

Healthy Active Children (HAC) Policy Report GCS-S-000 2011



North Carolina Healthy Schools Initiative
Summary Data from LEA
School Health Advisory Councils

GCS-S-000

- Section 1. Local School Health Advisory Councils
- Section 2. Physical Education
- Section 3. Recess and Physical Activity
- Section 4. Coordinated School Health Programs
- Section 5. Action Plans and Reporting

HAC Policy Report Key Points

- 95% of LEAs Responded (106/112*)
- 85% of SHACs list a representative from each required area
- 41% of SHACs meet at least quarterly
- 55% of SHACs provide reports to their local BOE

*3 City LEAs Have Joint County/City SHAC

HAC Policy Report Key Points

- 51% report that **ALL** of their elementary schools provide 150 minutes of weekly PE with a certified PE teacher
- 52% report that **ALL** of their middle schools provide 225 minutes of weekly Healthful Living with certified health and physical education teachers

Healthy Active Children Policy Report

SHAC Successes

LEA SHAC Successes

- Recipient of the NC Prevention Partners Trailblazer award for employee staff wellness initiatives
- Recipients of USDA Fresh Fruit and Vegetables Grants
- Staff fitness, health and wellness classes
- Revision and improvement of local School Wellness Policies
- Mana Food Packs provided to needy students in the elementary and middle schools, weekly

LEA SHAC Successes

- Promotion of joint use agreements between schools and communities
- Creation of programs that support nutrition education for students and staff
- The use of Fitnessgram to monitor students' fitness levels
- Improvement made to mental health services available to students
- On campus Flu shot and Immunization clinics for students and staff

LEA SHAC Successes

- Information and other resources made available to parents and community members
- Teen Pregnancy Prevention Initiatives implemented
- SHAC and local health department co-sponsored anti-bullying workshops provided by the Department of Juvenile Justice and Delinquency Prevention for community and school professionals and parents.
- Vision, hearing, dental and BMI screenings for students

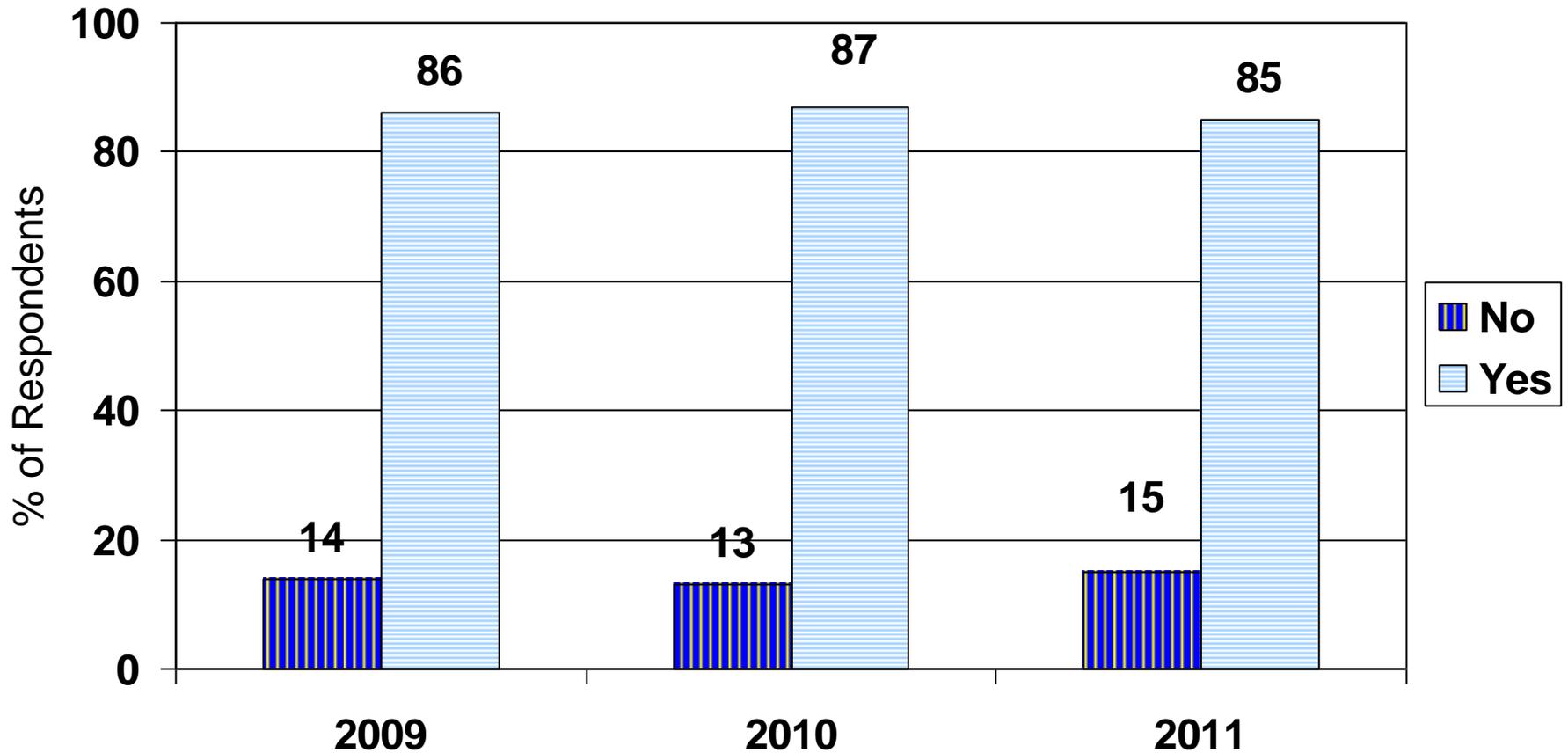
LEA SHAC Successes

- Support staff trained in Child Sexual Abuse Prevention
- Formation of school-based Wellness Committees
- Implementation of local Youth Risk Behavior Survey (YRBS)
- Implementation of daily Positive Behavioral Intervention and Support (PBIS) activities
- School wide presentations on drug awareness and the benefit of making healthy choices

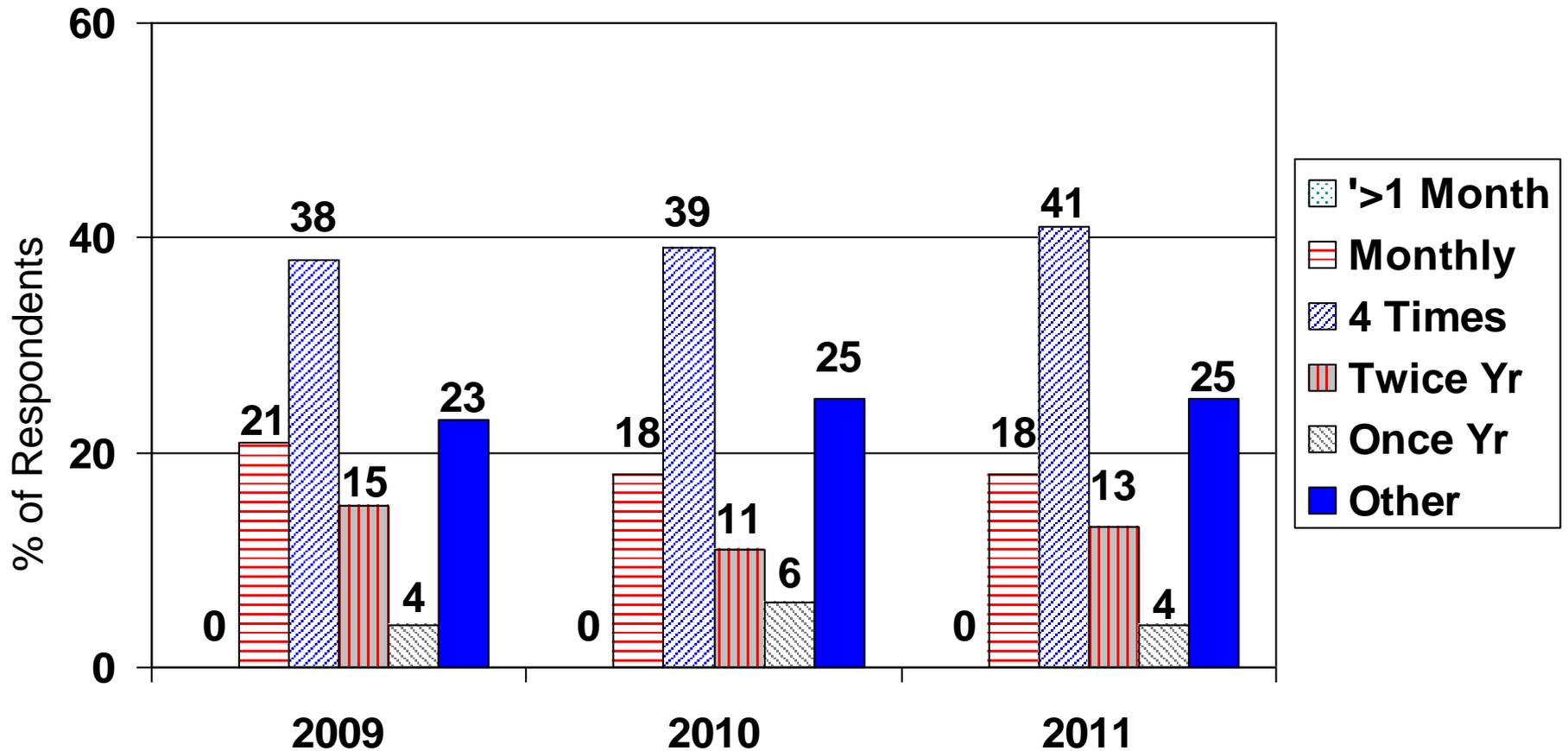
SECTION 1

School Health Advisory Councils

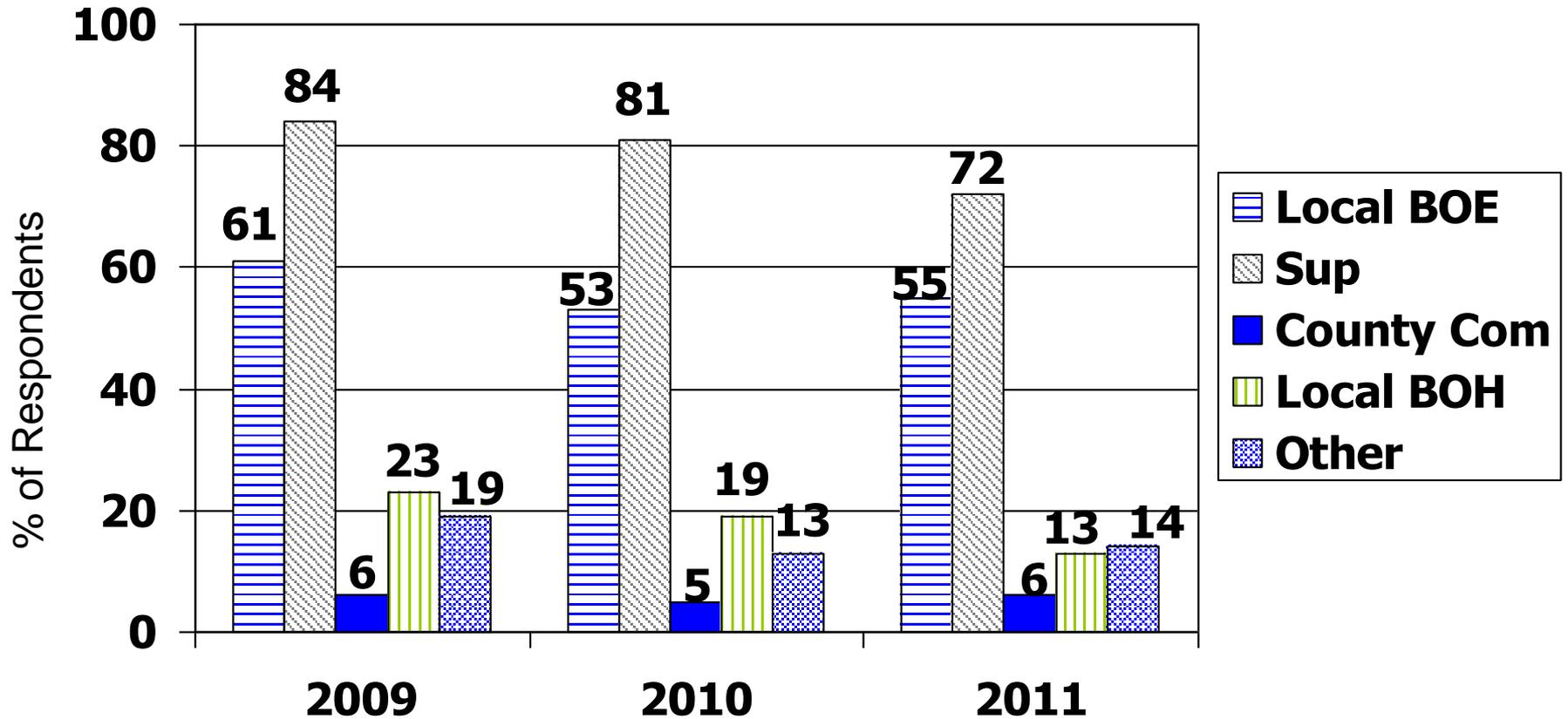
SHAC Has Required Representatives From All 8 Areas of Coordinated School Health



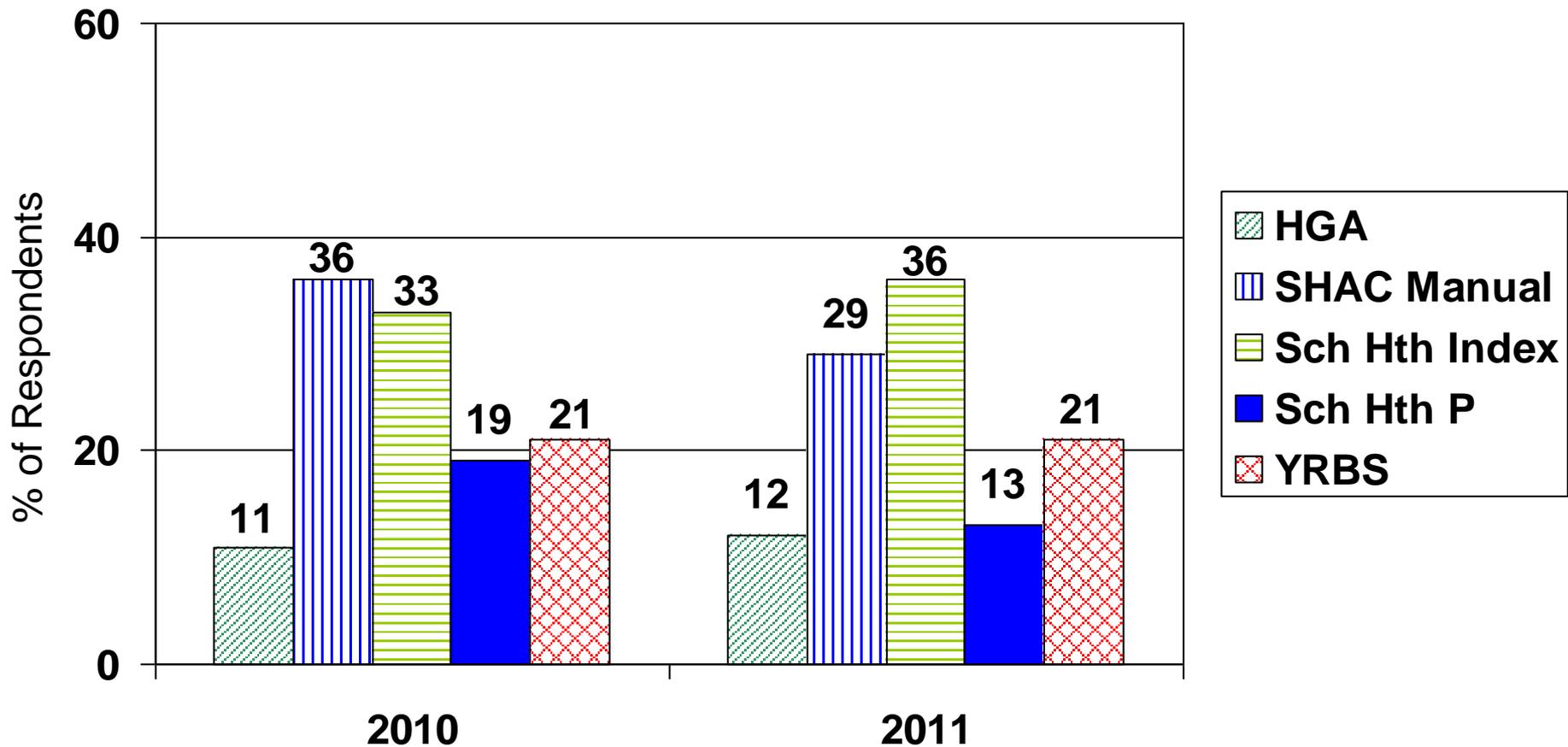
How Often SHAC Meets



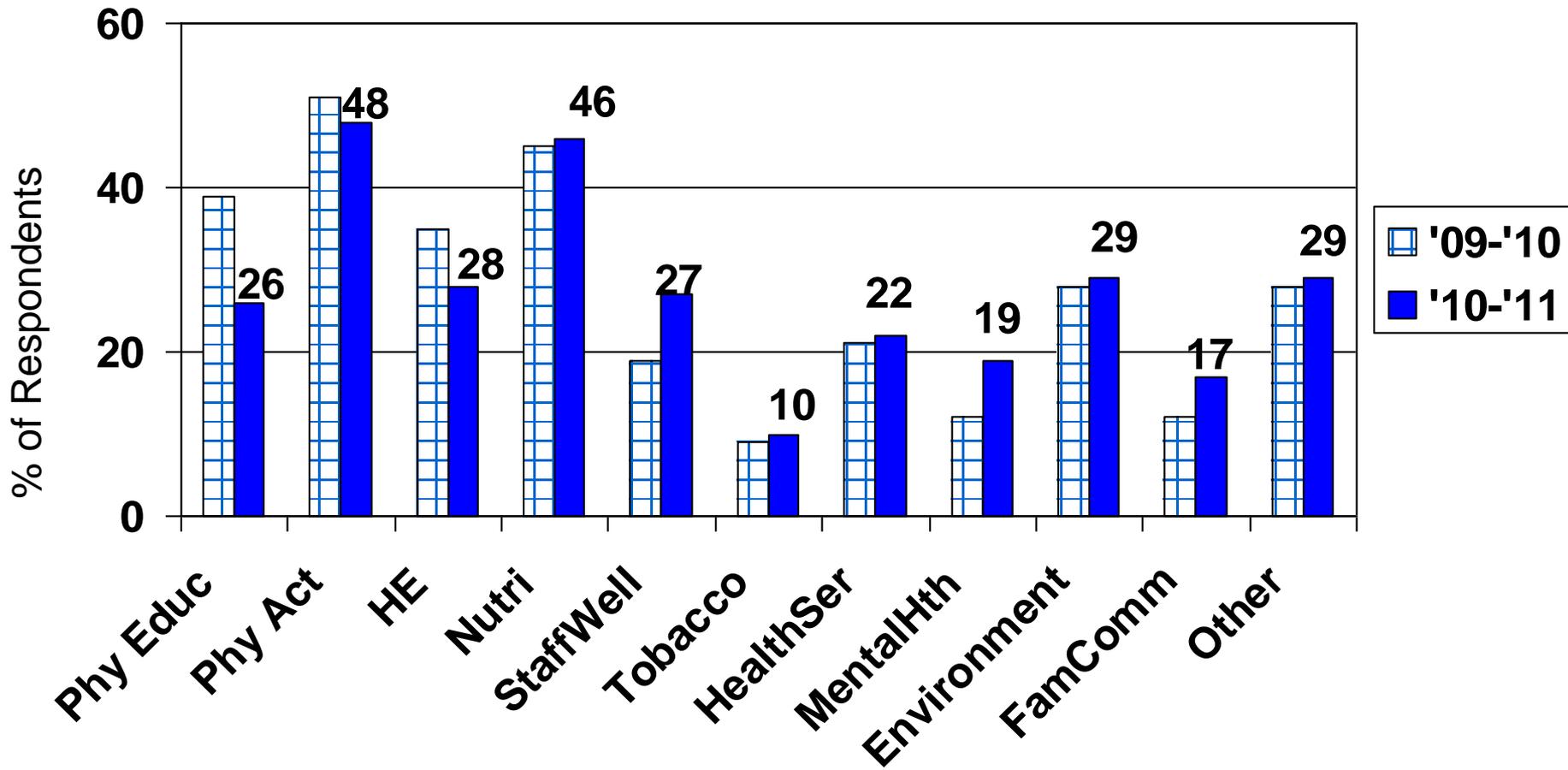
Use of SHAC Reports



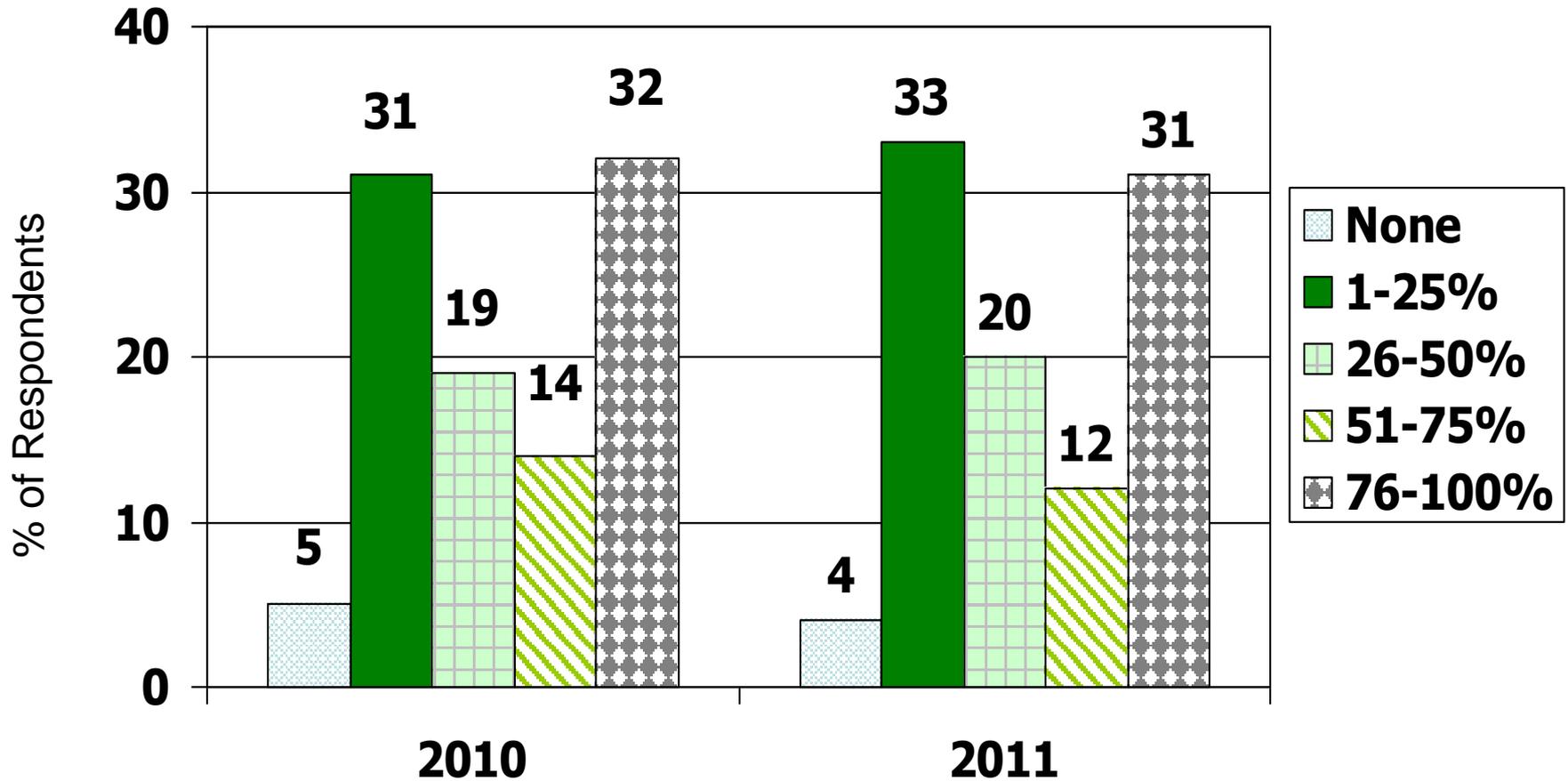
Name of the School Health Assessment Tool Used by LEA



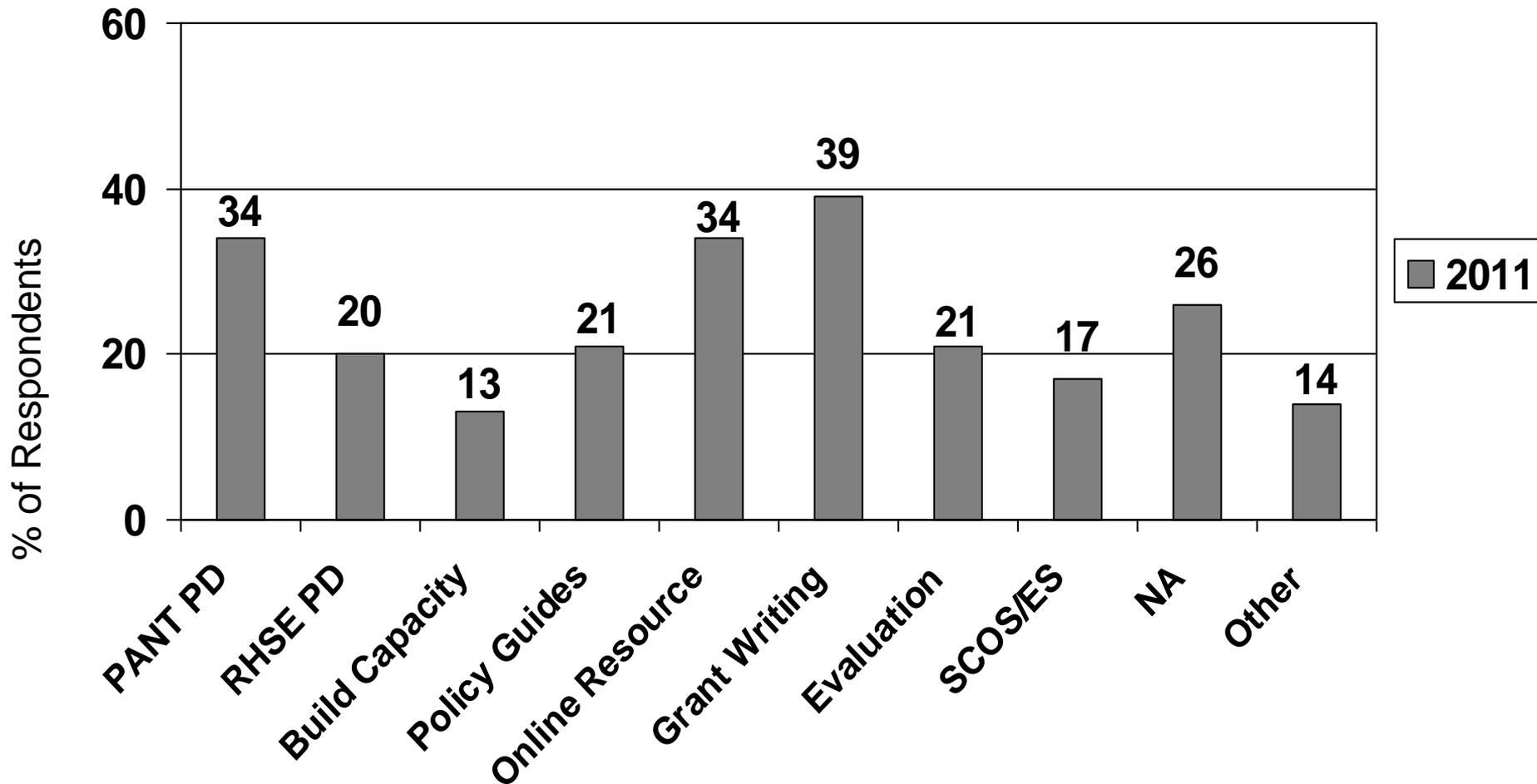
Primary Focus of Your SHAC's Action Plan



Number of Schools within LEA Providing Staff Wellness Programs



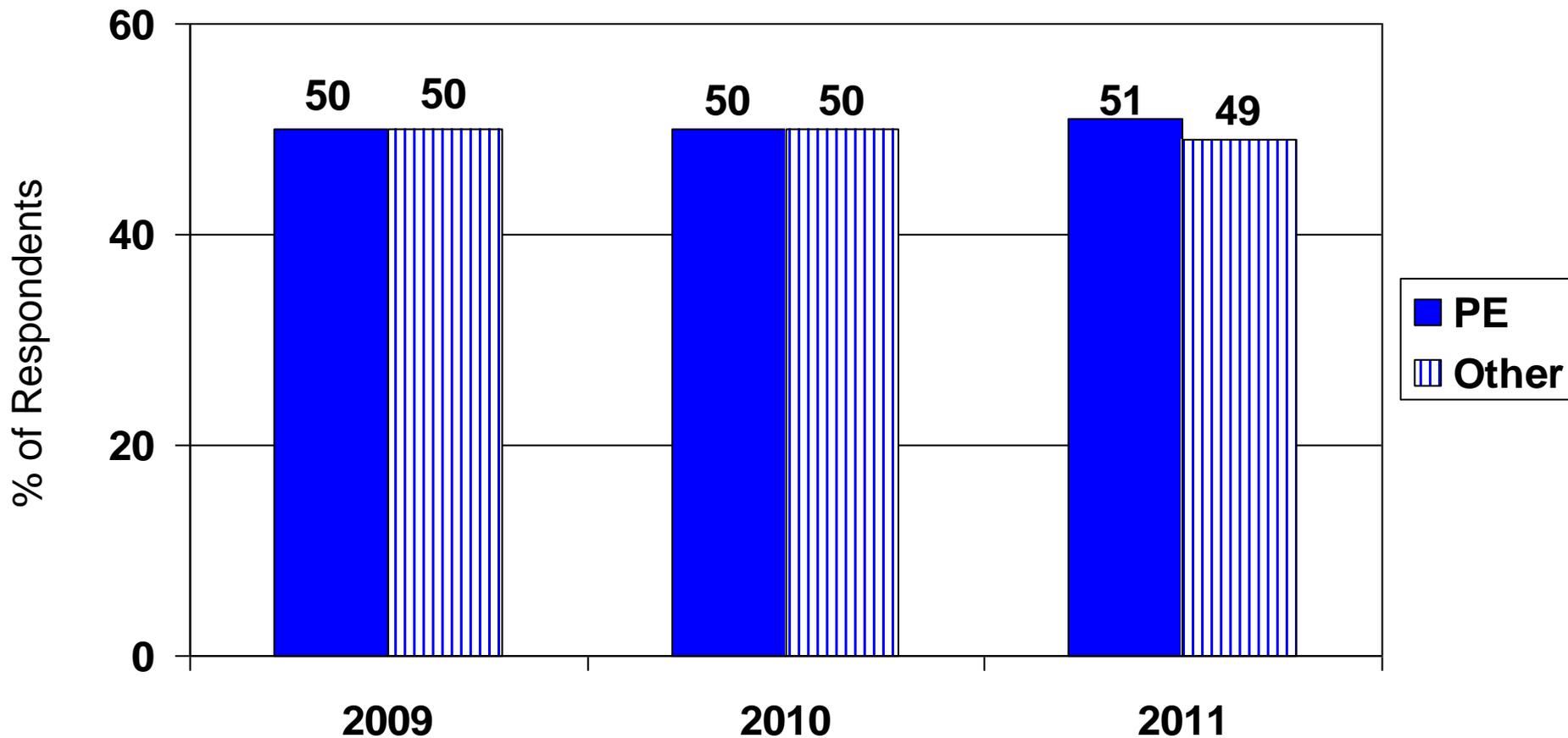
Specific Resources and Additional Assistance Requested by LEA's



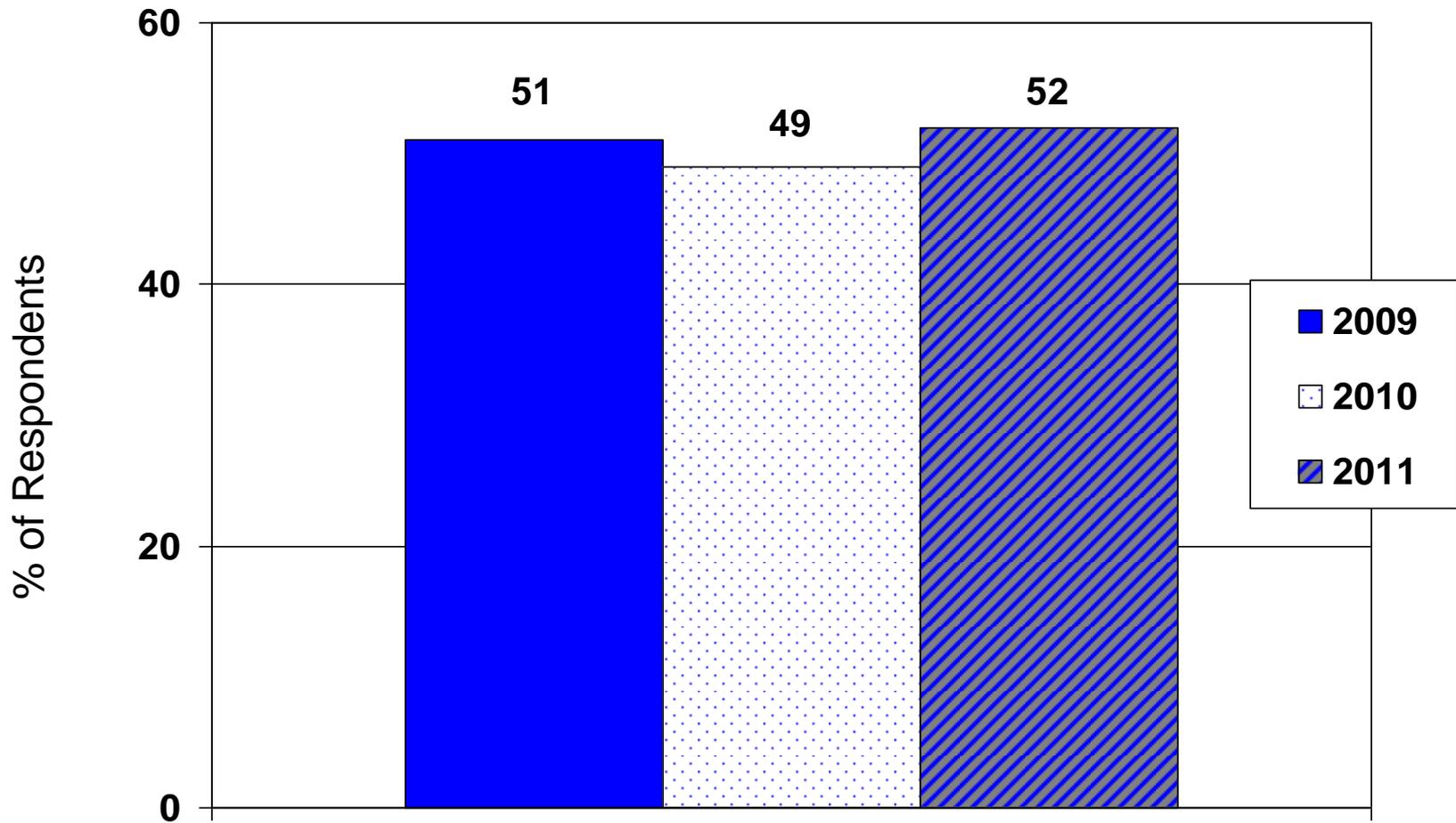
SECTION 2

Physical Education

LEAs with ALL Elementary Schools Receiving 150 Minutes per Week of PE Taught by a Certified PE Teacher



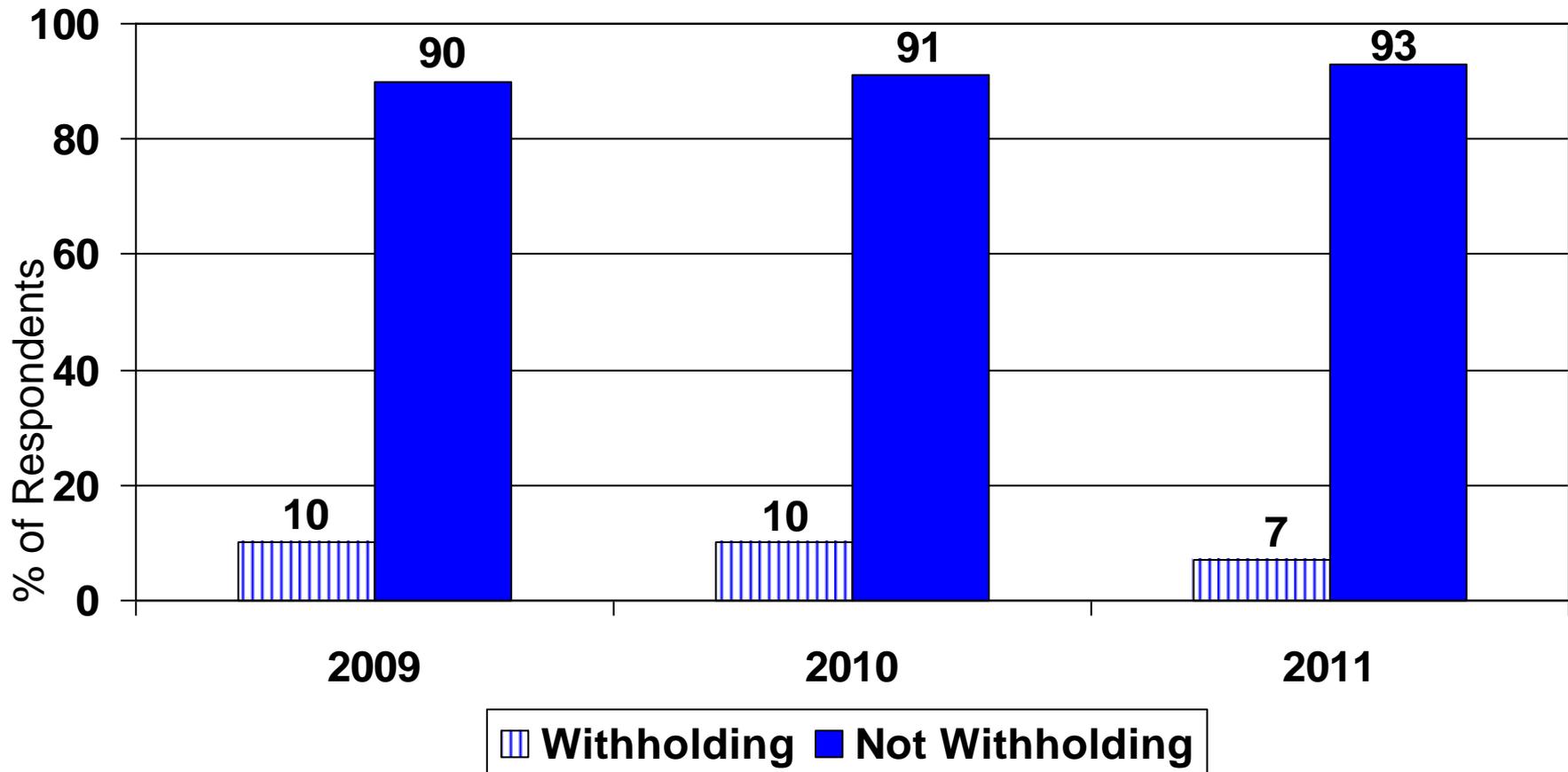
ALL Middle Schools in LEA Providing 225 Minutes per Week of Healthful Living with Certified Health and Physical Education Teachers



SECTION 3

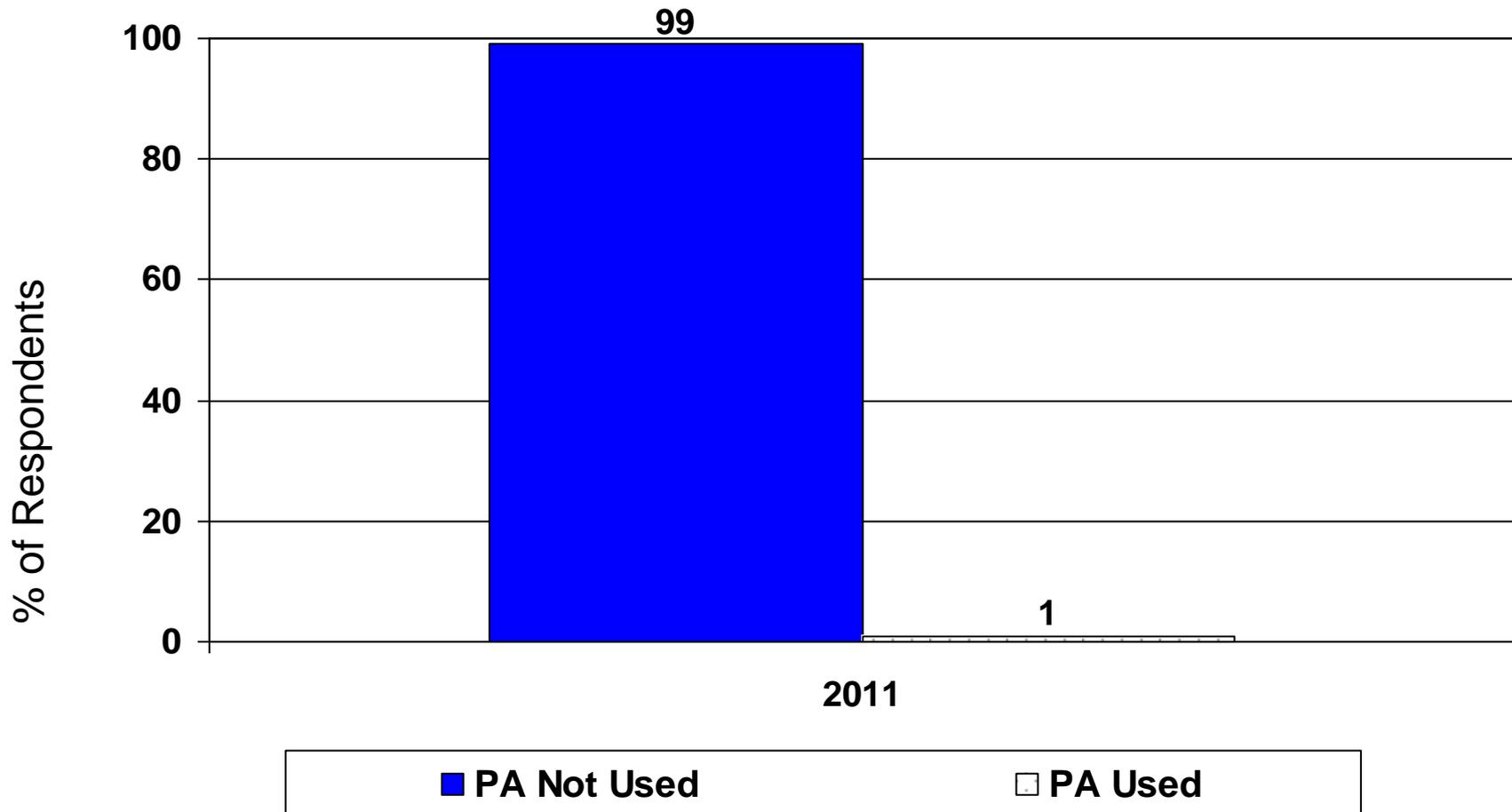
Recess and Physical Activity

% of LEAs in Which No School or Teacher Withholds Recess as a Punishment.*

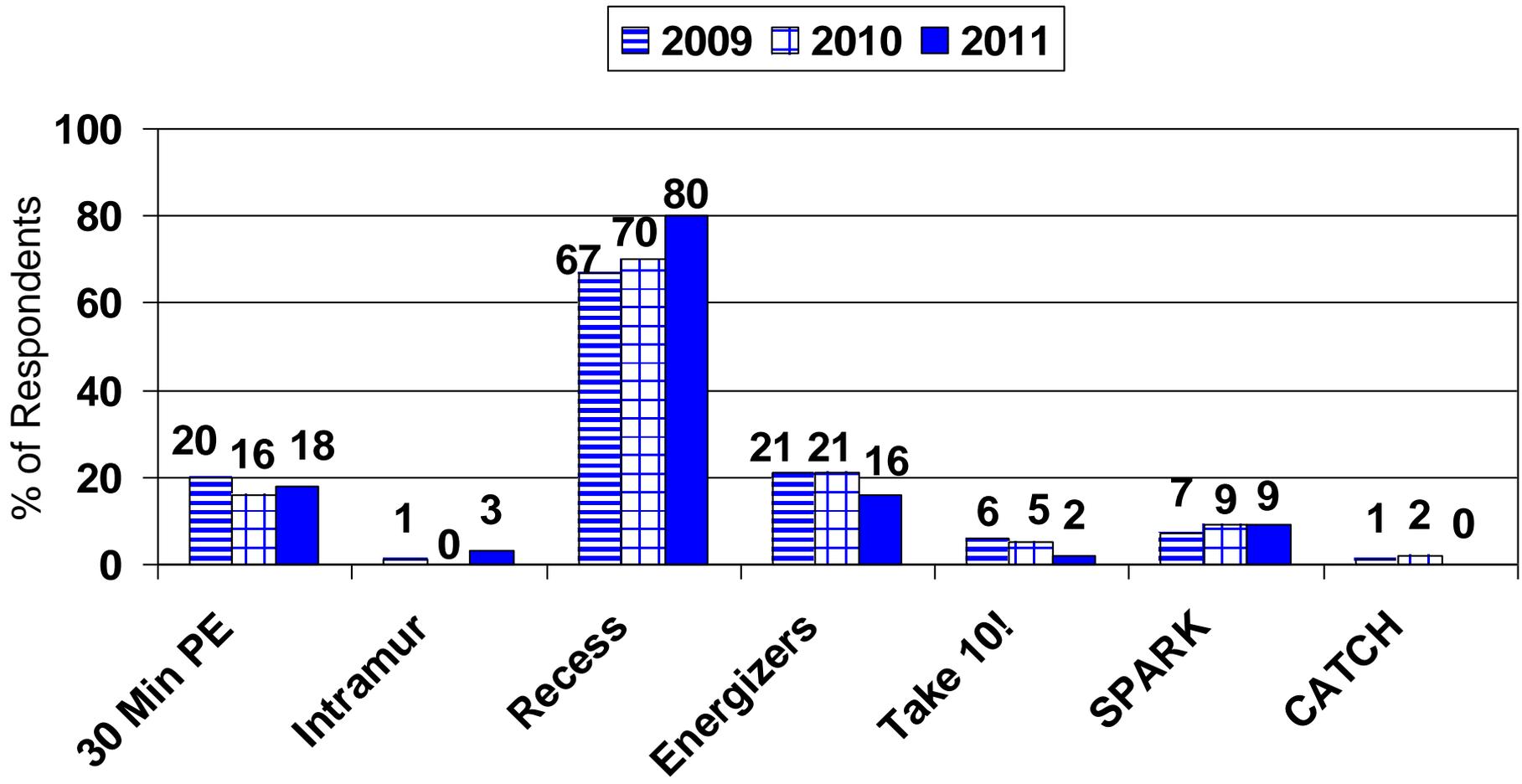


*This includes staying in to make up work or to do extra work

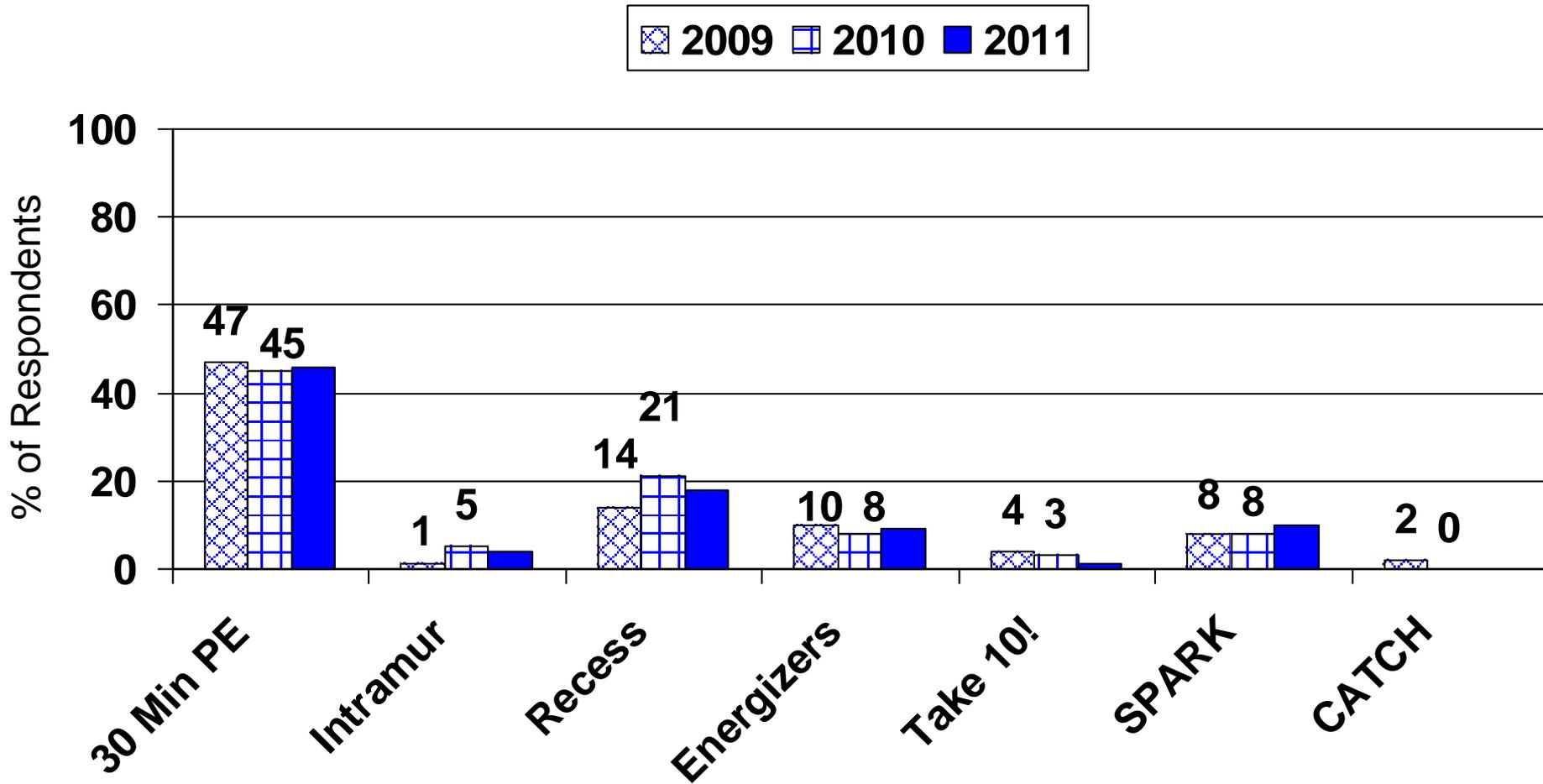
% of LEAs in Which No School or Teacher Uses PA as a Punishment.*



LEA Provides Moderate to Vigorous Physical Activity Through Daily (ES):

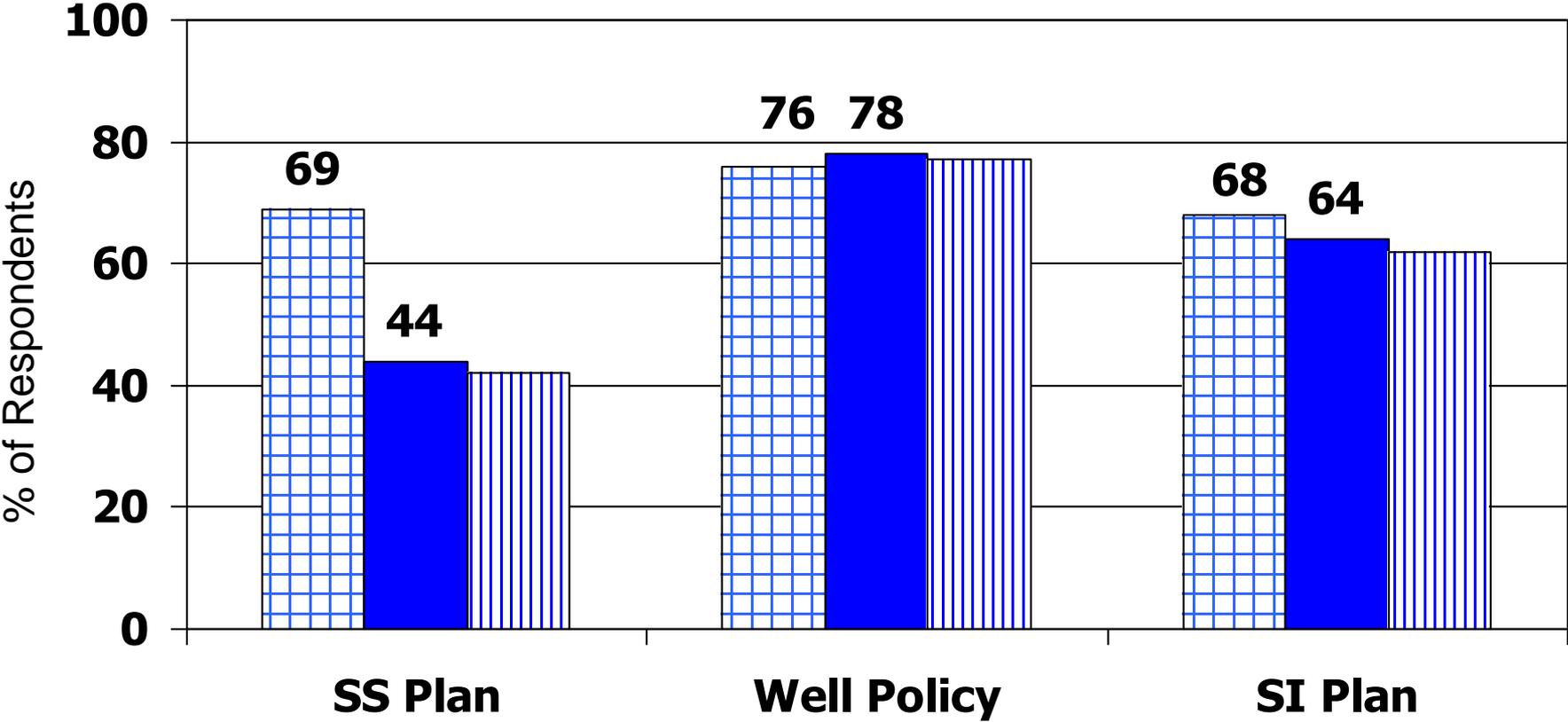


LEA Provides Moderate to Vigorous Physical Activity Through Daily (MS):



Incorporating the HAC Policy

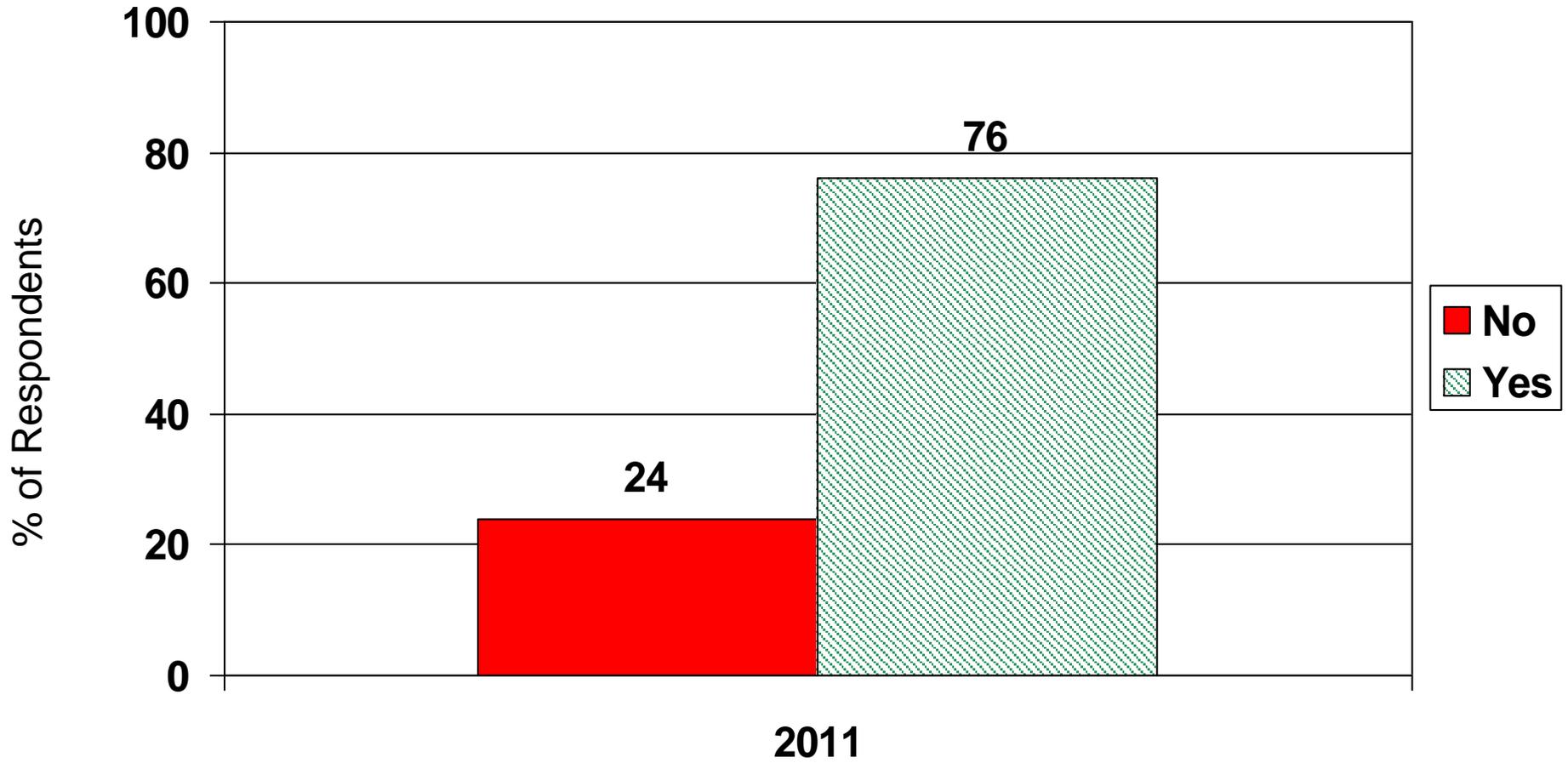
2009 2010 2011



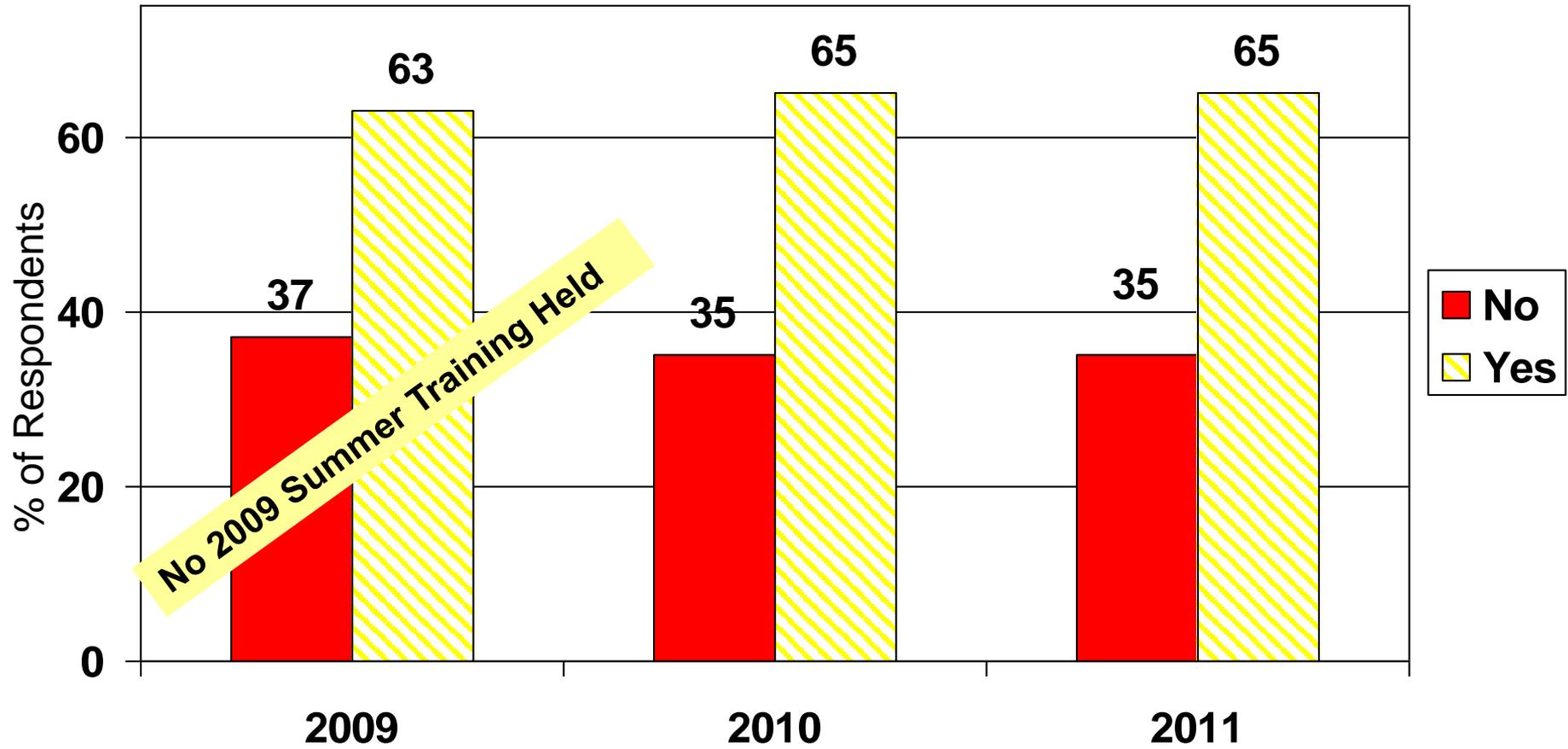
SECTION 4

Coordinated School Health

LEAs With Joint Use Agreements



LEA Has Sent a Representative or Team to Annual SHAC Training*



*Healthy Schools Institute

Reasons for Not Attending Annual SHAC Training

