



**Healthy  
People**

## Healthy People Case Study

# PROMOTING BETTER HEALTH IN SCHOOLS

### Healthy People Program Strategy Overview

We seek to influence policies and practices that increase opportunities for healthy eating and active living and, ultimately, promote healthier living and the reduction of obesity.



### GRANTEE PARTNER: ALLIANCE FOR A HEALTHIER GENERATION

The Alliance for a Healthier Generation works with schools, companies, community organizations, healthcare professionals and families to reduce childhood obesity and empower children to develop lifelong, healthy habits by transforming the conditions and systems that lead to healthier children.

### WHAT WE FUNDED

We worked alongside local partners to create a comprehensive support network to develop and sustain the Alliance's Healthy Schools Program in the Cleveland Metropolitan School District (CMSD). This program creates sustainable policy and systems-level changes across school campuses whereby healthy eating and physical activity become the norm and the easy choice for students and staff.

The Foundation's grant (\$340,000 from 2013-2015) provides operating support and funds a Program Manager, who provides technical assistance at both the district and school level and builds capacity to enhance healthy environments within all CMSD schools.

#### GOALS FOR THIS GRANT

- Leveraging the Healthy Schools Program Framework to increase and build the capacity of the CMSD and individual schools to meet comprehensive health and wellness practices and policies, including:
  - School Health and Safety Policies;
  - Health Education;
  - Physical Education and Other Physical Activity Programs;
  - Nutrition Services;
  - Health Promotion for Staff;
  - Family and Community Involvement.
- Increase the number of schools attaining improved "Bronze" status as recognized by the Alliance every academic school year.

#### THE APPROACH WE SUPPORT

- Based on the nationally recognized Healthy Schools evidence-based program, Alliance for a Healthier Generation has partnered with the Cleveland Metropolitan school district to identify ways to create healthier school environments, via policies and/or practices;
- Collaboration: Partnering on this work alongside The Mt. Sinai Health Care Foundation and United Way of Greater Cleveland;
- Work to encourage all CMSD schools to employ a nationally recognized and standardized school health index developed by the Centers for Disease Control and Prevention;
- Implement, monitor and evaluate, then make modifications as needed;
- Reward progress through Bronze, Silver or Gold Status.

#### IMPACT

- 5 schools were "Bronze" winners since implementation in 2009;
- 6 additional schools will join the program in 2015;
- 39 schools have started the Healthy Schools Program Assessment;
- 32 schools have completed the Healthy Schools Assessment;
- The CMSD Wellness Plan, in coordination with internal leadership, is in the process of being updated to meet the 2015 nationally recognized best practices.