

# Improving Student Health and Academic Achievement through Nutrition, Physical Activity and the Management of Chronic Conditions in Schools (Funding from CDC-RFA-DP18-1801)



**BACKGROUND INFORMATION:** The Nebraska Department of Education (NDE) has been awarded a five year grant from the Centers for Disease Control and Prevention (CDC) to work collaboratively with schools and local health departments to improve the health of the state's kindergarten through 12<sup>th</sup> grade students.

- The work focuses on the **Whole School, Whole Community, Whole Child model (WSCC)**, an expansion of the Coordinated School Health approach to staff and student wellness supported by the Nebraska Department of Education.
- This model emphasizes the relationship between educational attainment and health, by putting the child at the center of a systems designed to support a unified and collaborative approach that recognizes that healthy children learn better.

## Year One Outcomes:

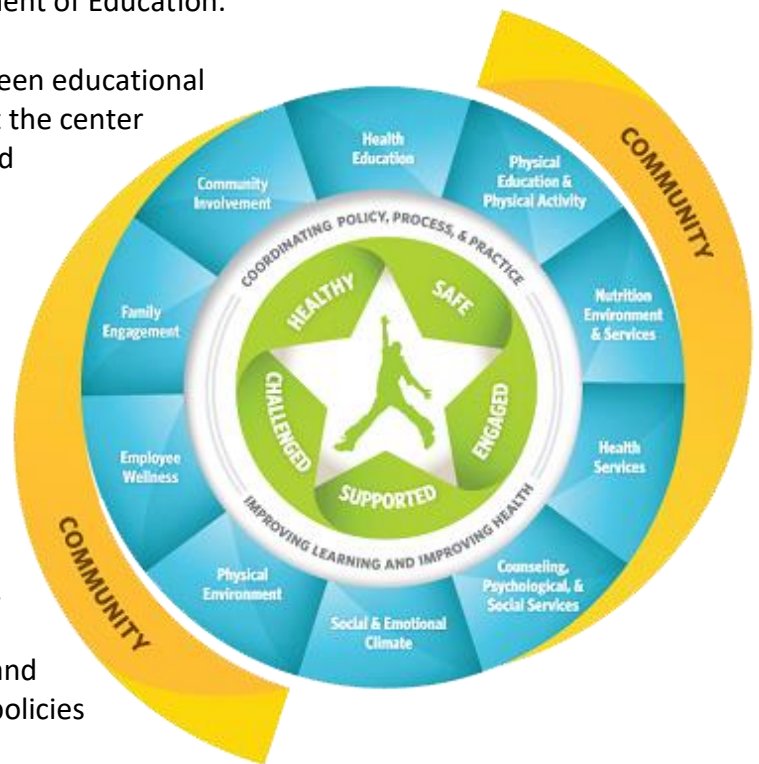
- School District staff, Local Health Departments and community organizations with expertise in health will be invited to attend trainings to work collaboratively with schools or districts to create school district action plans to create healthy, safe, engaged, supported and challenged students.
- Work will focus on increasing skills among individuals trained to improve school health and implementing evidence based school health policies and practices among school staff and teams.

## Long Term Outcomes:

- Increase the number of individuals or teams who have are able to transfer school health skills into practice.
- Increase the number of students who are physical activity and are eating five servings of fruits and vegetables daily.

## AQuESTT:

This project will work to support AQuESTT through the tenet of Positive Partnerships, Relationships and Success, to implement best practices in student, family, and community engagement through educational experiences and opportunities around nutrition, physical activity and chronic disease management and the tenet of Educator Effectiveness by providing professional development to educators to allow them to support the whole child.



Questions- contact [Jessie.coffey@nebraska.gov](mailto:Jessie.coffey@nebraska.gov), Nebraska Department of Education

## 1801 Areas of Focus:

### Nutrition-

- School Nutrition Services/School Meal Program
- SMART Snacks and Healthy Fundraising
- Nutrition Education
- Nutrition Promotion



### Physical Activity-

- Physical Education
- Physical Activity- Recess/Classroom brain breaks
- Recess before lunch

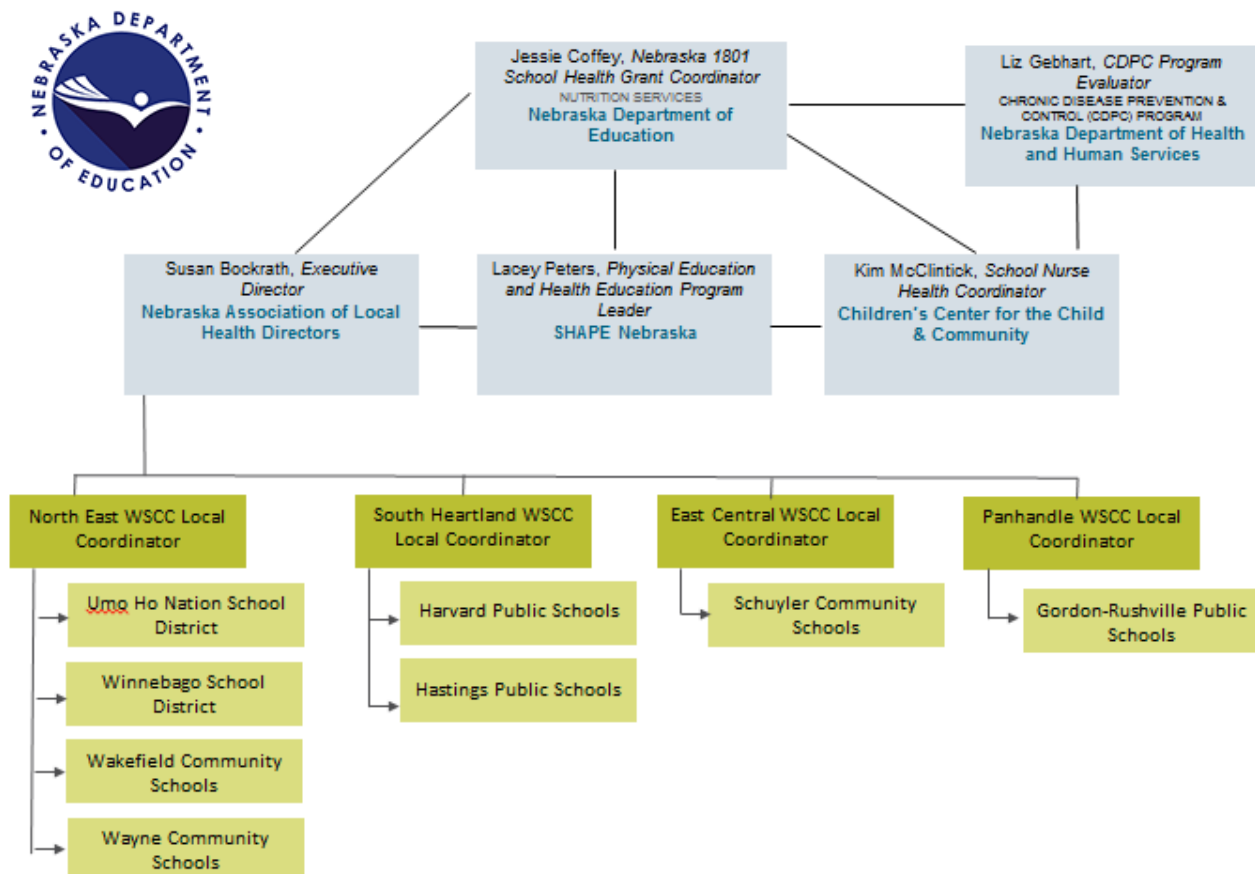
### Chronic Disease Management-

- Health Services (school nurses)
- School staff training for management of chronic diseases
- Collaboration between schools and healthcare providers

### Out of School Time-

- Before and After school programs

### Grant Partners:



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