

Healthy Active Children Policy Report 2022

Summary Data from LEA
School Health Advisory Councils

Whole School, Whole Community, Whole Child

A Collaborative Approach to Learning and Health



Healthy Active Children Policy

- Section 1: Local School Health Advisory Council (SHAC)
- Section 2: Whole School, Whole Community, Whole Child (WSCC) Model
- Section 3: Local Wellness Policy
- Section 4: Physical Education and Healthful Living
- Section 5: Physical Activity and Recess
- Section 6: Nutrition Services, Education and Promotion
- Section 7: Policy Monitoring
- Section 8: Data Collection – Centers for Disease Control and Prevention
Youth Risk Behavior Survey

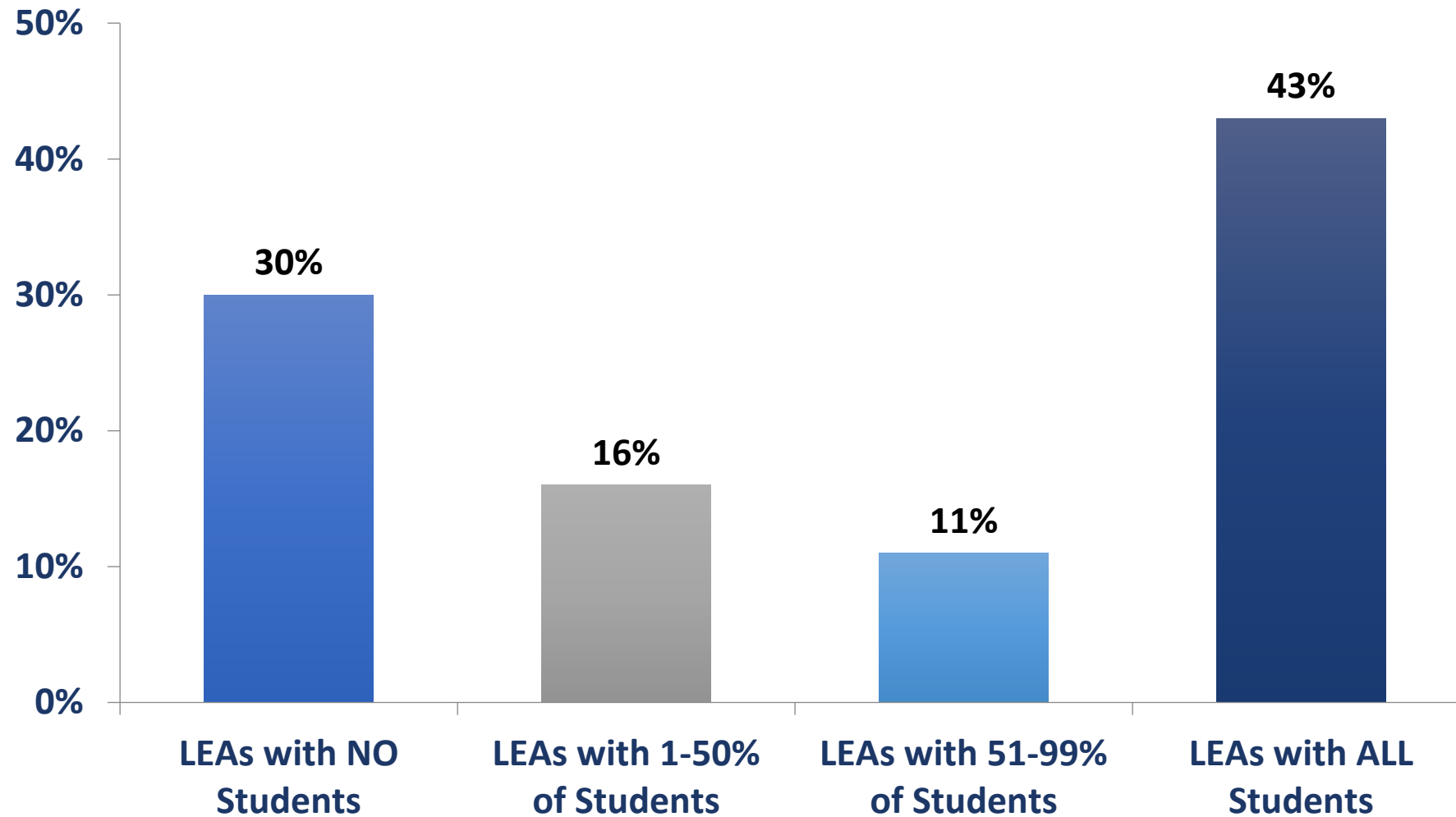
2021 Healthy Active Children Policy Report Key Points



- **100%** of LEAs Responded (115/115)
- **43%** of School Health Advisory Councils met at least quarterly
- **70%** of School Health Advisory Councils provide annual reports to their local Board of Education
- **65%** of schools provided staff wellness programs

Physical Education & Physical Activity

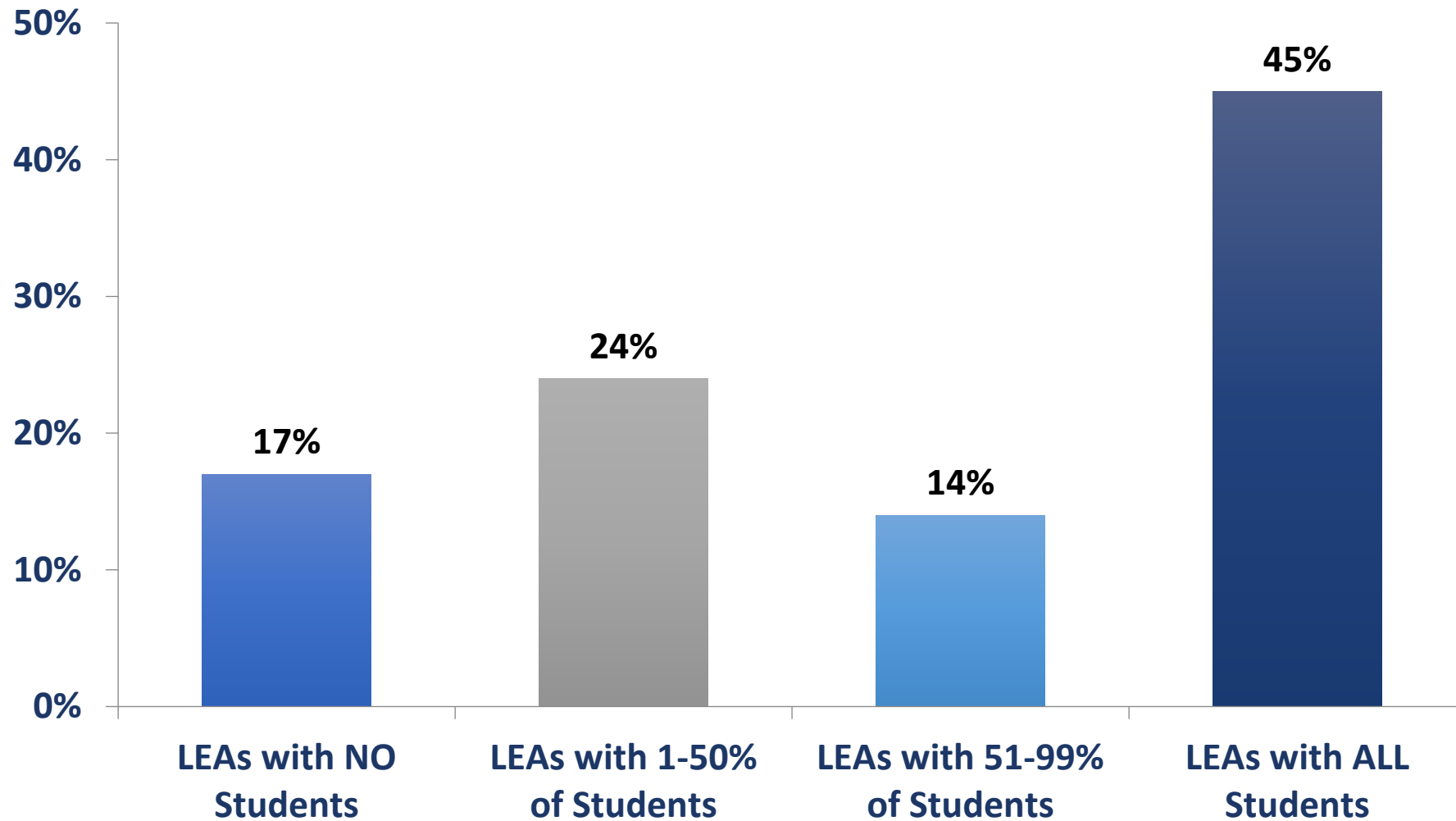
Elementary Students Receiving 150 Minutes per Week of PE Taught by a PE Specialist



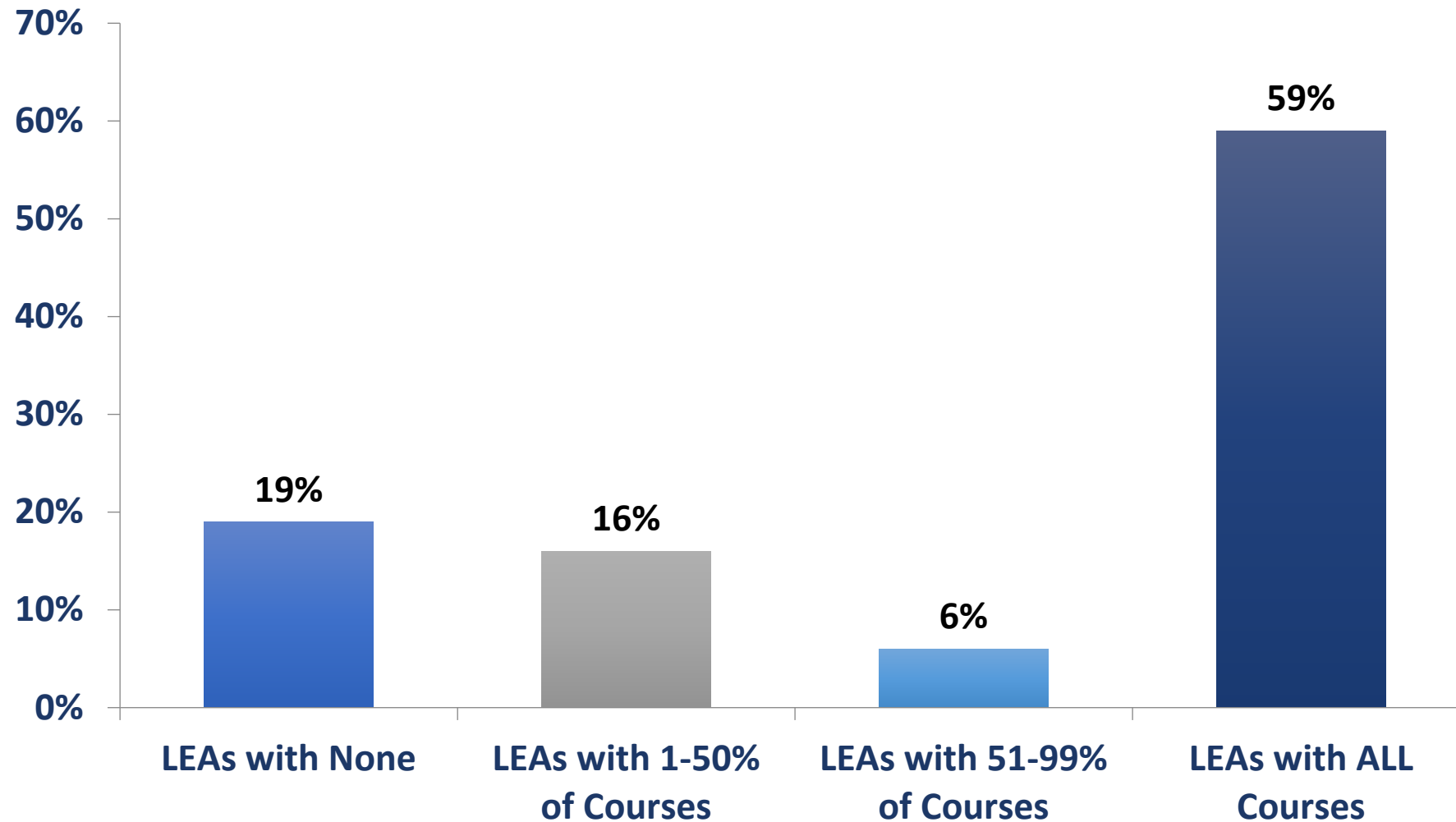
**Health
Education**

**Physical
Education &
Physical Activity**

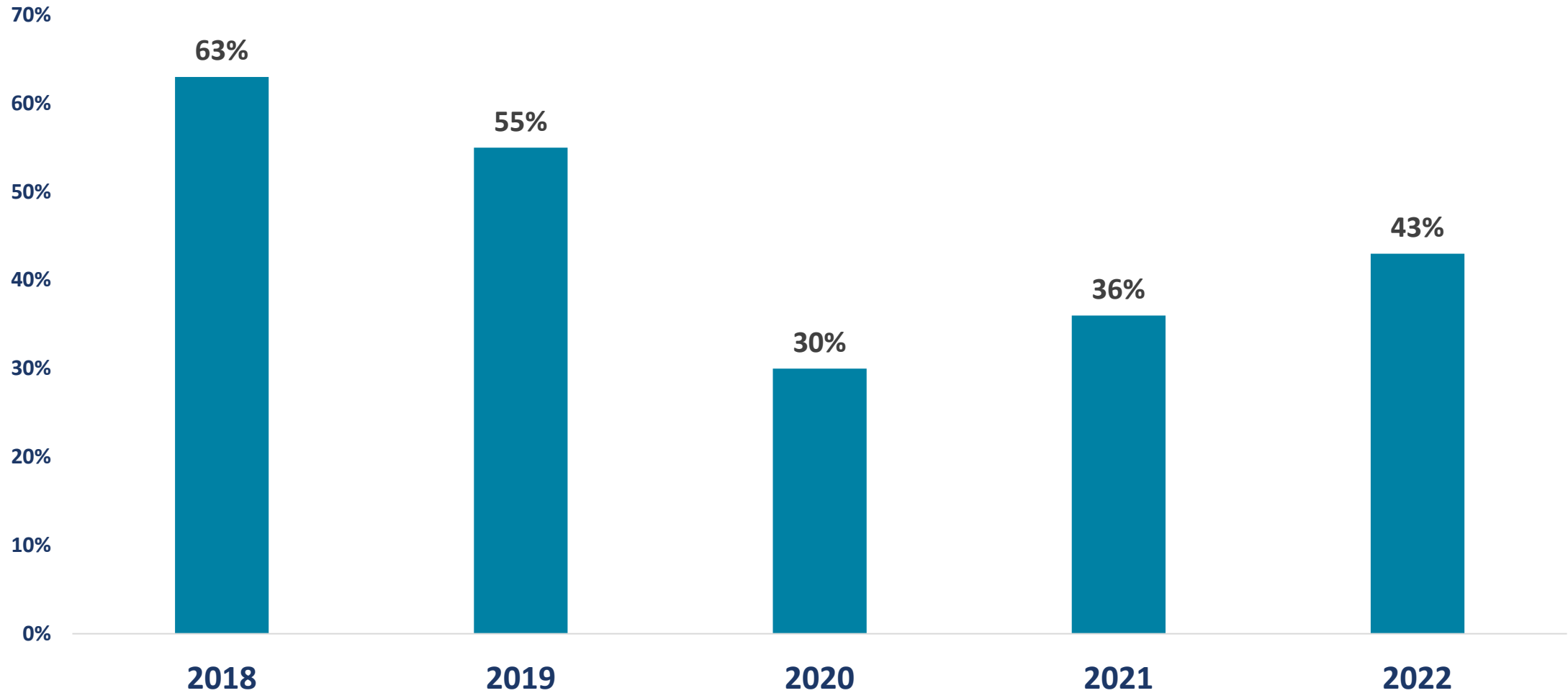
Middle School Students Receiving 225 Minutes per Week of Healthful Living



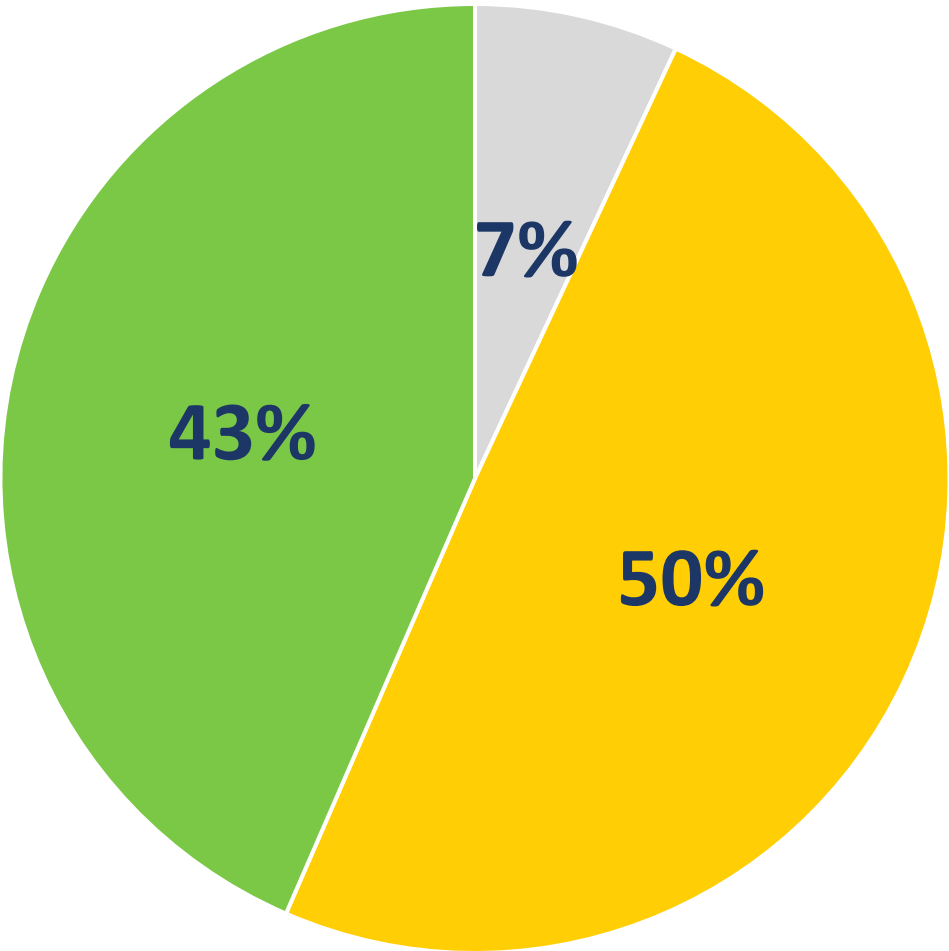
Percentage of Middle School Healthful Living Courses Divided Into 50% Physical Education and 50% Health Education



School Health Advisory Councils Who Met At Least Quarterly

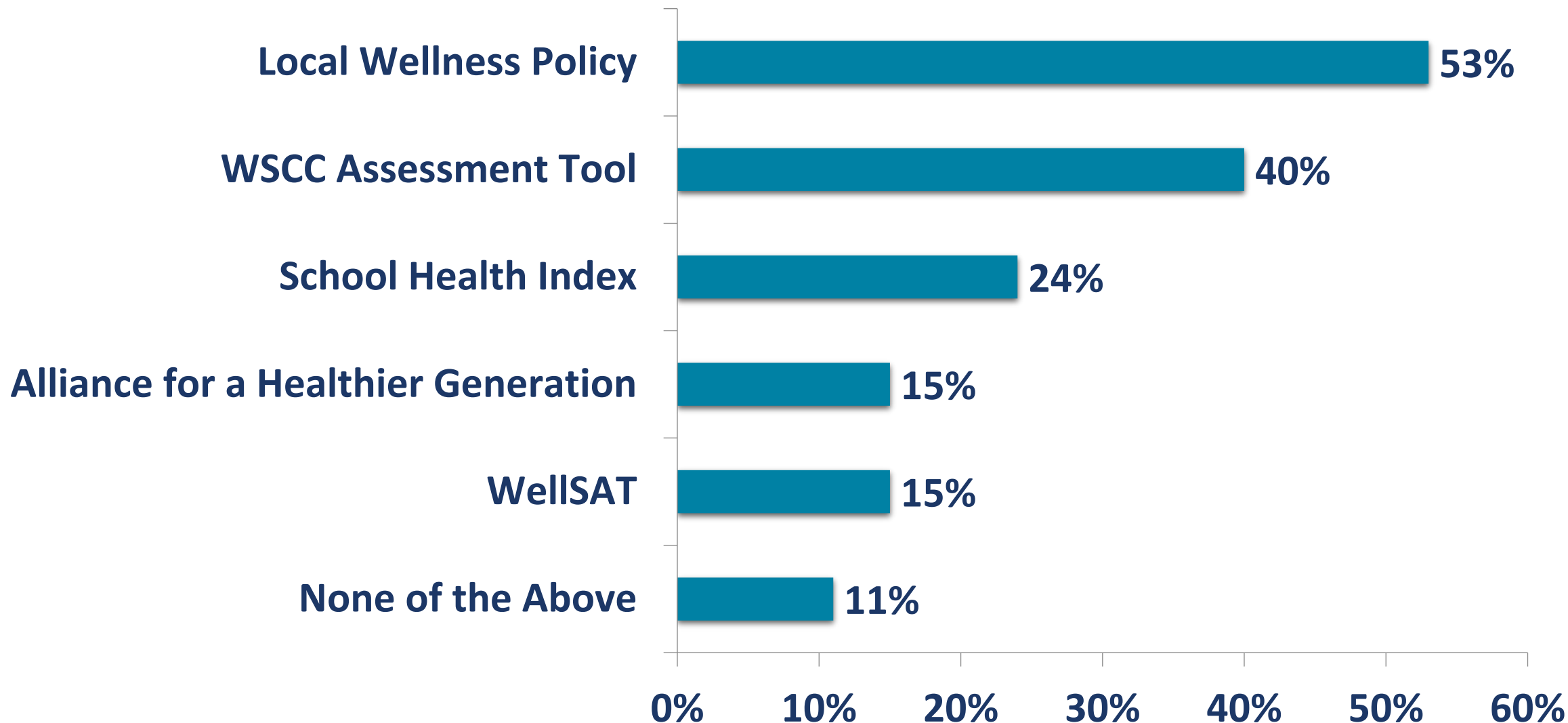


Frequency of School Health Advisory Council Meetings



■ 0 Times ■ 1-3 Times ■ 4-12 Times

School Health Assessment Tools



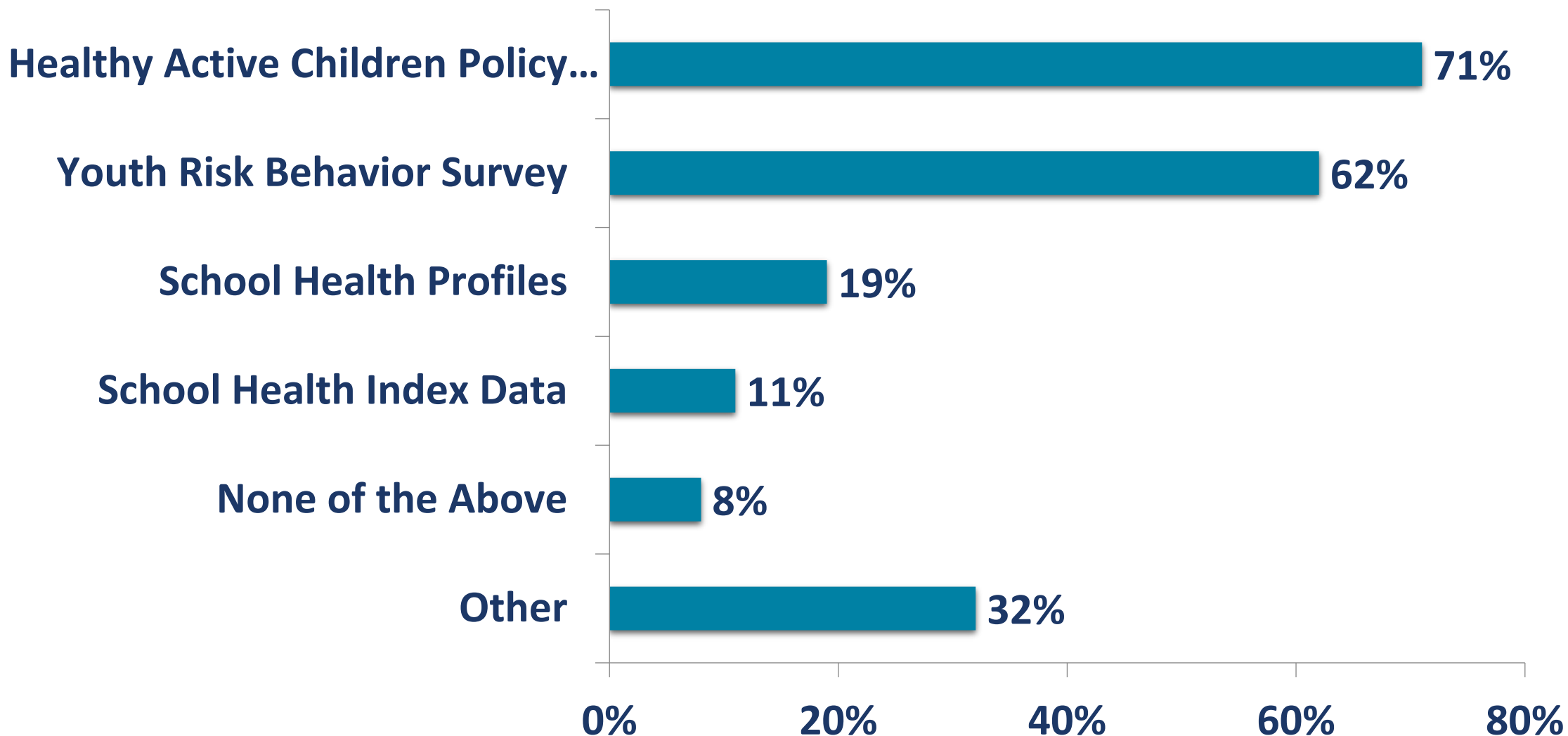
WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD

Healthy Children
Learn Better

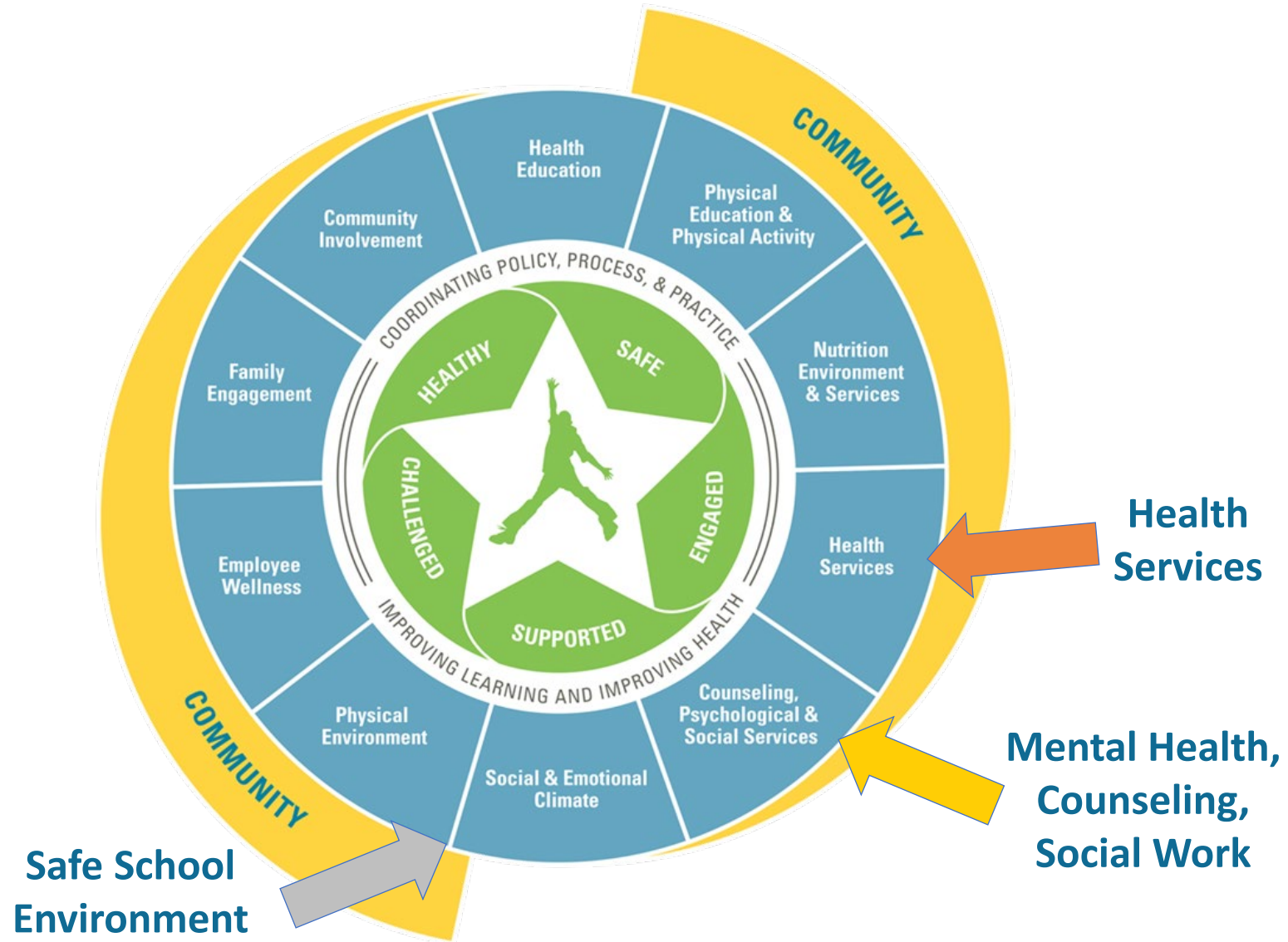


[WSCC Measures Assessment Tool Link](#)

Reports Used to Inform Work

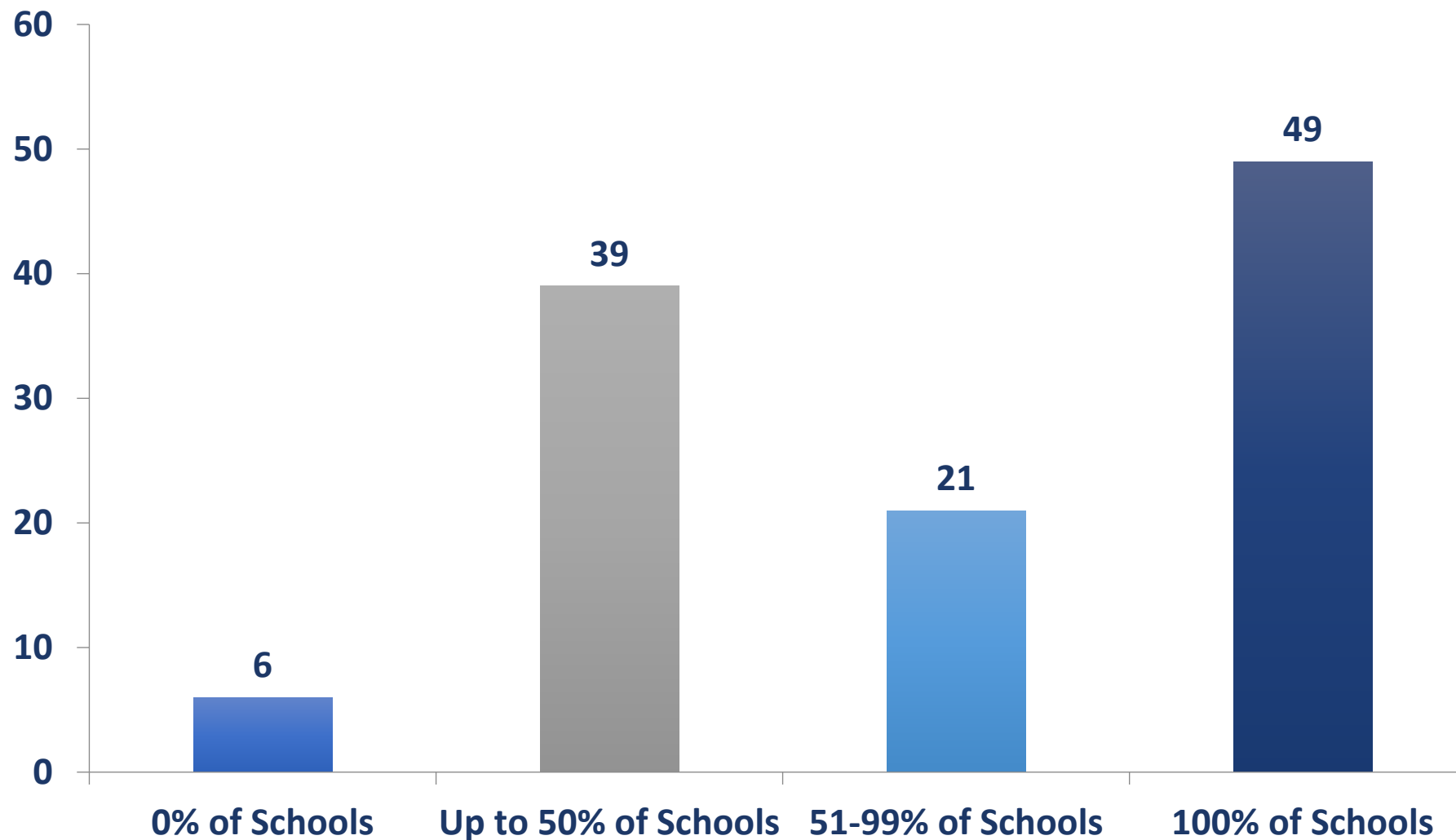


Top Areas of Focus



Employee Wellness

Number of LEAs Providing Staff Wellness Programs



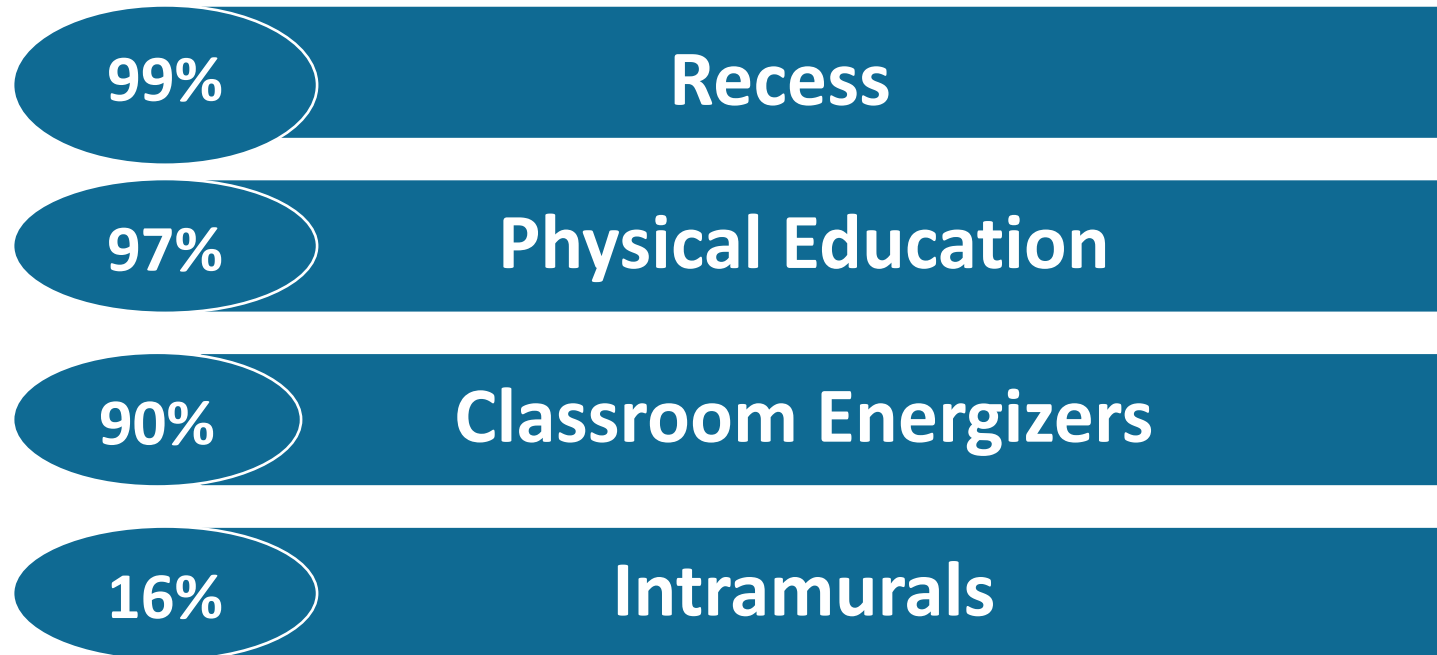
Physical Education & Physical Activity

ALL LEA Elementary Schools Provide 30 Minutes of Daily Moderate to Vigorous Physical Activity

97% - Yes

3% - No

Most common methods used to provide physical activity:

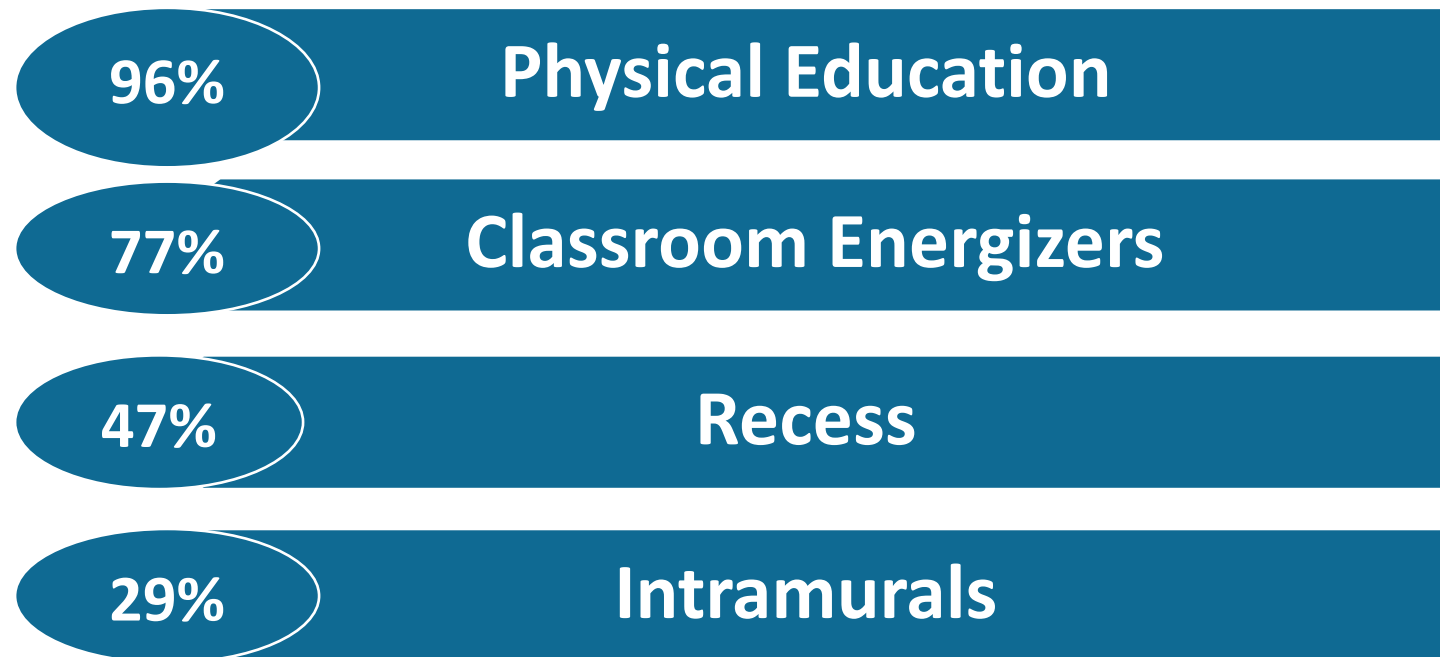


ALL LEA Middle Schools Provide 30 Minutes of Daily Moderate to Vigorous Physical Activity

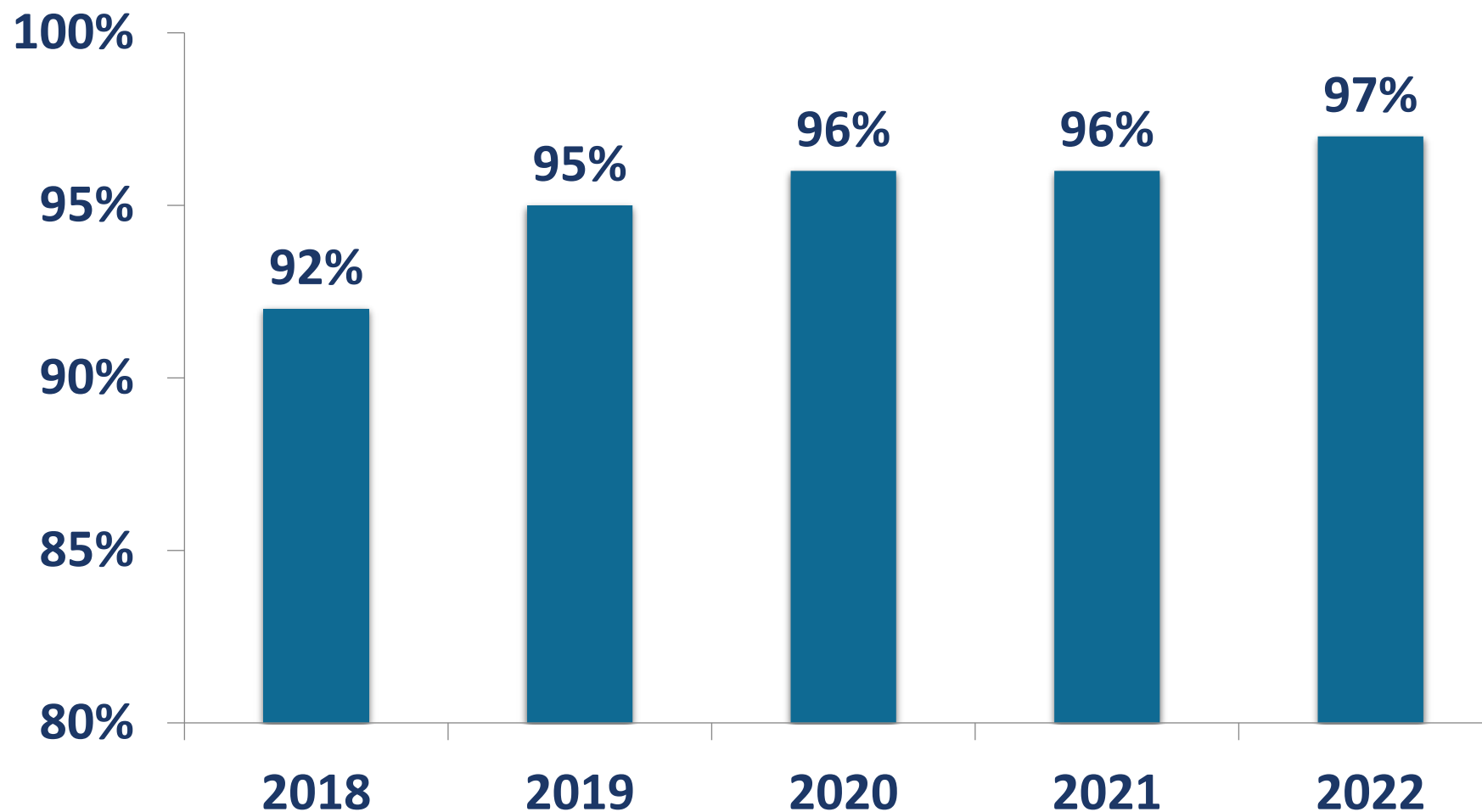
77% - Yes

23% - No

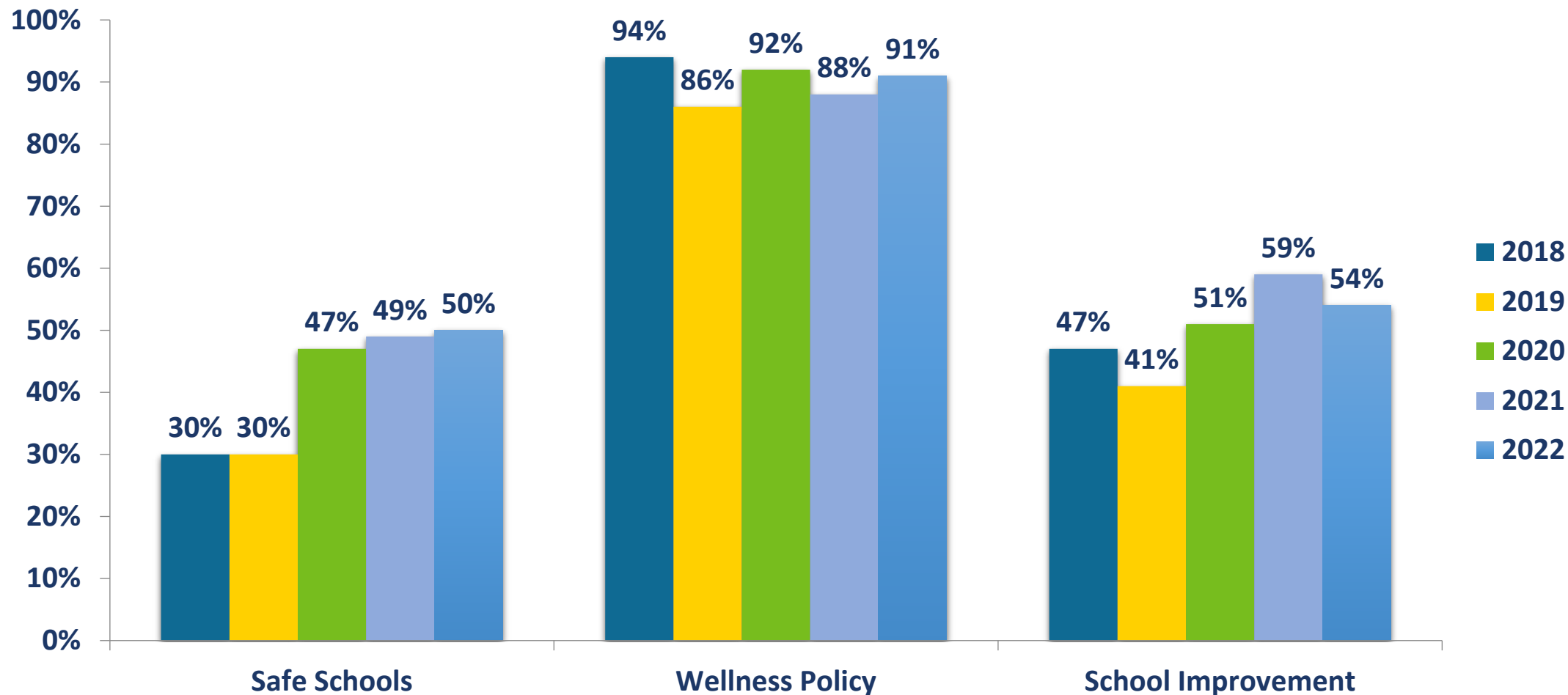
Most common methods used to provide physical activity:



% of LEAs in Which No School or Teacher Withheld Recess as a Punishment



% of LEAs Incorporating Healthy Active Children Policy in the Following Plans...



Community Involvement

LEAs and Joint Use Agreements

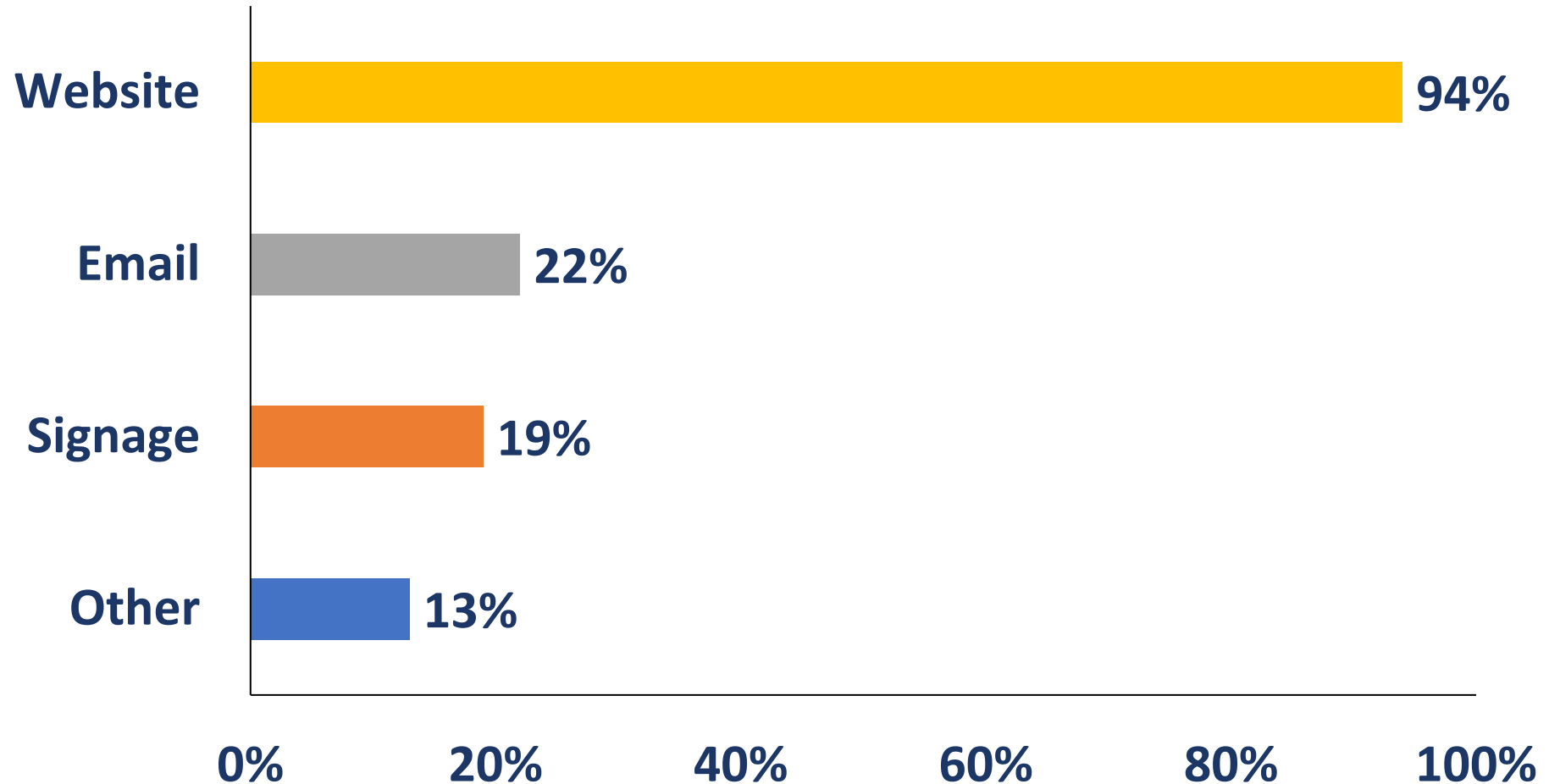
97%

- Written Community Use of Facilities Policy

3%

- Do not have a written community use of facilities policy, but community members do use the school facilities for physical activity

Publicizing Community Use of Facilities Policies



Social & Emotional Climate

Local Policies

95%

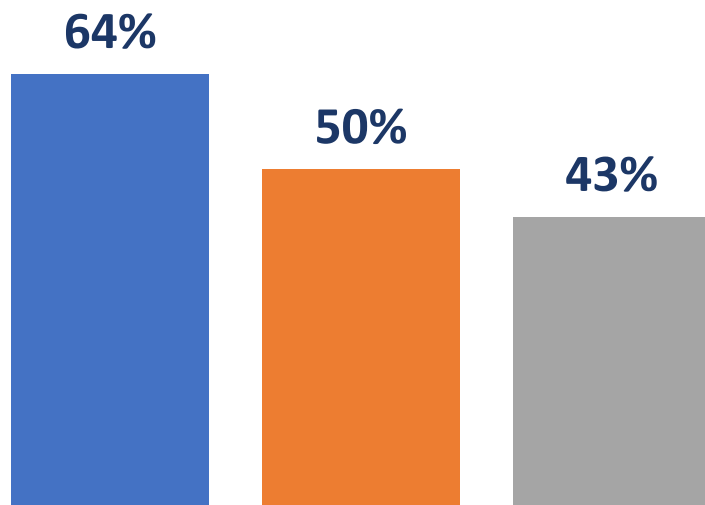
- Local policy that reflects the Healthy Youth Act

100%

- Local policy that reflects the School Violence Prevention Act (Bullying and Harassment)

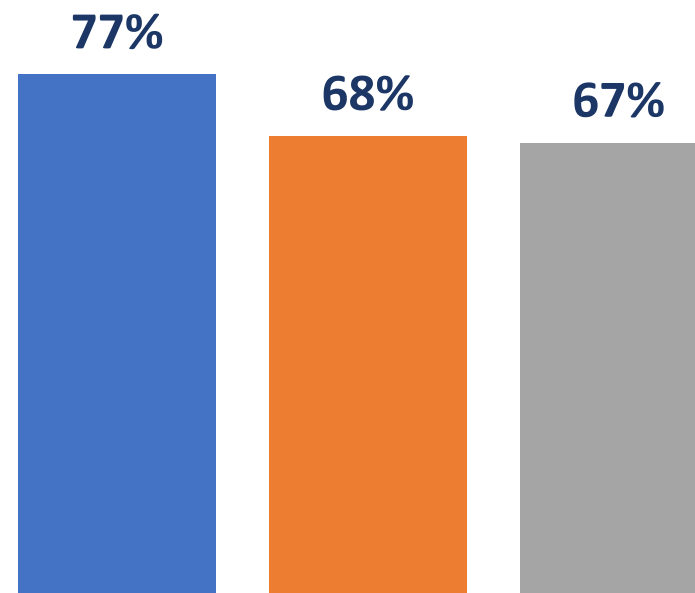
Technical Assistance Sources

TA for WSCC Model



- NC Healthy Schools Site
- Webinars
- DPI School Nutrition Site

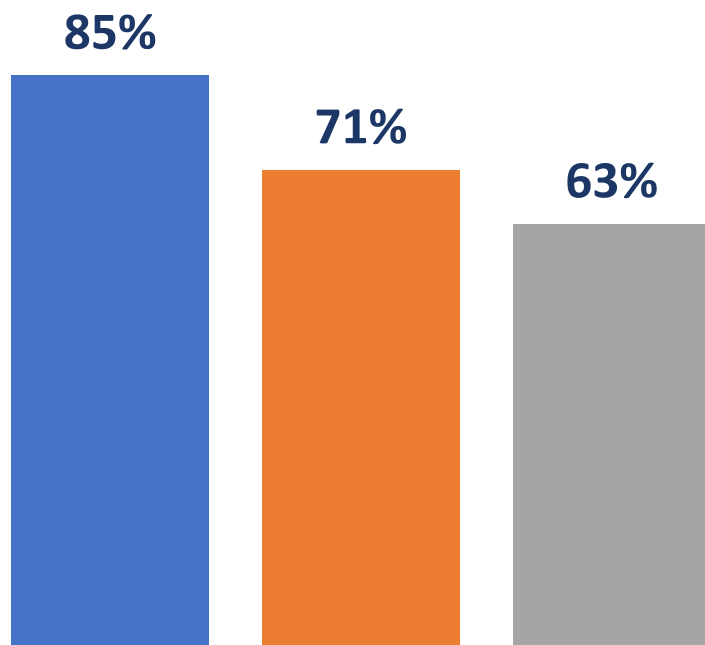
TA for SHAC



- NC Healthy Schools Site
- NC Comprehensive School Health Training Center PD
- NCDPI PD

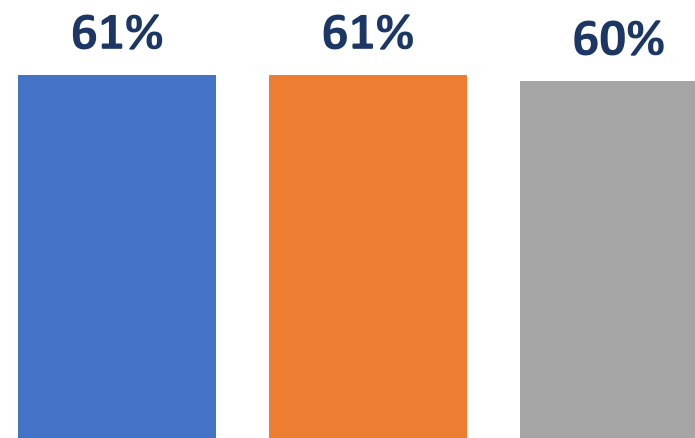
Technical Assistance Sources

TA for Local Wellness Policy



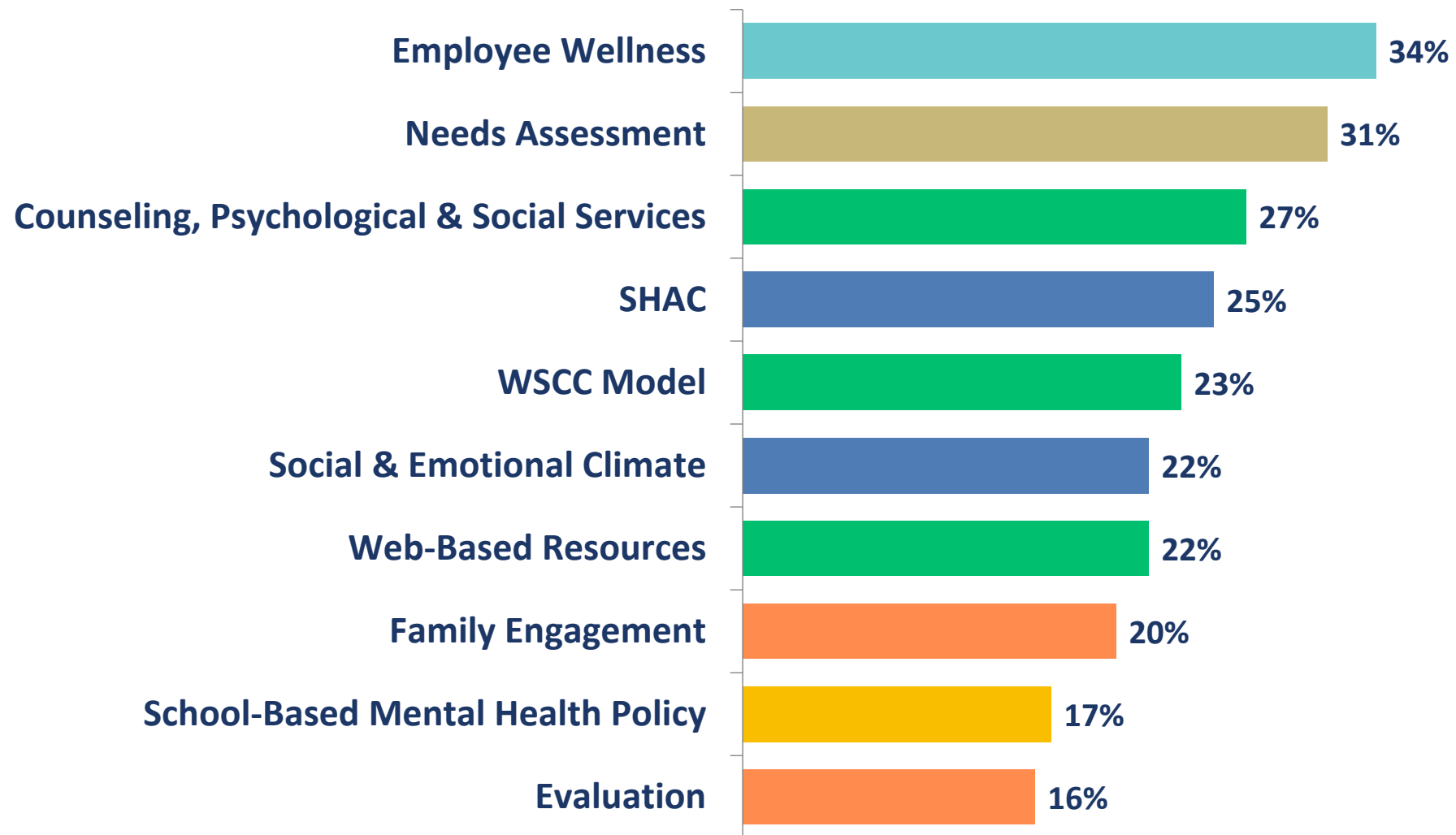
- DPI School Nutrition Site
- NC Healthy Schools Site
- Local Site Visit with DPI Staff

TA for School-Based Mental Health Policy

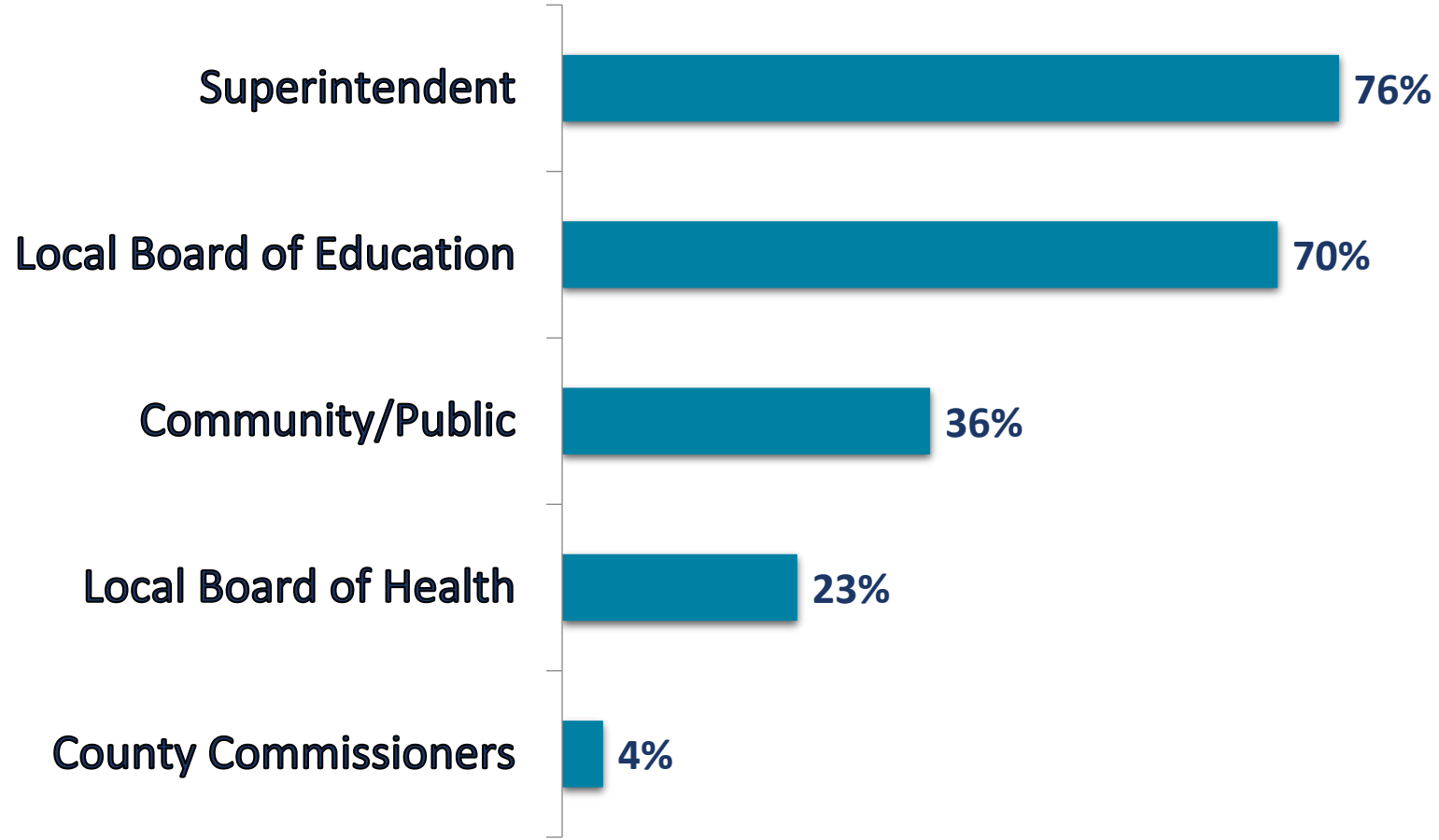


- Webinars
- Email with DPI Staff
- Phone Call with DPI Staff

Top 10 Areas Needing Additional Resources/Assistance



Who Receives a School Health Advisory Council Report?



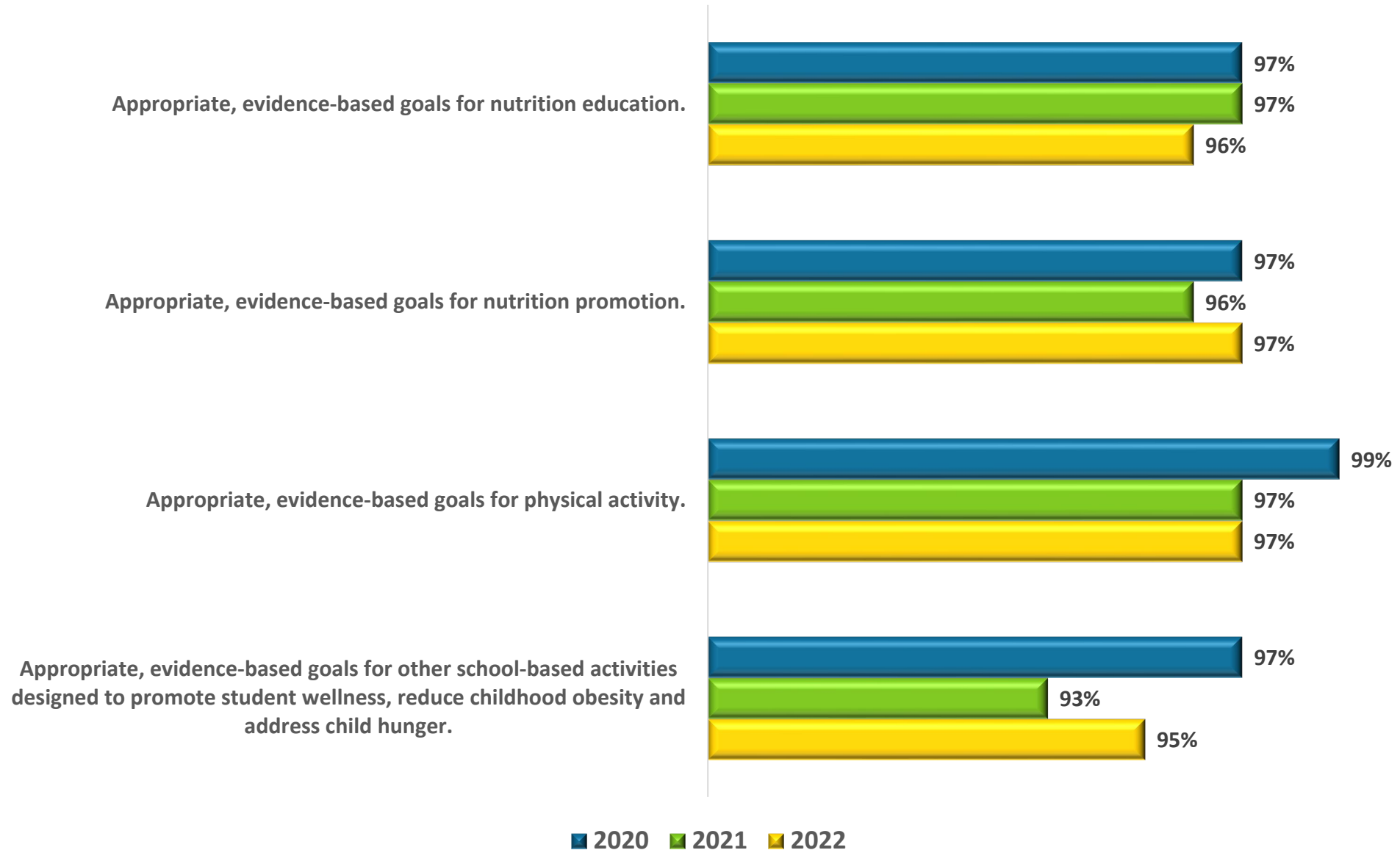


**Nutrition
Environment
& Services**

Local Wellness Policy Highlights



Local Wellness Policy Includes...



Local Wellness Policy Includes...

Nutrition guidelines for all foods and beverages sold on each school campus during the school day that are consistent with Federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards.



Nutrition guidelines for all foods and beverages provided but not sold on the school campus during the school day, such as foods and beverages brought into the classroom for parties and events.



Policies for food and beverage marketing that restrict marketing and advertising to only those foods and beverages that meet Federal regulations for school meals nutrition standards and Smart Snacks in Schools nutrition standards.



Involvement of families, students, reps of the school nutrition program, teachers of Phys. Ed., school health professionals, school board, school administrators & the public in development, implementation & periodic review & update of the LWP.



■ 2020 ■ 2021 ■ 2022

Local Wellness Policy Includes...



Success Story Themes Across the State

- Nutrition
- Mental Health Needs
 - Telehealth
 - Adding SISIP positions
- Community Partnerships
- School Safety
 - Physical, Mental, & Emotional
- SHAC Engagement in COVID
 - Vaccinations
 - Testing





Healthy Children
Learn Better!