

Calloway County Schools Physical Activity and Nutrition Report Findings and Recommendations

Findings

Nutrition Environment:

- Continue to implement Meal Standards while still offering multiple food options.
- Continue to encourage school breakfast and lunch in student's schedule.
- Continue to offer education to students and faculty with handouts, bulletin boards.

Physical Activity Environment:

- Partnering with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities.
- School working with community-based, out-of-school programs (e.g., Boys & Girls Clubs, 21st Century Community Learning Centers, Parks and Recreation) to develop and implement routine activities that promote health* for all participating students.
- Students in each grade receive physical education for at least 150 minutes per week throughout the school year.

Recommendations

- Encourage partnering with local community organizations, businesses, hospitals, Cooperative extension etc to engage students and families in health promotion activities.
- Encourage schools to work with community-based, out-of-school programs to develop and implement routine activities that promote health for all participating students.
- Encourage at least 150 min per week of physical education throughout the school year.
- Continue meeting meal requirements but also allow for extra choices to be available when possible.
- Continue to work with staff to support and encourage student participation in school breakfast and school lunch.
- Continue to be able to provide educational information regarding nutrition with signage, posters, etc.