Live Well Allegheny Schools

⠠⠂ Quick Start Guide: Health in All Policies

What's Next?

Health in All Policies (HiAP) is a collaborative approach to improving the health of everyone by considering the health implications of public policies across sectors. Live Well Schools can use the HiAP framework to implement policies and programs that surround their students and staff with healthy choices. Provided below is a quick start guide on selecting action steps and how to use local examples for next steps.

The *Live Well Allegheny* team has developed a HiAP Action Steps Menu, available on our website: http://www.livewellallegheny.com/wp-content/uploads/2017/03/Live-Well-Schools_HiAP-MenuV3.pdf.

Identify which topic area are you interested in:

☐ Healthy Eating

☐ Physical Activity

☐ Smoking Prevention

Select policies that are best suited for your school district. Examples of each topic area are provided below:

Healthy Eating

⇒ Initiate a school garden in connection to education program

⇒ Healthy food procurement

Physical Activity

⇒ Provide safe and active routes to school

⇒ Provide short time periods of non-traditional exercise into the classroom

Smoking Prevention

⇒ Create smoke-free spaces for children, (i.e. playgrounds)

⇒ Add electronic cigarette language to smoke-free policies

Please visit our Learning Collaborative page (www.livewellallegheny.com/live-well-allegheny-learning-collaborative/) for a full list of policy recommendations and website links to local examples.

Questions? Please reach out to the Chronic Disease Prevention Program Manager, Hannah Hardy at hannah.hardy@alleghenycounty.us.

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