



EXCELLENCE IN WELLNESS: A New Recognition Award for Model Schools



Jennifer Ryan¹, Ranjani Starr¹, Rebekah Rodericks², Glenna Owens³, Ann Horiuchi⁴, and Tonya Lowery St. John¹

¹Healthy Hawaii Initiative, Hawaii State Department of Health, ²Office of Public Health Studies, University of Hawaii at Manoa, ³School Food Services Branch, Hawaii State Department of Education, ⁴Office of Curriculum, Instruction and Student Support, Hawaii State Department of Education

Introduction

- The Hawaii Department of Education (HIDOE) has direct contact with more than 80 percent of the state's children ages 5-17.¹
- Half of Hawaii's public school students are eligible for free or reduced-price meals.¹
- A growing number of studies have found that healthy and physically active students are more likely to be academically motivated, alert, and successful.²

Background

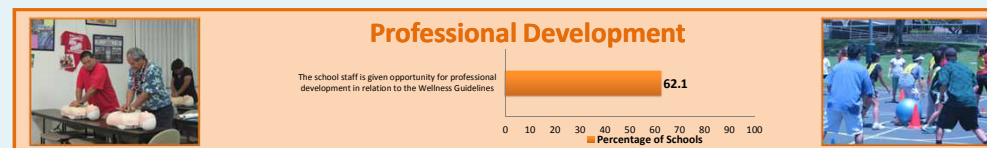
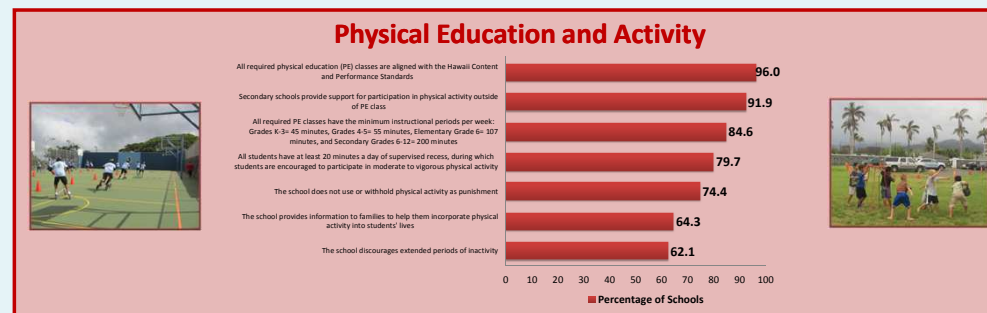
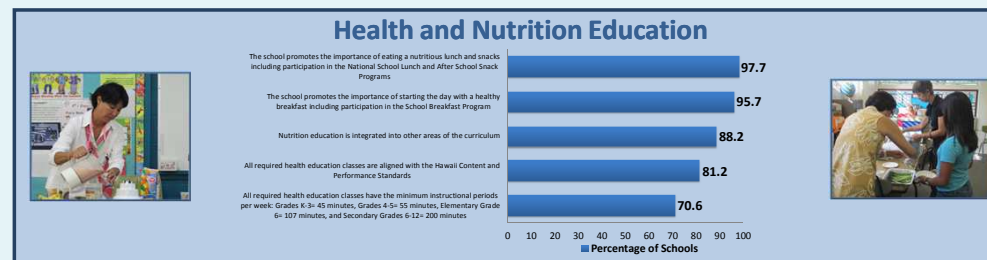
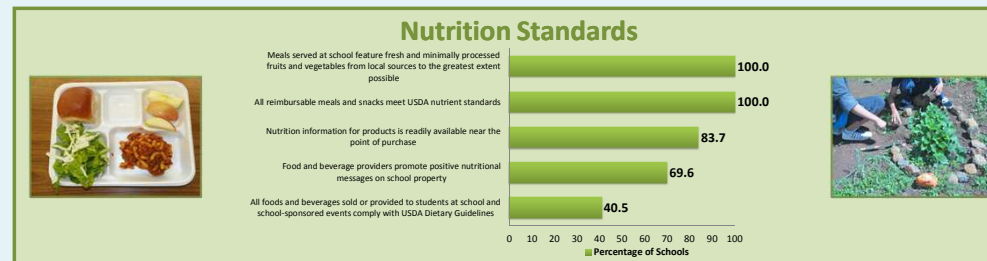
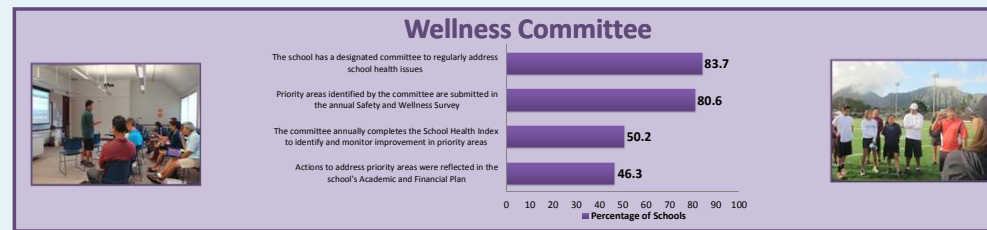
- In 2004, the *Child Nutrition and Women Infants and Children Reauthorization Act* (Section 204 of Public Law 108-265) required each school food authority participating in the National School Lunch Program to establish a local wellness policy.
- To meet federal requirements, the Hawaii State Board of Education created *Health, Wellness, and Safety Policy* 1110-6.
- In 2007, the Wellness Guidelines were released to HIDOE schools with a four-year grace period to facilitate full implementation.
- All schools were expected to comply with the Wellness Guidelines by the end of SY2010-11.
- The Wellness Guidelines are organized into five component areas.

- Wellness Committee
- Nutrition Standards
- Health and Nutrition Education
- Physical Education and Activity
- Professional Development

Description of the Data

- The Safety and Wellness Survey (SAWS) is used to monitor school implementation of the Wellness Guidelines.
- The SAWS is delivered online and jointly administered by the HIDOE and the Hawaii State Department of Health (HDOH) annually to school principals statewide.
- Public charter schools are not included in the SAWS since independent school food authorities are not required to adopt the HIDOE Wellness Guidelines.
- Wellness Guideline scores reflect the number of points earned by each school divided by the total number of possible points. This proportion is then averaged across schools for the entire State.
- The following information is self-reported data collected from 227 school principals for SY2011-12 representing 89 percent of eligible schools (n=255).

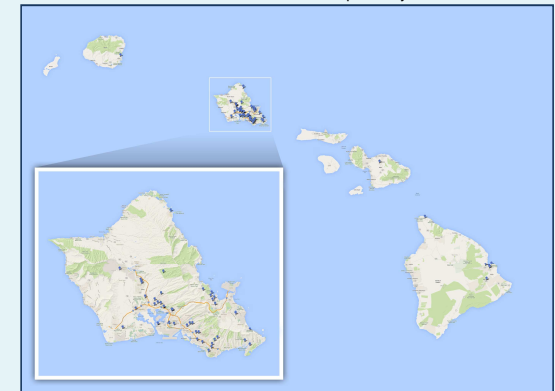
Five Component Areas of the Wellness Guidelines



Wellness Award Recipients

- Of the 227 schools that completed the SAWS, 50 schools reported implementing at least 90% of the Wellness Guidelines in SY2011-12.
- Each of the 50 schools were provided with an "Award for Excellence in Wellness" banner.
- These Wellness Award recipients were eligible to apply for HDOH funds of up to \$8,000 per school to further support their efforts and implementation of the Wellness Guidelines in SY2013-14.

Location of 50 Wellness Award Recipients by Island³



Hawaii	Oahu Continued	Oahu Continued
Ernest Bowen de Silva Elementary	Benjamin Parker Elementary	Laie Elementary
Keaukaha Elementary	Blanche Pope Elementary	Linsipuni Elementary
Kohala Elementary	Gustave H. Wabling Elementary	Manana Elementary
Mountain View Elementary	Hahaione Elementary	Mililani High
Waialae Elementary	Heala Elementary	Mililani Maika Elementary
Waialae-Kaunani Elementary	Henry J. Kaiser High	Mililani Waena Elementary
	Highlands Intermediate	Paliades Elementary
	Honowai Elementary	Paoua Elementary
	Horse Meek Hickam Elementary	Pearl City Elementary
	Kaewai Elementary	Pearl Harbor Elementary
	Kalihi-uka Elementary	Pearl Ridge Elementary
	Kaneohe Elementary	Prince David Kawananakoa Middle
	Karolani Elementary	Samuel K. Solomon Elementary
	Kapolei Elementary	Samuel Wilder King Intermediate
	Kapunahua Elementary	Waikiki Elementary
	Keolu Elementary	Waialae Elementary
	King Liholiho Elementary	William McKinley High
	King William Lunalilo Elementary	William P. Jarrett Middle
	Kiipapa Elementary	
	Kula Kaiapuni O Anuenue	

Next Steps

- Excellence in Wellness banners will be awarded to high achieving schools in the spring of each school year.
- The HIDOE and HDOH are working together to develop additional SAWS data reports.
- SAWS data will be used by HIDOE partners to guide efforts that support wellness in schools.

References

- HIDOE 2012 Superintendent's 23rd Annual Report (May 2013). http://arch.k12.hi.us/PDF/StateSuperintendent_report20122012supRptFinal20130514.pdf
- Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health & Human Services; 2011.
- Google maps: <https://maps.google.com/maps/ms/msid=203854207654095372735.0004ec5d190f1587900c&msa=0>