

Live Well Schools ~Action Steps Menu



What is Health in All Policies (HiAP)? HiAP is a collaborative approach to improving the health of all by considering the health implications of public policies across sectors. *Live Well Allegheny* focuses on the health factors that impact chronic disease: physical inactivity, poor nutrition, and tobacco use. For more information, please visit the American Public Health Association [website](#).

How can Live Well Schools use the HiAP framework? School districts can implement policies and programs that surround their residents with healthy choices. Provided below is a list of action steps and local examples that can serve as a guide for next steps.

General Resources

- Raise Your Hand for Health [Resource Guide](#)
 - Let's Move Pittsburgh, Phipps Conservatory, and Children's Hospital
- [Alliance for a Healthier Generation](#)
 - Model Wellness [Policy](#)
- [Action for Healthy Kids](#)
 - Wellness Policy [Toolkit](#)

Local School District Wellness Policies

A wellness policy is a document that outlines a school district's approach to creating an environment that promotes students' health and ability to learn, including but not limited to healthy eating and physical activity.

- Pittsburgh Public Schools, Wellness [Policy](#)
- Shaler Area School District, Wellness [Policy](#)
- West Allegheny School District, Yearly Wellness [Goals](#)

Tobacco

Schools have a unique opportunity to incorporate prevention education about tobacco in student curriculum in addition to surrounding students with a tobacco-free environment.

- Develop more comprehensive tobacco prevention and control policy in addition to tobacco prevention curriculum
 - Tobacco Prevention [Toolkit](#)
- Add electronic cigarette language to smoke-free policies
 - Mt. Lebanon School District [Policy](#)
- Create smoke-free spaces for children, including playgrounds
 - Tobacco Free Allegheny, *Young Lungs at Play* [Program](#)

Healthy Eating

- Update vending machine policies for healthy food procurement and consider posting nutrition labels on the food offered
 - [Tips for Better Vending](#)
 - National Alliance for Nutrition & Activity [guide](#)
- Develop nutrition policies for food served at school cafeteria, school meetings, school-sponsored events, and/or out-of-school time

- American Heart Association [Guide](#)
- Promote water drinking (provide drinking fountains with attachments to fill water bottles)
 - ChangeLab Model [Policy](#); CDC Implementation [Guide](#)
- Initiate a school garden with connection to education program
 - Grow Pittsburgh School Garden [Program](#)

Physical Activity

- Provide short time periods of non-traditional exercise into the classroom (i.e. dancing, yoga, hula hoops)
 - American Heart Association, Learning for Life [Guide](#)
- Initiate employee wellness activities to encourage physical activity (i.e. walking meetings, gym buddy program)
 - Shape America, [Comprehensive Guide](#) to Physical Activity [page 10]
- Provide safe and active routes to school working with parents, police, and local agencies
 - PennDOT, Safe Routes to School [Program](#)
- Ensure physical education classes are designed for all children and abilities
 - National Center on Health, Physical Activity, and Disability [Resources](#)
- Incorporate non-traditional programming for physical activity during and out of school time
 - Mercy Behavioral Health, Dancing Classrooms Pittsburgh [Program](#)
- Implement time-based requirements for physical activity, including but not limited to recess and physical education classes
 - Colorado Education Initiative [Guide](#)
- Work with local municipality to create alternative spaces for physical activity and play
 - Adopt a Play Streets [Program](#) [low-cost way for neighborhoods and schools to create more space for active recreation by closing streets temporarily]
 - American Heart Association, [If You Build It, They Will Use It!](#)
 - [Shared Use Agreements](#) (i.e. public use of school playground and pool)
- Evaluate and publish an annual report card with grades assigned to different aspects of physical activity promotion

Additional Physical Activity Resources:

- Active Schools Minnesota, Moving Matters Implementation [Toolkit](#)
- Champions for Change, Physical Activity Resource [Guide](#)
- Shape America, [Comprehensive Guide](#) to Physical Activity