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# TEAM EFFORT

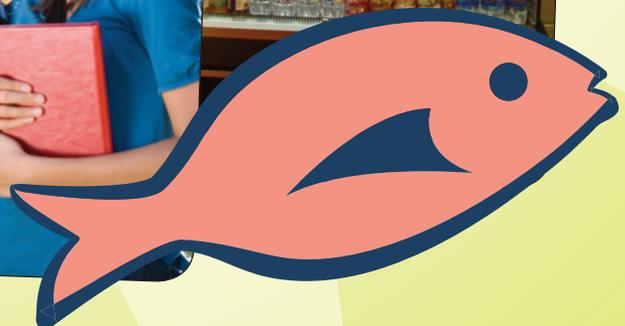
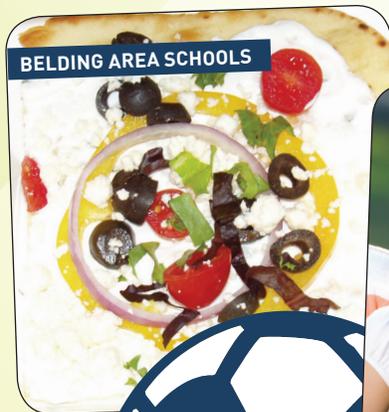


Making changes to long-standing practices can be controversial. To successfully integrate the *Michigan Nutrition Standards* into the school environment, a team approach is recommended.

It's important to have a team of individuals representing unique areas within the school community collaborating to make changes in school buildings and districts. This ensures that all parties have a voice and play an active role in implementing change.

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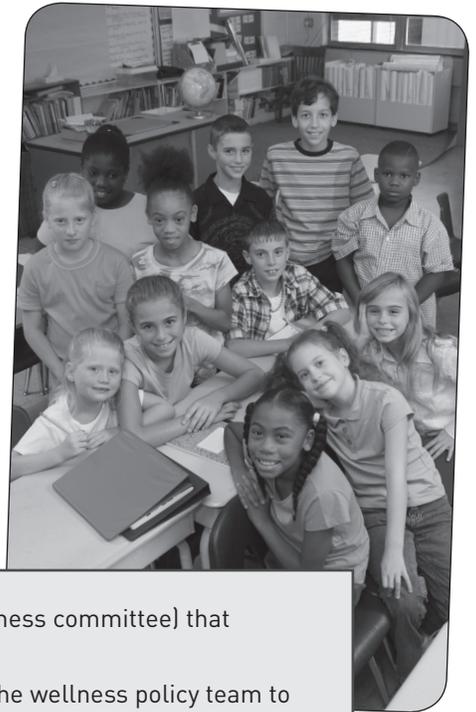






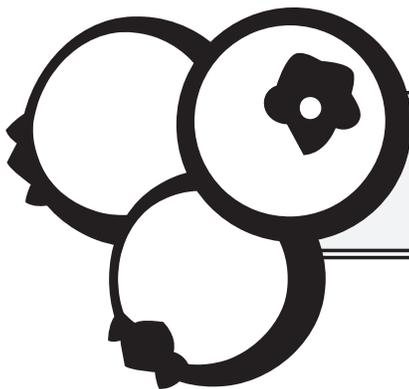
## READY, SET, GO: A 5 STEP PLAN TO IMPLEMENT THE *MICHIGAN NUTRITION STANDARDS*

Advice from pilot districts recommends time to plan and educate staff and families prior to implementing the *Michigan Nutrition Standards*. It is important to realize that each school/district starts from a unique position. Has the school implemented other health related initiatives? Have there been other changes made to promote a healthy lifestyle? **The *Michigan Nutrition Standards* can build upon initiatives that are in place and be a stepping stone for creating a healthy school environment for staff, students, and families.**



### FOLLOW THESE 5 EASY STEPS TO PREPARE YOUR SCHOOL TO IMPLEMENT THE *MICHIGAN NUTRITION STANDARDS*

1. **FORM** or re-energize a Coordinated School Health Team (CSHT) (aka wellness committee) that meets regularly.
2. **REVIEW** the local wellness policy and update it as necessary. Reconvene the wellness policy team to review your policy. You may want to combine your wellness policy team with your CSHT if you have not done that already.
3. **COMPLETE** the Healthy School Action Tools to assess the current nutrition environment at your school. Complete or update your action plan and include steps to implement the *Michigan Nutrition Standards*.
4. **GAIN SUPPORT:** Send the CSHT out to build momentum and educate key stakeholders who are affected by the nutrition standards such as the Parent Teacher Association or Parent Teacher Organization, teachers, food service staff, administrators, athletic, art or music boosters, and others. For training ideas look in Team Up Around the School and Team Up with Families and Communities.
5. **COMMUNICATE FREQUENTLY:** Make the education and the communications frequent during the planning and implementation phases. See the Team Up Around the School for Nutrition News You Can Use to add to newsletters, emails, social media or websites.



FOR LINKS TO THE UNDERLINED  
RESOURCES, GO TO THE ONLINE TOOLKIT AT  
[WWW.MICHIGAN.GOV/NUTRITIONSTANDARDS](http://WWW.MICHIGAN.GOV/NUTRITIONSTANDARDS)





## FORMING A COORDINATED SCHOOL HEALTH TEAM

### WHAT IS A COORDINATED SCHOOL HEALTH TEAM?

A Coordinated School Health Team (CSHT) is a coalition of individuals from within and outside the school community interested in improving the health of youth. The overall goal of this group should be to collaborate to create a healthy school environment where students are fit, healthy, and ready to learn.

### WHY JOIN A CSHT?

Participation in CSHTs can empower others by increasing their awareness and knowledge of existing school health policies and programs, providing opportunities for ownership and commitment, opening channels of communication, leveraging resources, and involving them in decision making.

Members of the CSHT should act collectively to provide guidance to the district on the school health policies and program. This team should meet regularly and be comprised of individuals representing all eight components of coordinated school health. Members should be willing to make a commitment of at least two years of service on the CSHT.

Experience has shown that when schools involve parents and other partners from the community the responsibility is shared and difficult issues are more successfully addressed.

For a helpful and detailed guide on starting a school health council or team, go to:

<http://www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf>

### COMPONENTS OF COORDINATED SCHOOL HEALTH

There are eight components of coordinated school health: Nutrition Services; Health Services; Healthy School Environment; Counseling and Psychological Services; Health Promotion for Staff; Family and Community Involvement; Health Education; and Physical Education.

It is essential that the district Food Service Director be a member of the CSHT, along with representatives of all components of coordinated school health, and administration.

Broad representation is essential for an effective CSHT. Potential partners include:



**POTENTIAL CSHT PARTNERS**

- Food Service Director
- Students
- Nurse
- Counselor, Social Worker
- Health Teacher
- Physical Education Teacher
- Other Teachers
- Coaches
- Administrators
- Custodial Staff
- Transportation Staff
- Secretarial and other Support Staff
- School Board Members
- Regional School Health Coordinator
- Safe and Drug Free Schools Coordinator
- Parents
- Parent-Teacher Organization
- Health/Public Health Professionals
- Mental Health Professionals
- Health Organizations
- Clergy/Faith-Based
- Businesses
- Local Government
- Social Service
- Law Enforcement
- Higher Education
- MSU Extension
- Community Leaders
- Non-Profit Sector
- After-School Program Leaders

The Centers for Disease Control and Prevention's Division of Adolescent and School Health (CDC-DASH) outlines eight strategies for implementing a coordinated school health approach. These eight strategies include:

- 1. SECURE AND MAINTAIN ADMINISTRATIVE SUPPORT AND COMMITMENT**—an essential starting point for any effort toward improving the school health environment;
- 2. ESTABLISH A SCHOOL HEALTH COUNCIL OR TEAM**—a collaborative body of school and community representatives guide programming;
- 3. IDENTIFY A SCHOOL HEALTH COORDINATOR**—an identified champion for school health keeps progress moving;
- 4. DEVELOP A PLAN**—use the Healthy School Action Tools (HSAT) to assess your building and develop an action plan, and work with your school improvement team to incorporate health goals and strategies;
- 5. IMPLEMENT MULTIPLE STRATEGIES THROUGH MULTIPLE COMPONENTS**—each component of coordinated school health is necessary to achieve healthy students and staff;
- 6. FOCUS ON STUDENTS**—meeting the education and health needs of students must be the primary focus;
- 7. ADDRESS PRIORITY HEALTH**—enhancing and health-risk behaviors—research has determined which risky behaviors are most essential to address as well as which healthy behaviors will lead to the most successful outcomes for students;
- 8. PROVIDE PROFESSIONAL DEVELOPMENT FOR STAFF**—continuing education for school staff is essential in order to ensure skilled and knowledgeable school employees committed to building and maintaining a healthy school environment.

For more information on each of these strategies go to <http://www.cdc.gov/healthyyouth/cshp/schools.htm>





## LINKING THE DISTRICT LOCAL WELLNESS POLICY

In June 2004, Congress established a requirement that all schools that participate in the federally funded school meal programs have a local wellness policy by July 2006. Policies provide for ongoing change and structure for districts and schools. Wellness policies address nutrition education, nutrition standards, and physical activity within the school district. To assist schools with this mandate, the Michigan State Board of Education adopted a Model Local Wellness Policy. Some school districts used this template, other templates, or created their own language for their Local Wellness Policy.

Recent research indicates that while many schools have Local Wellness Policies, they are not implementing them. To respond to that, the Healthy, Hunger Free Kids Act of 2010 addressed school wellness policies.

**Have you read your school district's Local Wellness Policy? If not, ask your superintendent for a copy.**



### THE HEALTHY, HUNGER FREE KIDS ACT OF 2010:

- **Permits** parents, students, school food personnel, school board members, administrators, and community members to participate in the development and periodic review and updates of the wellness policy.
- **Updates** nutrition guidelines to meet new United States Department of Agriculture (USDA) nutrition standards and applies the standards to all foods available anywhere at school during the school day, including food sold outside school meal programs.
- **Measures** and reports periodically on the implementation and progress of the policy including school compliance, comparisons to model policies and progress toward achieving policy goals.
- **Informs** and updates parents, students, and other community members about the content and implementation of the wellness policy.

Districts should review and update their Local Wellness Policy when implementing the *Michigan Nutrition Standards* to make sure the policy is consistent with the practices in the district and prepare for the changes outlined in the Healthy, Hunger Free Kids Act of 2010.





**NOTES:**

Lined writing area with a large, faint watermark of a pear on the left and an apple on the right.



# Michigan Students—Fit, Healthy and Ready To Learn!

Healthy School  
Action Tools

“SCHOOLS CAN DO MORE THAN ANY OTHER INSTITUTION IN SOCIETY TO HELP YOUNG PEOPLE LIVE HEALTHIER, LONGER, MORE SATISFYING, AND MORE PRODUCTIVE LIVES.” THAT’S WHY THE MICHIGAN HEALTHY SCHOOL ACTION TOOLS WERE DEVELOPED. —CARNEGIE COUNCIL ON ADOLESCENT DEVELOPMENT

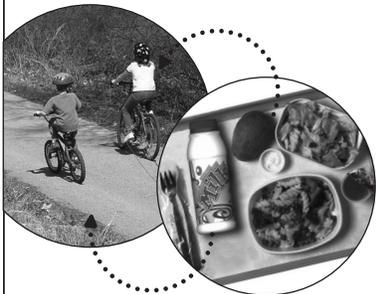


## About Healthy School Action Tools (HSAT)

The HSAT are a set of online tools designed to help Michigan schools create healthier environments. A healthy and safe school environment gives students clear and consistent messages, accurate health information, and ample opportunity to apply it. Schools that support healthy choices help students achieve their academic potential.

The self-guided HSAT process offers individual schools a method by which to assess the overall state of their environment as well as the choice to zero-in on one or more specific topics. Including:

- Asthma Management
- Healthy Eating & Nutrition Education
- Physical Education & Physical Activity
- Social & Emotional Health **NEW!**
- Tobacco-Free Lifestyles
- Violence & Injury Prevention



## Working With A Team

Completing the assessment and taking action to make changes will be much easier if you have a supportive team. Before you begin, form a team of interested individuals who represent various aspects of your school—you may want to include teachers, administrators, food service directors, health care providers, parents, community members, and (for middle and high school) student representatives. The improvements you make will be more meaningful, more widely accepted, and much easier to implement and sustain if you work with a representative team.

## Finding The HSAT

Go to Michigan’s Healthy School Action Tools website at [www.mihealthtools.org/hsat](http://www.mihealthtools.org/hsat).

## The Online Factor

Completing the HSAT online offers a host of benefits, including:

- Automatic scoring
- The ability to make edits electronically
- Immediate access to your HSAT, plus immediate feedback on any necessary corrections
- The ability to share the HSAT with multiple team members in multiple locations
- Immediate links to key online resources

## Who’s Eligible?

Any Michigan school, whether public, private, or charter, is allowed to complete the HSAT.

## Is It Worth It?

Research shows a correlation between positive health behaviors and increased student achievement. Using the Healthy School Action Tools can help create a healthy school environment where all students can achieve their full academic potential. Other noted school improvements are:

- Increased school attendance
- Greater class participation
- Improved emotional behavior
- Reduced anxiety, depression, and fatigue
- Reduced disruptive behaviors
- Maintenance of positive inter-personal relationships



Visit [www.mihealthtools.org/hsat](http://www.mihealthtools.org/hsat) to help Michigan kids be the best they can be!



# The Healthy School Action Tools Process



## ASSESS your school environment

**Step 1:** Register & Select Topics

**Step 2:** Read Instructions

**Step 3:** Complete Assessment

**Step 4:** Complete Summary

**Step 5:** Finalize & Submit

### Assess

The first part of the process is to take a look at your school—to identify strengths as well as areas of need. The HSAT Assessment consists of both big-picture and topic-specific questions. It also provides information and feedback on your school's current status.

## PLAN & ACT to make it better

**Step 6:** Read Instructions

**Step 7:** Set "SMART" Goals

**Step 8:** List & Prioritize Actions

**Step 9:** Plan & Complete Actions

### Plan & Act

With a comprehensive understanding of your strengths and areas of need, your school will be poised to set meaningful goals and to plan and implement actions that support those goals. The HSAT Action Plan walks you through effective planning steps and provides a convenient way to document your progress. feedback on your school's current status.

## BRAG A BIT get recognized & help others

**Step 10:** Submit a Success Story and/or Participate in the Healthy School Environment Recognition Program

### Brag a Bit

Acknowledging your achievements is motivating and can energize your school to continue making improvements. Plus, publicly sharing achievements helps other schools—it provides ideas, demonstrates achievability, and inspires others.

## ASSESS AGAIN Check Your Progress or Assess New Topics

The HSAT Assessment is designed to allow you to take it again and again (as many times as you like). Reviewing the same topic areas is a good way to check your progress. You can see how much your HSAT Assessment score improved due to changes you made. Or you may wish to assess new topic areas. Your Action Plan remains active and available during the reassessment process so that you can continue to implement actions and monitor your progress.



*The HSAT is presented by the Michigan Department of Community Health, Michigan Action for Healthy Kids, Michigan Department of Education, Michigan State University Extension, Michigan Team Nutrition, United Dairy Industry of Michigan, and the American Cancer Society.*

**For more information visit:  
[www.mihealthtools.org/hsat](http://www.mihealthtools.org/hsat)**



## MAKING A DIFFERENCE IN MICHIGAN SCHOOLS

### IMPROVING THE HEALTH OF MICHIGAN STUDENTS ONE STEP AT A TIME

#### THE BIG PICTURE

Schools play a critical role in the prevention of childhood overweight and obesity. Currently, more than 9 million youth, ages 6-19, are considered obese. The increased prevalence of overweight and obesity can be attributed to behavior choices, environment, and genetic factors. While youth are exposed to a variety of environments throughout their day that contribute to this crisis, a good amount of their time is spent in school.

Schools in Michigan and across the nation recognize their impact on student health and have begun to create healthier school environments. They combat the problems associated with poor nutrition and physical inactivity through education and a positive school environment that allows students to practice healthy behaviors.

Policy development is the first step in creating healthy school environments that are sustained over time. All schools were required to have a Local Wellness Policy (LWP) in place by July 1, 2006. Local Wellness Policies address nutrition education, nutrition standards, physical education, physical activity opportunities, and other school-based activities designed to promote student wellness. Research has shown that while schools have developed these policies not all of them are being implemented. The Healthy, Hunger Free Kids Act of 2010 requires schools to:

- Update their LWP
- Measure and report on implementation and progress of the LWP
- Inform parents, students, and community on the content and implementation of the LWP

#### HEALTHY SCHOOL ACTION TOOLS MOTIVATE MICHIGAN

Completion of Michigan's Healthy School Action Tools (HSAT) can be one of the many "next steps" a school decides to take. The HSAT are a set of online tools designed to help teams in Michigan schools assess the overall state of their environment in one or more topics and create an action plan that is realistic. These tools help schools understand their strengths and weaknesses so they can prioritize health initiatives that complement their LWP.

**FACT:** Over 730 Michigan schools have completed the HSAT since its debut in October 2004.



**FACT:** The most recent National Health and Nutrition Examination Survey (NHANES) shows the prevalence of overweight in youth has increased from 5.0% (1976-1980) to 10.4% (2007-2008) for 2-5 year olds, 6.5% to 19.6% for 6-11 year olds, and 5.0% to 18.1% for 12-19 year olds.

**FACT:** You can improve your school's health environment by completing the Healthy School Action Tools. Visit: [www.mihealthtools.org/hsat](http://www.mihealthtools.org/hsat)





# A STEP IN THE RIGHT DIRECTION

## HEALTHY EATING & NUTRITION EDUCATION

Between September 2007 and June 2011, 400 schools completed the HSAT. These schools represented more than 204,000 students and nearly 20,000 staff members. Of the 83 counties in Michigan, 58 counties had at least one school that completed the HSAT with the majority being public schools (91%). Results from the 400 HSAT schools showed positive health initiatives and highlighted areas that still need work.



Top eleven counties with the most schools completing HSAT:

- Wayne—55
- Kent—31
- Lenawee—22
- Monroe—20
- Oakland—20
- St. Clair—16
- Chippewa—14
- Saginaw—14
- Genesee—12
- Marquette—11
- Ottawa—11

**FACT:** More than 77% provide 20 minutes or more for students to eat lunch after students obtain food.

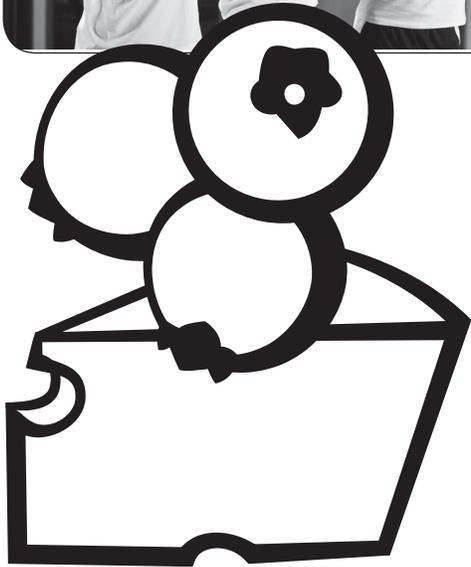
**FACT:** More than 44% of schools have a fully implemented Local Wellness Policy.



**FACT:** Less than 35% have a written policy prohibiting the use of food as a reward.

**FACT:** More than 79% use low-fat or non-fat cheese in school meals.

**FACT:** More than 94% participate in the USDA National School Lunch Program and 88% participate in the National School Breakfast Program.



**FACT:** Less than 36% have a written policy stipulating that healthy foods and beverages must predominate in a la carte venues.

**FACT:** Less than 28% have a written policy prohibiting the sale of unhealthy foods and beverages in fundraisers.



## THE PATH TO SUCCESS

Michigan schools that have completed the HSAT have been successful in taking the following steps to make changes in their policies and environment.



### 1. CREATE A COORDINATED SCHOOL HEALTH TEAM (CSHT)

A CSHT consists of a group of passionate individuals that represent segments of the school and surrounding community. The group works together to identify school health barriers and opportunities and advises the school system on realistic solutions. This group usually includes teachers, administrators, food service directors, health care providers, parents, community members, and students.

### 2. JOIN A STATE SCHOOL HEALTH GROUP

Michigan Team Nutrition provides schools with dozens of up-to-date resources on nutrition education, physical education and physical activity including grant announcements, school health Web links, Michigan success stories, school awards, and upcoming events. Membership is free and enables schools to get a newsletter, be eligible for grants and more. To join Michigan Team Nutrition or find out what is happening in Michigan schools, visit <http://teamnutrition.usda.gov/team.html>.

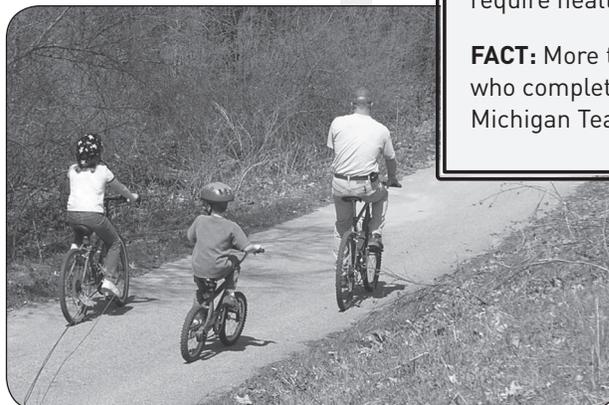
Michigan Action for Healthy Kids is one of 50 state teams nationwide dedicated to improving the health and educational performance of youth by creating health-promoting schools that support sound nutrition and physical activity as part of a total learning environment. To join Michigan Action For Healthy Kids or connect with other Michigan professionals and community advocates promoting healthy schools, visit [www.actionforhealthykids.org/tools\\_join.php](http://www.actionforhealthykids.org/tools_join.php).

### 3. CONTINUE YOUR EFFORTS

The HSAT not only reveals areas that need improvement but also highlights strengths to build upon. Unfortunately, all of these areas can't be addressed in the short term because schools can be limited by time, budget, support, and resources. Including them in a long-term plan shows a commitment to student health and enables schools to continue their efforts to provide a healthier future for youth of all ages.

For more information visit:  
[www.mihealthtools.org/hsat](http://www.mihealthtools.org/hsat)

The HSAT is presented by the Michigan Department of Community Health, Michigan Action for Healthy Kids, Michigan Department of Education, Michigan State University Extension, Michigan Team Nutrition, United Dairy Industry of Michigan, and the American Cancer Society.



**FACT:** More than 84% of the schools who completed the HSAT had a CSHT which met at least one or more times.

**FACT:** More than 90% of the CSHT's included an administrator.

More than 80% included a food service representative, a physical education teacher, and a parent.

More than 70% included a health teacher, and a school counselor.

More than 60% included a school nurse and a community member.

More than 45% included a student representative.

**FACT:** More than 61% of schools require health education.

**FACT:** More than 38% of schools who completed the HSAT were Michigan Team Nutrition schools.

