

EMPOWER SCHOOLS

Menu of Options
2015-2016



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Empower Schools Menu of Options 2015-2016

The Empower Schools program is focused on improving the health of the school environment through Local Wellness Policy (LWP). This policy, systems and environmental change approach follows strong public health evidence that supports that healthier people are positively impacted by a healthier environment through wellness policies.

During the development stages of the Empower Schools program, local health and school administration input helped design the ten wellness standards and the supporting resources. The Empower Schools standards are modeled after the Centers for Disease Control and Prevention (CDC) Coordinated School Health Model, which was recently updated and now known as the Whole Child, Whole School, Whole Community model.

This Menu of Options is to be used as a programming supplement to support the Empower Schools ten wellness standards and Guidebook. All programs in the Menu operate separately from Empower Schools. Each should be contacted directly for specific services and availability. All programs may not be available in all locations.

Empower Schools ten standards and complete Guidebook are free and can be found online:

<http://www.azdhs.gov/documents/prevention/nutrition-physical-activity/empower/schools/empower-school-guidebook.pdf>

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Alliance for a Healthier Generation Healthy Schools Program

<https://schools.healthiergeneration.org/>

Organization: The Alliance for a Healthier Generation is an advocate for children's health. They work with schools, companies, community organizations, health care professionals and families to transform the conditions and systems that lead to healthier kids.

Program Mission: evidence-based initiative that will help schools to create and sustain healthy school environments using assessment tools and customizable action plans.

Population Served: any adult supporting school wellness

Restrictions: must register school on website

Cost: no cost to schools

Arizona Department of Education-Health and Nutrition Services

<http://www.azed.gov/health-nutrition/school-health-programs/>

Organization: The Arizona Department of Education provides Arizona's students with a uniform public school system and ensures every child has access to an excellent education

Program Mission: Provide schools and communities with support, technical assistance and professional development that model the coordinated school health approach.

Population Served: Arizona schools and communities

Restrictions: depends on location

Cost: no cost to schools

Individual Individual Specialty Programs

Coordinated School Health Program: Consists of eight interactive components that schools can use as a resource to maintain the well-being of all people in the community.

Team Nutrition: Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance.

HealthierUS School Challenge: HUSSC is a voluntary certification initiative recognizing outstanding schools participating in the School Breakfast Program and the National School Lunch Program SBP & NSLP that have created healthier school environments.

School Local Wellness Policy: Local wellness policies are an important tool for parents, school districts and the community in promoting student wellness.

School Health Services: These services are designed to prevent and control communicable disease and other health problems, provide emergency care for illness or injury, and promote a safe school environment.

Physical Education: Physical education is unique to the school curriculum, as it is the only program that provides students with opportunities to learn motor skills, develop fitness and gain understanding about the importance of physical activity.

Health Education: Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.

School Health Advisory Councils (SHAC): A (SHAC) is a group of individuals who represent both the school and the community to provide advice to the school system on aspects of school health policies and programs.

Arizona Department of Health Services

<http://www.azdhs.gov/index.php>

Organization: The Arizona Department of Health Services promotes and protects the health of Arizona's children and adults with set standards for personal and community health through direct care, science, public policy, and leadership.

Program Mission: Health and Wellness for all Arizonans

Population Served: numerous school-based programs/ services for Arizona residents

Restrictions: depends on location

Cost: no cost to schools

Individual Individual Specialty Programs

Office of Health Systems Development: Arizona Health Disparities Center-Local county health department staff work as a part of the Health in Arizona Policy Initiative (HAPI Program) focused on improving school health

Federally Qualified Health Centers: Federally Qualified Health Centers (SFS) Sliding Fee Schedule (SFS) location services are promoted to help people who are uninsured receive programs and services

Office of Chronic Disease Prevention: School Health Index/School Advisory Councils (SHI/SHAC) programming. SHI/SHAC is a guided effort with schools and local county health department staff to update school wellness policies. The process includes self-assessment and planning guides for schools that identify policy strengths and weaknesses. The SHI/SHAC also supports development of an action plan for improving student health and safety, and involves teachers, parents, students, and the community as council members.

Office of Environmental Health: Sunwise school skin cancer education awareness programs and school garden nutrition programming

SunWise-The SunWise Skin Cancer Prevention School Program provides free curriculum, school assemblies, staff trainings, and resources to promote sun-safe behaviors and prevent skin cancer. For more information and to learn more about strategies to prevent skin cancer, please visit us at www.azdhs.gov/phs/sunwise/

School Garden Program: The [ADHS School Garden Program](#) is designed to bring fresh produce from the school garden to the school cafeteria through a free certification process. Certification is recognized by local county health departments and was developed to make it easy to bring school garden produce into the cafeteria.

Office of Emergency Preparedness: Wise and Ready: In partnership with the Arizona Department of Education, this program offers emergency planning resources for schools. <http://www.azdhs.gov/phs/emergency-preparedness/resources/schools/index.php?pg=admin>

Office of Infectious Disease Services:

[Arizona School Nurse Consortium \(AZSNC\)](#): provides free [Child Health Indicator Program \(CHIP-AZ\)](#) school nurse encounter software for interested schools. AZSNC charges a fee for installation/training/maintenance. Visit the website at the Arizona School Nurse Consortium for more information.

Healthy Swimming Program: provides in-services to parents and aquatic professionals at school assemblies on healthy swimming and waterborne diseases and provides educational and prevention materials for students and faculty.

Curriculum on [Rocky Mountain Spotted Fever](#): which is a serious disease that affects mostly children in Arizona, is available for third and fourth grades.

Office of Tobacco Prevention: Students Taking A New Direction (STAND) is a tobacco cessation program that can be implemented in schools. To establish a STAND chapter within your school visit www.standaz.com for more information.

Office of Women's and Children's Health:

Positive Choices Prevention: Positive Choices Prevention education program is available for middle and high schools about harms and consequences of destructive behaviors to reduce substance abuse.

Teen Pregnancy Prevention Program:

Abstinence Education and Abstinence Plus Education -

seeks to improve the health and social well-being of youth through the reduction of teen pregnancies and sexually transmitted diseases, and the awareness of healthy relationships and life skills.

Arizona Nutrition Network

<http://www.eatwellbewell.org/>

Organization: The Arizona Nutrition Network is a program of the Arizona Department of Health Services that focuses on obesity prevention through nutrition and physical activity strategies targeting low-income populations.

Program Mission: Helping to shape food consumption in Arizona

Population Served: Supplemental Nutrition Assistance Program (SNAP) participants or those that are eligible

Restrictions: depends on location

Cost: no cost to schools

Individual Specialty Programs

AzNN has school health strategies provided by contractors that work directly with local schools. These representatives, in every county in Arizona, identify which of the strategies they have selected to focus on and will vary by location.

- Support the development, implementation, and evaluation of nutrition and physical activity in Local Wellness Policies
- Improve student, teacher, and staff access to nutrition information through menu labeling and classroom curriculum to improve student understanding of nutrition information
- Support comprehensive school physical activity programming.

Fuel Up to Play 60

<https://www.fueluptoplay60.com/>

Organization: Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by National Dairy Council and National Football League, in collaboration with the United States Department of Agriculture, to help encourage today's youth to lead healthier lives.

Program Mission: Empowering youth, schools and communities to implement healthy changes across the nation

Population Served: student foundation, a team of committed educators and community engagement

Restrictions: must register on website

Cost: none

Healthy Arizona Worksite Program (HAWP)

<http://healthyazworksites.org/>

Organization: The Healthy Arizona Worksites Program provides tools, information, technical assistance, and resources to design, implement, and evaluate healthy worksite initiatives throughout Arizona

Program Mission: A healthy employee equals a happy employee. A worksite wellness program will help your employees reduce stress, decrease illness and increase energy.

Population Served: any Arizona worksite

Restrictions: requires employers to attend the HAWP 101 training, obtain a letter of leadership support for worksite wellness, complete the CDC Worksite Health Scorecard, and develop and implement a worksite health improvement plan.

Cost: no cost to schools

***Informational Site Only**

Centers for Disease Control and Prevention - Adolescent and School Health

<http://www.cdc.gov/HealthyYouth/index.htm>

<http://www.cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm>

Organization: The Centers for Disease Control and Prevention works to protect America from health, safety and security threats, both foreign and in the U.S.

Program Mission: Preparing for lifelong health and wellness

Population Served: U.S. adolescents

Restrictions: no direct-to-school programs

Cost: none, informational and data support only

Let's Move Active Schools

<http://www.letsmove.gov/active-schools>

Organization: Let's Move! is a comprehensive initiative, first launched by First Lady Michelle Obama, dedicated to solving the challenge of childhood obesity within a generation.

Program Mission: Let's Move Active Schools is the physical activity and physical education solution to ensure 60 minutes of physical activity is the new norm for schools.

Population Served: targeted for school leaders and educators

Restrictions: none

Cost: no cost to schools

SHAPE America - Physical Activity Leadership training (PAL)

<http://www.shapeamerica.org/prodev/workshops/lmas/>

Organization: Society of Health and Physical Educators is the nation's largest membership organization of health and physical education professionals committed to ensuring all children have the opportunity to lead healthy, physically active lives.

Program Mission: Develops and supports individuals who will champion an effort to ensure 60 minutes a day of physical activity for all school-age youth.

Population Served: targeted for groups of 30-50 school Physical Activity Leaders (PALs)

Restrictions: none

Cost: no cost to schools

USDA - HealthierUS School Challenge

<http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms>

Organization: The U.S. Department of Agriculture provides leadership on food, agriculture, natural resources, rural development, nutrition and related issues based on public policy, the best available science and effective management.

Program Mission: offer a voluntary certification initiative recognizing those schools enrolled in Team Nutrition that have created healthier school environments through promotion of nutrition and physical activity

Population Served: targeted for school food service staff

Restrictions: must register school as a Team Nutrition school

Cost: no cost to schools

University of Arizona Cooperative Extension

<http://extension.arizona.edu/>

Organization: The University of Arizona Cooperative Extension is an outreach arm of the College of Agriculture and Life Sciences.

Program Mission: serve as a statewide network of knowledgeable faculty and staff that provides lifelong educational programs for all Arizonans.

Population Served: offices in all 15 Arizona counties and on 5 tribal reservations

Restrictions: depends on location

Cost: depends on selected program

Individual Specialty Programs

Master Gardeners: semester-long course concentrating on gardening and the environment.

UA Nutrition Network (SNAP-Ed): provides common nutrition messages using the Dietary Guidelines for Americans and ChooseMyPlate.gov to persons who are Supplemental Nutrition Assistance Program (SNAP, formerly the Food Stamp Program) participants or whose income falls within the eligible guidelines for the SNAP program.

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ARIZONA DEPARTMENT OF HEALTH SERVICES

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