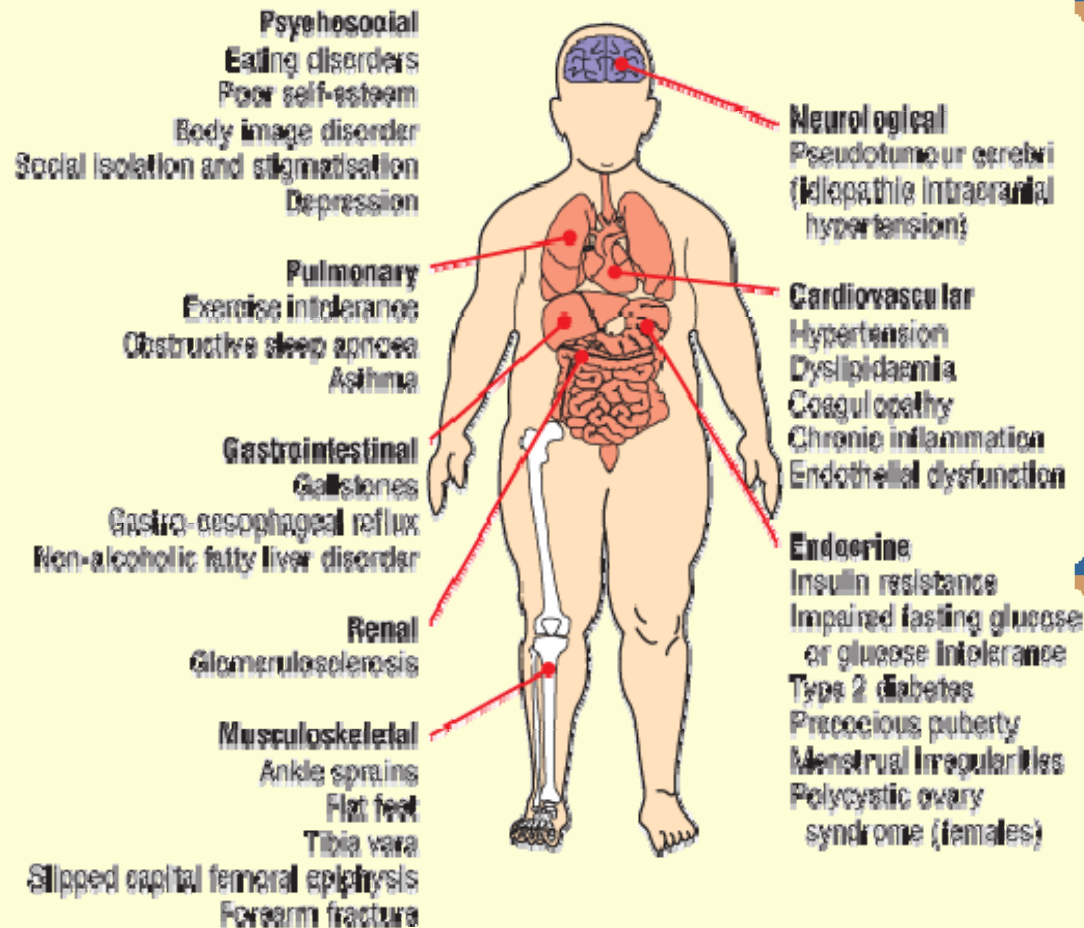


Creating Healthy Schools and Communities Grant

Rockland County Department of Health
Carrie Steindorff, MA
School Health Coordinator

Childhood Obesity



Childhood obesity is one of the most serious health epidemics facing America today.

Schools can be powerful places to initiate behavioral and environmental changes for students and staff.

Move More



Eat More Fruit, Veggies Eat More Whole Grains! Rethink Your Drink!



At Wilco's, Ziegler Elementary in Burbank, Phoenician, students are getting acquainted with vegetables and snacks.





Win Win

Public Health

↑ Physical Activity + ↑ Healthy Nutrition = ↓ Obesity

Education

↑ Physical Activity + ↑ Healthy Nutrition = ↑ Learning

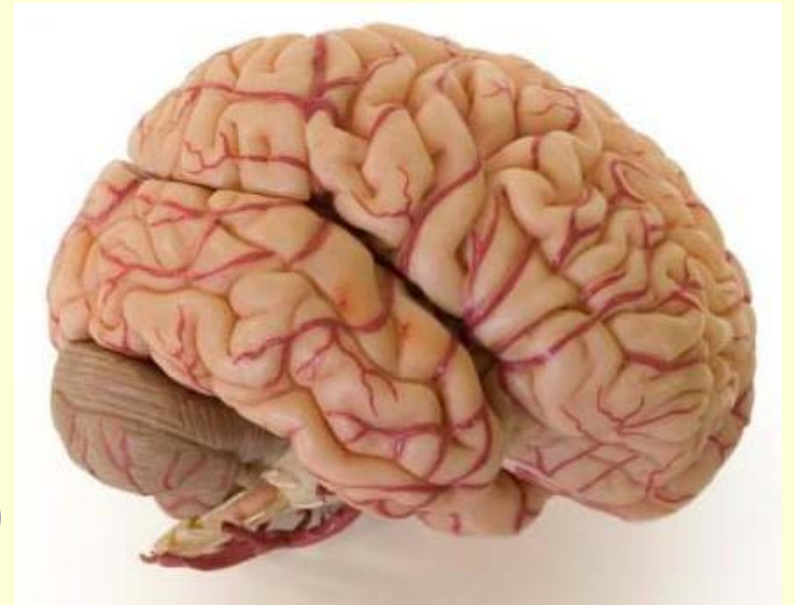


Physical Activity Improves Learning

↑ Blood flow (nourishes brain cells)

↑ Neuro-chemical production
(improves alertness,
concentration, self control)

↑ Brain volume



Eating Breakfast and Lunch Improves Learning



Smarter Lunchroom

Students focus on their school work, not their hunger.



Creating Healthy Schools and Communities Grant

\$250,000/year for the next 5 years to improve access to physical activity and better nutrition in:

- East Ramapo Central School District
- Towns of Ramapo and Clarkstown


Through
Policy

- Practices
 - Environmental changes
- 



October 1, 2015 – September 30, 2020

Expected School Outcomes

1. Updated Wellness Policy
 2. Comprehensive School Physical Activity (in classrooms, recess, physical education)
 3. “Smarter Lunchrooms”
 4. Eliminate Food and Beverage Marketing
 5. Achieve the “bronze level” or higher in the Healthy School Program
- 


Timeline

Task	By Whom	Year 1	Year 2	Year 3	Year 4	Year 5
Form wellness teams	<ul style="list-style-type: none"> •Teachers •Nurse •Parent •Food svc •Admin. 	Elem. schools	MS/HS	Elem/MS/HS	Elem/MS/HS	Elem/MS/HS
Assessments and action plan	Wellness teams with student involvement	Elem. schools	MS/HS		Elem. schools	MS/HS
Train teachers	Hlth Dpt.	Elem. schools	MS/HS	Elem/MS/HS	Elem/MS/HS	Elem/MS/HS

Task	By Whom	Year 1	Year 2	Year 3	Year 4	Year 5
Eval. PE	Consultant and District Admin	Elem/ MS/HS				
Buy PE equipmt/ curric.	Consultant and District Admin	Elem.	MS/HS	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS
Smarter Lunchrm	Hlth dept	Elem/MS /HS	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS
Revise Wellness Policy	District Wellness Comm.	Board Approval			District Wellness Comm.	




Community Partners

1. Rockland County School Health and Wellness Coalition
 2. Rockland Council on Alcoholism and Other Drug Dependence
 3. Family Resource Centers, East Ramapo
 4. Whitsons' Food Service
 5. Spring Valley Collaborative
 6. Cornell Cooperative Extension, Eat Smart NY
- 




Community Partners

7. Cornell University Behavioral Economics in Child Nutrition (B.E.N.) Center
 8. Action for Healthy Kids, New York State
 9. Alliance for a Healthier Generation
 10. Let's Move Active Schools
 11. Fizika Group
 12. Harrisburg University
- 



Community Project

- Implementation of “Complete Streets” with focus near schools in the Towns of Ramapo and Clarkstown
 - Employee Wellness programming in local establishments and organizations
 - Corner store increase availability of fruit/vegetables/whole grain foods, and low/no-sugar beverages with focus near schools
- 



Contact

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