the LEAF continuum: Linking Education, Activity, and Food to Create Healthy School Environments

- ❖ Remember: policy development and implementation is a continuum—it may take years to move along, but any movement toward improved student health is positive!
- ❖ Partner with others to focus on the whole school health environment and how it impacts students' behavior and academic success, not just one program such as food service operations/success.
- ❖ For more information and a detailed assessment, see the Center for Disease Prevention and Control's *School Health Index for Physical Activity and Healthy Eating*, available (and customizable) at <http://www.cdc.gov/HealthyYouth/index.htm>

Linking...

1. Are there written policies that promote healthy eating and physical activity? Are they followed/enforced?

2. Is there a group (council, advisory committee) responsible for overseeing school health programs that meets regularly?

3. Who are the leaders and advocates for student health in your school or district?

4. How close is your district to having a local wellness policy established and implemented, as required for School Year 2006 by federal law (PL 108-265)?

Write down one thing you will do toward promoting student health by **Linking** with others: _____

Education...

1. Do your middle and high schools each require students to take a health education course that addresses physical activity and nutrition?
2. What opportunities do students have at school to practice the skills they learn in health education? (e.g., gardening, menu planning and promotion, food choices, fitness clubs, monitoring fitness plans or eating patterns)
3. How are students' health education knowledge and skills shared with families and the community? (e.g., homework assignments involve families, parent newsletters, school-sponsored community/family events, students volunteer for community health organizations)

Write down one thing you will do toward promoting student health through **Education** for students and/or families: _____

Activity...

1. How much physical education is required for students in middle/junior high school (should be every year), and in high school (should be at least two years)?
2. What is the student-teacher ratio in physical education classes? (Should be similar to the ratio in other classes.)
3. Do assemblies and other school-day events occur during physical education classes more often than during other class subjects?

Write down one thing you will do toward promoting student health through **Activity** for students and/or families: _____

Food...

1. Are breakfast and lunch programs accessible to all students?

2. Is there sufficient, appealing space for all students to enjoy school meals?

3. Do students have sufficient time to obtain a school meal and eat it in a relaxed manner?

4. How many entrees are offered for lunch daily?

5. What appealing, healthful food choices, including fruits and vegetables, are offered in:
 - a. The school lunch program?
 - b. A la carte sales?
 - c. Vending machines?
 - d. School stores or other venues outside the school meal programs?

6. Are sodas available to students? If so, at what times, and what alternative beverages are also available?

Write down one thing you will do toward promoting student health through **Food** programs for students: _____

Notes:

(Things to remember from your fellow participants or presenter(s) in this session.)

