



ARE SCHOOLS IN YOUR DISTRICT HEALTHY?

Find out by using AFHK School Health Index

As your district school health team looks at ways to make health a priority, it is important to understand where your schools are starting. A health and wellness assessment is well worth your time and effort. This will enable your team to determine each school's strengths and weaknesses, define goals that suit each school's needs, justify the need to make changes and document starting points in order to show progress over time.

What is the School Health Index?

The Action for Healthy Kids (AFHK) School Health Index (SHI) is a self-assessment for districts and schools to use to improve policies and programs that support whole child health. The SHI is based on the Center for Disease Control's research-based guidelines for school health programs, which identifies the policies and practices most likely to be effective in improvement children's health. AFHK's SHI takes a whole child approach to the assessment and aligns with the Whole School, Whole Community, Whole Child model, addressing 9 topic areas:

- School Health and Physical Environment
- Nutrition Environment and Services
- Health Education
- Physical Education and Physical Activity
- Social and Emotional Climate
- School Health Services
- Staff Wellness
- Family Involvement
- Community Involvement

Studies show that active, healthy kids learn better and have better school attendance and behavior. Are the schools in your district healthy? Find out with the AFHK School Health Index today!!

AFHK is available to assist you to:

- Complete an aggregate analysis of the SHI results for schools in your district to inform strengths and improvements needed district-wide
- Review and update your Local School Wellness Policy
- Build or reestablish your district health team
- Complete AFHK's SHI for one or more buildings in your district
- Find funding and resources that support a healthy school environment



Log on to AFHK's School/District Portal to complete the SHI today!

actionforhealthykids.org/school-health-index

Contact AFHK today at:

contactus@actionforhealthykids.org



How AFHK's School Health Index Can Help Your District

- **Save time with district answers:** As a district administrator, you can affiliate with all schools in the district with just a click — and then enter data only once for multiple schools.
- **Collaborate with your school health team:** School health teams can collaborate to complete the AFHK SHI online. Ask your school nutrition director to complete questions about school meals and allow your building-level PE teachers to complete their school's PE questions. Work together as a team to make it easier!
- **Meet federal policy requirements:** The Local School Wellness Policy Final Rule through the Healthy Hunger-Free Kids Act requires districts to periodically assess and disclose school wellness policy implementation. AFHK's SHI can serve as this assessment to help your district meet federal policy requirements and demonstrate that your schools are in compliance.
- **Allocate resources and seek funding:** AFHK's SHI can help your district understand overall areas of strength and needed improvement, helping your district allocate funding, personnel and other resources accordingly.
- **Create Sustainable Programs:** After a school completes AFHK's SHI, they'll be provided with a report showing where their score is in comparison to the rest of the district and the state, as well as specific areas recommended for improvement. Schools may also build their own custom action plans to support goal-setting and tracking progress throughout the school year.

"This is like one-stop shopping. It was so easy for our wellness committee to work together and complete the different sections of the School Health Index in no time."

District Wellness Coordinator, NY

"The AFHK SHI is an efficient way for district-level staff to identify strengths and weaknesses in the wellness practices happening at the school level."

District User, FL

"Completing the AFHK SHI helped our schools look at the areas needed for improvement and let us know which areas we are good at."

District User, IL



Healthy Kids. Better World.

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