

Healthy Active Children Report

GCS-S-000

2009



North Carolina Healthy Schools Initiative

Summary Data from LEA

School Health Advisory Councils

GCS-S-000

- Section 1. Local School Health Advisory Council
- Section 2. Physical Education
- Section 3. Recess and Physical Activity
- Section 4. Coordinated School Health Programs
- Section 5. Fully Implemented 2006-07

HAC Report Key Points

- 95% of LEAs Responded (106/112*)
- 86% of SHACs list a representative from each required area.
- 38% of SHACs meet at least quarterly.
- 61% of SHACs provide reports to their local BOE

*3 City LEAs Have Joint County/City SHAC

HAC Report Key Points

- 50% report that **ALL** of their elementary schools provide 150 minutes of weekly PE with a certified PE teacher.
- 51% report that **ALL** of their middle schools provide 225 minutes of weekly Healthful Living with certified health and physical education teachers.

Healthy Active Children Report (HAC)

SHAC Successes

LEA SHAC Successes

- Providing healthier food options for students and staff
- Milk machines installed
- More stringent nutrition standards
- Increasing awareness of the connection between physical activity and health to academics
- Establishing school and community partnerships to address childhood obesity

LEA SHAC Successes

- Athletic Injury Prevention and Management Policy developed and adopted
- Increased number of school nurses
- Staff trained in the use of Automated External Defibrillator (AED)
- Suicide protocol developed
- Teen pregnancy prevention action plans developed

LEA SHAC Successes

- Smoking cessation classes offered to school personnel
- Installation of Fitness Centers
- Information and other resources made available to parents and community members
- Partnership with the Alliance for a Healthier Generation

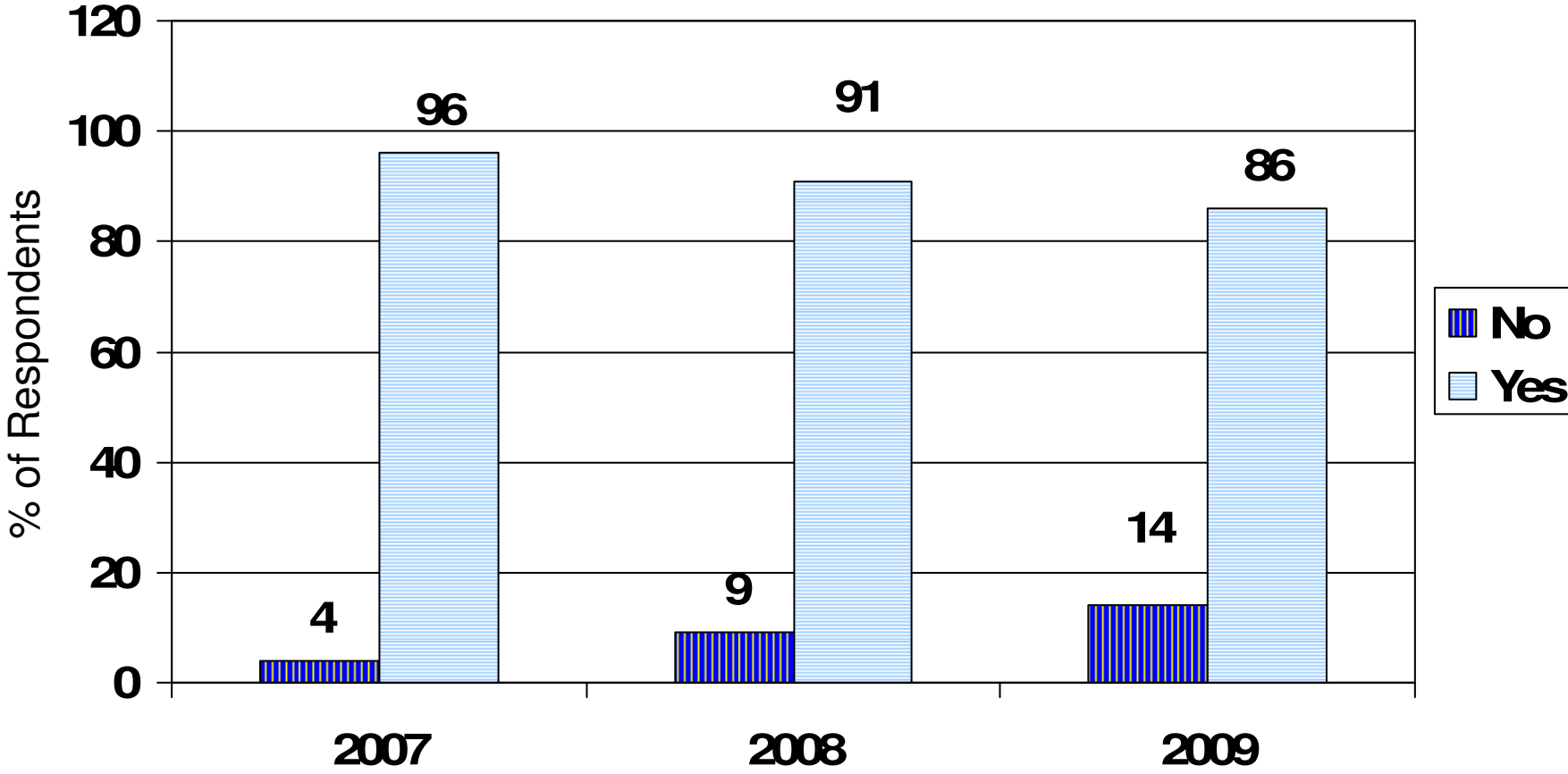
LEA SHAC Successes

- School gardens
- Read-A-Thons and Walk-A-Thons as fundraisers
- Fun Run and Girls on the Run programs implemented
- Schools encouraged to participate in Presidential Fitness Programs
- Formation of school-based Wellness Committees

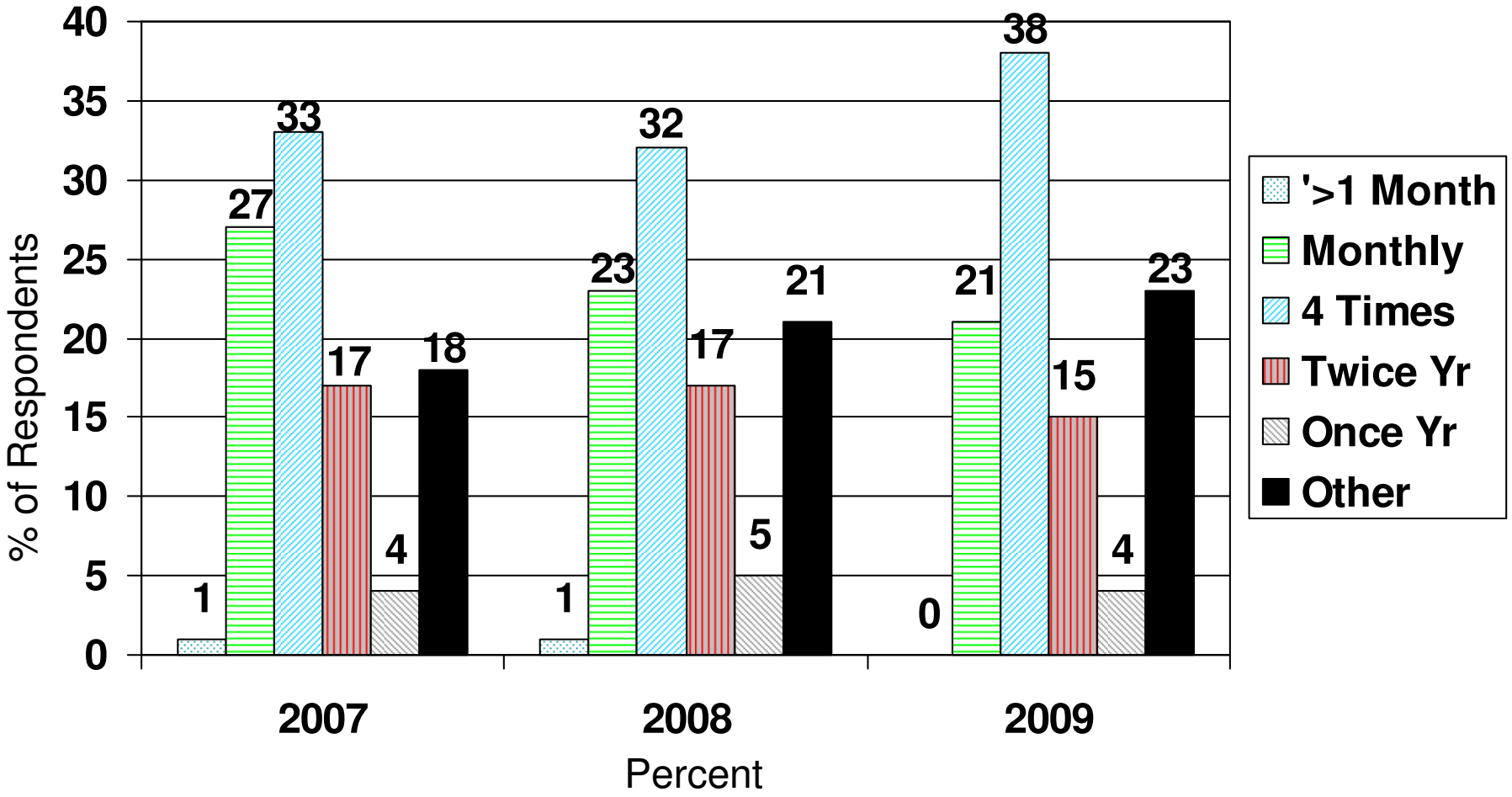
SECTION 1

School Health Advisory Councils

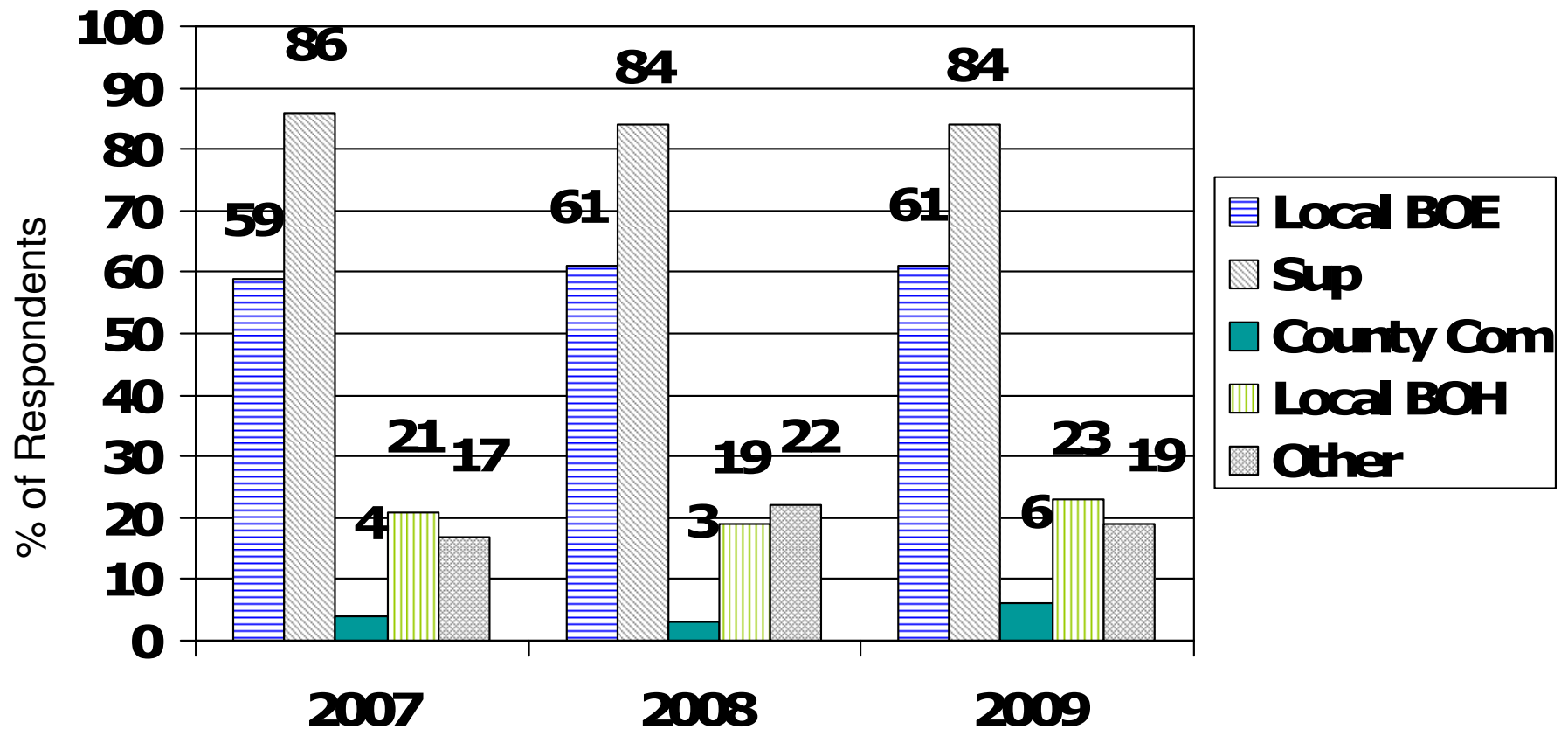
SHAC Has Required Representatives From All 8 Areas of Coordinated School Health



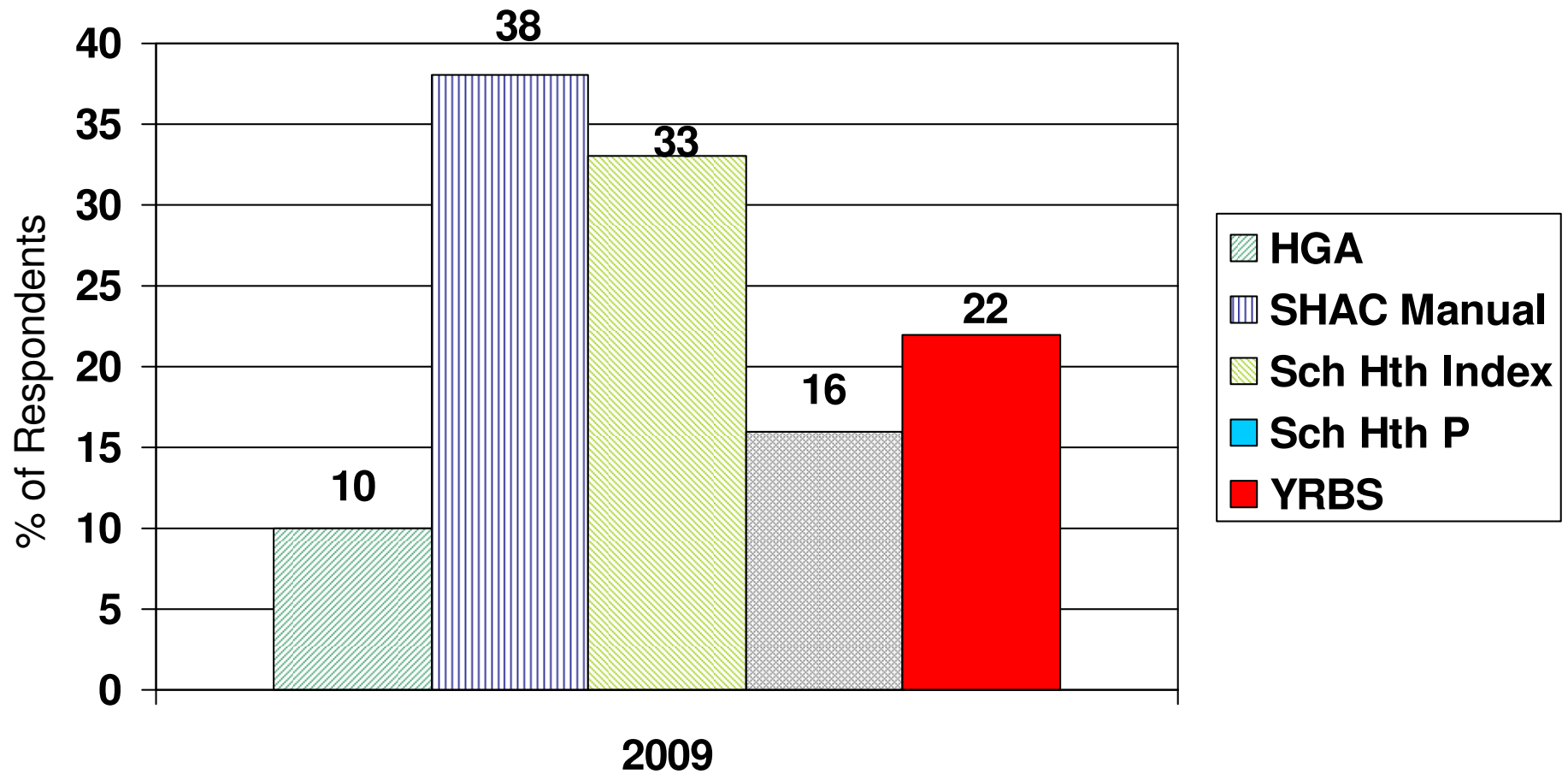
How Often SHAC Meets



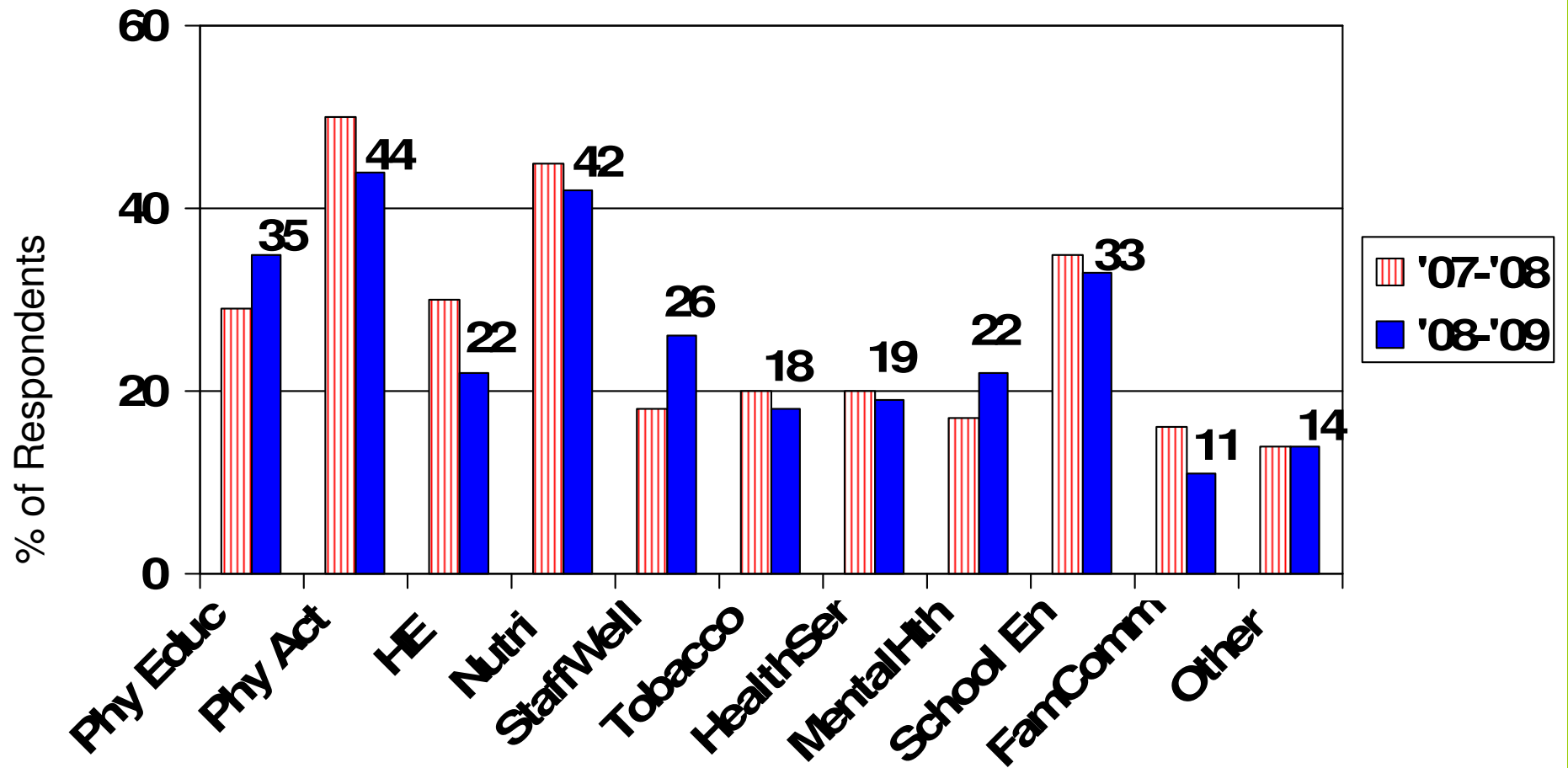
Use of SHAC Reports



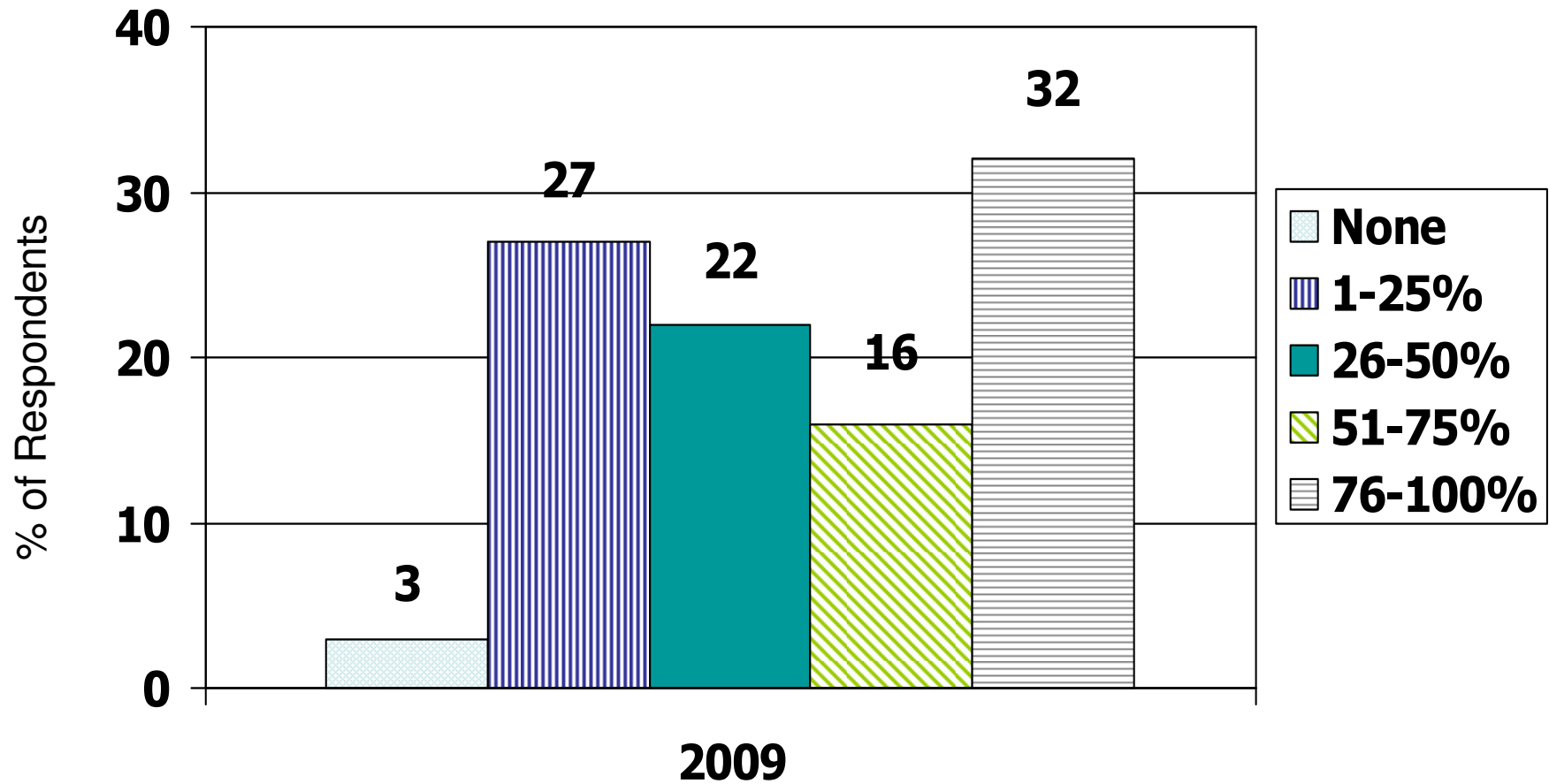
Name of the School Health Assessment Tool Used by LEA



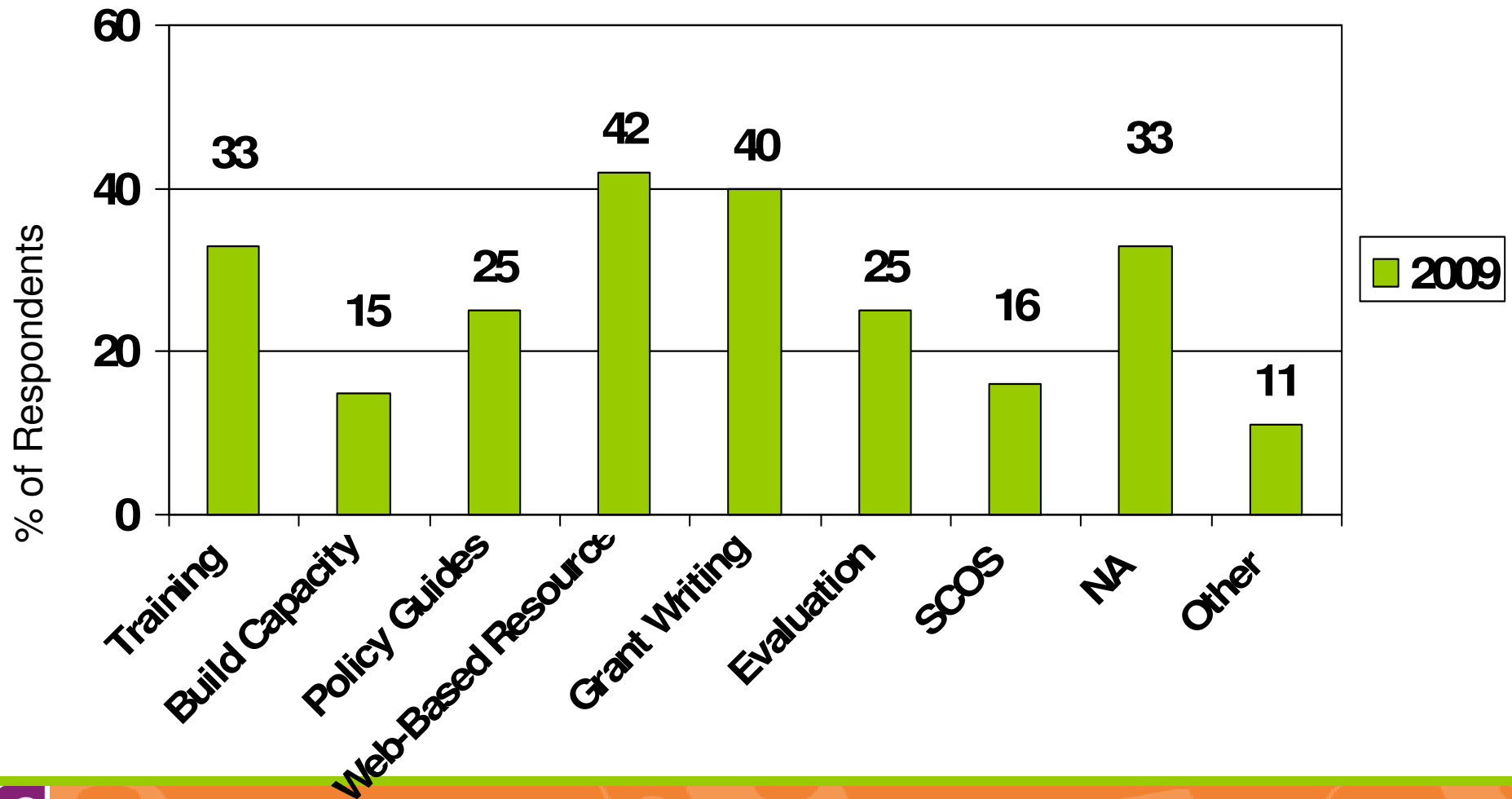
Primary Focus of Your SHAC's Action Plan



Number of Schools within LEA Providing Staff Wellness Programs



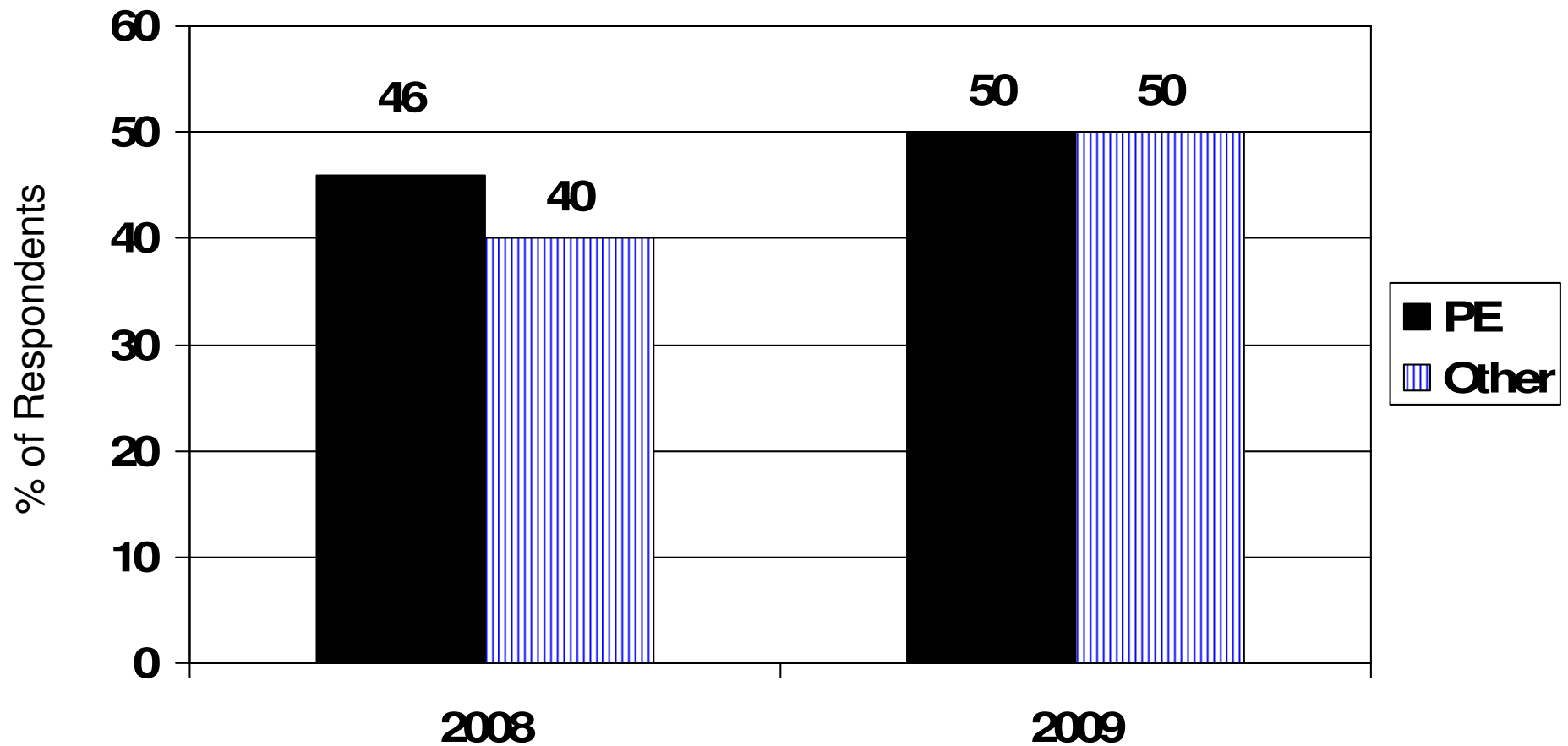
Specific Resources and Additional Assistance Requested by LEA's



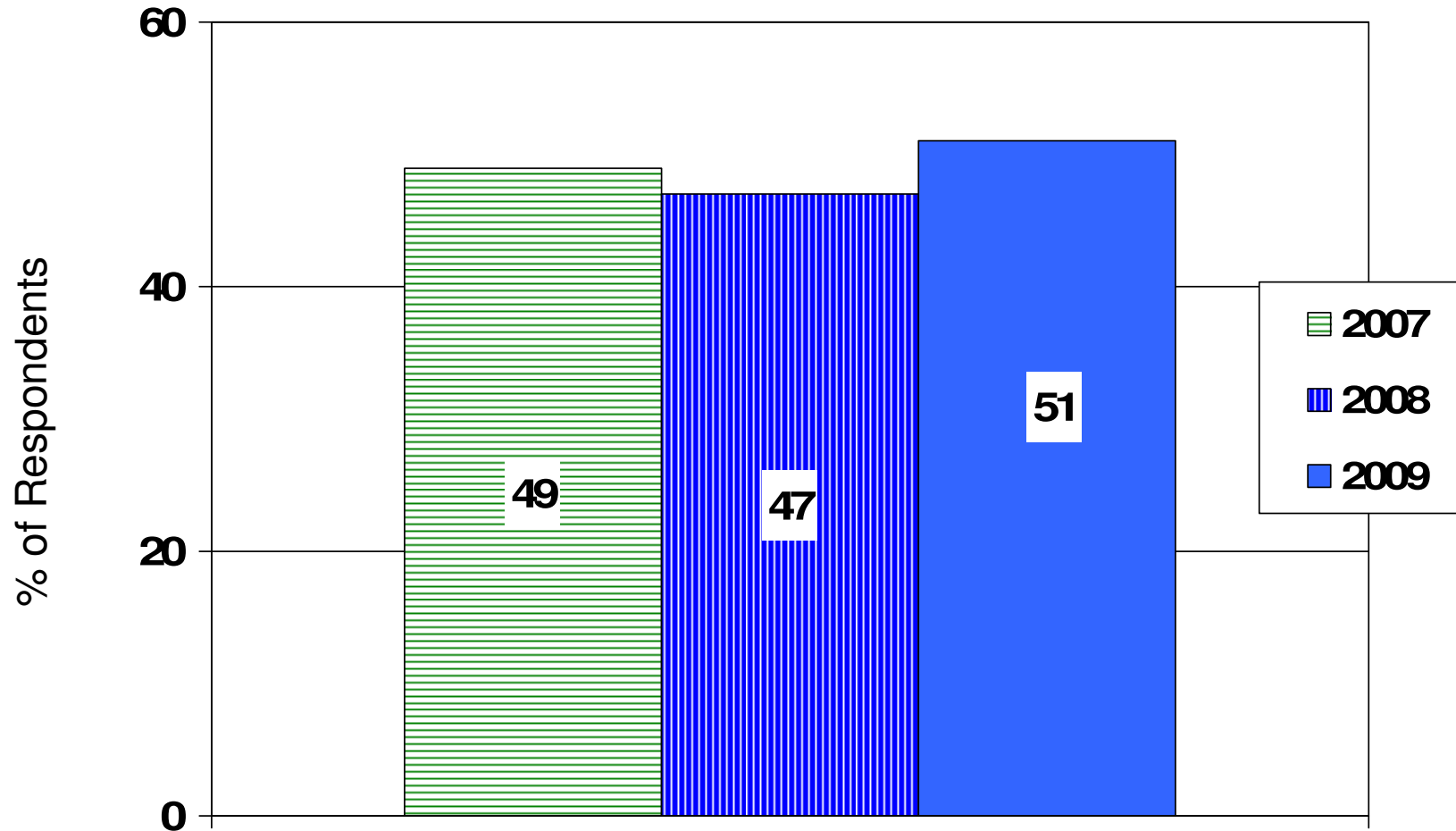
SECTION 2

Physical Education

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



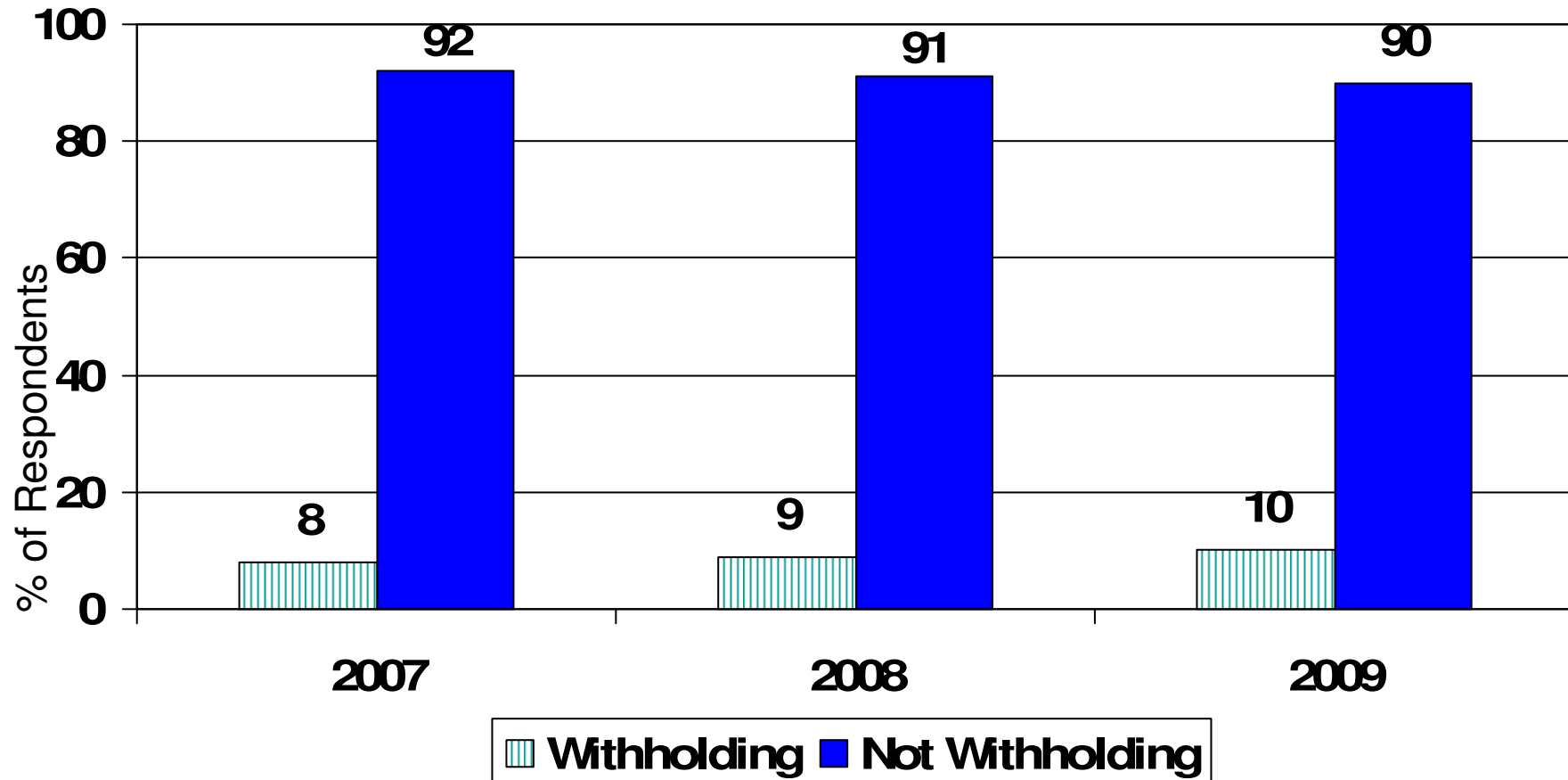
ALL Middle Schools in LEA Providing 225 Minutes per Week of Healthful Living with Certified Health and Physical Education Teachers



SECTION 3

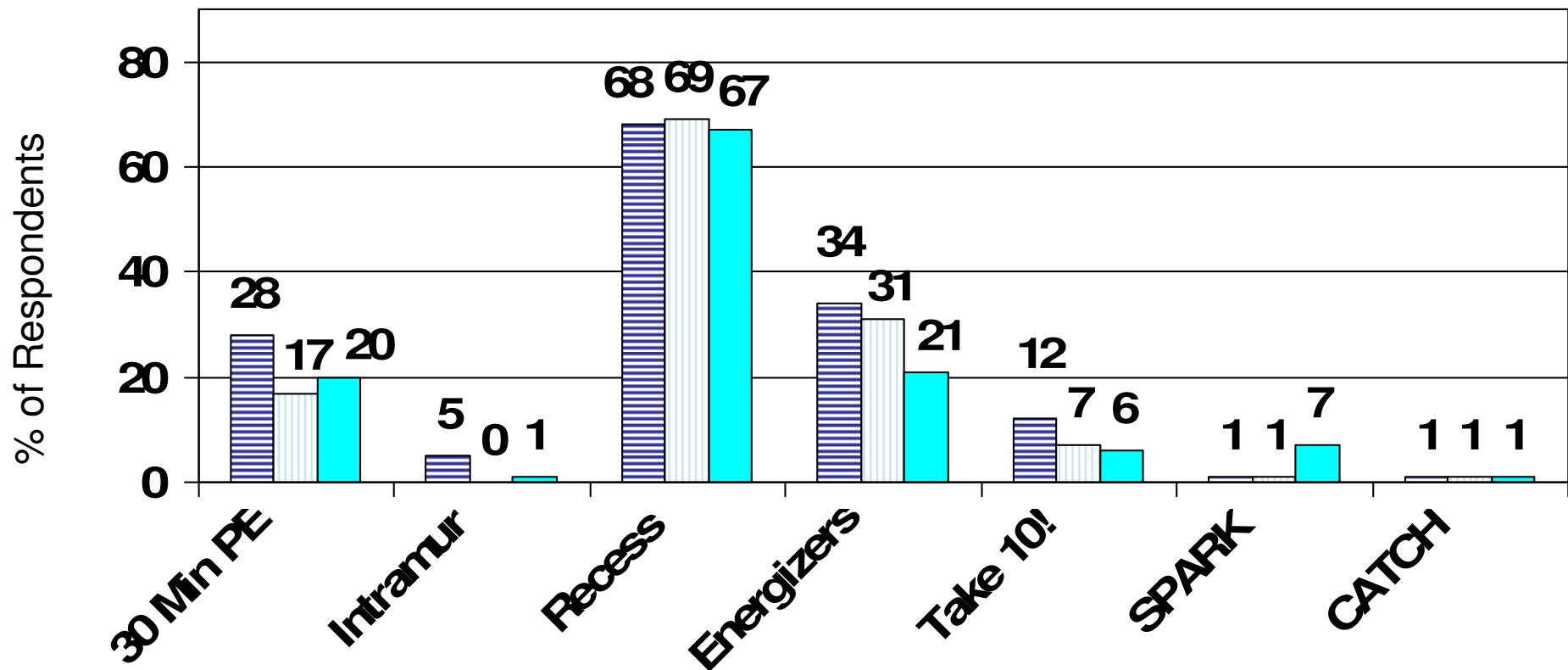
Recess and Physical Activity

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

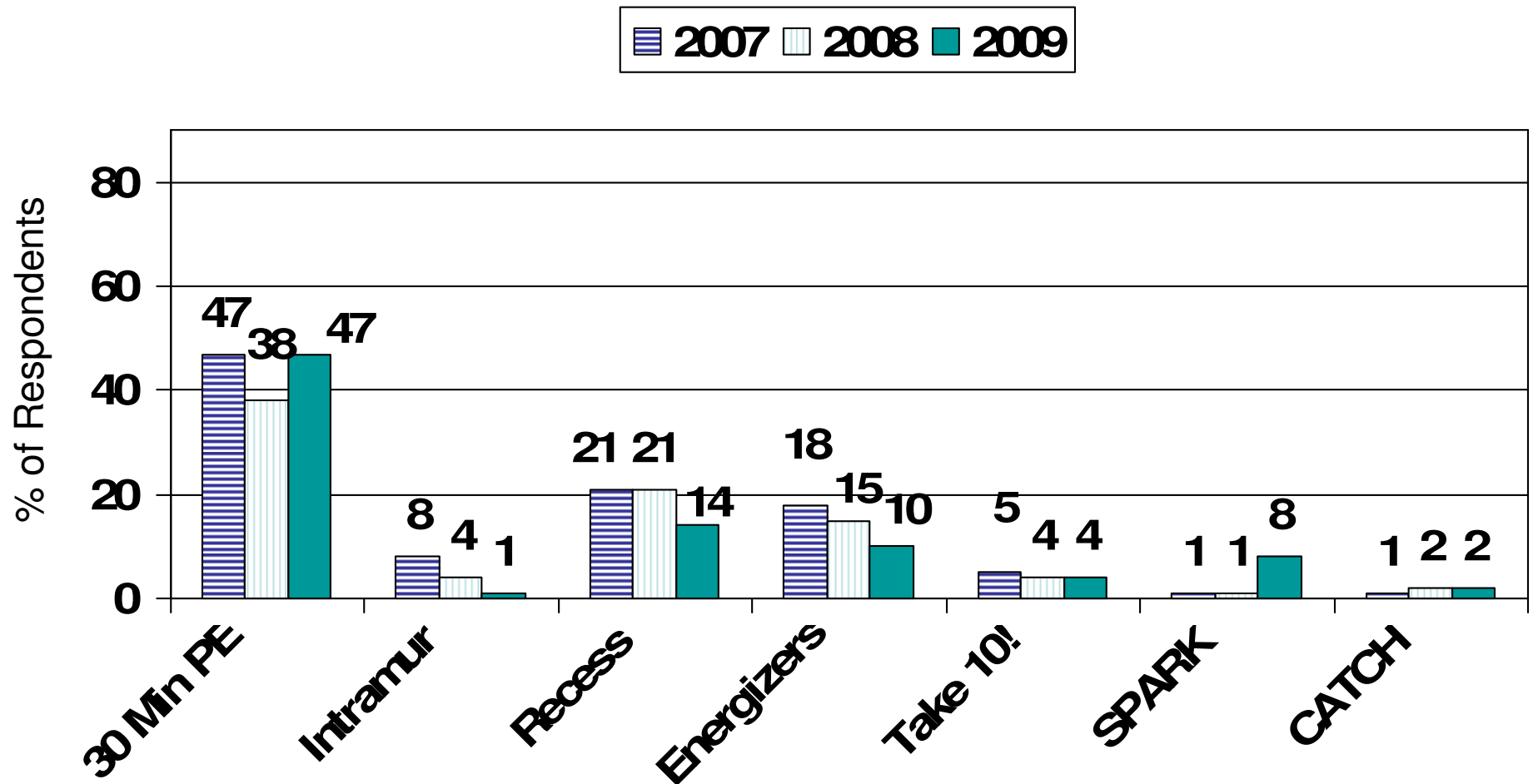


LEA Provides Moderate to Vigorous Physical Activity Through Daily (ES):

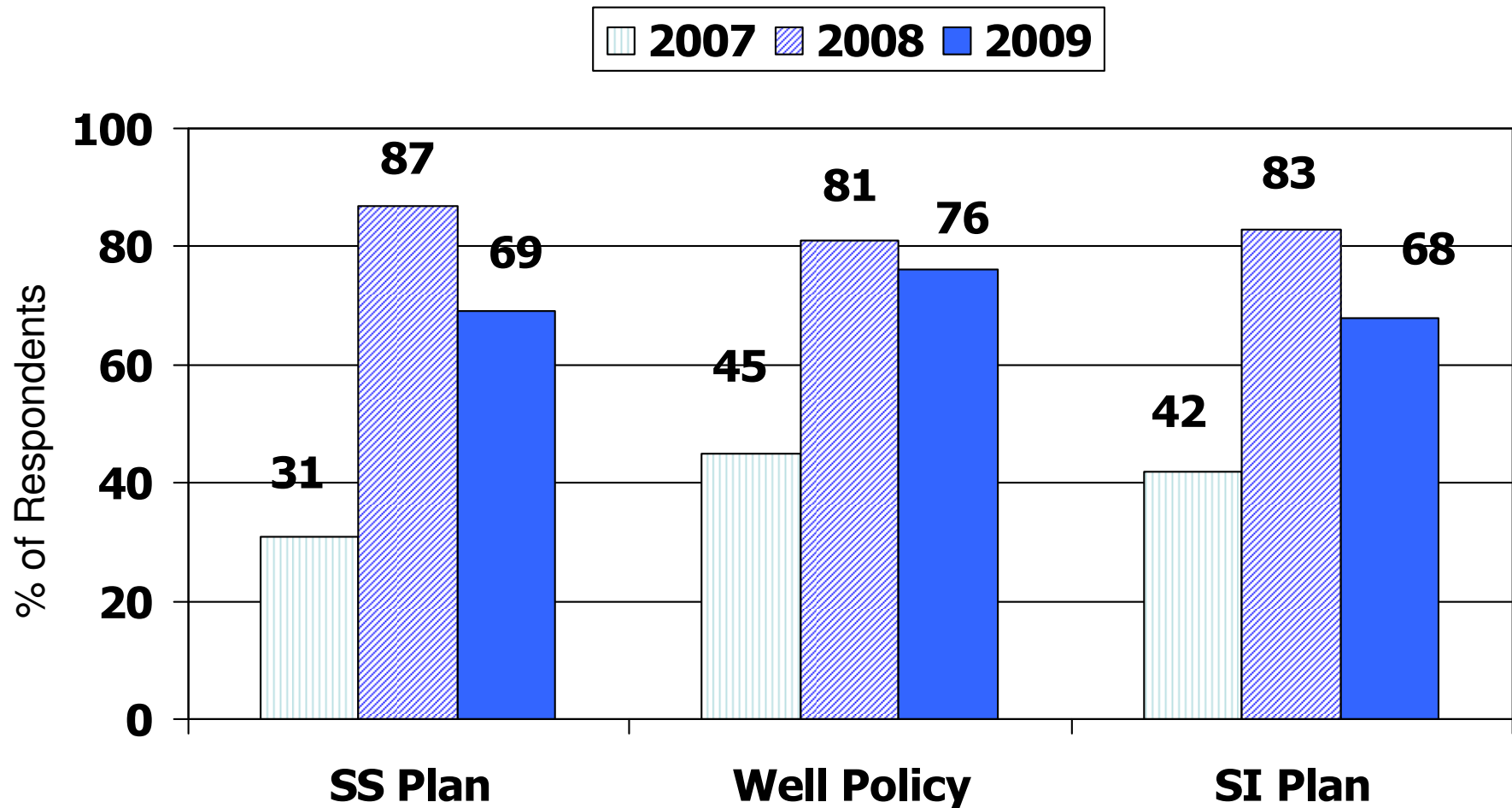
2007 2008 2009



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



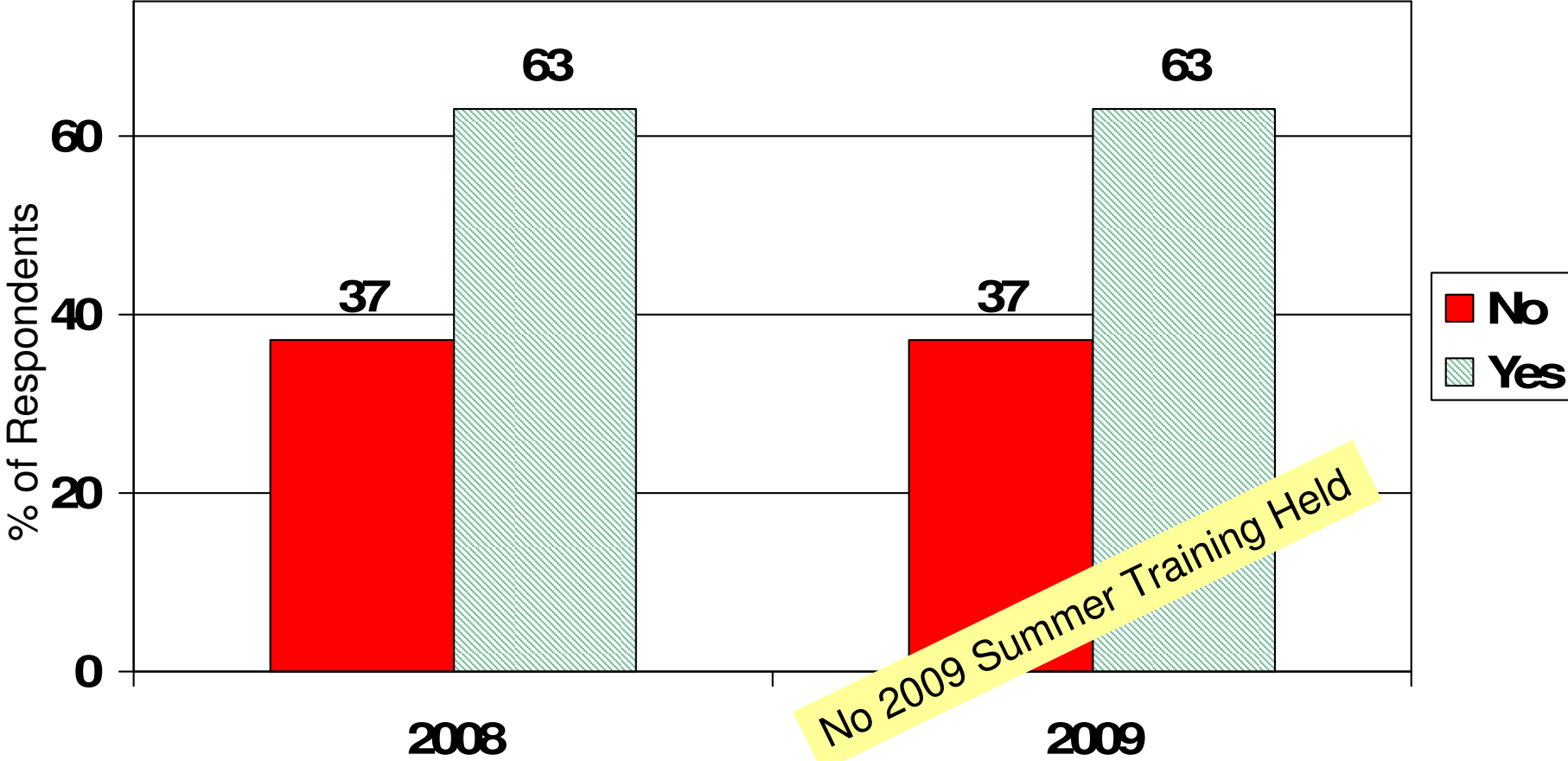
Incorporating the HAC Policy



SECTION 4

Coordinated School Health

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



*Healthy Schools Institute

Reasons for Not Attending Annual SHAC Training

2008 2009

