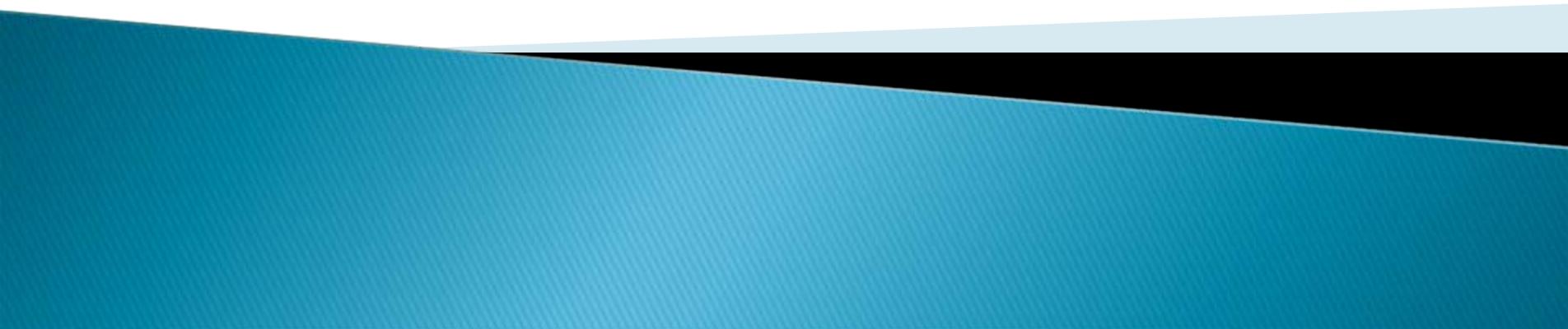


School Wellness and Wisconsin School Health Award

Emily Holder
Coordinated School Health Consultant
Department of Public Instruction



Strengthening Schools as the Heart of Health

REPORT BRIEF 78 MAY 2012

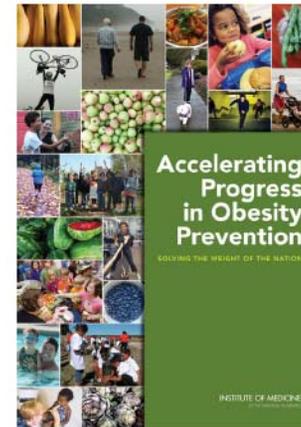
INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

Advising the nation • Improving health

For more information visit www.iom.edu/acceleratingobesityprevention

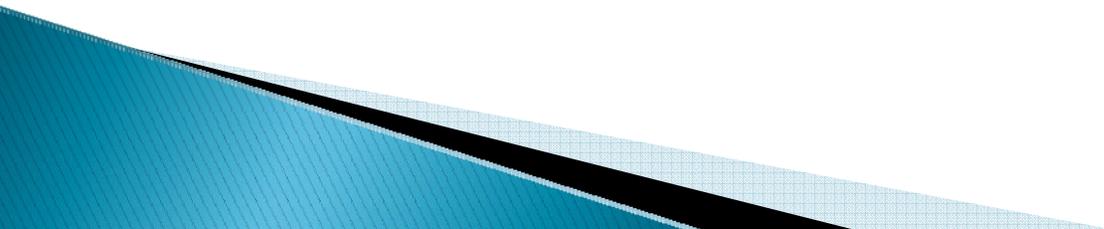
Accelerating Progress in Obesity Prevention

Solving the Weight of the Nation

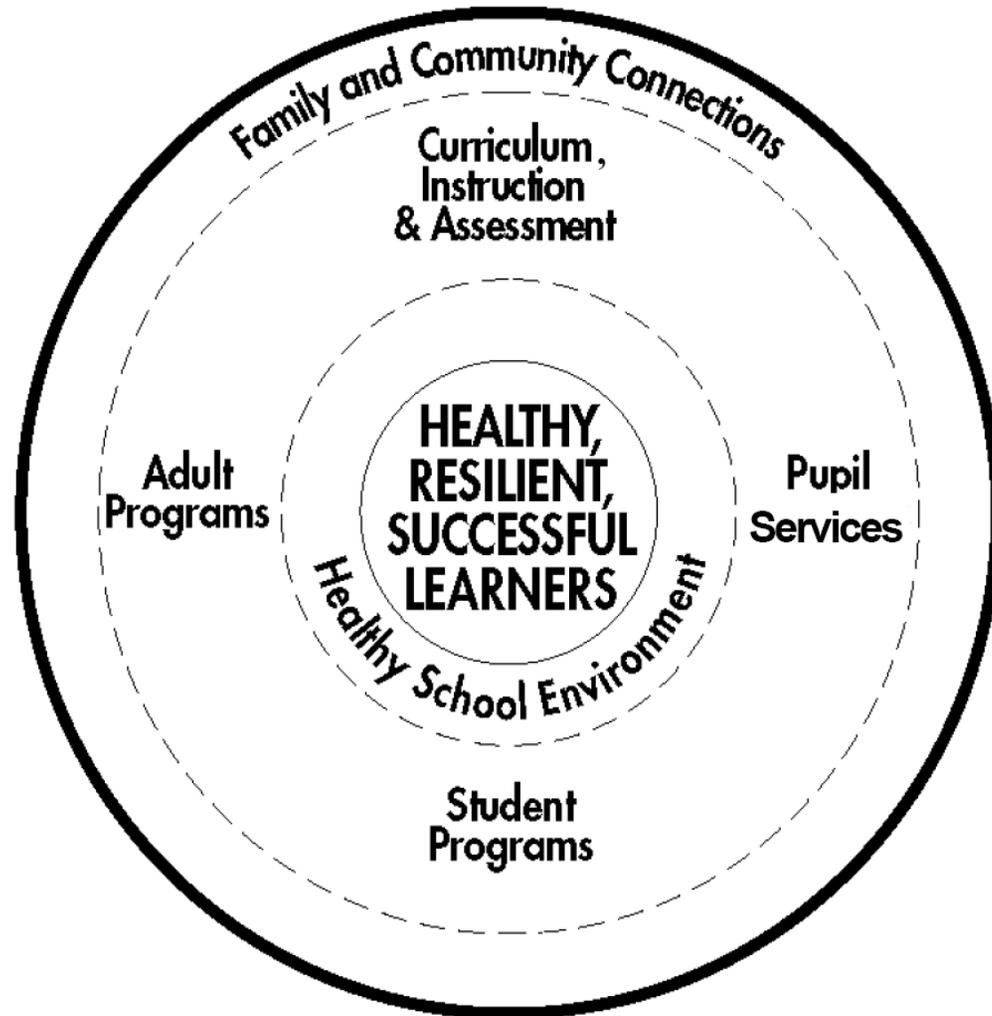


Healthiest Wisconsin 2020

Health Focus Areas

- ▶ Adequate, appropriate, and safe food and nutrition
 - ▶ Alcohol and other drug use
 - ▶ Chronic disease prevention and management
 - ▶ Communicable disease prevention and control
 - ▶ Environmental and occupational health
 - ▶ Healthy growth and development
 - ▶ Injury and violence
 - ▶ Mental health
 - ▶ Oral health
 - ▶ Physical activity
 - ▶ Reproductive and sexual health
 - ▶ Tobacco use and exposure
- 

Coordinated School Health Programs



Local Wellness Policies

- ▶ Healthy, Hunger-Free Kids Act 2010
- ▶ Goal Areas
 - Physical activity and wellness
 - Nutrition education
 - Nutrition promotion
- ▶ Nutrition guidelines for all foods available on school campus
- ▶ Tracking Implementation
- ▶ Periodic revisions
- ▶ Communicate with public



Wisconsin School Health Award

Designed to motivate and empower Wisconsin schools as they create and maintain healthy school environments, including:

- Having policies in place to address staff & student wellness
- Having a committee to address wellness efforts
- Getting students to be active
- Promoting healthy nutritional choices
- Preventing alcohol, tobacco, and drug use
- Actively involving parents
- Promoting staff wellness

Wisconsin School Health Award

- ▶ Assessment tool with rigorous criteria, including 38 baseline requirements
- ▶ 203 Individual schools have applied since 2005
- ▶ 77 schools have received awards
 - 8 Platinum
 - 72 Gold
 - 57 Silver
 - 32 Bronze
- ▶ Recognition event for winning schools

