



Alliance  
for a  
**Healthier  
Generation**

American Heart  
Association



**www.HealthierGeneration.org**  
**1-888-KID-HLTH**

## Healthy Schools Program Overview

*“Every school day, 54 million young people attend nearly 123,000 schools across the country. Influencing and enhancing the ability of schools to provide healthy environments could be one of the most effective ways to shape the health, education, and well-being of our next generation.” President Bill Clinton*

### **What is the goal of the Healthy Schools Program and how does it work?**

The goal of the Healthy Schools Program is to create a nation where a healthy school environment is the norm and not the exception. Specifically, the Healthy Schools Program supports schools around the nation in their efforts to create spaces where there are consistent and clear signs that physical activity and healthy eating are important and encouraged – in the classroom, cafeteria, gym, hallway and schoolyard. Research suggests that a healthier school environment can result in greater academic achievement, improved student and staff attendance and healthier lives for students and educators.

The Healthy Schools Program provides support to schools to implement programs and policies that promote physical activity and healthy eating among students and staff. Support to schools is based on the Healthy Schools Program Framework, a set of best practice criteria in the areas of nutrition, physical activity and school employee wellness, and the Six Steps to Creating a Healthier School Environment. The Healthy Schools Program will recognize participating schools at the Platinum, Gold, Silver and Bronze levels. Schools can be elevated in recognition status as they continue to enhance their healthy school practices.

### **What support is available to schools?**

Support to schools is offered in two different ways. Any school in the country – public or private – can enroll in the online program and receive electronic and telephonic support and access to implementation resources at no cost. The Healthy Schools Program also provides on-site support to schools that serve vulnerable student populations in a number of states. All schools have access to online and telephonic support, implementation toolkits, an extensive resource database, web-based training, and more... Schools can sign up at [www.healthiergeneration.org/schools](http://www.healthiergeneration.org/schools) or by calling 1-888-KID-HLTH.



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### **Which schools are included in the on-site support program?**

As of the 2007-08 school year, the Healthy Schools Program will provide on-site support to over 1,200 schools in 30 states – Alabama, Alaska, Arkansas, California, Connecticut, Delaware, Florida, Georgia, Illinois, Indiana, Kansas, Kentucky, Louisiana, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, New Jersey, New York, North Carolina, Oklahoma, Oregon, Pennsylvania, South Carolina, Tennessee, Texas, West Virginia, and Wisconsin. Participating schools are a mix of elementary, middle and high schools from a range of urban, suburban and rural areas. Students in these schools are demographically and socio-economically diverse. The Healthy Schools Program places special priority on including schools that serve resource-constrained and vulnerable student populations.

### **What assistance is available to hands-on schools?**

On-site support schools receive support from a dedicated Relationship Manager. Relationship Managers guide School Wellness Councils through needs assessment and action planning steps, broker local, state, and national resources into the schools, and showcase school successes.

### **Who runs and sponsors the program?**

The Healthy Schools Program is a strategy of the Alliance for a Healthier Generation, a joint venture between the American Heart Association and the William J. Clinton Foundation. Major funding for the Healthy Schools Program is provided by the Robert Wood Johnson Foundation.

### **Six Steps to Building a Healthier School Environment**

- 1. Convene a School Wellness Council** to plan and lead implementation of the Healthy Schools Program at your school.
- 2. Complete the Healthy Schools Inventory** to identify what is already in place and areas for improvement.
- 3. Develop an Action Plan** based on what's important and achievable in your school community.
- 4. Identify Resources** that can facilitate implementation of your action plan. Make sure to take advantage of the Alliance Website at [www.healthiergeneration.org](http://www.healthiergeneration.org).
- 5. Take Action!** Follow your blueprint to create a healthier school environment.
- 6. Celebrate your Successes & Keep the Movement Alive!** The Alliance will help you publicize your school's efforts and spread the word in your community.



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