

2014 – 2015  
EVALUATION REPORT

MISSOURI FOUNDATION FOR HEALTH

# Healthy Schools Healthy Communities

FORMED IN 2013 TO ADDRESS CHILDHOOD OBESITY THROUGH PREVENTION EFFORTS IN SELECT AREAS BY BRINGING TOGETHER SCHOOLS AND THE COMMUNITY TO IDENTIFY AND ADVOCATE FOR CHANGES THAT INCREASE ACCESS TO HEALTHY FOOD AND PHYSICAL ACTIVITY WHERE OUR KIDS LIVE, LEARN, AND PLAY.

**Together we're building a healthier future.**

Today there are 33 HSHC school districts, 53 wellness coordinators, and 13 community collaborations, reaching nearly 30,000 students, all working to make it easier for kids to eat healthy and be active. Read on to learn more about the strategies that our HSHC communities have used to promote lasting, positive change in our community!

## SCHOOL & COMMUNITY SUCCESSES

**126**

TOTAL CHANGES

**56**

ENVIRONMENTAL

**53**

PRACTICE

**17**

POLICY

Practice, policy, and environmental changes make it easier for individuals to make healthy choices. Environmental changes include things like a new walking trail or an additional drinking fountain. Examples of policy changes include officially defining what food treats are allowed at school-sponsored celebrations or increasing the time dedicated to physical education. Certain policy and environmental changes are considered practice changes until they are documented as permanent.



Pemisot County students flex their muscles on an indoor rock climbing wall.



Schools in Texas County obtained salad bars to increase access to healthy food for students and staff.



Randolph County staff incorporated healthier foods into parties and celebrations and used more non-food rewards.



Playground equipment was installed in many counties to promote physical activity.



Miller County developed a joint use policy for the school playground to allow community use after school hours.



### DOUBLE UP FOOD BUCKS

Provided SNAP participants the ability to use EBT cards and receive double the fruits and vegetables for the same price at the Salem Farmers Market. The number of vendors at the market doubled in one season with the success of this program.

**25%**

DECREASE IN MISCONDUCT EPISODES SINCE THE 2012-2013 SCHOOL YEAR (COHORT 1)

**10%**

INCREASE IN THE NUMBER OF STUDENTS REPORTING BEING ACTIVE FOR AT LEAST 60 MINUTES A DAY IN SPRING 2015 (COMPARED TO FALL 2013)



Cooking classes in Pemisot County have kids trying new, healthy foods they had never tasted before!



### NEW COMMUNITY GARDEN

A land agreement was signed with the Monett Community Church to create a community garden.



### AWARD WINNING

Two Dunklin County schools and four St. Louis County schools were awarded the Bronze Award in the Alliance for a Healthier Generation's Healthier U.S. School Challenge.

## PROGRAMS & EVENTS

**171**

PROGRAMS

**251**

EVENTS

**93,985+**

CHILDREN AND ADULTS REACHED



### CATCH AFTER SCHOOL PROGRAM

Barry & Lawrence Counties implemented the Coordinated Approach to Child Health curriculum to increase physical activity.



### WALK/BIKE TO SCHOOL DAY

Students in Sullivan County were encouraged to walk or bike to school.



### TIGER TRAIL KICKOFF

This event featured a ribbon-cutting ceremony for the new 1.5 mile Tiger Trail located in Dent County.



### LIL' CUTIE HEALTHY VALENTINE'S DAY

Elementary students in Hickory County were given a bag with mandarin oranges instead of candy for Valentine's Day.



### PERFECT ATTENDANCE PARTY

Students in Texas County with perfect attendance were rewarded with a Wii Fit-and-dance party.



### HEALTHY FOOD PANTRY

Miller County community wellness distributed healthy food at their local food pantry.



### TASTE BUDDIES KITCHEN CLUB

A five-week cooking program for 1st-8th grade students in Dunklin County with curriculum provided by the University of Missouri Extension.



### NOCO MOO DO KWAN

St. Louis County organized a martial arts program for children and their families.

## VOLUNTEERS & RESOURCES

**6,364**

COMMUNITY VOLUNTEER HOURS DONATED

**567**

VOLUNTEER HOURS COMMITTED TO ASSISTING WITH THE WALK-TO-SCHOOL PROGRAM IN BARRY AND LAWRENCE COUNTIES

**420**

HOURS PROVIDED BY WASHINGTON UNIVERSITY STUDENTS TO ASSESS EARLY CHILDHOOD PROGRAMS IN ST. LOUIS COUNTY

**\$796,036**

LEVERAGED WITH THE HELP OF VOLUNTEERS WHO DONATED THEIR TIME AND BY ORGANIZATIONS THAT PROVIDED ADDITIONAL FUNDS

**\$650,211**

PHYSICAL ACTIVITY

**\$145,825**

HEALTHY EATING

"If we encourage children to eat healthier and exercise more, we're not just improving their health right now, we're setting them on a path toward healthy living for the rest of their lives, and that can make all the difference for so many other illnesses, like cancer and diabetes."

Deidre Griffith, Program Director, Missouri Foundation for Health



Learn more the Healthy Schools Healthy Communities initiative.

[mffh.org/HSHC](http://mffh.org/HSHC)