HEALTHY SCHOOLS
Promoting Health and Physical Education in Hawaii

Background
- The Hawaii Department of Education Wellness Guidelines were released in September 2007. Public schools were given four years to gradually adopt the guidelines with full compliance required by May 2011.
- In 2009, the Hawaii Department of Health developed a Healthy School award to support implementation of the Wellness Guidelines. A total of fifteen public, charter, and private schools received up to $9,750 over two years.

Evaluation Methods
- Each school developed and submitted a work plan, quarterly reports, and a final summary report to describe activities, achievements & lessons learned.
- Examples of project activities have been categorized into four themes. These activities may serve as a guide for schools developing their own physical and health education projects.
  - Physical Activity Opportunities
  - School Gardening and Nutrition
  - Health and Physical Education
  - Preparing Healthy Foods

Participants
- Elementary: 5
- Middle: 5
- High: 1
- Multiple grade levels: 4

Total Participants: 9,094
- Elementary Students (Grades Pre K-5): 2,185
- Middle School Students (Grades 6-8): 4,354
- High School Students (Grades 9-12): 1,603
- Teachers & Staff: 601
- Community Members & Parents: 351

Achievements
- Implementation of the Wellness Guidelines
- Integrated PA into classroom curriculum
- Improved physical, mental, and emotional wellness amongst faculty and staff
- ↑ knowledge that PA, nutrition & health are connected
- Participation in PA before, during, after school
- Engaged in vigorous PA during recess
- ↑ enrollment in PE elective courses
- School and community connectedness from gardening
- ↑ the number of family gardens at home
- Pride in harvesting F & V
- ↑ cooking skills to prepare healthy meals & snacks
- ↑ exposure to diverse F & V through taste tests
- ↑ sales of F & V at local stores

Lessons Learned

Facilitators | Barriers
---|---
Administrative support | Time
Community support | Funding
Faculty/staff participation | School renovations
Family involvement | Changes in faculty/staff
Culturally-based learning philosophy | Training teachers & staff in new curriculum

Next Steps
- A Healthy Schools booklet was developed, printed, and posted online to share challenges & successes.
- The 15 Healthy Schools will work to sustain their programs beyond the 2-year funding period.
- School compliance with the Wellness Guidelines will continue to be monitored.
- Partners will collaborate to provide future incentive awards to schools that are meeting the Wellness Guidelines.

Activities Categorized into Four Themes

Physical Activity Opportunities
- 30-minute periods of daily physical activity (PA)
- Brain gym and movement activities
- 1 hour of required physical activity during aftercare
- “Biggest Loser” staff challenge
- Improved PA facilities & equipment
- Structured PA during recess
- Makahiki games
- Health & Fitness Ohana Night

School Gardening and Nutrition
- “Food to fork” curriculum
- Students prepared meals from garden produce
- Visited local farms
- Lessons & activities based on Hawaiian culture
- Students distributed produce from gardens
- Local farmers participated in Garden Club activities

Health and Physical Education
- Formed Health & Wellness Committee
- “New PE” objectives for PE instruction
- Fitness testing to assess PA levels
- Technology incorporated into PE class
- Professional development opportunities
- Health class with nutrition & fitness activities
- Information sessions for parents & community

Preparing Healthy Foods
- Integrated cooking & nutrition into curriculum
- Modified recipes to create nutritious meals
- Learned cooking procedures and safety rules
- Bi-weekly fruit and vegetable (F & V) tastings
- Created healthy drinks for fundraisers using F & V
- Tracked food intake & analyzed nutritional value

Participants reached as a result of the 15 projects

Locations of Healthy Schools

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