

Healthy Zone School Recognition Program

An Evidence-Based Framework for Implementing Health Programming in Schools

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Keys to Success



This depicts the needs assessment process and each question below corresponds to a step.

Needs: If you had the power to change one thing on your campus, what would it be?

Goals: After you have identified your need, set goals

Barriers: Discuss any barriers you might face when making this change

Resources: Discuss what type of resources you would need and brainstorm how you would access them

Components of a successful health and wellness program:

Level 1: Creating Awareness

Level 2: Promotion

Level 3: Creating Sustainability

*Please reference the Activities Menu on the Healthy Zone website for activity ideas for each level.

Access **free resources** from Healthy Zone School Recognition Program® by making an account at <http://www.healthyzoneschool.com/>

National School-Based Health and Wellness Programs

Do not have access to the Healthy Zone Program in your area? Join these national programs.

- **Fuel Up to Play 60:** <http://www.fueluptoplay60.com/>
- **NFL Play 60 Challenge:**
http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/NFL-PLAY-60-Challenge-Page_UCM_304278_Article.jsp
- **ASCD's Whole Child, Whole School, Whole Community:** <http://www.ascd.org/whole-child.aspx>
- **Alliance for a Healthier Generation:** <https://www.healthiergeneration.org/>
- **School Health Index:** http://nccd.cdc.gov/DASH_SHI/default/Login.aspx

Tweet us!

- Reminder: Use #HealthyZone or #SHAPESeattle and tweet your barrier solutions from the gallery walk.
- **Twitter Handles**
United Way of Metropolitan Dallas: @UnitedWayDallas
The Cooper Institute: @CooperInstitute

Contact Us:

- healthyzoneschool@cooperinst.org
- Visit us in the exhibit hall at The Cooper Institute Booth.