

Rockland County Department of Health

Carrie Steindorff, MA

School Health Coordinator

Childhood Obesity

Psychosogial

Eating disorders Poor self-esteem Body image disorder Social isolation and stigmatisation Depression

Pulmonary

Exercise intolerance Obstructive sleep aprocea Asthma

Gastrointestinal

Gastro-sesophageal reflux Non-alcoholic fatty liver disorder

Rena

Glameruloselerosis

Musculoskeletal

Ankle sprains Flat feat Tibia vara Slipped capital femoral epiphysis Forcerm fracture



Pseudotumour cerebri (kilopathic intracranial hypertension)

Cardiovascular

Hypertension
Dyslipidaemia
Coagulopathy
Chronic inflammation
Endothelial dysfunction

Endocrine

Insulin resistance
Impaired fasting glucose
or glucose intelerance
Type 2 diabetes
Precocious puberty
Menstrual irregularities
Polycystic ovary
syndrome (females)

 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 White is . Zages Generally in turbused Promounts, analogs are getting jurgitation with population and





Win Win

Public Health

Physical Activity + Healthy Nutrition = Obesity

Education

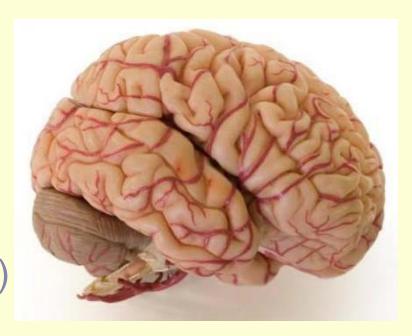
Physical Activity + Healthy Nutrition = Learning

Physical Activity **Improves Learning**

Blood flow (nourishes brain cells)



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

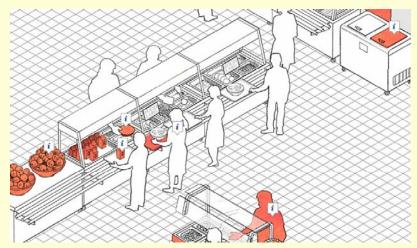




Brain volume

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

- Updated Wellness Policy
- 2. Comprehensive School Physical Activity (in classrooms, recess, physical education)
- "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	TeachersNurseParentFood svcAdmin.	Elem. schools	MS/HS	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS
Assess- ments and action plan	Wellness teams with student involvement	Elem. schools	MS/HS		Elem. schools	MS/HS
Train teachers	HIth Dpt.	Elem.	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	Consult- ant 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	HIth 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.	

Task	By Whom	Year 1	Year 2	Year 3	Year 4	Year 5
Safe Routes to School	HIth dept			Pilot elem. school	Pilot elem. school	Pilot elem. school
Employee Wellness	HIth dept	Central Office	Schools as ready	Schools as ready	Schools as ready	Schools as ready
Eliminate Marketing	School teams		Elem schools	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS
Wellness Webpage	District Office	District Office	District Office	District Office	District Office	District Office

Community Partners

- Rockland County School Health and Wellness Coalition
- 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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