



Success Stories

Chamberlain School Health Council Changes the Scene

According to the 2011-12 School Height and Weight Report, schools in Education Service Agencies (ESA) 3 and 5 have the highest rate for Overweight and Obese Body Mass Index Combined (40.1% and 43.6% respectively). ESA's reflect public, private, and tribal schools located in specific geographic areas within the state. As shown on the ESA map, the Chamberlain School District is located within ESA 3.

With support from Coordinated School Health's Building Healthy Schools Project (BHS), the Chamberlain School District developed a school health council whose primary purpose is to implement effective programs, policies, and practices related to physical activity and nutrition, as well as tobacco-use prevention and HIV prevention. During the course of the three-year BHS project, the Chamberlain School Health Council has:

- Contracted with Lunchtime Solutions to provide school food services that meet the changing expectation for fresh and healthy food.
- Removed soda pop from all vending machines and replaced them with healthier selections such as milk, water, and 100% fruit juices.
- Equipped the health classroom with 2 spinner bikes, 2 elliptical bikes and 2 recumbent exercise bikes. The location of the equipment allows students easy access.
- Allowed elementary, middle school, and high school physical education staff to attend a SPARK Physical Education Workshop. SPARK PE is an evidence-based physical education curriculum and a successful model for combating childhood obesity.
- Received a coordinated package of the highly active SPARK physical education curriculum specific to each grade span, access to the SPARKfamily.org website, follow-up support, and discounts on content-matched equipment.
- Initiated a staff-wellness plan to include an online activity tracking tool. Staff receive incentives for performance and involvement.