

# School's in Session!



Public Health-School District Partnership

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# Objectives

- o Identify new strategies to effectively engage school partners in SHIP work
- o Compare and contrast different models for school community engagement: wellness committees and School Health Advisory Councils (SHACs)
- o Successes and challenges of school-public health partnerships

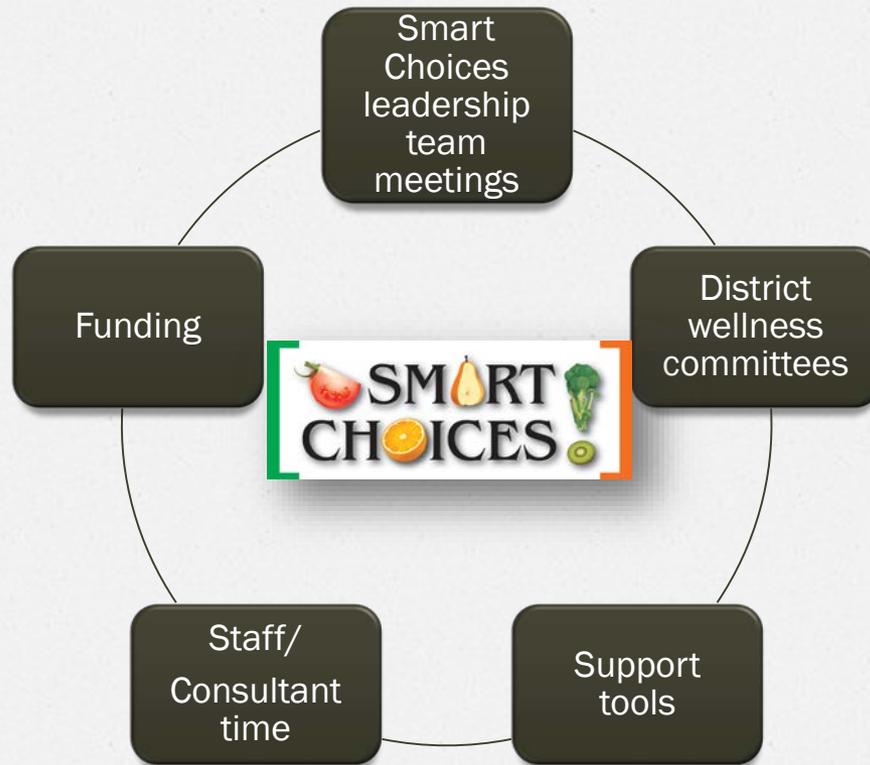
# About Smart Choices

- o A model for creating a healthier school environment in Dakota County
- o Launched in 2009
- o Goals have remained the same:
  - o Support healthy eating and physical activity
  - o Increase the availability and consumption of healthy foods
  - o Decrease consumption of unhealthy foods
  - o Increase physical activity before, during and after school
  - o Sustain efforts through policy, system and environmental changes



# Smart Choices

*not so secret recipe...*



# 1. District Wellness Committees

- o Currently partner with 7 of 9 Dakota County school districts
- o Support districts in identifying co-chair(s), establishing committee infrastructure and in sustaining committees
- o Committees consist of district food service, health coordinators, RNs, PE and classroom teachers, principals, Superintendents, parents

## 2. Smart Choices Leadership Team Meetings

- o Convene meetings 3 times per year  
(October, January, April)
- o Attended by co-chairs from each district
- o Meetings consist of:
  - o 1 part networking/sharing
  - o 1 part education – new information/resources



### 3. Staff and consultant time

- o Attend wellness committee meetings
- o Engage wellness and project champions
- o **Assist with identifying projects, assessment, planning, implementation, communication and measuring changes**
- o Contract management

# 4. Funding

- o Schools awarded funds for projects through a competitive action plan/funding request submission process
- o Districts must demonstrate:
  - o Need and goals for a PSE project
  - o Leadership support
  - o Ability to engage key stakeholders (staff, students, etc.)
  - o Ability to sustain project after funding ends

# 5. Supportive tools

*some of our favorites...*

## o Smart Choices Toolkit

### Toolkit contents

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Each topic area contains the following content to ensure student wellness policy, system and environmental changes are successfully implemented and sustained.



**Objective**



**Success Stories**



**Key Messages**



**Sample Policy Language**



**Key Strategies**



**Key Resources for  
Implementation**

## 5. Supportive tools

*some of our favorites...*

- o Menu of Project options
- o Action Plan template
- o School Health Index analysis and presentation template
- o Sustainability checklist
- o Annual committee member feedback form

# ISD 197's history of collaboration with Dakota County on student wellness

## *So how is it going?*

- o How taste testing opened the door to lasting success
  - o Initial buy-in
  - o Successes to date
- o Setbacks, challenges
- o Continued growth: creation of a School Health Advisory Council



# School Health Advisory Council

- o A collaborative approach to learning and health  
[www.youtube.com/watch?v=x1kURnZXsd0#t=28](http://www.youtube.com/watch?v=x1kURnZXsd0#t=28)
- o A group of individuals representing different segments of the community, who collectively act to provide advice to a school on aspects of the school health program and help identify health problems and concerns, set priorities, and design solutions.



# Steps to Develop our SHAC

Spring  
2013

- Applied for American Academy of Pediatrics TEAMS grant (Stacie, local health care provider, public health)
- (*TEAMS = Training Education Assistance Mentorship & Support*)

2014-15  
school year

- Application approved – first team accepted in Minnesota!
- Developed TEAMS committee
- Completed AAP's HATS survey (Health Assessment for Schools)

2015-16  
school year

- Formed SHAC workgroup that meets quarterly
- Using School Health Index results completed by all 8 schools participating on wellness committee to guide work plan for 2016-17 school year

# Wellness Committee vs. SHAC

## Wellness Committee:

- o Focus on nutrition and physical activity
- o Movers and shakers
  - bring back to school leadership, classrooms, etc.

## SHAC:

- o 10 areas of school wellness
- o Advisory group to district, board
- o Greater community presence

*Wellness committee happenings shared with SHAC workgroup*

# Year 1 (2014-15)

- o TEAMS committee goal:
  - o To develop a long-term sustainable system that ensures high quality health services in every school
- o Complete HATS assessment:
  - o Gold standard for comprehensive school health services
  - o Assess the quality and comprehensiveness of school health services, infrastructure and strength/implementation of school health policies
  - o Identify areas for improvement

# Year 2 (2015-16)

- o Formed the SHAC workgroup
  - o On-going advisory group of engaged staff from the school, community members and parents
  - o Discussed data & information available:
    - o HATS survey
    - o Committee key priority survey
    - o School Health Index (completed by wellness committee)
    - o Presentations by community leaders

# Questions? Comments?



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