



Creating Healthy Schools and Communities in St. Lawrence County

1 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.

3 STRATEGIES ►

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

STUDENTS THAT



Are physically active



Eat healthy foods



NYS Obesity Prevention
Center for Excellence



- ✓ Have increased test scores.
- ✓ Have better grades.
- ✓ Have increased school attendance.
- ✓ Have improved classroom behavior.

* Adapted from CDC

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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