

Healthy Kids, Smart Kids™

Healthy Behavior
School Wellness Program

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Healthy Kids, Smart Kids is...

Effective, Fact-based, Outcome Driven School Wellness Program

- Targets nutrition, physical activity, and curriculum
- Creates healthy environment and changes behavior
- Comprehensive, integrated into school culture
- Planned, managed, and measurable

Asset to Students, Schools, and Extended Community

- Improves students health, behavior, & academic performance
- Improves school discipline, academic standing, staff morale
- Influences home healthy behavior, community support for school

Sustainable, Replicable, and Scalable

- Began at Browns Mill Elementary in 1999, continuous developments
- Replicated in Fulton County Clusters(2), 19 schools, 20K students

Public Health Benefit

- Effective Intervention Against Childhood Obesity

Nationally & Globally Recognized:





Mission : Improve Student Quality of Life

- **Our Goals Target Healthy Behavior**
 - Improve Nutrition and Physical Activity
 - Reduce Childhood Obesity and related health risks (asthma, diabetes, hypertension)
 - Improve Student Behavior & Academic Performance
- **We Focus on Changes to Student Environment**
 - Improve food & beverage choices
 - Increase time and access to physical activities
 - Increase wellness education, motivation, & expectations



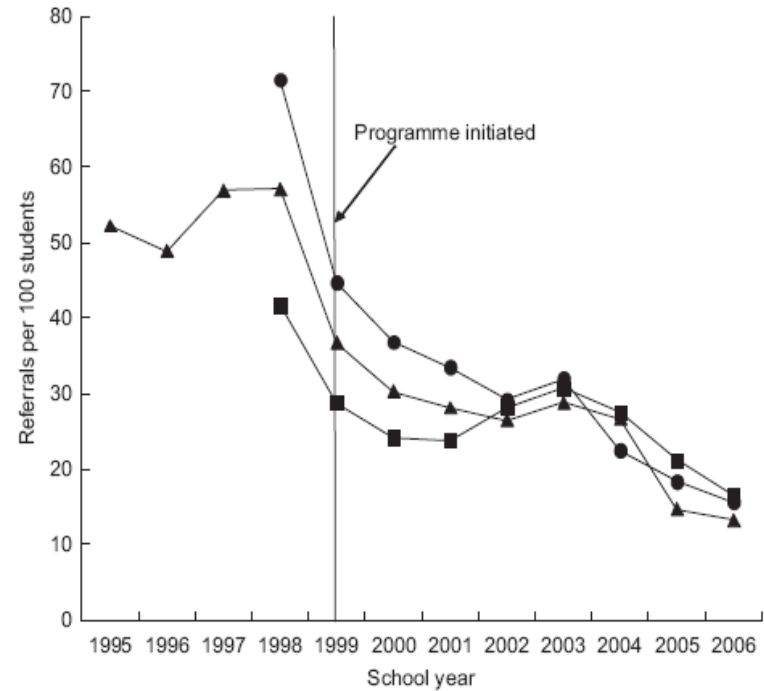


Proven Results

Positive Outcomes

- Improved students nutrition and physical activity behavior and knowledge
- Improved student healthy weight / BMI
- Reduced visits to school nurse, discipline, and counselor
- Reduced diabetic student incidents
- Improved student social behavior and test scores
- Parents adopt wellness practices at home

Browns Mills Results



Number of nurse (●), counseling (■) and disciplinary (▲) referrals by school year.



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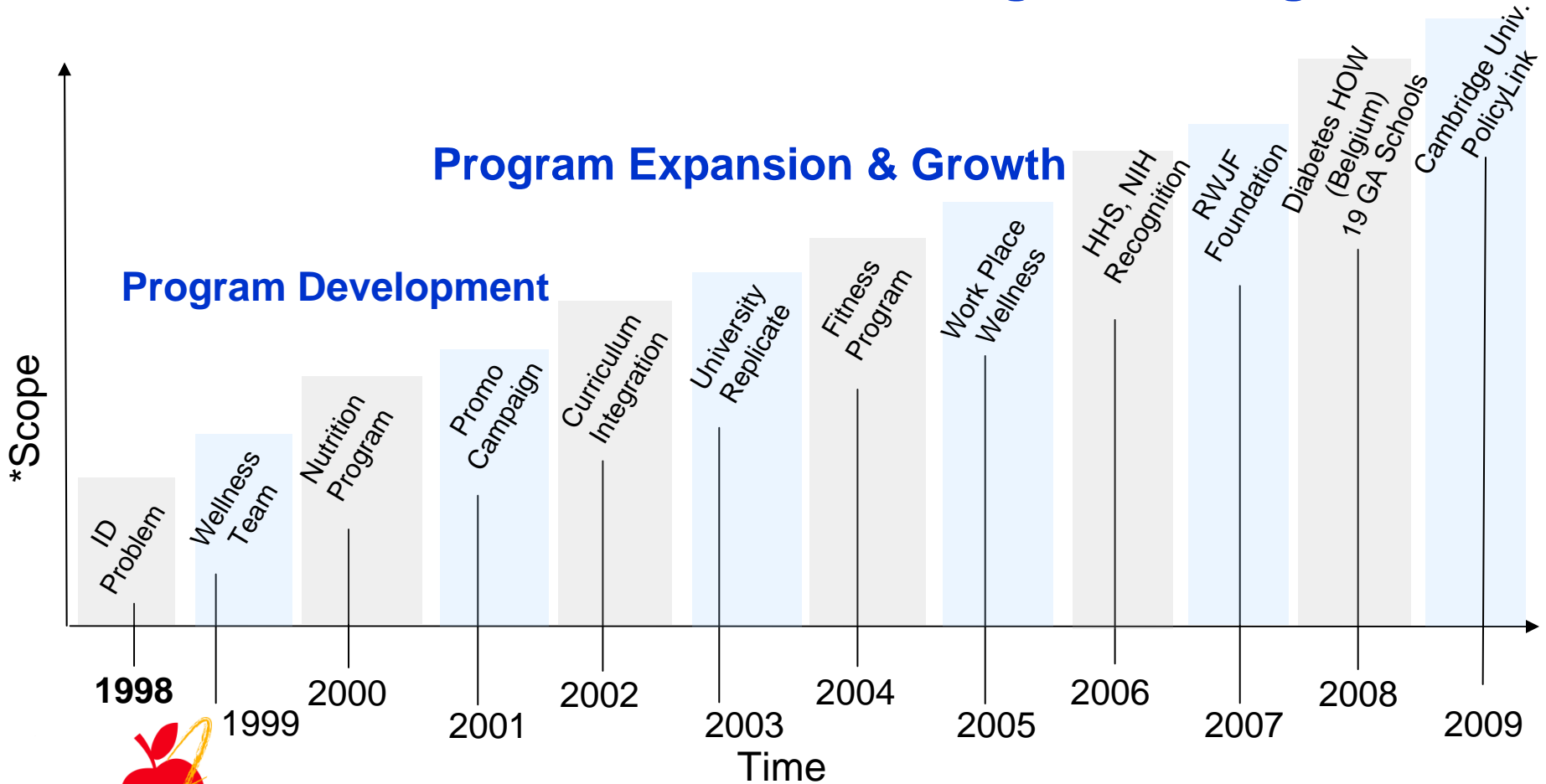


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Program Evolution

History of continuous growth and improvement

Program Recognition



* Scope: Components, students reached, community involvement increased as program evolved.



Core Teams

Subject Matter and
Business Management Expertise

Program Team

- Nutrition Behavioral Scientist
- Public Health Nutritionist
- Fitness Specialist
- Curriculum Specialist
- Nutrition & Health Promotions Specialist
- Licensed Physician
(As required)

Business Team

- Strategic & Business Management
- Project Management
- Administrator & Coordinator
- Adult Learning Consultant
- Statistician & Analyst Consultant

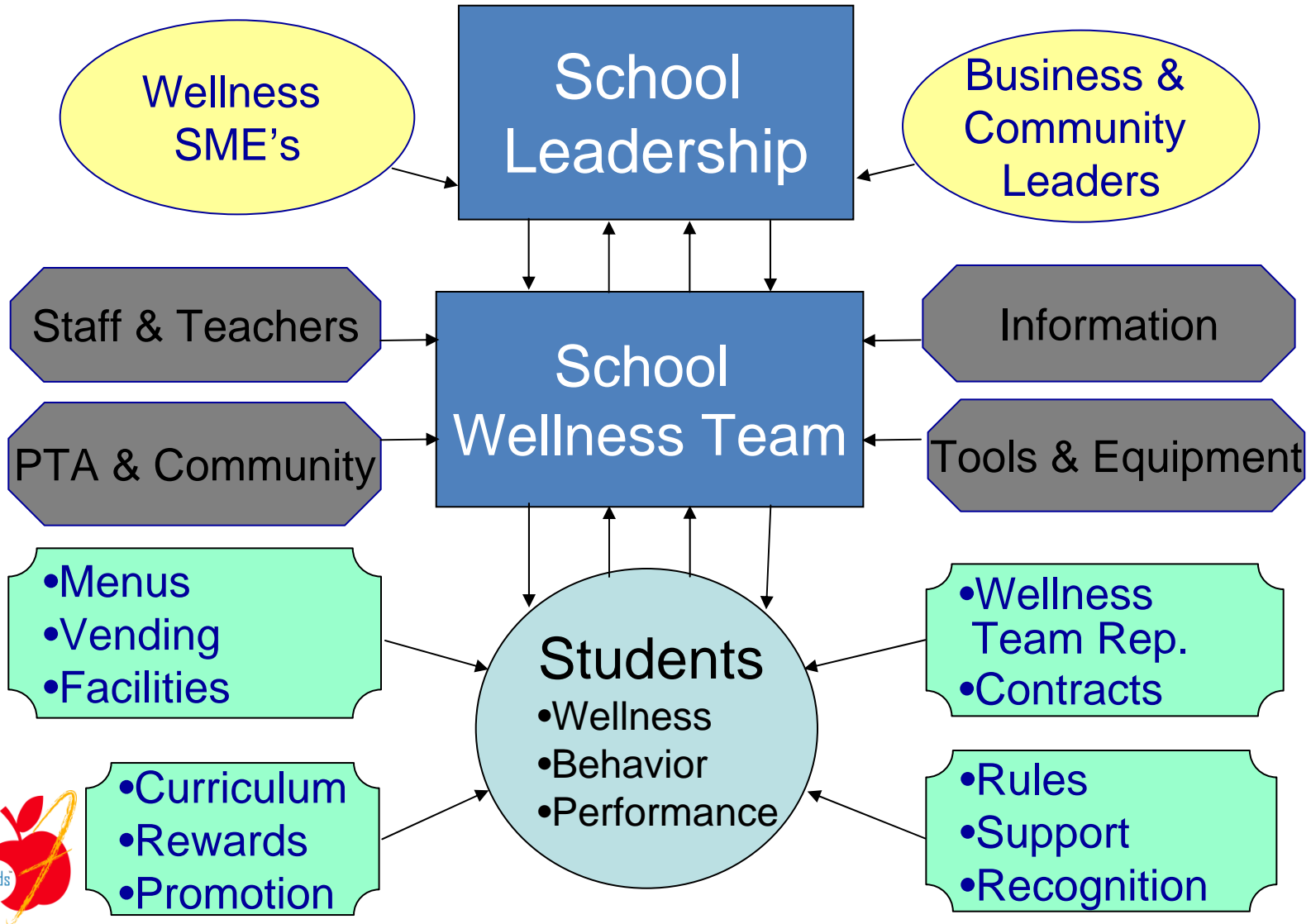


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The Model

Based on established research and sound management practices.



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School Gardens

Connecting schools to healthy food sources and small farms to the local economy.

Students

- Hands-on Learning
- Physical Activity
- Teaming Life Skills

School

- School Wellness
- Fund Raisers
- Community involvement



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Environmental & Policy Change

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- Improve Nutrition and Fitness
- Increased time and access to physical activity
- Education , motivation and expectation
- Parental involvement

Let's Move Initiative

- Ensuring access to healthy food
- Increasing physical activities in schools
- Providing healthier school environment
- Empowering parents





Summary

- Comprehensive school wellness program
- Focus on environment and knowledge
- Engages school, home, and community stakeholders
- Methodical, measurable, replicable, scalable, and expandable

We help students, staff, and families

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