

Taking on Childhood Obesity in Alaska: School Based Grants Program



State of Alaska
Department of Health and Social Services
Division of Public Health

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New initiative for Fall 2013: Grants to 8 Alaskan School Districts to implement **comprehensive** school based obesity prevention programs

- Four years funding @ \$150,000/year
- District level 0.75 FTE wellness coordinator
- Support with training and technical assistance
- Good regional representation; rural and urban, small and large districts

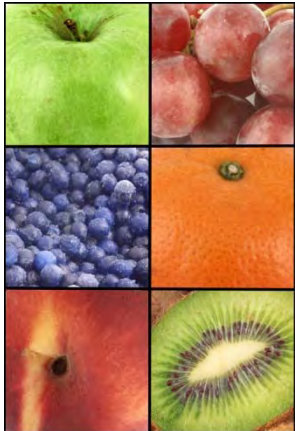


Key K-12 grantee activities

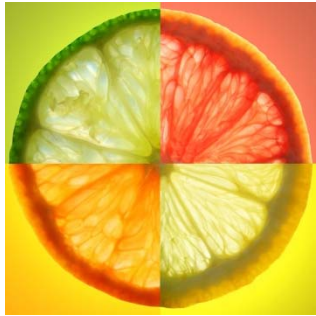
- 1- Support a School Wellness Team to assess current federally mandated **school wellness policy** development, adoption, implementation, and enforcement.
- 2- Improve the **school nutrition and physical activity** environment.
- 3- Monitor student health risk behaviors, **height & weight** status & district physical activity and nutrition environment.
- 4- Promote events, activities, and school success stories using **local media**.
- 5- Participate as a member of the state taskforce **Alaskans Taking on Childhood Obesity (ATCO)**.
- 6- Meet grant administrative, personnel, and fiduciary requirements.

Wellness policy development, adoption, implementation & enforcement

“All schools that participate in the USDA National School Lunch Program are currently required to address physical activity and nutrition through their wellness policies, but without staff time or funding, many districts have found it challenging to put those policies into practice.”



It is the intent of this grant program to assist school districts in complying with federal mandates of the Healthy Hunger Free Kids Act of 2010, and strengthen the implementation of their policies and programs.



Wellness policy development, adoption, implementation & enforcement

- Develop and/or strengthen the **School Wellness Team**.
- Assess current school wellness policy utilizing the CDC **School Health Index** and Yale Rudd Center **WellSAT**: Wellness School Assessment Tool
- Strengthen policy and implementation to meet **gold level** standards developed by the OPCP
- **Develop and communicate reports** that comply with the requirements of the HHFK Act of 2010.

Improving the school nutrition and physical activity environment



- Participate in the **Healthy Futures Challenge** for elementary school students.
- Work toward achieving at least the Bronze Award Level of the **HealthierUS School Challenge (HUSSC)**.
- Engage **parents and the community** in improving the nutrition and physical activity environment of the district.
- Implement **at least 3 additional** evidence-based strategies

Monitoring student health risk behaviors, height & weight status, and district physical activity and nutrition environment

- Work with the Alaska OPCP to develop a **system to collect student height and weight** measurements.
- Conduct a local **Youth Risk Behavior Survey (YRBS)**
- Participate in the **School Health Profiles** surveys of principals and lead health teachers



K-12 Grant Program: Next Steps

- Award grants to 8 Alaskan school districts—July 2013
- District staff attend training/orientation at the 2013 School Health and Wellness Institute—October 2013
- Begin work with Association of Alaska School Boards to update model wellness policies—Fall 2013
- Support grantees and partners with ongoing professional development programs—2014-2017
- 5% decrease in Childhood Obesity—2017

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