



HEALTHY SCHOOLS HEALTHY COMMUNITIES INITIATIVE

Schools as a Hub – Missouri Foundation for Health Grant

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AGENDA



- Healthy Schools Healthy Communities Initiative
- Data
- Making Change
- Questions

HEALTHY SCHOOLS HEALTHY COMMUNITIES INITIATIVE



- ❑ Initiative funded by Missouri Foundation for Health (2014-present)
- ❑ Address the challenge of childhood obesity through prevention efforts in 11 Saint Louis Public Schools
 - ❑ Adams, Carr Lane, Gateway Elementary, Gateway MS, Gateway Michael, Hickey, Lyon, Mullanphy, Oak Hill, Washington Montessori and Woodward
 - ❑ Missouri is one of the heaviest states in the country, 30% of adults obese and 28% of children (ages 10-17) overweight or obese
 - ❑ Identify and advocate for changes that increase access to healthy food and physical activity in schools and the community
- ❑ Community partner – BJC School Outreach and Youth Development

DATA



COHORT 2 Schools – Hickey, Gateway Elementary, Gateway MS, and Woodward

- 3.8% increase in healthy weight since 2014
- 34% of 5th to 8th graders engage in 60+ minutes of physical activity most days of the week
- 53% of 5th to 8th graders eat 5+ servings of fruits or vegetables daily
- 2.6 average servings of sugar-sweetened beverages for 5th – 8th graders

COHORT 3 Schools – Adams, Carr Lane, Gateway Michael, Lyon, Mullanphy, Oak Hill, and Washington Montessori

- 1.8% increase in healthy weight since 2015
- 38.9% of 5th to 8th graders engage in 60+ minutes of physical activity most days of the week
- 46.9% of 5th to 8th graders eat 5+ servings of fruits or vegetables daily
- 2.7 average servings of sugar-sweetened beverages for 5th – 8th graders



MAKING CHANGE

- ❑ School Health Advisory Councils established
- ❑ School Health Index completed yearly
- ❑ Data driven Action Plans for each school - consisting of programs, practices, policies, events, and environmental changes
- ❑ America's Healthiest Schools – 11 schools eligible for Gold, Silver and Bronze Awards
- ❑ President Clinton visited two of America's Healthiest Schools
 - ❑ Gateway Elementary and Gateway Michael





QUESTIONS