



EMPOWER SCHOOLS

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MAY 2016

Empower Schools - May Update

Here are the updates for this month:

- We still have many schools who need to complete their 2016 School Health Profile survey. Please check the attachment on this month's update or contact Matthew.Leversee@azdhs.gov.
- We need end-of-the-year reports and invoices submitted before stipend payments for 2015-16 participating LEAs can be sent.
- Action for Healthy Kids - Every Kid Healthy™ Week is April 25-29. Register your school's event: <http://www.actionforhealthykids.org/what-we-do/every-kid-healthy-week>

Contact Matthew.Leversee@azdhs.gov with questions, suggestions or requests.

Physical Activity / Physical Education and Nutrition Updates

A short time ago the World Health Organization (WHO) released a report showing that globally, the proportion of adults with diabetes has nearly doubled since 1980 from 4.7% to 8.5%. The report also high-lights ways to decrease future cases of diabetes. Recommendations include creating supportive built and social environments together with policies, legislation and awareness. The Empower Schools program is currently being piloted in select Arizona schools as a policy effort to impact the overall health of the school environment, which includes reducing obesity and diabetes. There is a great need to improve health worldwide and, therefore, large scale efforts and resources must be implemented. The Empower Schools program has the opportunity to contribute to those efforts in our state with the support of schools and communities.

The WHO executive summary report can be found here:

http://apps.who.int/iris/bitstream/10665/204874/1/WHO_NMH_NVI_16.3_eng.pdf

Supportive Resources

CDC Professional Development

Recently the CDC released their 'Training Tools for Healthy Schools' eLearning series. Check out some of the great professional development resources they have available:

<http://www.cdc.gov/healthyschools/trainingtools.htm>

Drinking Water in Schools

Here is a report from Changelab Solutions highlighting how state plumbing codes can help increase access to drinking water in schools:

http://www.changelabsolutions.org/sites/default/files/Plumbing-Codes-School-Drinking-Water_FINAL_20160310_0.pdf

Summer Meal Site Resources

If any of your schools are a summer meal site, check out the latest USDA toolkit.

"Summer Food, Summer Moves" is a fun, hands-on resource kit designed to get kids and families excited about healthy eating and physical activity during the summer months. For more information: <http://www.fns.usda.gov/tn/summer-food-summer-moves>

