

Creating Healthy Schools and Communities in St. Lawrence County

INITIATIVE

Creating Healthy Schools and Communities (CHSC) is a five-year (2015-2020) public health initiative to reduce major risk factors of obesity, diabetes, and other chronic diseases in 85 high-need school districts and associated communities statewide. The **New York State Department of Health (NYSDOH)** provides grant funding to local organizations and county health departments. The goal is to implement multi-component evidence-based policies, place-based strategies, and promising practices to increase demand for and access to healthy, affordable foods and opportunities for daily physical activity for all New Yorkers.



4 REASONS TO FOCUS ON SCHOOLS*

1. Healthy students are better learners: They are better on all levels of academic achievement: **academic performance**, **education behavior**, **and cognitive skills and attitude**.

2. Schools can influence eating and physical activity behaviors: Students spend much of their time at school, and may eat as many as 2 out of 3 meals per day and get much of their physical activity at school.

3. Healthy, successful students help build strong communities: Investing in the health of students contributes to healthy communities in the future.

4. All students deserve the opportunity to be healthy and successful: Providing access to healthy foods and opportunities for physical activity plays an important role in the academic achievement of students.



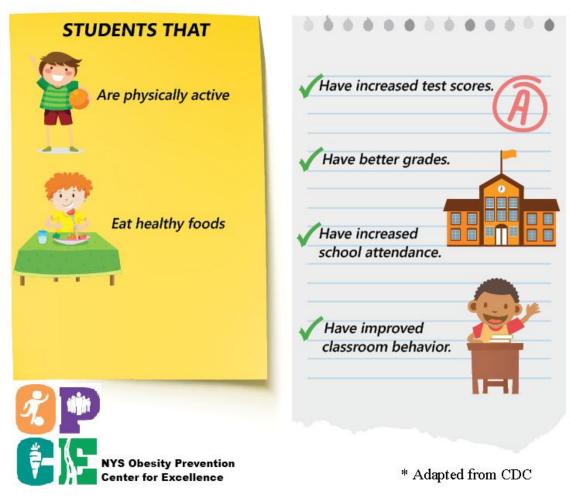
- 1. Revise, implement, and assess local wellness policies to improve the school environment.
- 2. Establish Comprehensive School Physical Activity Programs (CSPAP).
- 3. Increase access to healthy, affordable foods and increase school districts' ability to meet federal Healthy, Hunger-Free Kids Act of 2010 nutrition standards for foods sold outside of school meals.



*Adapted from CDC's Health and Academic Achievement: http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

St. Lawrence County Health Initiative

Healthy Students Do Better in School



5 PARTICIPATING SCHOOLS DISTRICTS

Clifton-Fine, Gouverneur, Massena, Norwood-Norfolk, Ogdensburg

To find out what's happening or to get involved, please contact:

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