



**Be Well
Move Well
Think Well
Eat Well**



Health & Wellness Committee

April 5th, 2022

Meeting Norms

- Respect time and participants
- Maximum length of one hour
- Personal needs
- Last of two meetings for the year

Introductions

- Share your name
- Share who/what you are representing

Purpose

- Celebrate the district's health/wellness activities of the 2021-2022 school year.
- Look to the 2022-2023 school year.
- Continue to support the comprehensive district wellness program in place
- Seeking ideas for engaging employees and students in future wellness activities.

Fast Stats for Adults

1 in 3 Deaths each year is from heart disease, stroke, or other CV diseases

30.8 million adults smoke cigarettes

74% of adults are overweight or have obesity

96 million adults have prediabetes

CDC, National Center for Chronic Disease Prevention and Health Promotion, 2022

Fast Stats for Children and Adolescents

21.2% of adolescents aged 12-19 have obesity

2 in 5 students has a chronic health condition

23.6% of high school students use at least one tobacco product



Wellness Initiatives



Wellness Initiatives: STUDENTS

- Running Club, ROAR Run
- Health Curriculum
- Extracurricular Activities all ages
- Vaccine Clinic
- Health Screenings
- Heart Health Activities
- Vision & Dental Mobile Unit
- Well-child Exams
- Backpack Food Programs
- All graduates must have hands-only CPR

Wellness Initiatives: STAFF

- Heart Month newsletters in staff communicator
- Step Into Fall, Steps Challenge, or Walk/Run/Bike
- Maintain Don't Gain
- Healthy Lifestyle Challenge
- Wellness on Tour Bus (Mammograms)
- Health Risk Appraisals (lipid panel & glucose, bp, wt, hip measurement)
- Flu Vaccine Clinic
- Discounts to local fitness clubs
- CPR/1st aid classes

Kids Served through Partnerships

- Tiger Totes - PHP & Care To Learn
- Hunger, Health, & Hygiene - Care to Learn
- Dental Bus (onsite) - Jordan Valley Mobile Unit
- Child Well Visits - Jordan Valley Mobile Unit
- Sports Physicals (onsite) - Jordan Valley Mobile Unit
- Immunization Clinic (onsite) - Jordan Valley
- Flu Vaccine Clinic (onsite) - Jordan Valley
- Thanksgiving and Christmas food baskets - PHP
- Shop with a Hero - Republic PD
- Books - Ozarks Literacy Council

Health Risk Appraisals

Onsite (6 buildings)

439 employees participated

New this year: fingerstick, results onsite,
immediate feedback,

MO DESE/Missouri Healthy Schools Grant

Amount: \$4000

Purpose: Support Employee Wellbeing activities

Timeline of Grant

Feb. 15th, 2022

- 1) Registered, Completed and Submitted Employee Wellness Assessments (Module 9 of the School Health Index)
- 2) Project Activities Plan - brief description of activities and estimated allocation of funds proposal submitted.

Timeline continues.....

May 31st - Summary Report

Brief written summary of planned activities

June 15th - Case Study presented - 1 page
description of a success

Whole School, Whole Community, Whole Child

Framework for address health in schools

Student-centered

10 Components

#8 is Employee Health

Employee Assistance Program

Evaluation Tools

School Health Index - Building assessments and overall district assessment

Workplace Wellness - CDC initiative for employers

Categories

Personnel

Fringe

Indirect

Travel

Other

Supplies

(No gift cards)

Order more prizes

Reimburse prizes
already purchased

Employee stipends

Exercise instructors or
cooking classes

Prizes purchased

Pair of Brooks shoes

Exercise mat

Exercise ball

Water bottles

Bluetooth Headphones

Roundnet beach game

Exercise dice

Kettlebell set

Resistance bands

Wellness Activities Share

EC

Sweeny

Lyon

Price

McCulloch

Schofield

RMS

RHS

Wrap Up & Next Steps

- **Final questions regarding agenda?**
- **Next meeting, Fall 2022**
- **Please complete quality tools.**
- **Thanks so much for your participation!**



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