



Health
Department

TOOLS FOR HEALTHY SCHOOLS

A Guide to School Health Improvement Programs



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HOW TO USE THIS GUIDE

The purpose of this guide is to provide Macomb County schools with an introduction to school-based health promotion programs that are free or low in cost, easy to implement, and proven to be successful in changing behaviors and improving the school health environment. This guide allows schools to choose a program that works best for their needs, whether that be assessing the school health environment, assembling a school health team, and/or promoting healthy lifestyle behaviors. Each of the programs can be implemented in any public, charter, or private school, and at any grade (K-12). This guide provides a general overview of three programs that use evidence-based strategies to assist schools in promoting healthy eating and physical activity to support students in leading healthier lives.

Although there are various school health programs, the three highlighted in this guide have extensive support locally, at the state level, and are acclaimed for how simple they are to implement. In fact, your school may already be engaging in these activities and may not realize that your school could be eligible for grant funding, free equipment, or print materials simply by checking off steps online or submitting a scorecard.

Research shows that teaching students healthy habits early on leads to better health outcomes later in life. By assessing the school health environment, assembling school health teams, and actively promoting healthy lifestyle behaviors, we can provide students with the tools to succeed. For assistance or questions about this guide, contact information and resources can be found on page 39-40.

HOW IS STUDENT HEALTH RELATED TO ACADEMIC ACHIEVEMENT?

Healthy students are better learners. Research shows a strong connection between healthy behaviors and academic achievement. School health programs have the power to positively impact both learning and students' health behaviors.



WHY HEALTHY EATING?

Compared to students with lower grades, students with **higher grades** are **more likely** to:



- Eat breakfast on all 7 days.



- Eat fruit or drink 100% fruit juice one or more times per day.

- Eat vegetables one or more times per day.

- Drink one or more glasses of milk per day.



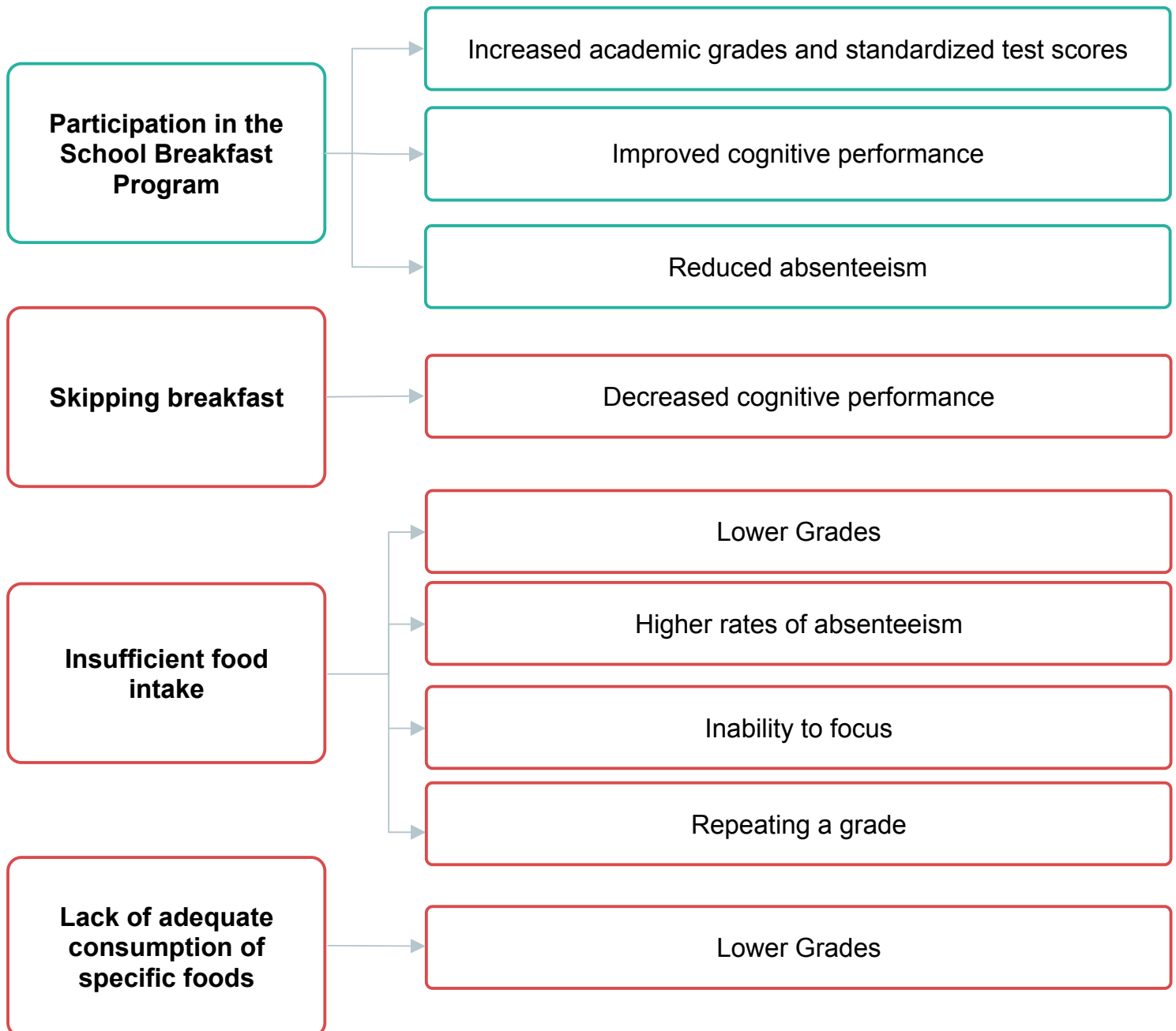
- Not drink a can, bottle, or glass of soda or pop

Read more at https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

HOW IS STUDENT HEALTH RELATED TO ACADEMIC ACHIEVEMENT?

WHY HEALTHY EATING?

Evidence shows that the listed dietary behaviors are associated with the following academic outcomes:



HOW IS STUDENT HEALTH RELATED TO ACADEMIC ACHIEVEMENT?

WHY PHYSICAL ACTIVITY?

Compared to students with **lower grades**, students with **higher grades** are:



more likely to:

- Engage in physical activity for at least 60 minutes per day on 5 or more days.
- Play on at least one sports team.

and

less likely to:

- Watch television for 3 or more hours per day.
- Play video games or use a computer 3 or more hours per day.

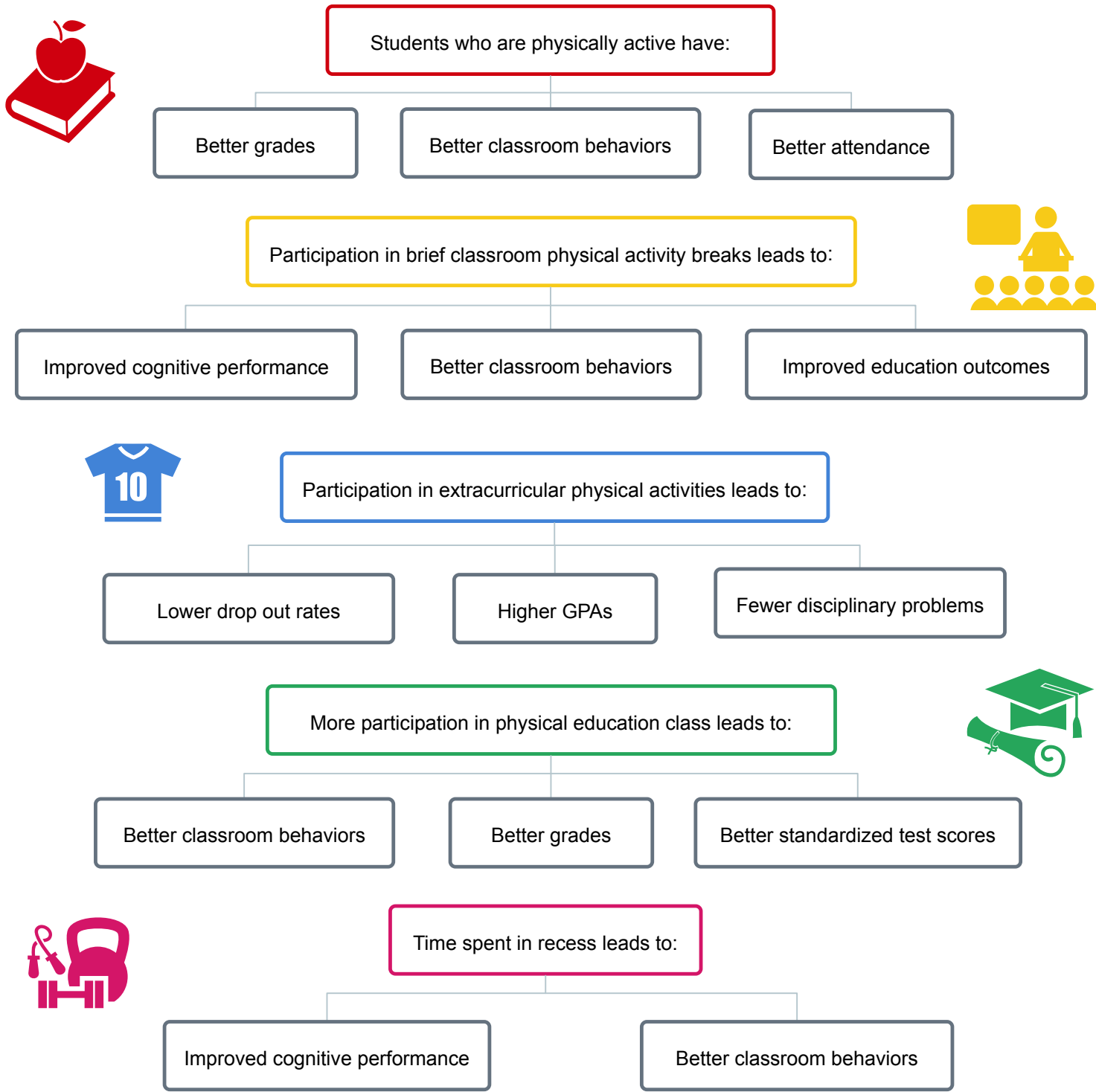


Read more at https://www.cdc.gov/healthyouth/health_and_academics/pdf/health-academic-achievement.pdf

HOW IS STUDENT HEALTH RELATED TO ACADEMIC ACHIEVEMENT?

WHY PHYSICAL ACTIVITY?

Evidence shows that the listed physical activity behaviors are associated with the following academic outcomes:





HEALTHY SCHOOL ACTION TOOLS



WHAT IT IS

The **Healthy School Action Tools**, or **HSAT**, are a suite of online tools designed to help Michigan schools and school districts **assess the health of their school environments** and **take action to improve those environments**. Healthy School Action Tools includes online assessments to help schools and school districts identify ways to create healthier school environments and action planning tools to help make those ideas become a reality.

The screenshot shows the HSAT website homepage. At the top is a navigation bar with links for HOME, ABOUT THE HSAT, RESOURCE GUIDE, FAQ, and SUCCESS STORIES & AWARDS. The main content area is titled "What is the HSAT?" and includes a brief description of the tools. Below this are two columns: "5 Great Reasons to Use the HSAT" and "How to Get Started". The "How to Get Started" section is divided into three steps: 1. Register Your School or District, 2. Gather Your Team, and 3. Assess & Act Using the HSAT. On the right side, there is a registration and login form with fields for Username and Password, a "Remember Me" checkbox, and "register" and "login" buttons. Below the form is an "ANNOUNCEMENTS" section with a notice about the 2018 School Wellness Award (SWA) application being closed. At the bottom of the page, there are links for PRIVACY and CONTACT US, and a copyright notice for Michigan Healthy Schools.



WHY IT WORKS

Research indicates that healthy school environments help students achieve their full academic potential. Using the HSAT assessments and action planning tools is a major step towards creating healthier school environments that support learning.

In a study conducted with 65 low-income middle schools in 31 Michigan counties, researchers found that:



- Schools completing the HSAT made significantly more improvements in their **school nutrition practices** than schools that did not complete the HSAT.



- Student **dietary changes** were greater among schools completing the HSAT.






- School staff participating in the HSAT process found it to be both **educational and motivational**.

Furthermore, in addition to providing an easy, useful way to plan and monitor progress, many HSAT schools reported the **additional benefits** associated with the establishment of an effective school health team and the collaboration involved in completing the assessment.



HOW IT WORKS

Healthy School Action Tools help your school or district create a healthier school environment by offering:

-  1. Ways to **measure** how well your **existing foundation** supports school health.
-  2. Recommendations for **highest need topic areas** to assess.
-  3. Suggestions for **meaningful improvements**.
4. **Assistance** in prioritizing actions that **make a difference**.
5. Easy ways to **share progress** with your **team** and your **stakeholders**.



THE ASSESSMENTS

Assessments can be done at the **school level** or the **district level**:

School Level Tools

- School Core Assessment and Feedback Report
- Topic Area Assessment and Feedback Reports
- Action Plan



District Level Tools

- District Assessment and Feedback Report
- Action Plan



HSAT assessments are designed to be completed as many times as you would like to while still retaining the information from all previous assessments. In fact, completing the same assessment more than once is a great way to check your school or school districts' progress.

Feedback reports are provided each time an assessment is submitted and include trends and graphs to help you visualize your strengths, challenges, and progress, along with a summary of which best practices are being achieved and which need more work. These reports allow teams to clearly share their work with stakeholders.



SCHOOL CORE ASSESSMENT

The **School Core Assessment** assesses how well the school infrastructure and culture supports a healthy environment. **Schools must complete the School Core Assessment first, before completing any other assessment.**



The School Core Assessment takes only 15 to 20 minutes to complete once you've gathered all the information needed to answer the questions.

Quick tip: Don't get hung up on one question! Just like you would tell one of your students, if you don't know the answer to a question, skip it and move on to the next one. If you don't know the answer, ask someone from your school who may know or get help at <http://mihealthtools.org/hsat/contactus.asp>!

The School Core Assessment provides an overview of your school and helps you to identify priority areas that will be most beneficial for your school to address via the topic area assessments. As soon as your school has completed your first Core Assessment, you will receive instant access to Action Planning tools and all topic area assessments.



TOPIC AREA ASSESSMENTS

The HSAT currently includes seven topic areas, listed below, to enable your school to further assess a specific area of health in your school's environment:



1. Healthy Eating
2. Physical Activity & Physical Education



3. Tobacco/Nicotine Free Lifestyles
4. Safe School Environment
5. Social & Emotional Health



6. Staff Wellness
7. Health Education

The School Core feedback report provides suggestions about which topic area(s) to address first. Each topic area assessment takes about 10 minutes to complete once you've gathered all the information needed to answer the questions. More topic areas are planned for the future. As with all HSAT assessments, each topic area assessment comes with a feedback report and recommended actions for improvement.



DISTRICT ASSESSMENT

The **District Assessment** measures how well your school district provides the foundation and support for school health that school buildings need to create and maintain healthy school environments. **The questions in this assessment focus on decisions typically made at the district level.**



The District Assessment takes only 15 to 20 minutes to complete once you've gathered all the information needed to answer the questions. As with all HSAT assessments, the district assessment comes with a feedback report and recommended actions for improvement. As soon as your school district has completed your first District Assessment, you get instant access to the online Action Planning tools.

District level tools do not include specific topic area assessments.



ACTION PLAN



Once your school or district has completed an assessment, you will receive instant access to the HSAT **Action Plan**. The action plan suggests actions for making improvements based on the answers provided to the most recent assessment(s) submitted. You can build an action plan based on these recommendations and/or you can create your own actions.

The Action Plan assists schools and districts to plan steps, assess feasibility, select and prioritize actions, and track progress. The online Action Plan also allows team members to access updates, note milestones, and view progress anytime and anywhere there is an internet connection.

Action Planning Resources

Click on each of the links to access the Action Planning Resources listed below.

- [U.S. Environmental Protection Agency's Internal Air Quality IAQ Tools for Schools Action Kit](#)
- [How To Fact Sheets for 11 Types of Healthy Changes](#). The fact sheets listed below outline "What Would It Take?" action steps for 11 nutrition and physical activity improvements.
 - **Developing a Healthy Infrastructure**
 - [Creating Your Own School Wellness Policy](#)
 - [Student Participation for Healthy Changes](#)
 - [School Staff as Role Models for Health](#)
 - **Safe School Environment**
 - [Respect for Students of All Shapes and Sizes: Bullying Prevention](#)
 - **Healthy Eating**
 - [School Gardens as Nutrition Education](#)
 - [Farm to School: Offering Locally Grown Food in the School Cafeteria](#)
 - [Starting a School Breakfast Program](#)
 - [Increasing School Breakfast Participation](#)
 - **Physical Activity**
 - [Increasing School Day Physical Activity: Physical Activity Breaks in the Classroom](#)
 - [Increasing School Day Physical Activity: Walking Programs and Active Recess Options](#)
 - [Increasing School Day Physical Activity: Safe Routes to School](#)

[Back to top](#)



HOW TO GET STARTED

1. Register Your School or District. It takes less than five minutes to register and gain access to the online tools at www.mihealthtools.org/hsat/.

2. Gather Your Team. Working with a team will make the process of completing the assessment more meaningful, widely accepted and easier to implement. The most effective team for a school assessment and action planning is a school or district level team comprised of the following:

- **Representatives from the eight components of school health:**

1. Health Education
2. Physical Education
3. Health Services
4. Counseling, Psychological and Social Services
5. Healthy School Environment (physical and social environment)
6. Nutrition Services
7. Staff Wellness
8. Family and Community Involvement

- **Administrators:** Support from decision makers is critical.

- **Student Input:** While students may be unable to attend team meetings, there are other means of gathering their input.

➔ An example of a school health team might be an assistant principal, a teacher, a physical education teacher, a health services teacher or school nurse, a school counselor, and a Food Service Director.

3. Complete Your First Assessment. Your first assessment is available as soon as you register. Complete instructions for each assessment are provided when you log in.



WHERE CAN I FIND MORE INFORMATION?

Healthy School Action Tools Homepage:

<http://www.mihealthtools.org/hsat/>

Frequently Asked Questions: <http://mihealthtools.org/hsat/faqs.asp>

Preview Assessments: <http://mihealthtools.org/hsat/about.asp#preview>

Success Stories: When you use HSAT, your school can share success stories or be inspired by other schools or districts at:

<http://schoolsuccess.mihealthtools.org/>

School Wellness Awards: Apply for school wellness awards at:

<http://swa.mihealthtools.org/>

Contact Information: <http://mihealthtools.org/hsat/contactus.asp>

Questions about the School Core, District Assessments or Action Plan:

Karen Krabill Yoder

Adolescent and School Health Unit Manager

Michigan Department of Health and Human Services

(517)335-8908

yoderk@michigan.gov

Topic Area & Content-Specific Questions: Refer to contacts listed at <http://mihealthtools.org/hsat/contactus.asp>.

Technical Questions: Please refer to the FAQ page or Assessment and Action Plan Instructions pages (available after you log in). If your question is not answered on these pages, please contact the Healthy Schools Technical Support Team at healthy.schools@earthlink.net.

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WHAT IT IS

Fuel Up to Play 60 is the nation's largest in-school health and wellness program, created by the National Dairy Council and National Football League in collaboration with the U.S. Department of Agriculture. Fuel Up to Play 60 **empowers students**, with the support of adults, to take the lead in making healthy changes and to have a positive impact in their communities.

This **free program** offers **funding opportunities** for schools and an online **Playbook** full of school-tested action strategies to **improve healthy eating** and **physical activity** at schools and beyond. Fuel Up to Play 60 empowers youth to take action to improve nutrition and physical activity at their school and for their own health, generating transformational changes in schools and communities.

Fuel Up to Play 60 is unique in that all aspects of the program have been developed, tested, and approved, by youth and for youth, throughout the country. Over 73,000 schools are involved and 38 million students have been reached through the program nationwide.



WHY IT WORKS

Fuel Up to Play 60 helps build healthier schools and healthy, high-achieving youth. Research shows that Fuel Up to Play 60 leads to **small but significant improvements** in students' healthy eating and physical activity behaviors in **various school settings** and with **diverse student populations**. It also leads to improved aerobic capacity and Body Mass Index (BMI). In a survey of schools who implemented Fuel Up to Play 60, educators reported that:

47% say the program **positively impacts student performance**



70% say the program helps them **achieve their school wellness goals**



73% say the program **positively influences the school environment**



79% say the program **increased opportunities for students to be active** before, during and after school





HOW IT WORKS

Studies show that physical fitness benefits brain health and academic performance, suggesting active kids may do better in school. Fuel Up to Play 60 works because it:



1. Acts as a strategy in decreasing childhood obesity and is supported by national and state level agencies.
2. Encourages simple strategies that tie in key community supporters in order to create long lasting environmental changes.



3. Works in conjunction with existing school wellness policies and health programs.
4. Encourages K-12 students to try nutrient rich foods from each food group supported by USDA's MyPlate and to be active for at least 60 minutes every day before, after, and during school.



5. Provides students with tools and know how to make life long healthy choices.
6. Empowers students to be health advocates and make sustainable changes to their school environment.



THE PLAYBOOK

Fuel Up to Play 60 uses an online **Playbook** to provide school-tested **action strategies** to improve healthy eating and physical activity. The Playbook is a guide for schools. Just like a football team uses a Playbook to score a touchdown, the Fuel Up to Play 60 Playbook is used to help schools light up the scoreboard!

The Playbook can be accessed online and your school can track your activity on the online dashboard. The dashboard acts as your school's control center. Program advisors are able to access helpful tools and resources, apply for funding, track progress and participation, and share success stories. Students even have their own dashboard that features chances to earn shout outs and collectibles, track points, take part in featured challenges, report plays and activities, and more!



2018 - 2019 PLAYBOOK

Click [here](#) to view the full FUTP 60 Playbook



It's All About Your Choices — Go Nutritious
Get students excited about school meals and snacks! The goal of this Play is to give you and your classmates access to the most nutritious foods in a friendly and cheerful environment and to encourage everyone to make the best choices!



Fight Hunger — Nourish Your Community
Having access to nutrient-rich foods isn't important for just students. It's vital for *everyone* in your community. School meals, backpack programs and sharing tables — along with community resources like food banks and summer meal programs — can help!



**Food: Waste Less and Enjoy!
It's Good for All of Us**
Learning how to waste less by adopting the "reduce, recover, recycle" approach toward lessening food waste can promote health and well-being while making a difference in your community. This Play is an opportunity for you to serve as a leader in tackling food waste in your school and at home.



Farm to School — Know Your Food
Fresh, local foods — including school milk! — can be a great addition to nutritious meals and snacks. That's one of the reasons it's a great idea to organize a "farm-to-school" program to learn about where your food comes from. Getting to know farmers and having farm-fresh food served in your school is an excellent way to get everyone at school eating nutritious, delicious food!



THE PLAYS

The playbook is a collection of fun and easy to do “**Plays**” that are led by students, with help from educators, and are designed to increase access to healthy eating and physical activity at schools.

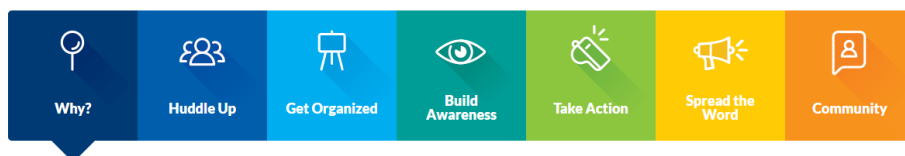
Plays are categorized as **Healthy Eating** or **Physical Activity Plays**, designated by small icons. This allows your school to focus on improvements related to nutrition, physical activity, or both, depending on your school’s needs.

Plays can be implemented **during school** (in the classroom, during lunch, at recess, or in gym class) **before or after school**, or **at school events** like assemblies, field days, and pep rallies. Some Plays can be run the entire semester or school year as long as it is sustainable. Most Plays require few materials and are **low- to no-cost**. Fuel Up to Play 60 was created to be flexible so do what works best for your school!

In-Class Physical Activity Breaks - Good For Mind and Body

Get up and move during class — taking a break for physical activity may help with some factors of student success!¹ All students can get active by adding short physical activity breaks during class every day. Whether you choose stretching, jumping jack, workout videos or dance breaks, you can get everyone motivated to move more all day. Excite students even more by having those with smart phones download the [Play 60 App!](#)

Here's a checklist to get you started!





HOW TO GET STARTED

Fuel Up to Play 60 has outlined **six steps** to help your school get the most out of the program. To get started, first you need to build your team! Your school's team will work together to plan sustainable healthy eating and physical activity initiatives. Your team should be comprised of at least one **Program Advisor** and a **Student Leadership Team**.

A Program Advisor is a teacher, parent, principal or Food Service Director who guides the student efforts within the program. The Program Advisor(s) select a group of students to serve as a Student Leadership Team. There is no "right" number of students and teams can come in many shapes and sizes! The Program Advisor may select a group of students to work on different steps or may utilize a group of students that is already active such as a wellness committee, student council, or service learning group.

Not sure where to start? Reach out to existing clubs, athletic teams, or student organizations. In addition, ask adults in the school to recommend students who they think would be interested in working on this program. Promote the opportunity to all students, from art and design, academic subject areas, technology and media, health and wellness, and more. You could even select a classroom as a team.



SIX STEPS TO SUCCESS

Six steps will help you get the most out of Fuel Up to Play 60 at your school. Every team, comprised of a Student Leadership Team and Adult Program Advisors, works together to plan sustainable healthy eating and physical activity initiatives.

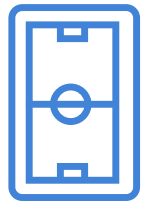
1. Kickoff: Whether your school is already a Fuel Up to Play 60 (FUTP60) school or new to the program, Kickoff is a great way to get everyone at your school excited to be involved! Recruit students and educators to plan and hold a Kickoff at your school. Log in at FuelUptoPlay60.com, select your school, and view the Six Steps on your Dashboard for more on how to hold a Kickoff and to get ideas!

2. Draft Players: Recruit others to join your team! If you don't have a school health team, this is a great opportunity to develop one. You should have representation from your administration, teaching staff, health education staff, and health sciences. Work with students to create and display fliers and posters that promote FUTP60. Encourage students to create accounts and start earning Points on FuelUpToPlay60.com! Log in to the Six Steps on your Dashboard to read more about student Points and how students can earn the title of Ambassador!





SIX STEPS TO SUCCESS



3. Survey the field: Investigate your school! Work with your students to find out what areas of your school need the most wellness improvements and focus your efforts there. Log in to the Six Steps on your Dashboard to access the following Tools that can help with your investigation: the CDC's School Health Index and the School Wellness Investigation.



4. Eat Healthy: Improve healthy eating in your school with a Healthy Eating Play from the Playbook! Select one Healthy Eating Play and implement it with your team. Then, you can mark this Step as complete!



5. Game Time: Improve physical activity in your school with a Physical Activity Play from the Playbook! Select one Physical Activity Play and implement it with your team. Then, you can mark this Step as complete!



6. Light Up the Scoreboard: Share your FUTP60 success with others! Once you've shared, you can mark this Step as complete. There are so many ways to share: You can submit a story on FuelUpToPlay60.com, post your story to social media, or share in an email message to your colleagues, friends and family!



WHERE CAN I FIND MORE INFORMATION?

Fuel Up to Play 60 Homepage: <https://www.fueluptoplay60.com/>

United Dairy Industry of Michigan - Fuel Up to Play 60 Resources: <https://www.milkmeansmore.org/schools-educators/fuel-play-60/>

Fuel Up to Play 60 Success Stories: Shared by Michigan schools and school districts: <http://schoolsuccess.mihealthtools.org/>

Shared by schools and districts throughout the United States: <https://www.fueluptoplay60.com/stories/success-stories>

Contact Information:

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A PROGRAM OF



THE NFL MOVEMENT FOR AN ACTIVE GENERATION



**THE SMARTER
LUNCHROOMS MOVEMENT**

SMARTER LUNCHROOMS MOVEMENT





THE SMARTER LUNCHROOMS MOVEMENT

WHAT IT IS

The **Smarter Lunchrooms Movement** is a nationwide movement based on proven strategies for nudging students to select and eat the healthiest foods in the school lunchroom.

The Smarter Lunchrooms Movement provides schools with the knowledge, motivation, and resources needed to **build a lunchroom environment that makes healthy food choices the easy choice.**

The Smarter Lunchrooms Movement uses a scorecard to provide schools with a snapshot of how many strategies are currently in place in a lunchroom. The **Smarter Lunchrooms Scorecard** contains 60 **simple, no-cost or low-cost strategies** that lunchrooms can use to **increase participation, improve consumption of healthy food, and reduce food waste.** The scorecard is used to gather pre- and post- data about the cafeteria environment.





WHY IT WORKS

The **Smarter Lunchrooms Movement** applies research-based principles that lead children to make healthy choices when provided with the full spectrum of choice. The Movement brings evidence from the fields of economics, marketing, and psychology into the school cafeteria.

The strategies that the Smarter Lunchrooms Movement endorses have been studied and proven effective in a variety of schools across the nation. The strategies are based on research from the Cornell Center for Behavioral Economics in Child Nutrition Programs and partners and other behavioral science research. Examples of strategies include:



Offering vegetables in **two locations** can result in students taking up to **40% more**



Holding recess **before lunch** can increase vegetable and fruit consumption by **54%**



Giving healthy food choices **fun, descriptive names** like “supercharged green beans” can increase consumption of that food by over **30%**



Offering **sliced fruit** can increase student consumption by over **70%**



HOW IT WORKS

The Smarter Lunchrooms Movement is:



1. Easy and inexpensive to implement

2. Grows school meals participation



3. Increases student satisfaction

4. Uses simple evidence-based strategies to gently

nudge students to make healthy choices



5. Empowers, energizes, and engages school nutrition staff

6. Increases the amount of healthy food students eat



7. Reduces waste

The **4 Step Path to Building a Smarter Lunchroom** provides 4 simple steps to using more strategies that increase student consumption of healthy food: **Spot**, **Plan**, **Do**, and **Prove**.

The 4 Step Path to Building a Smarter Lunchroom starts with the **Smarter Lunchrooms Scorecard**. Learn about the Scorecard on the next page!



THE SCORECARD

The **Smarter Lunchrooms Scorecard** is the nation's premier tool for **assessing and improving the use of evidence-based strategies in the lunchroom**. The Scorecard is a valuable tool for school nutrition professionals to use in their own lunchroom(s). However, all stakeholders, including students, teachers, administrators, PTO members, and outside professionals should be encouraged to complete a scorecard to give diverse perspectives. Always ask permission before completing a scorecard in a lunchroom that is not your own and always provide results and feedback to the lunchroom leaders afterwards.

The Smarter Lunchrooms Scorecard is a list of 60 strategies that can be easily incorporated into the lunchroom. Completing a Scorecard will help you uncover what your school is **already doing** to be a Smarter Lunchroom and **will clearly identify the areas that can be focused on next**.

The Smarter Lunchrooms National Office now offers an online Scorecard Tracker. With this new feature, you can enter Smarter Lunchrooms 60 Point Scorecards for your cafeteria(s) anytime on any device. It is designed to make entering, storing and tracking Smarter Lunchrooms Scorecards easy. Once registered, simply log in anytime to enter, view, and download or print your completed Scorecards. Register your lunchroom at www.smarterlunchrooms.org/members/register.



HOW TO GET STARTED

Are you ready to become a Smarter Lunchroom? It is easy and inexpensive to implement! Follow the **4 Step Path to Building a Smarter Lunchroom**.

1. Spot: Before you make any changes, take a close look at your cafeteria to spot what changes you need to make. It is important to know where your lunchroom stands before any changes are made, in order to later determine how things have changed. The information you gather before you begin will vary by school. Pick and choose the methods that work for you. Ways to Spot changes you may want to make:

➡ **Complete the **Smarter Lunchroom Scorecard****

➡ **Take Photographs**

2. Plan: Once you have completed the **Scorecard** and reviewed the photos, it's time to move on to the planning stage! To develop your action plan, review your Smarter Lunchroom Scorecard results and closely examine the photos of the lunchroom. Choose 3-5 **Smarter Lunchroom Strategies** to try. For example, you could select "Focus on Fruit," "Highlight the Salad," "Move More White Milk," and "Lunchroom Atmosphere." Create a plan for each strategy using a blank template available on the Smarter Lunchrooms website where you can also [view examples](#) and [Frequently Asked Questions](#).



HOW TO GET STARTED

3. Do: You spotted what needs to be done and made a plan, now is the time to do it! Be sure everyone on the lunchroom staff is aware of the changes that are going to be made. Give everyone a chance to ask questions and offer suggestions to the plan, it helps create buy-in. If the change is big, such as only accepting cash for a la carte options, make sure communication and training is a part of your plan! Small changes can be made overnight or over the weekend. Larger changes are better made over the summer or after a vacation.

4. Prove: Now it's time to evaluate the impact of the changes. You implemented the changes and now it's time to show off the improvements!

➡ Complete a **new Scorecard**. Get your new score by repeating the instructions in Step 1 on how to complete the Scorecard.

➡ Take photos of the areas that change! A picture is worth a thousand words. Try to take them from the same location and angle as your pre-photos, to make comparisons easy. Date, label and save photos.

➡ After all the planning and doing, your score increased and your photos show your improvements. Give yourself and your staff a pat on the back! The lunchroom now uses evidence-based research to help 'nudge' students to make healthy choices. Share your successes with school administration and parents.



Tips for Completing the Scorecard

Engage others! Are other people always asking about your cafeteria? Wanting to make changes or always offering suggestions? Pull them in the loop! Invite other key stakeholders to complete the **Scorecard** with you or for you. It's a great discussion starter and relationship builder.

Examples of people to ask to complete a Scorecard include:

- School Nutrition Director
- School administrator
- Lunchroom staff member
- Teacher or other school staff member
- Parent (or PTA member)
- Student (such as a student council member)



Best Practices: Stay for **at least two lunch periods** when completing the scorecard. You should **review each Scorecard item** before beginning and plan to get started at least 20 minutes before students arrive for lunch.

Give each person the Scorecard ahead of time so they can read it and ask any questions before they begin. The observation period goes by quickly so, before they start, help them become familiar with the Scorecard so they can spend most of the observation period looking at the lunchroom, not searching for items on the Scorecard!





Tips for Completing the Scorecard

If more than one person completes the Scorecard, be sure to resolve any discrepancies. You may need another observation period or may need a conversation with an administrator or director to work out any differences in results. Ultimately, there should be only one baseline score that everyone agrees on.

Take photographs during the observation! If possible, have teams of two observers go through the lunchroom together: one will complete the Scorecard while the other takes photographs.



Make a folder for the photos. Label each with location, description (tray storage; salad bar), and date. Put the photos into a slide presentation for a group review.



Get a group together to review the photos. The group may include school meals staff, administration, parents, students, or other stakeholders. What looks great? Where is there room for improvement? Take notes.



Records: Some schools may want to use production records, sales records, or plate waste data to help identify changes to make.





WHERE CAN I FIND MORE INFORMATION?

Smarter Lunchrooms Homepage:

<https://www.smarterlunchrooms.org/>

Frequently Asked Questions:

https://www.smarterlunchrooms.org/sites/default/files/documents/SLM-SCard-FAQS-FINAL_1.pdf

Smarter Lunchrooms Scorecard:

https://www.smarterlunchrooms.org/sites/default/files/documents/SLM-Scorecard2.0_5.pdf

Smarter Lunchrooms Strategies:

<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>

Contact Us Page:

<https://www.smarterlunchrooms.org/contact>

SCHOOL HEALTH RESOURCES

In addition to resources, support, and funding available on program sites in the "Where can I find more information?" pages, the below resources are available to provide support schools interested in participating in the aforementioned programs:

LOCAL

Macomb County Health Department

MCHD Homepage: health.macombgov.org

Community Health Improvement Plan: cha.macombgov.org

Move More Macomb: movemoremacomb.org

Macomb Intermediate School District

MISD Homepage: <http://www.misd.net/index.html>

Carolyn Thomas, Food Service Consultant, cthomas@misd.net

Mary Lebioda, School Health Consultant, mledbioda@misd.net

Henry Ford Macomb School Health Network

<https://hfmschoolhealthnetwork.org/>

Michigan State University Extension

<https://www.canr.msu.edu/outreach>

STATE

Michigan Department of Health and Human Services

Healthy Schools: https://www.michigan.gov/healthymichigan/0,4675,7-216-38291_60694---,00.html

Michigan Department of Education

Michigan Team Nutrition: https://www.michigan.gov/mde/0,4615,7-140-66254_50144_53882---,00.html

Building Healthy Communities Step Up for School Wellness

<http://buildinghealthycommunities.arewehealthy.com/>

Steps to A Healthy School

<https://mihealthyschools.org/>

Action for Healthy Kids

<http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants>

Michigan Nutrition Network

<http://michigannutritionnetwork.org/how-to-apply/>

Whole School, Whole Community, Whole Child (WSCC) Model

<https://www.cdc.gov/healthyschools/wsc/index.htm>

Michigan School Health Coordinators

<https://mishca.org/>

ABOUT THIS GUIDE

This guide is an effort of the Macomb County Health Department's Access to Services and Chronic Disease and Healthy Lifestyle Workgroups. These workgroups consist of representatives from community organizations throughout Macomb County to promote physical activity and healthy nutrition as part of the Macomb County Community Health Improvement Plan.

The Community Health Improvement Plan (CHIP) is a community-driven, strategic and measurable work plan. A CHIP provides guidance to the health department, community partners, stakeholders and residents on improving the health of the population within Macomb County. The CHIP is critical for developing policies and defining actions to target efforts that promote health. This plan defines how community partners across sectors will come together to address priority health issues identified through the Community Health Assessment (CHA). In coordination with local hospitals, community stakeholders, and partner organizations, more than 30 diverse Macomb County community organizations identified four priority areas for the CHIP. The priority areas identified for Macomb County are:

- Chronic Disease and Healthy Lifestyle
- Behavioral Health
- Access to Services
- Social Determinants of Equity

The CHIP is a living document that will be implemented and monitored over a five year period and continuously assessed, evaluated and revised based on the evaluation results and feedback from our community partners and community members. For more information about the CHA and CHIP, visit cha.macombgov.org.



Health
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