



The Wellness Impact:

Enhancing Academic Success through Healthy School Environments



Overview

- Today's environment
- Connections between nutrition, physical activity and the brain.
- Schools' role more important than ever
- Barriers
- What can be done





Over 22% of children live in food-insecure homes

Almost one-third of youth ages 2-19 are overweight or obese



Overweight or Obese Children Are at Risk for



Conditions such as:

- High Cholesterol
- Type 2 Diabetes
- High Blood Pressure
- Social Problems and Poor Self-Esteem
- Sleep Disturbances
- Orthopedic Problems

Each Helps the Other





Schools can help.





New Findings



What you eat
or don't eat
matters to
your brain



Benefits of Breakfast at School



Fewer disciplinary referrals

Improved attention

Less tardiness

Increased math & reading scores

Improved attendance

Fewer visits to health office

Breakfast Comes in Many Forms

Classroom



Grab and Go



Cafeteria

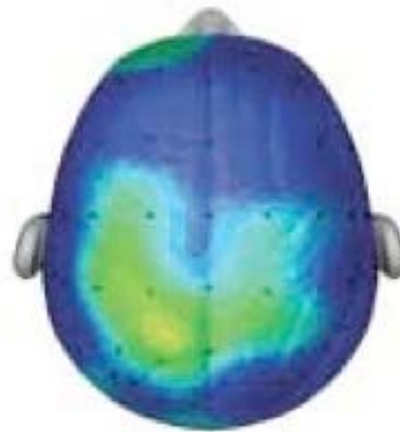


Physical Activity Matters to Your Brain, Too

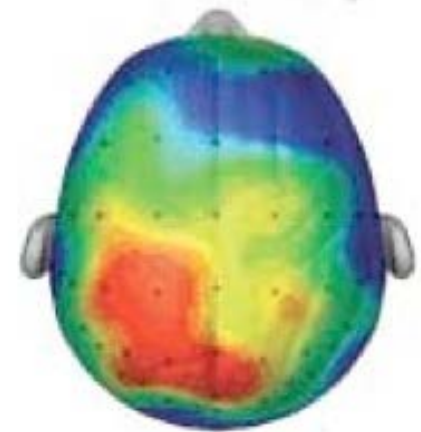
- Exercise increases brain activity – even just a short 20-minute walk
- Other research shows obesity may have negative effects on thinking

Cognitive Effects of Exercise in Preadolescent Children

Average composite of 20 students' brains taking the same test after sitting quietly or taking 20 minute walk



Brain after sitting quietly



Brain after 20 minute walk

Source: Derived from research by Dr. C.H. Hillman, University of Illinois at Urbana, Champaign, Urbana, IL (2009).

Brain Studies Suggest Association

- Physical activity may positively impact academic achievement
- Some research indicates brains of aerobically fit children show superior executive brain functions
- Some research indicates benefits include better attention and improved math and reading scores



School-based Physical Activity and Academic Achievement

CDC assessment of school-based activity and achievement found:

- Using school time for PE does not hurt academic performance
- There is a lot of evidence that shows school-based physical activity can:
 - Improve grades and standardized test scores
 - Help students have better attitudes toward school and academic behavior



Physical Activity In the Classroom



- Adding activity breaks to class time can improve performance without disrupting learning time

- Students were more active when teachers participated in activities, too
- Students who were more active improved academically more than students who were not

Common Barriers to Wellness

- Lack of:
 - Time
 - Money
 - Support
- Wellness not a priority
- Need for tools and training



What We Can Do

- Take a leadership role in setting tone and vision for healthy schools
- Let more people know about the link between nutrition, physical activity and achievement
- Establish a wellness council and create a strong wellness policy
- Involve students!
- Track and share progress and results





Specific Action Ideas

- Expand school breakfast, and offer alternative breakfast opportunities at school
- Make sure all food served and sold at school is appealing and nutritious – and promote healthy choices to all students
- Offer high quality P.E. to all students in all grades
- Provide a variety of physical activity opportunities, like dance clubs, walking clubs and in-class physical activity breaks for all students

Resources





FuelUpToPlay60.com

- Build schools' capacity for implementing wellness policies
- Places students at the forefront in helping to make and participate in healthy changes
- Developed by National Dairy Council and National Football League in collaboration with USDA and other organizations



www.genyouthfoundation.org



GENYOUTH
FOUNDATION

Today's Lesson:
Healthy Students are Better Students
Healthy Eating + Physical Activity = Improved Academic Performance

Students who eat breakfast have better attention and memory.

Only **38%** of all kids eat breakfast every day.

Smart Start

World's Improvement

After just **20 minutes** of physical activity, test scores improve.

Only **25%** of high schools, middle schools and elementary schools offer physical activity every day.

What is the right answer?

- Schools: **2000** hours every year with sports, which makes them the smart choice to encourage kids to eat right and get moving.
- Wellness Programs: Programs like **Fun Up to Play 60** engage students to take control of their health and wellness. Combining fitness, nutrition and health education in this way creates a winning opportunity.

Extra credit:
 Visit The Wellness Impact: Enhancing Academic Success School Environments at GENYOUTHFOUNDATION.ORG
 Learn more about how **Fun Up to Play 60** is helping schools at FunUpToPlay60.com

The Wellness Impact:
Enhancing Academic Success through Healthy School Environments

Let's Move

www.letsmove.gov



America's Move to Raise a Healthier Generation of Kids

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Learn the Facts
ABOUT LET'S MOVE!

Eat Healthy
FOOD & NUTRITION

Get Active
PHYSICAL ACTIVITY

Take Action
SIMPLE STEPS TO SUCCESS

Join Us
LET'S MOVE TOGETHER



4,000 Schools Meet the First Lady's Challenge!

More than 4,000 schools have achieved certification in the HealthierUS School Challenge. Learn how to get your school involved.

[READ MORE](#) ▶



LET'S MOVE!
Tools for
Get Involved

LET'S MOVE **BLOG**



MOST RECENT
December 13, 2012

MOST POPULAR

Presidential Youth Fitness Program

www.pyfp.org



The Presidential Youth Fitness Program:
Promoting Health and Physical Activity for America's Youth

Whether you use the Youth Fitness Test, FITNESSGRAM[®], or are new to youth fitness assessment, you'll want to learn more about this new national program. [Learn more now »](#)

Physical Activity for Lifelong Health

The Presidential Youth Fitness Program is a voluntary program that includes an assessment, professional development, and motivational recognition to empower students to adopt and



Breakfast in the Classroom Resource Center

docs.schoolnutrition.org/SNF/BIC/



BREAKFAST
in the classroom

BeyondBreakfast.org



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BREAKFAST IN THE CLASSROOM (BIC) RESOURCE CENTER

Children who eat breakfast at the start of their school day have higher math and reading scores, have broader vocabularies, and perform better on standardized tests. They focus better and behave better. Children are less likely to be absent. They're less likely to see the school nurse and less likely to be overweight.

The Breakfast in the Classroom initiative takes the traditional school breakfast approach and improves it with one key ingredient: the classroom. Breakfast becomes available to all children and it's served after the opening bell. This maximizes participation.

Thinking about implementing breakfast in the classroom in your district or need more information about alternative breakfast models? The Breakfast Resource Center has a wealth of ideas to help inform and guide you in making the right choices for the children in your district.

Walmart*

SNF
SCHOOL
NUTRITION
FOUNDATION

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SNA Homepage

BEYOND BREAKFAST



USDA

Team Nutrition

<http://www.fns.usda.gov/tn>



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Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

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- HealthierUS Schools
- Local Wellness Policy
- Training Grants
- Resource Library
- Graphics Library
- MyPlate
- Eat Smart. Play Hard.

Spotlights

- HealthierUS School Challenge**
 - 139 Recent Awards in CO, CT, DC, FL, GA, IL, ME, MN, NH, NY, NC, OH, RI, TN, and TX
- Recipes for Healthy Kids Cookbooks**
 - Celebrate National School Lunch Week with these kid-approved recipes made from healthy ingredients!
- Serving Up MyPlate: A Yummy Curriculum**
 - Translations of the MyPlate at Home handbook are now available in Spanish, French and Traditional Chinese.
- Best Practices Sharing Center**
 - Resources and tools used by State Agencies and School Food Authorities in serving healthy menus that meet school meal regulations

What's New

- Online Order Form
- Whole Grains at School
- Food Buying Guide for School Meal Programs

the School Day just got Healthier

HealthierUS School Challenge

Nutrition Standards for School Meals

HealthierUS School Challenge

www.fns.usda.gov/tn/healthierus/index.html

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HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



HUSSC

- Vision
- Application Materials
- Competitive Foods Calculator
- Promotional Materials
- Training and Technical Assistance
- Award Winning Schools
- Tips from Award Winners

See Also

- Healthier Middle Schools
- Let's Move
- Chefs Move to Schools
- National Food Service Management Institute
- Healthy Meals Resource System (HMRS)

The HealthierUS School Challenge (HUSSC) is a voluntary certification initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.

In February 2010, First Lady Michelle Obama introduced **Let's Move!**, incorporating the HealthierUS School Challenge into her campaign to raise a healthier generation of kids. At that time, monetary **incentive awards** became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.

To date, HUSSC awards have been given to schools in 50 states. As of November 27, 2012, there are **4,550** schools certified.

Many schools find that applying for the Challenge is a valuable learning process that helps their school wellness team focus on

the School Day just got Healthier

Healthy Access

CDC: School Health Index and Other Resources

www.cdc.gov/healthyyouth/shi/

