



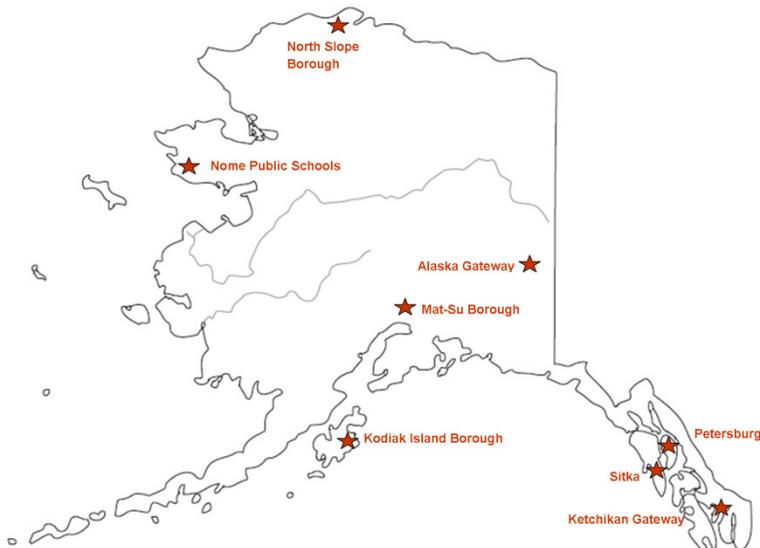
Obesity Prevention School Grant Program



The Alaska Obesity Prevention and Control Program (OPCP) is putting boots on the ground to help local school districts reduce rates of childhood obesity. Beginning in the 2013-2014 school year, 8 Alaskan school district grantees are working to improve their school nutrition and physical activity environments by increasing opportunities for before, during and after school physical activity and improving the nutritional content of foods available for consumption at schools.

Each competitively selected district will hire a .75 FTE coordinator who will have primary responsibility for developing programs such as farm-to-school, serving Alaska fish, and increasing salad bars in the schools. In addition, grantee districts will implement high-quality PE and recess programming aimed at helping students meet the recommended 60 minutes of daily activity. Outcomes of this grant program will be evaluated through collecting and analyzing student body mass index.

K-12 Obesity Prevention Grantee School Districts



- Alaska Gateway School District
- Ketchikan Gateway Borough School District
- Kodiak Island Borough School District
- Mat- Su Borough School District
- Nome Public Schools
- North Slope Borough School District
- Petersburg City School District
- Sitka School District

Why work with schools?

Next to families, the school has more influence on the lives of young people than any other social institution. Schools can improve the health and education of young people and prepare them to be healthy and productive adults. While it is understood that schools alone cannot be expected to address all student health issues, schools are in a unique position to reduce the burden of childhood obesity.

This school based grant program provides a focal point in which families, community organizations, businesses, health care workers and youth themselves can focus on the well-being of young people. This combination of better student health education, more physical activity, good nutrition and community engagement will reduce the prevalence the childhood obesity in Alaska.

What do school grantees do?

1. They get kids more active and eating better.

- All grantee districts participate in the [Healthy Futures Challenge](#) to increase physical activity in elementary school students.
- Work toward achieving at least the Bronze Award Level of the USDA [HealthierUS School Challenge \(HUSSC\)](#) to ensure students are eating healthy foods at school.
- Participate in any planned district assessments of physical education and health education curriculum, utilizing the [Physical Education Curriculum Analysis Tool \(PECAT\)](#) and [Health Education Curriculum Analysis Tool \(HECAT\)](#)

2. They organize support for healthy students at the school district level.

- Develop and/or strengthen their [School Wellness Team](#).
- Engage parents and the community in improving the nutrition and physical activity environment of the district.
- Provide a local school perspective to statewide obesity prevention work as a member of the [Alaska Alliance for Healthy Kids](#).
- Conduct assessments of current school wellness policy utilizing the Rudd Center [WellSAT: Wellness School Assessment Tool](#) for the district and the CDC [School Health Index](#) in targeted schools.
- Implement strong school wellness policies to ensure they meet all of the [USDA Healthy, Hunger-Free Kids \(HHFK\) Act of 2010](#) requirements with the involvement of the School Wellness Team.

3. They promote healthy living in their communities.

- Increase public awareness and knowledge about events, activities, and successes to the public. Grantees utilize posters, flyers, PSA's, and other [communications materials](#) provided by the OPCP to positively communicate healthy active lifestyles within their regions.

4. They evaluate their work to ensure they are meeting performance measures.

- Participate in a local [Youth Risk Behavior Survey \(YRBS\)](#) and [School Health Profiles](#) survey
- Develop a system to collect [student height and weight measurements](#) to monitor [obesity trends](#) among Alaska children

How can I find out more?

More information on the grant program can be found on the [School Grant web page](#), in the [Request for Proposals \(RFP\)](#) or by emailing:

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Publication, resources and more information about the Alaska Obesity Prevention and Control Program can be found at: dhss.alaska.gov/dph/Chronic/Pages/Obesity/default.aspx
www.playeveryday.alaska.gov