

# Healthy Active Children Policy Report 2023

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

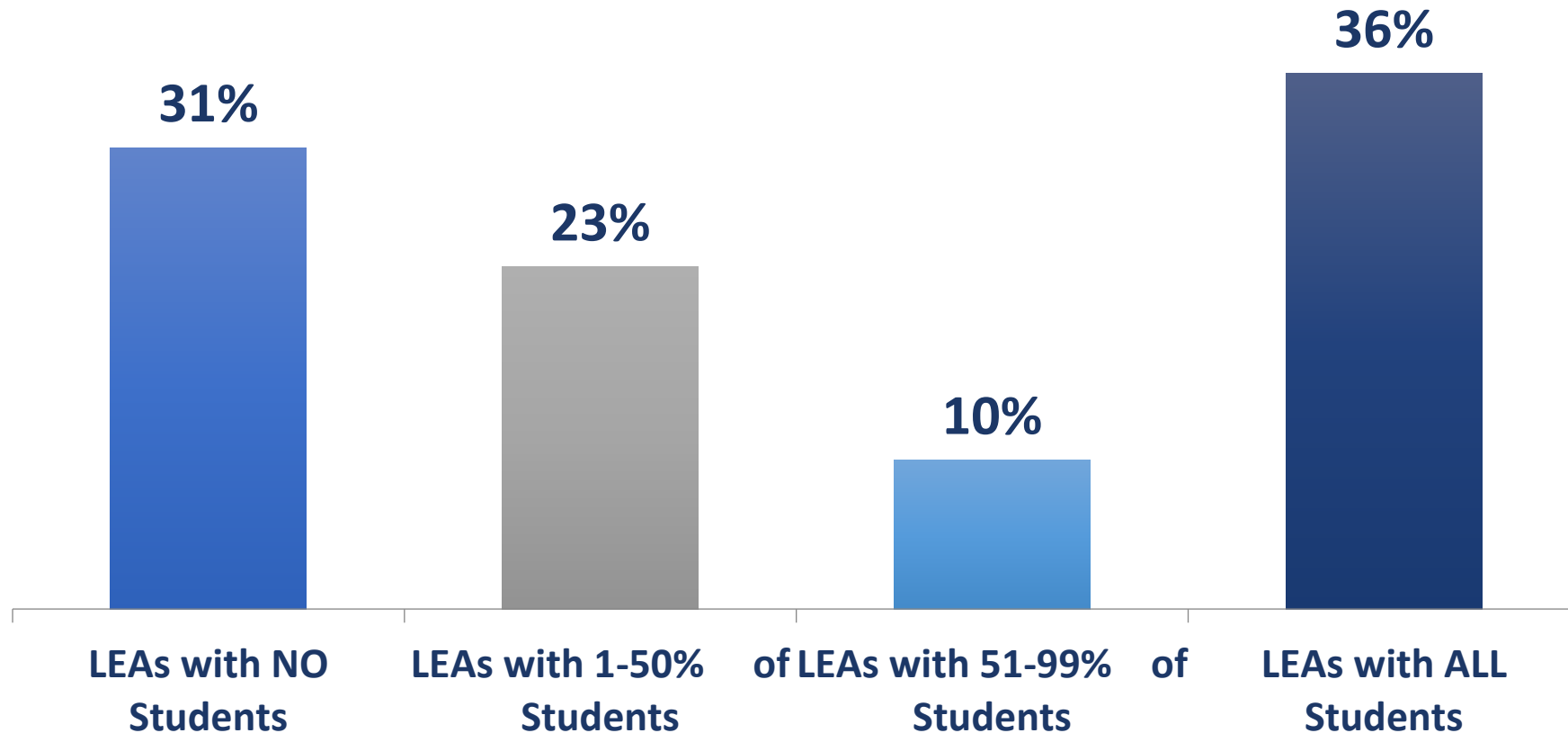
# 2023 Healthy Active Children Policy Report Key Points



- **100%** of LEAs Responded (115/115)
- **50%** of School Health Advisory Councils met at least quarterly
- **72%** of School Health Advisory Councils provide annual reports to their local Board of Education
- **63%** of schools provided staff wellness programs

# Physical Education & Physical Activity

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

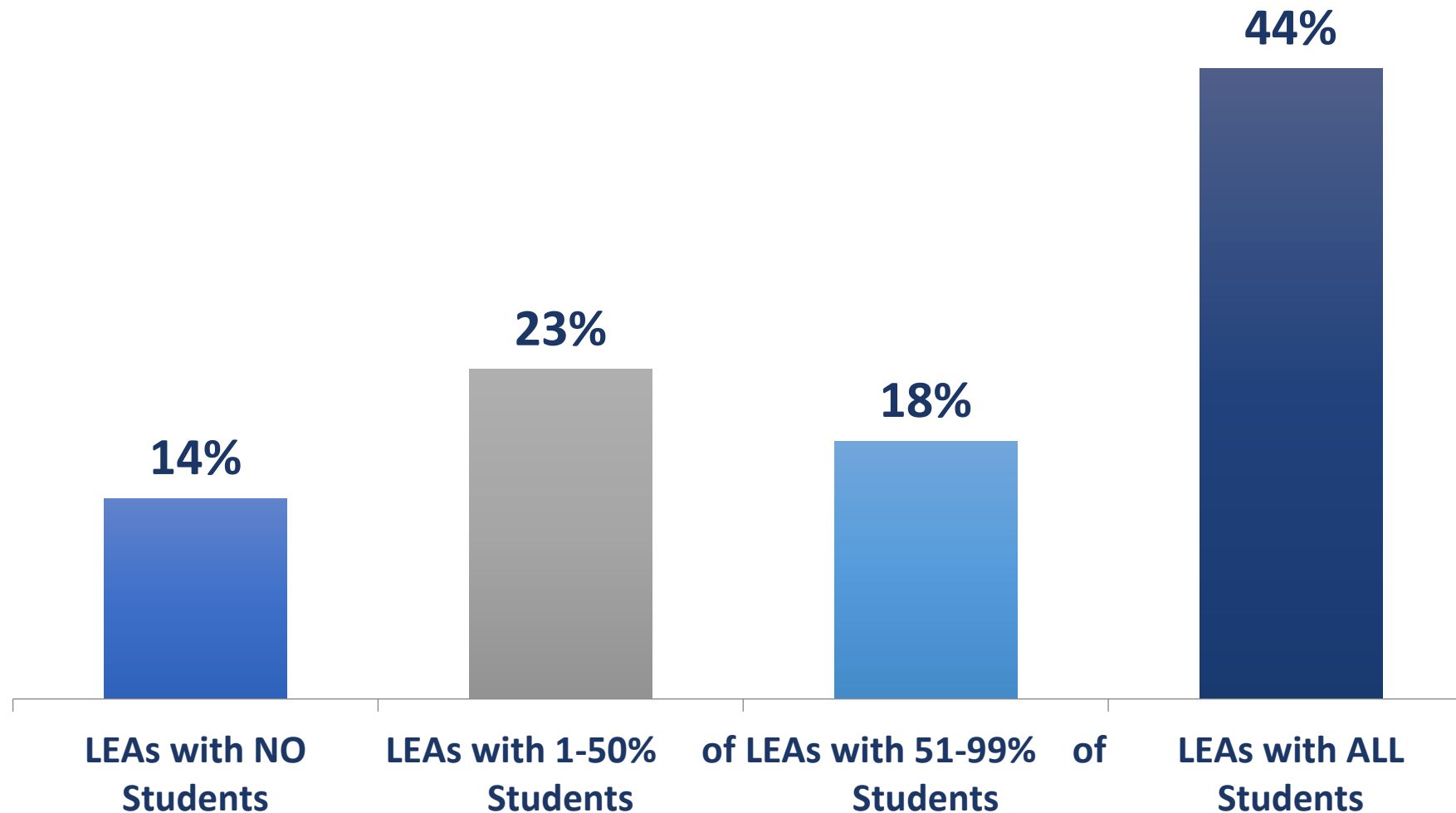




**Health  
Education**

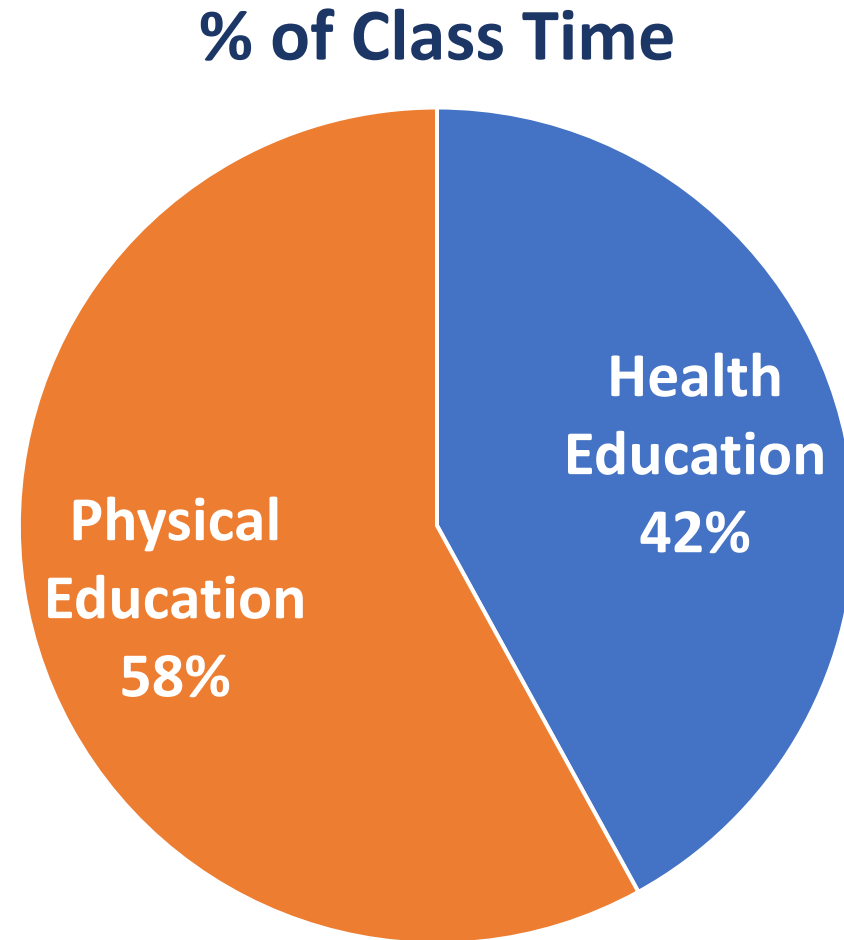
**Physical  
Education &  
Physical Activity**

# Middle School Students Receiving 225 Minutes per Week of Healthful Living

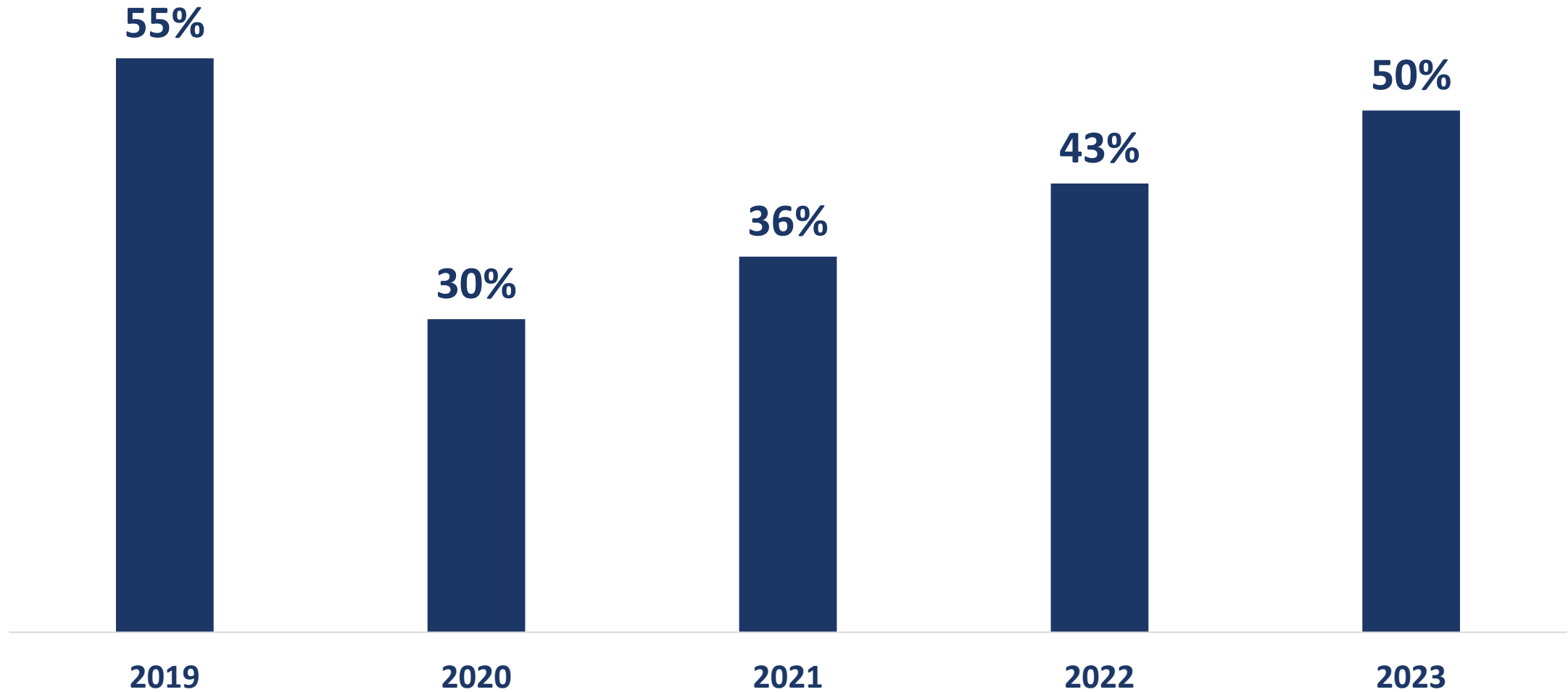




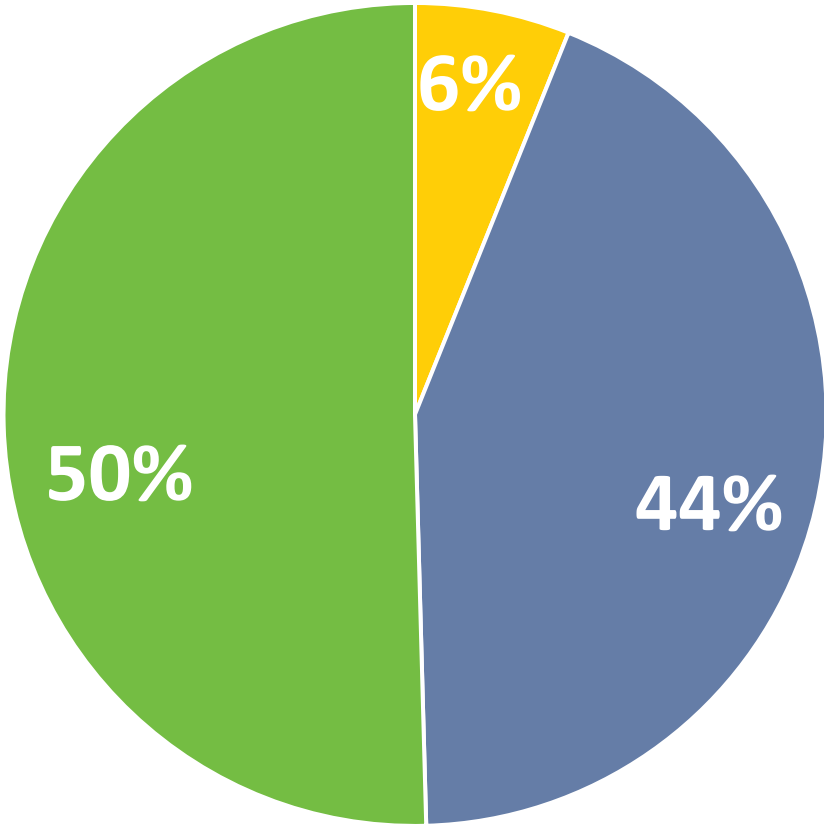
# How are Middle School Healthful Living Courses Divided Into Physical Education and Health Education?



# School Health Advisory Councils Who Met At Least Quarterly



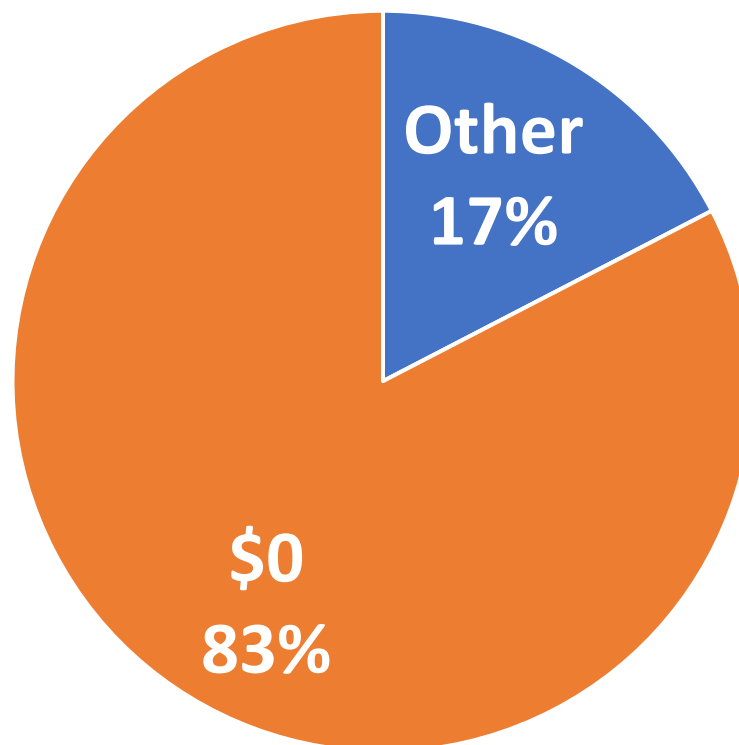
# Frequency of School Health Advisory Council Meetings



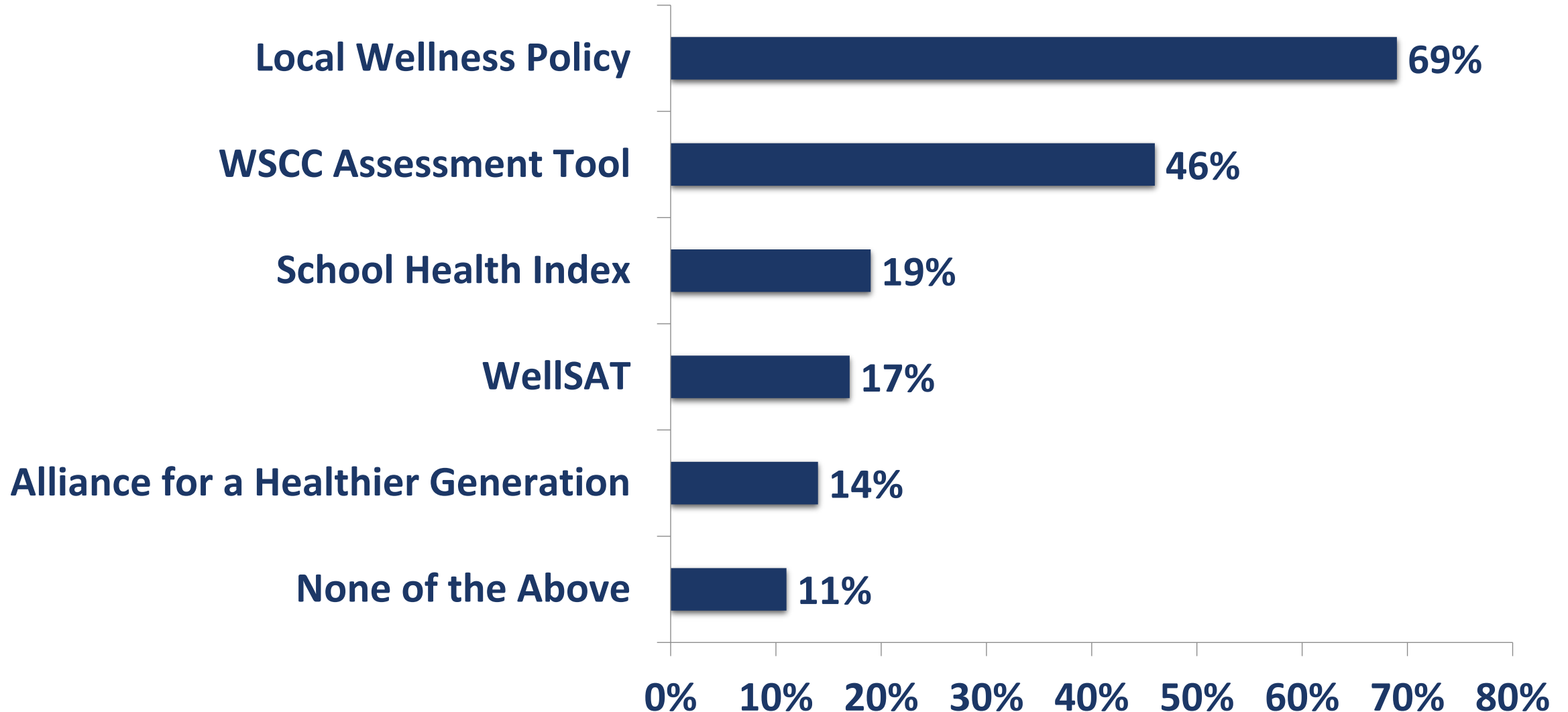
■ 0 Times   ■ 1-3 Times   ■ 4-12 Times

# How much local funding is allocated for your SHAC?

- 95 LEAs responded \$0



# School Health Assessment Tools



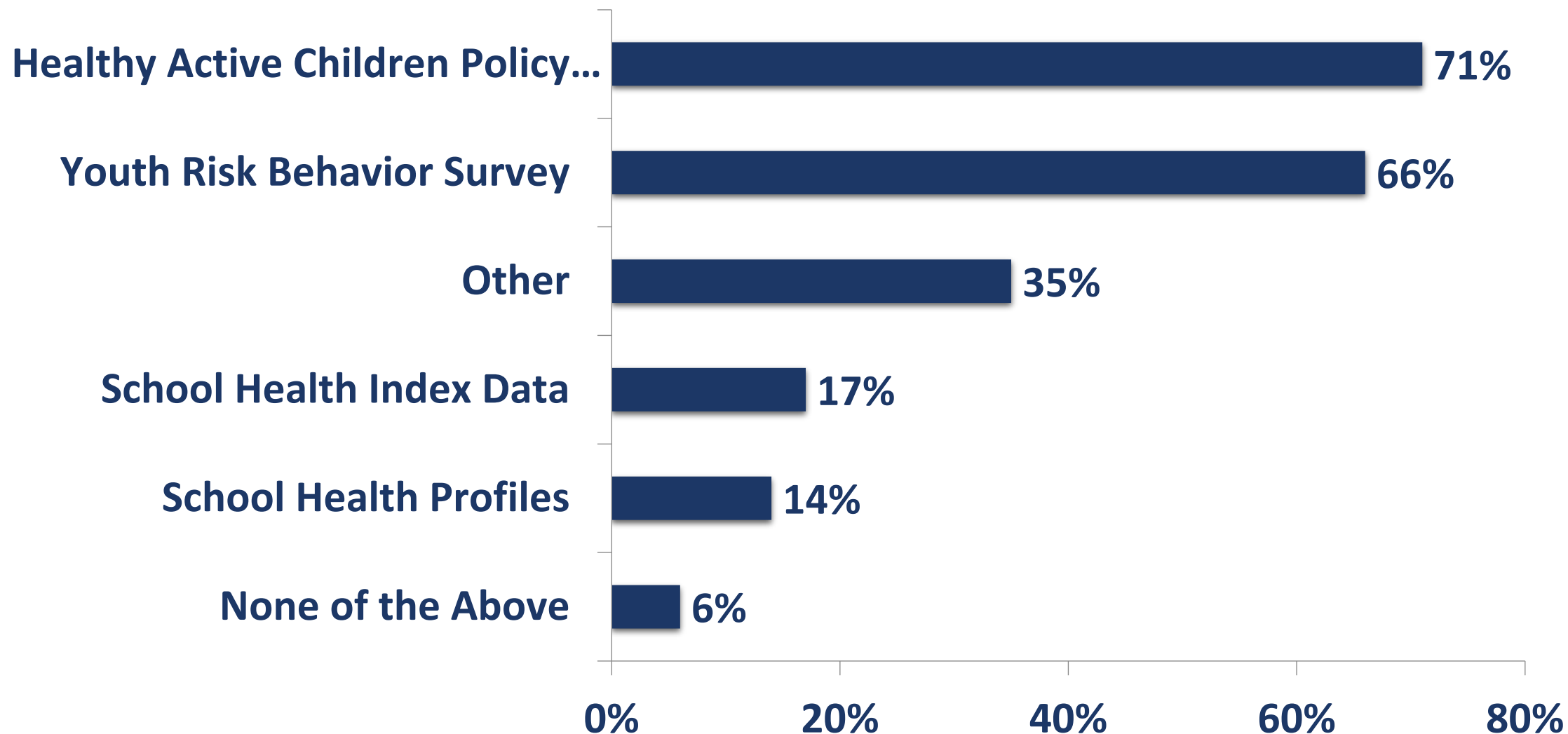
# WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD

Healthy Children  
Learn Better

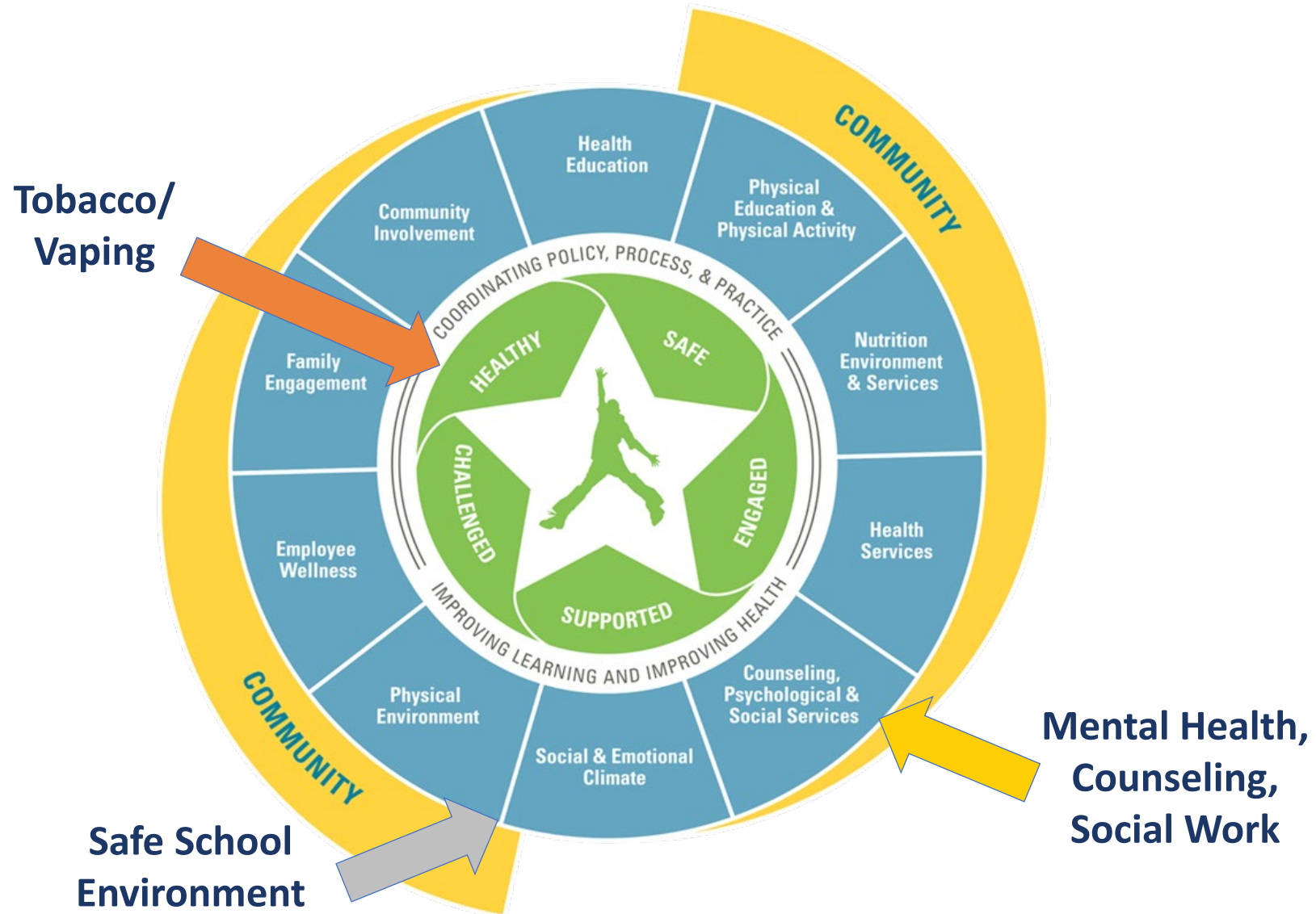


[WSCC Measures Assessment Tool Link](#)

# Reports Used to Inform Work

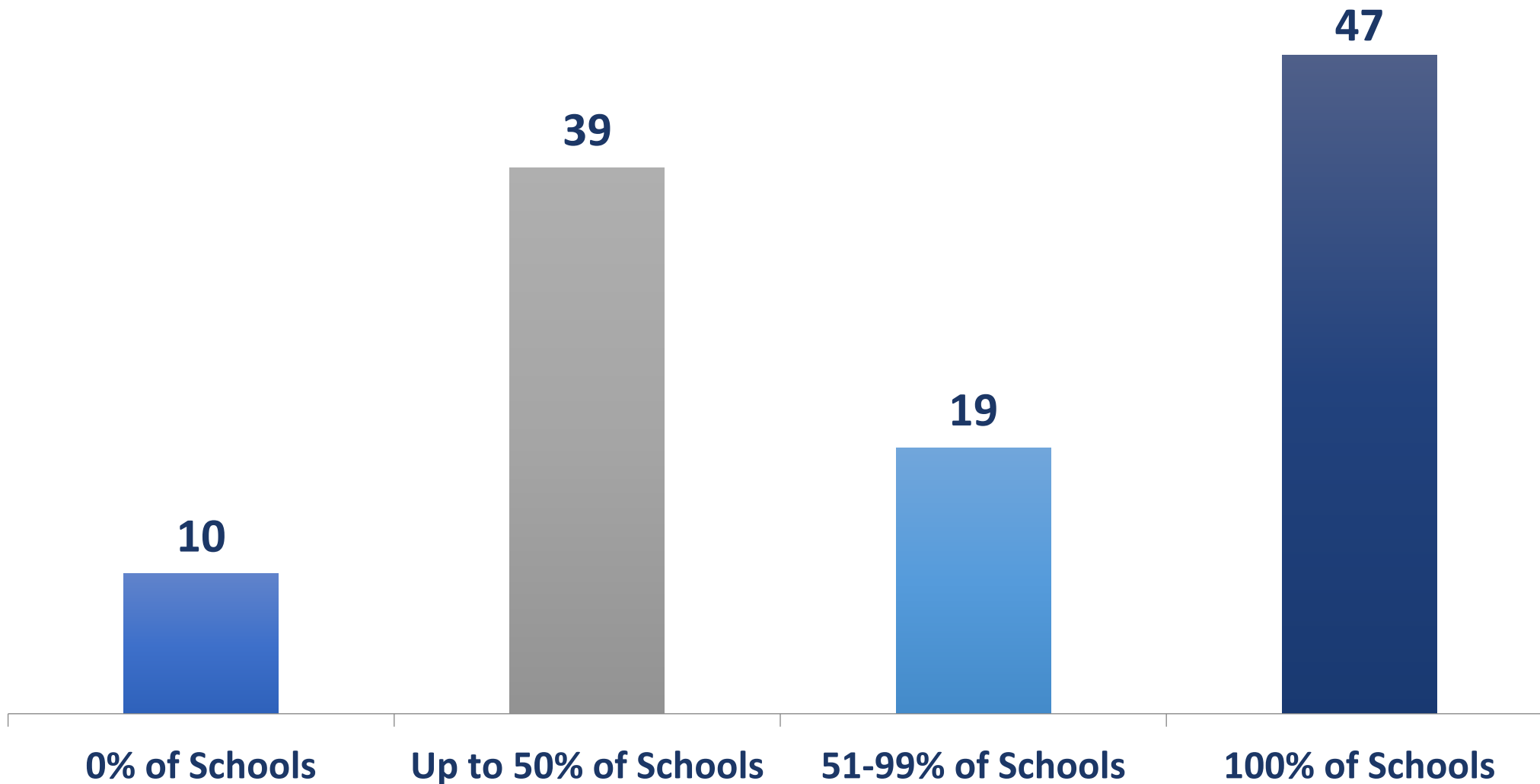


# Top Areas of Focus



# Employee Wellness

# Number of LEAs Providing Staff Wellness Programs



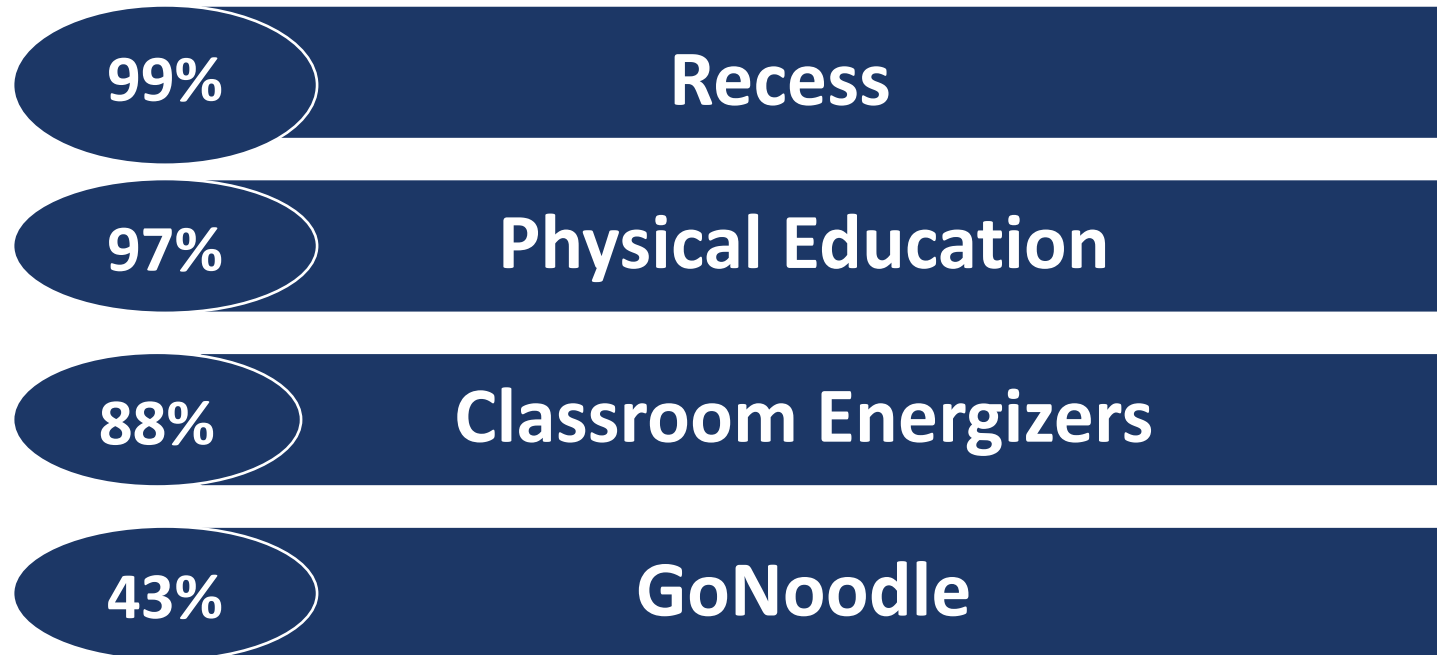
# Physical Education & Physical Activity

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

99% - Yes

1% - No

Most common methods used to provide physical activity:

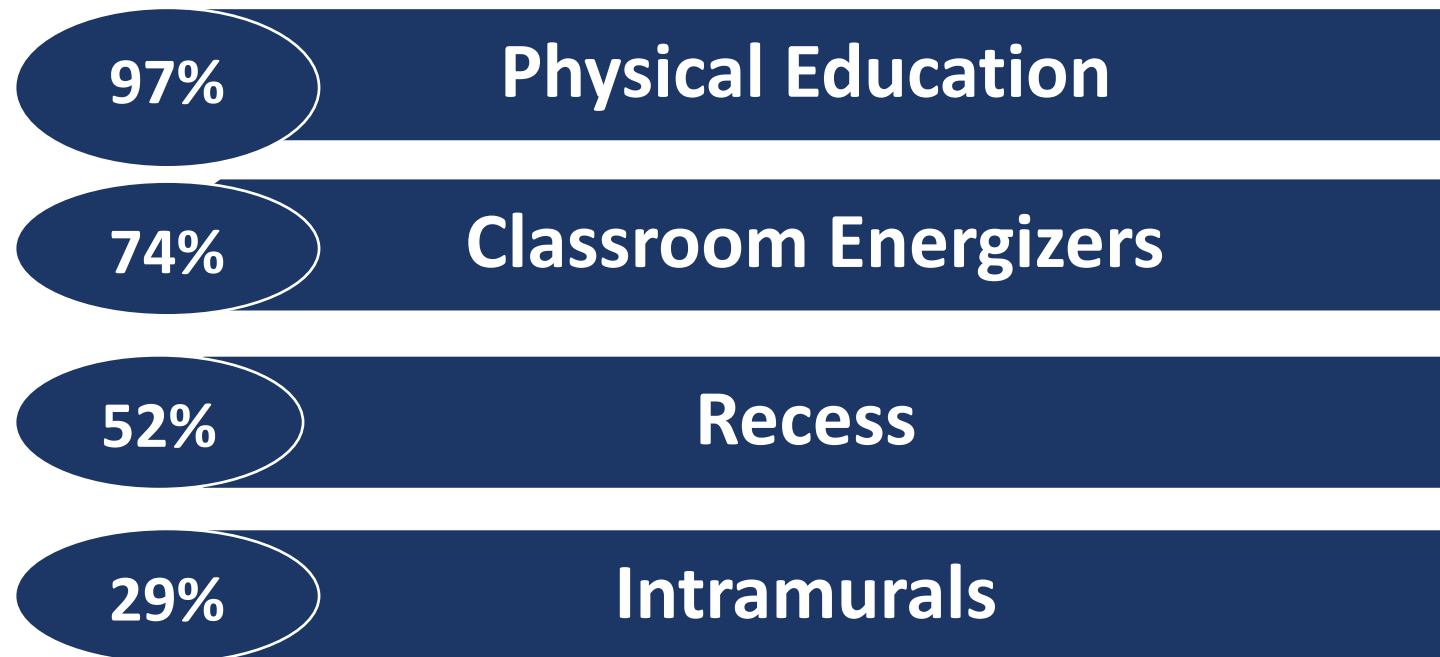


# ALL LEA Middle Schools Provide 30 Minutes of Daily Moderate to Vigorous Physical Activity

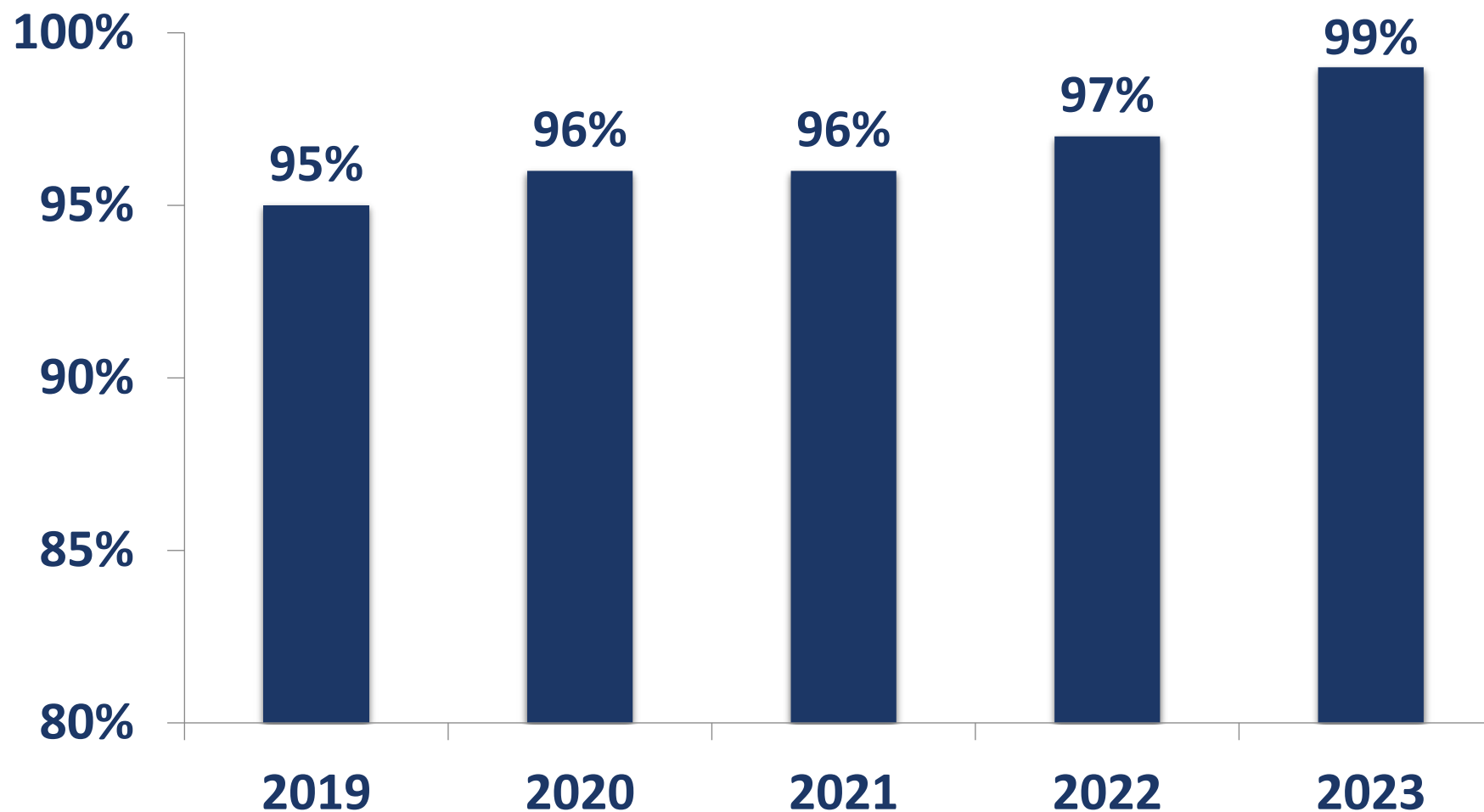
76% - Yes

24% - No

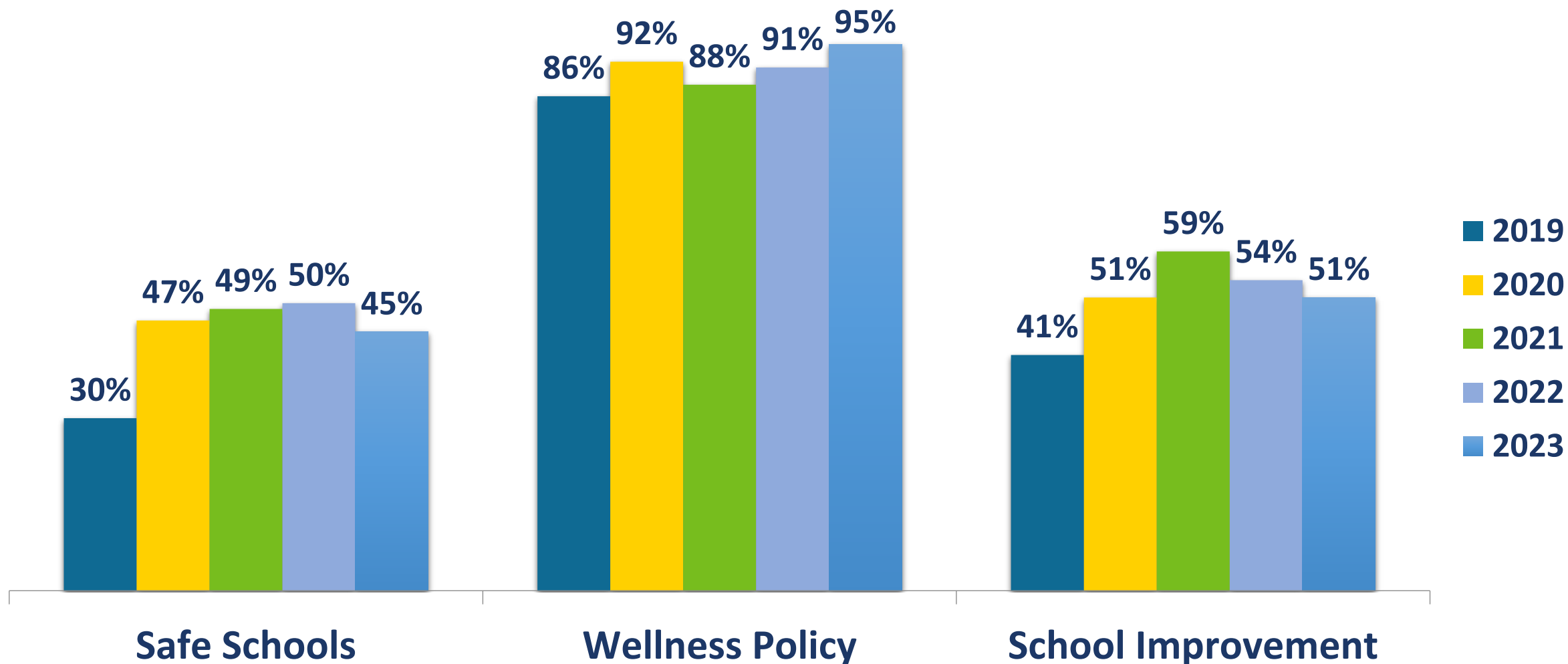
Most common methods used to provide physical activity:



# % 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

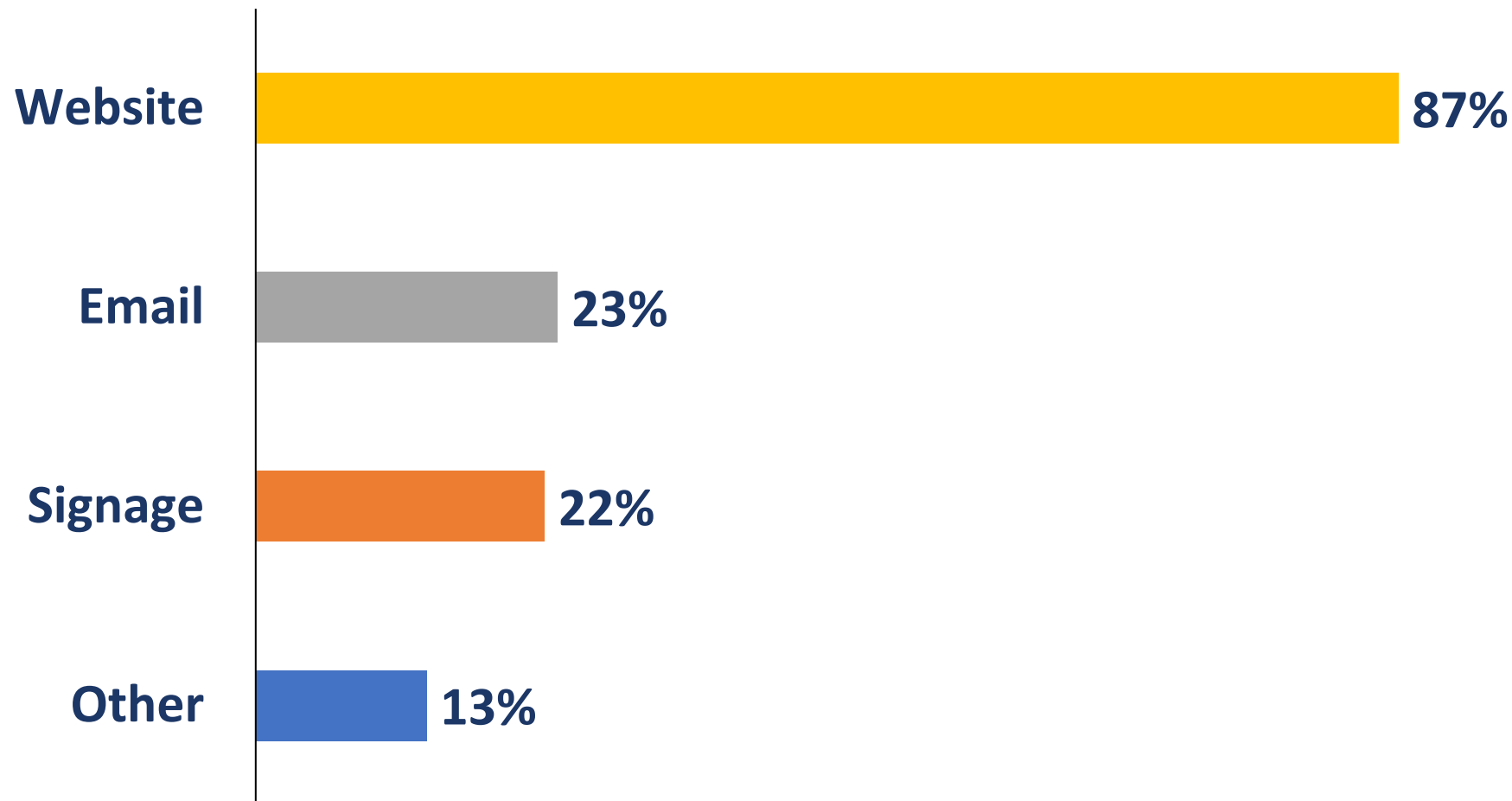
94%

- 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

92%

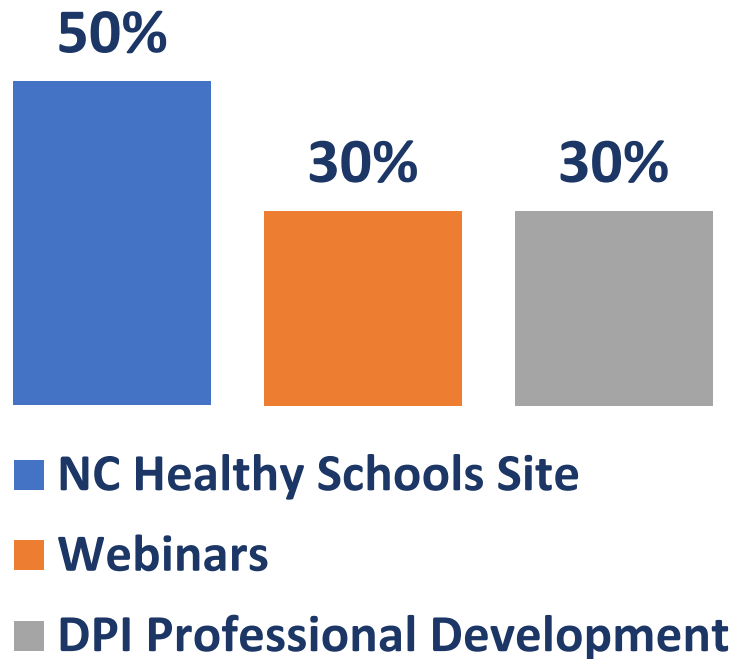
- Local policy that reflects the Healthy Youth Act

98%

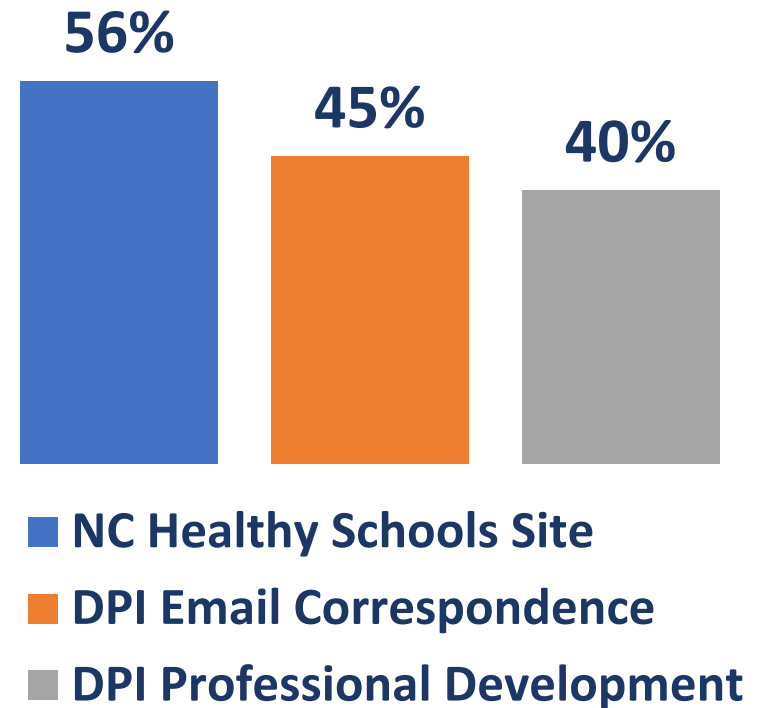
- Local policy that reflects the School Violence Prevention Act (Bullying and Harassment)

# Technical Assistance (TA) Sources

## TA for WSCC Model

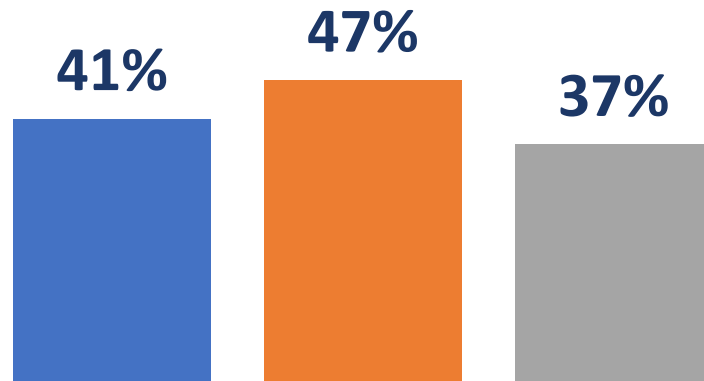


## TA for SHAC



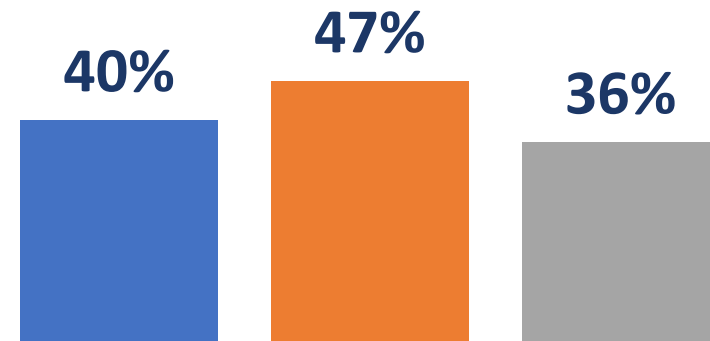
# Technical Assistance (TA) Sources

## TA for Local Wellness Policy



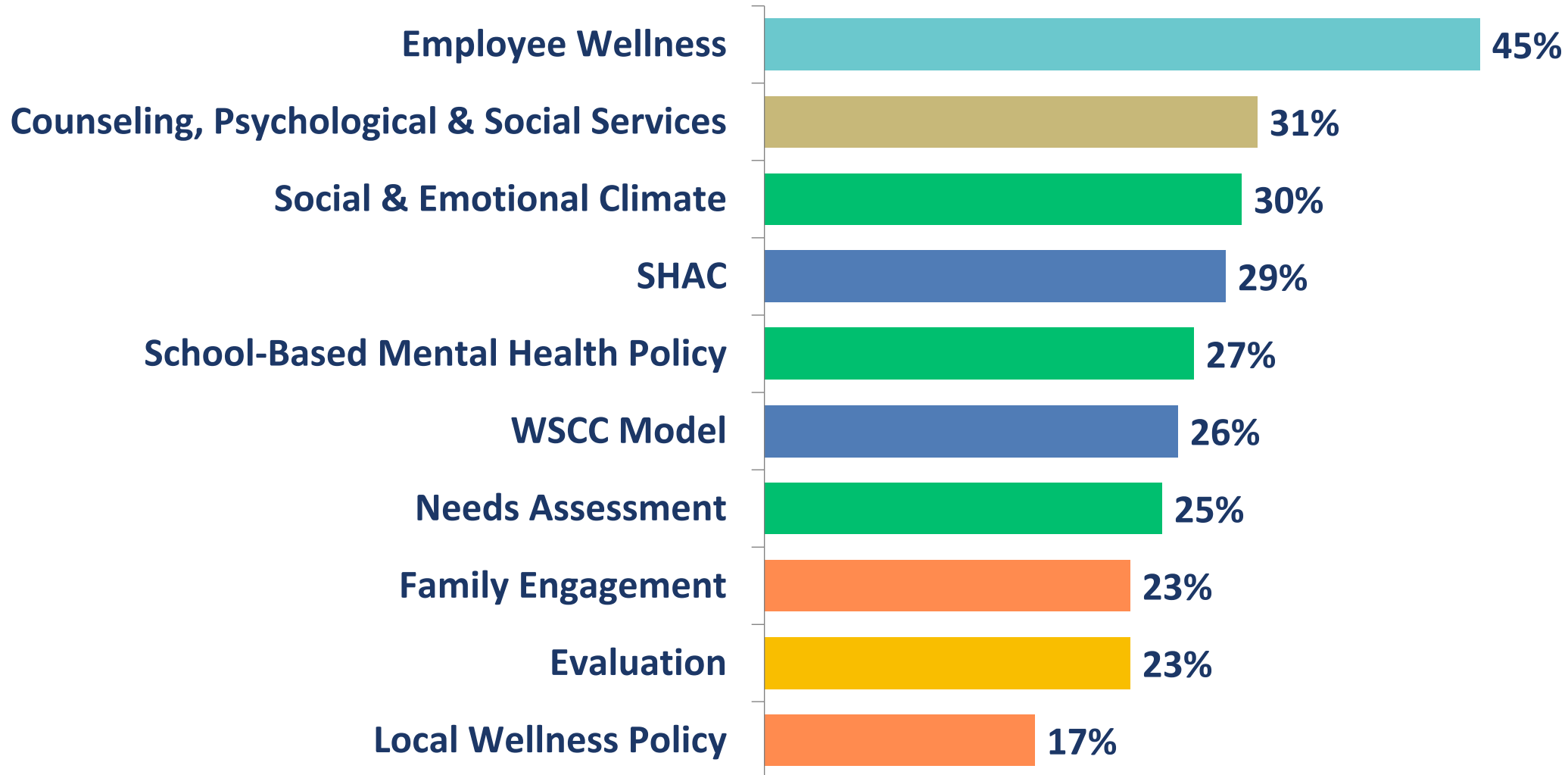
- DPI School Nutrition Site
- NC Healthy Schools Site
- DPI Email Correspondence

## TA for School-Based Mental Health Policy

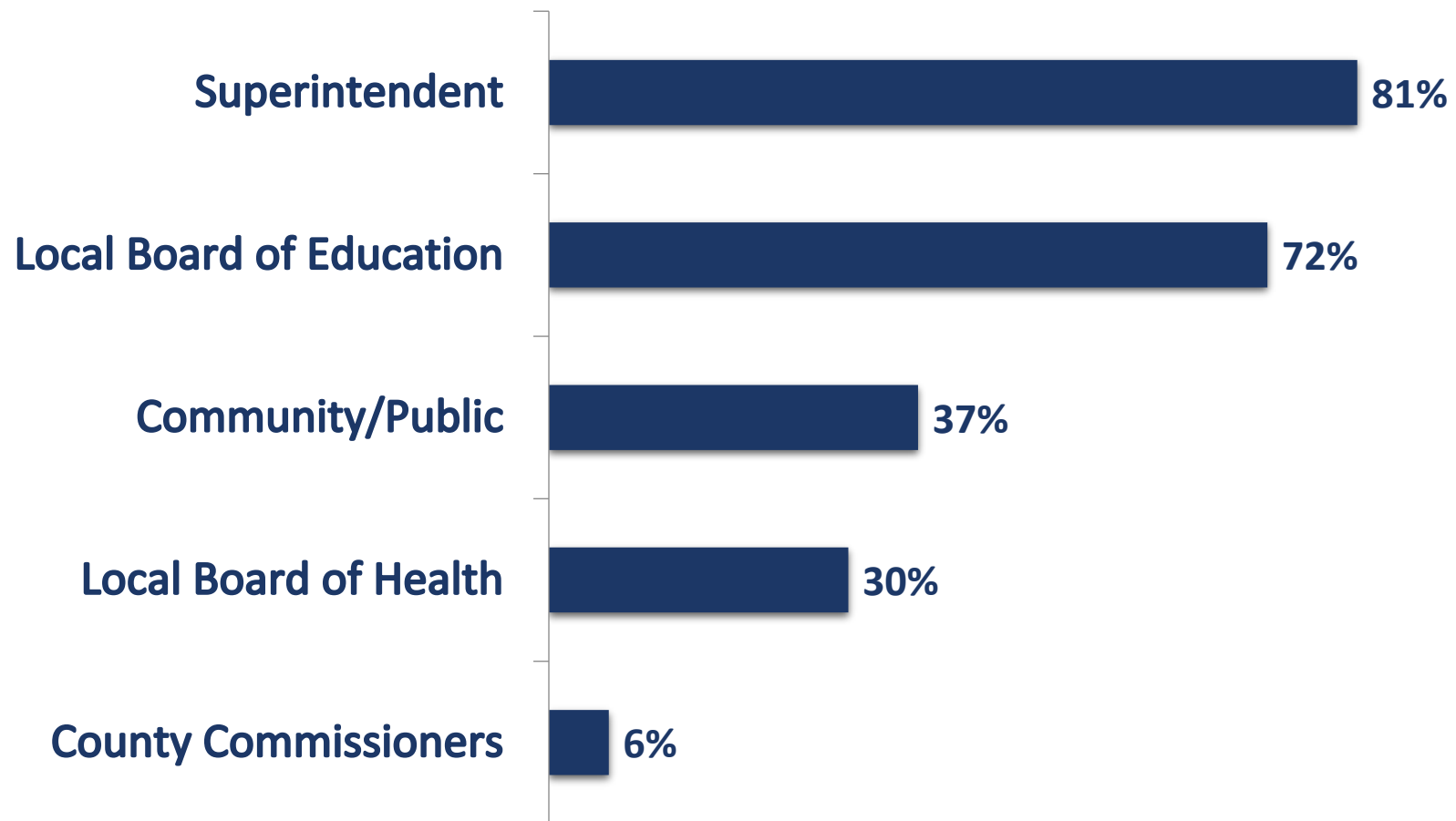


- NC Healthy Schools Site
- DPI Email Correspondence
- DPI Professional Development

# Top 10 Areas Needing Additional Resources/Assistance



## Who Receives a School Health Advisory Council Report?

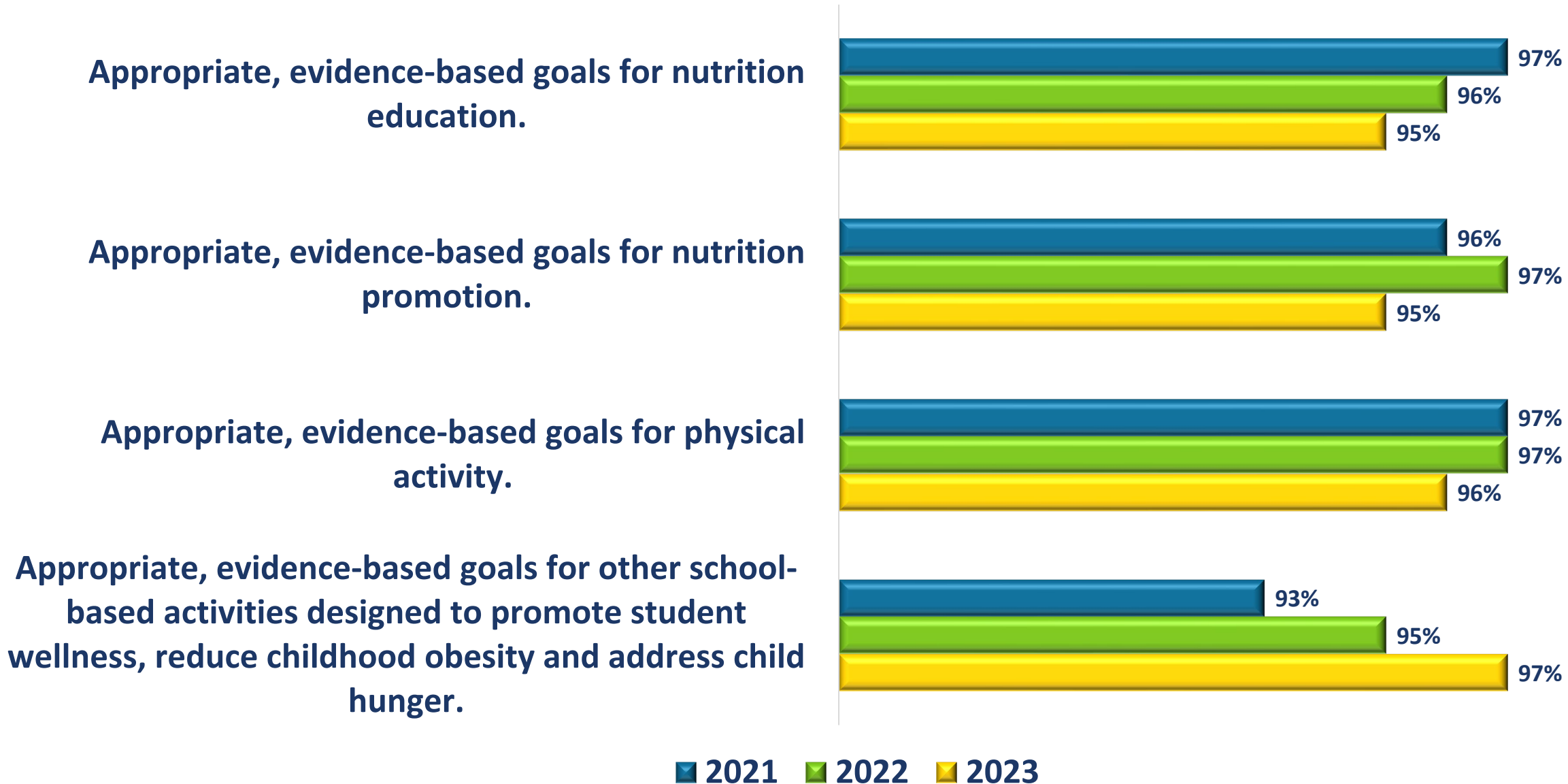


# Nutrition Environment & Services

# 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.



■ 2021 ■ 2022 ■ 2023

# Local Wellness Policy Includes...

Communication to the public about the content and implementation of the Local Wellness Policy.



A plan for measuring implementation of the Local Wellness Policy, including designation of an LEA official to maintain responsibility for Local Wellness Policy implementation, compliance and reporting to the public.



Periodic measurement & assessment, publicly available on LWP implementation, including extent which schools are in compliance with the LWP, extent to which the LWP compares to statutory req., & description of progress made attaining the goals of the LWP.



■ 2021 ■ 2022 ■ 2023



# Themes Across the State

- Addressing Vaping
- Mental Health
  - Students & Staff
- Community Partners
- Health Fairs
- Increasing SHAC members
- Celebrating Successes







Healthy Children  
Learn Better!