

# HEALTHY SCHOOLS, HEALTHY COMMUNITIES



An evidence-based nutrition education and active living program for schools and communities.

The Supplemental Nutrition Assistance Program (SNAP) offers assistance with food costs and provides nutrition education (SNAP-Ed) to empower eligible individuals and families with education and skills to make healthier choices.

Evidence suggests that school-based nutrition education programs can improve time on task, cognitive capabilities, and academic achievement. There is also a need for nutrition programs that can be implemented in community settings. HSHC answers a need for a coordinated nutrition program in the community.



## WHAT IS HEALTHY SCHOOLS, HEALTHY COMMUNITIES™?

Healthy Schools, Healthy Communities™ (HSHC) is an emerging best-practice intervention that can be used in classroom or community settings to help children and families eat better and move more. HSHC is the core nutrition education component of Physical Education and Nutrition Working Together (PE-Nut), a program that has been implemented successfully by Michigan SNAP-Ed partners since 2006. HSHC is paired with a standards-based Physical Education curriculum to reach children in multiple ways with consistent messages. Everything you need to plan, implement, and evaluate this evidence-based program is provided on a website; for information, visit: [healthyschoolshealthycommunities.org/#about](http://healthyschoolshealthycommunities.org/#about)

## WHY USE HSHC?

### FOCUS ON BEHAVIOR CHANGE

Children learn how and why to choose healthy foods, be more physically active, and practice what they learn in school, at home, and in their community.

### CUSTOMIZABLE

Create lessons by selecting from recommended activities, food tastings, and physical activity breaks.

### INCLUDES EVALUATION TOOLS

An educator log for program fidelity, a validated behavior change survey (grades 3-5), and process evaluation for program improvement.

### CHILDREN LOVE IT!

All activities and healthy snacks were field tested in SNAP-Ed eligible community settings with hundreds of children in all grades PreK-5.

### CONSISTENT WITH FEDERAL PROGRAM GOALS AND GUIDANCE

Dietary Guidelines for Americans including MyPlate, Physical Activity Guidelines and the Healthy People 2020 Plan.

### IT'S EVIDENCE-BASED

Significant changes were demonstrated for increased frequency of consuming vegetables, healthy beverages, and snacks; and of washing hands and trying new foods.

# HEALTHY SCHOOLS, HEALTHY COMMUNITIES™ (HSHC) IS NOW EVIDENCE-BASED FOR BOTH SCHOOLS AND COMMUNITY SETTINGS

After participating in HSHC, children in grades 3-5 completed a valid and reliable post/retrospective pre survey and evaluation results established evidence base for healthy eating behaviors described below.

## CHILDREN

AFTER PARTICIPATING IN THE PROGRAM, AN EVIDENCE BASE WAS ESTABLISHED FOR THE FOLLOWING BEHAVIORS:<sup>1</sup>



Ate healthy foods (64%) and liked to eat healthy foods (59%)



Ate many different kinds of foods (50%)



Tried new foods (44%) and liked to try new foods (54%)



Ate fruits (77%) and vegetables (52%)



Chose water and other healthy drinks (67%)



Washed their hands or used sanitizer before eating (71%)



Liked to eat fruit (89%) and vegetables (49%)



Asked someone at home to buy healthy foods (42%)

## EDUCATORS

Educators reported children were more willing to try new foods at home and recipes they tasted at school. Educators loved the hands-on snacks and activities, the adaptability/flexibility, and ease of implementation. Successful strategies included working with a community champion, building relationships with site staff and children, and serving as a positive role model.

## PARENTS

PARENTS SURVEYED REPORTED THEIR CHILDREN WHO PARTICIPATED...



Ate more fruits (84%) and vegetables (72%)



Chose healthier snacks (79%)



Engaged in more physical activity (74%)



Tried new foods (68%)



Asked for foods they tried in HSHC (67%)



Talked more about healthy eating and physical activity (80%)

## QUOTES FROM EDUCATORS (PRE-SCHOOL SETTING):

"One student stated that she had never tried yellow peppers before this program. She stated that she loved them and asks for mom to add them to her meals."

"A parent stated that her daughter now comes home and teaches her 2-year-old brother about the healthy moves and recipes we made in the class."

"During the final lesson, a few parents came up to me and said how their children were asking for healthy snacks more frequently."

## SETTINGS

THE PROGRAM HAS BEEN SUCCESSFULLY IMPLEMENTED IN VARIOUS SETTINGS:



After-Schools Programs



Churches



Community Centers



Preschools



Summer Feeding Sites

Follow the program! Find out more at: [healthyschoolshealthycommunities.org](http://healthyschoolshealthycommunities.org)  
Learn more about PE-Nut: [snapedtoolkit.org/interventions/programs/pe-nut/](http://snapedtoolkit.org/interventions/programs/pe-nut/)

<sup>1</sup> Respondents reported the behavior "Most or all of the time" after participating in the program.