

Healthy Lifestyles Initiative



The Healthy Lifestyle Initiative (HLI) is designed to increase individuals practicing healthy lifestyles and at a healthy weight. This is done by sharing a consistent community message- **12345 Fit-Tastic!**, in collaboration with partners using proven methods, building on current resources, integrating across sectors, and tracking what works. Incorporating physical activity and healthy eating into schools has been shown to improve students' ability to concentrate, improve classroom behavior, and increase academic success.

How can my school participate in the Healthy Lifestyles Initiative (HLI) and share the 12345 Fit-Tastic! message?

1. Learn more at www.fittastic.org
2. Sign up as a partner and download **12345 Fit-Tastic!** resources to share with your students, staff and families.
3. Create an action plan (**MAPPS for Change**) to develop action steps that address healthy eating and active living at your school. HLI staff can support you to create your plan, and connect you with resources and 12345 Fit-Tastic! materials.
4. Begin sharing the **12345 Fit-Tastic!** message and create an environment that supports the health of your entire school community!



Tips for implementing the HLI and the 12345 Fit-Tastic! message

- Engage parents to be champions in creating a school environment that supports healthy eating and active living!
- Review the top 11 school wellness policy areas identified by school districts within the greater Kansas City area at <http://fittastic.org/partners/school>
- Prioritize health behaviors your school wants to address
- Incorporate 12345 Fit-Tastic! into existing programming, activities and daily routines
- Start with small changes to test to see what works. Use what you learn from your test to guide your next steps towards change on a broader scale. Once you've had success with a policy or practice change within a classroom, use that momentum to drive change into written policy on a building level. Track your efforts to measure growth (and celebrate success!)
- The 12345 Fit-Tastic! message exists as a bundle, but you can choose to emphasize one of the 5 health habits, or take small steps towards each.

Your customized MAPPS for Change plan will help you focus on the activities, messages or policies that will best fit within your school setting!

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!
Learn more at www.fittastic.org

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CREATING A “MAPPS” FOR CHANGE FOR YOUR SCHOOL:

Overall Mission: Primary care providers, public health professionals, schools and community organizations are working together to promote healthy lifestyles and healthy weight for all in the greater Kansas City area by implementing “MAPPS for change.”

Purpose: This document is a planning tool to help partners identify and outline actions their school/district will take to support healthy lifestyles.

The questions below are a guide for you/your school to brainstorm about each element and how you might implement it within your school. Once you have completed your “MAPPS for Change,” please **submit it online** (<http://www.fittastic.org/partners/mapps/>). This will help us track our collective reach and impact. If you have questions, contact Emily DeWit at eldewit@cmh.edu.

| | MESSAGE: How will you share the 12345 Fit-Tastic! messages? | ASSESSMENT: How will you incorporate the standardized assessment (e.x. into your health screenings or health exams if part of your school/program)? | PLAN: How will you support a healthy lifestyle plan with your students & families? How will you track their progress & provide support? | POLICY: How will you identify policy or environmental changes that support healthy eating & active living? How will you implement policy or environmental changes in your school? | STATISTICS: How will your school tell their story? (track & share numbers reached through messages, assessment, plans &/or changes made to policy and environment) |
|---------------------|---|--|--|--|--|
| <u>CLASSROOM</u> | Ms. Fit-Tastic’s class will share the messages by having the calendar helper read the 12345 Fit-Tastic! message card each Monday during their daily calendar routine. | Ms. Fit-Tastic’s students will complete the Fit-Tastic! assessment in their classroom at the start & middle of the school year. As a class, they will vote on the health habit they want to work on each semester. | Ms. Fit-Tastic’s class will use tally marks on a chart to track progress as a class. i.e.-If increasing water consumption is the goal, students mark tallies for number of bottles of water. | i.e.-if increasing water consumption is the goal, Ms. Fit-Tastic makes it a personal policy to model drinking water to her class. Ms. Fit-Tastic asks that water is served at classroom parties. | Ms. Fit-Tastic’s class will choose 2 students to share their story with the whole school via morning announcements once each semester. They will track the number of tallies of water and report if water is served at parties. MAPPS plans will be updated each semester. |
| <u>WHOLE SCHOOL</u> | We will strategically place the 5 Fit-Tastic! posters in our building to promote the behaviors (i.e. #1 by playground doors, #2 by the library, #3 & #5 in the lunchroom and #4 by a water fountain). | An outside organization leads health screening with an assessment. Or We will use the School Health Index in September to identify environmental focus. | This work is done in partnership with other organizations during health screenings. | Staff and PTO will review School Health Index findings to determine which 1 of 11 policy areas to address. | Our school will share the progress we’ve made through our January and May newsletters to parents. We will track the number of health screenings given and policy area success. MAPPS will be updated each August. |

