

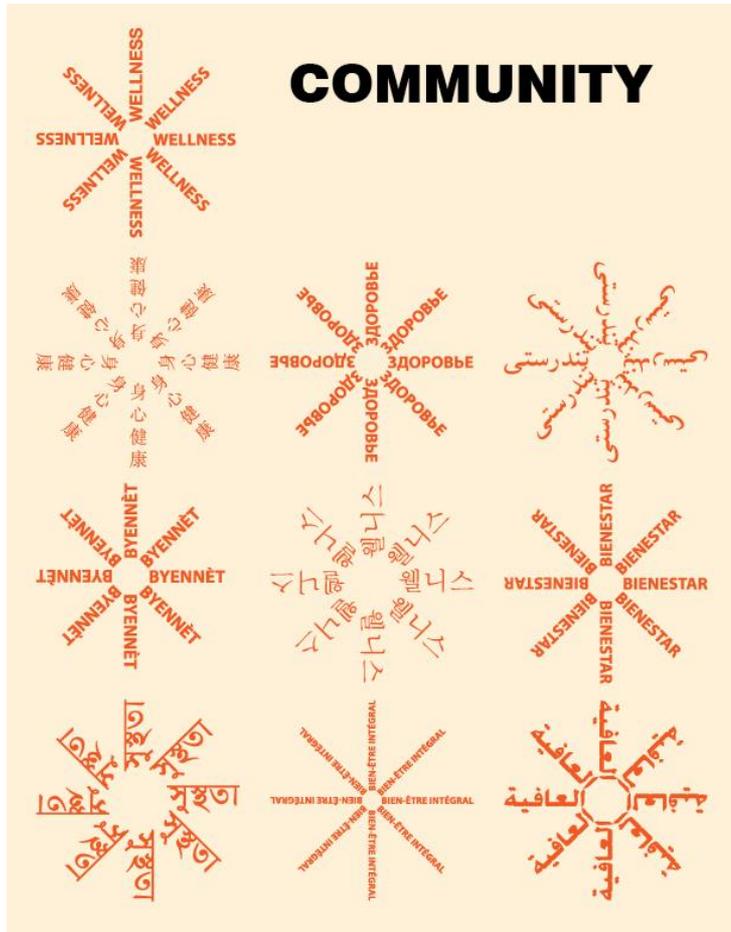
2013 Wellness Report

Kathleen Grimm

*Deputy Chancellor
For Operations*

November 2013

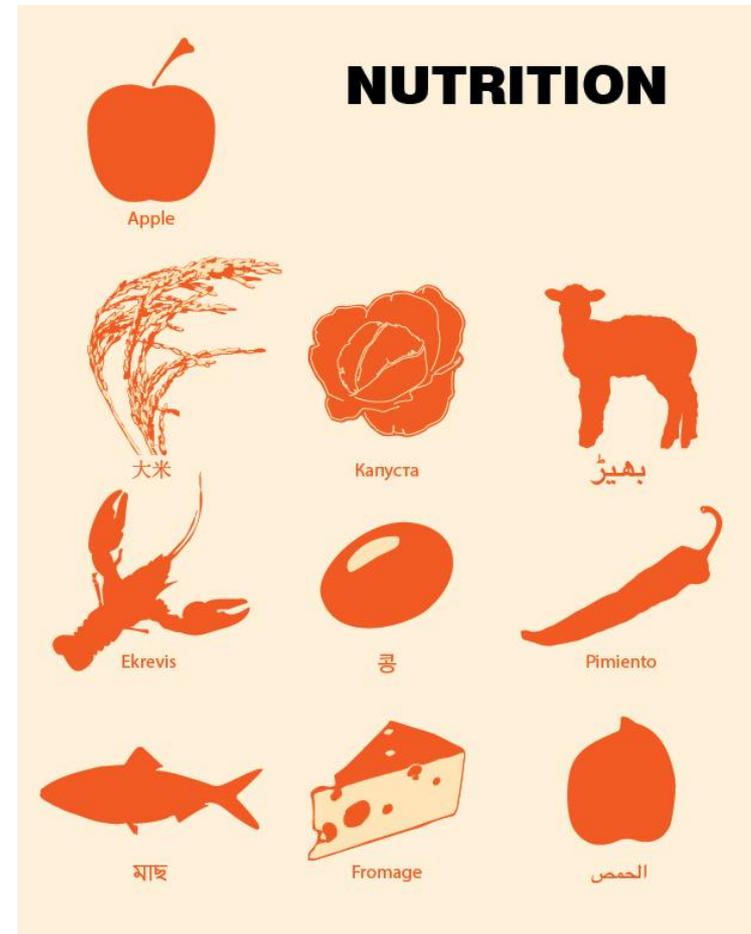
RATIONALE FOR CHANGE



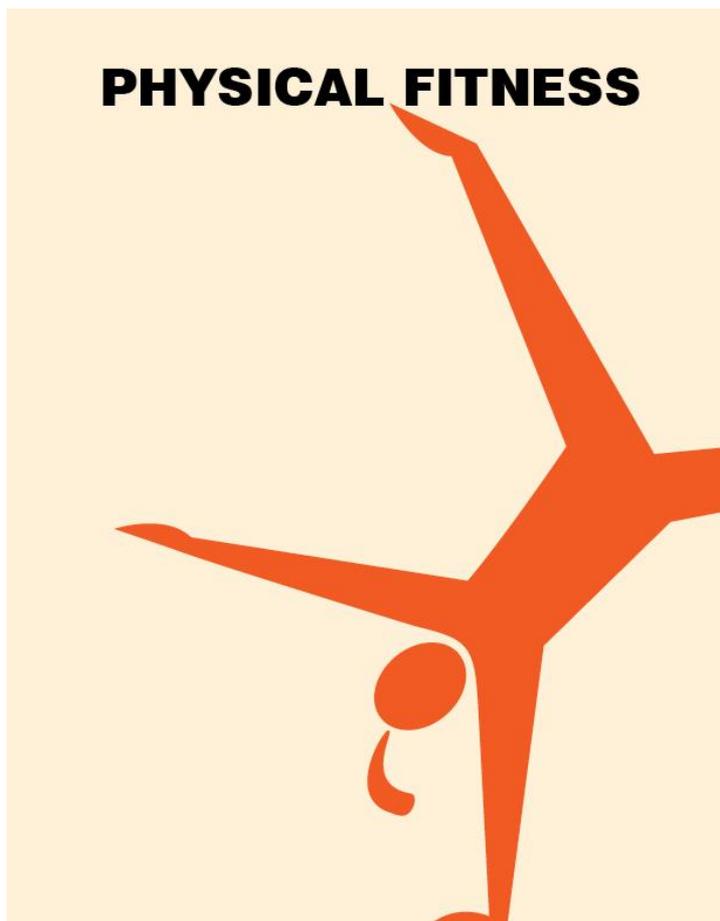
- Wellness means being healthy in mind and body.
- 40 percent of NYC public school students K-8 are either overweight or obese.
- Schools by themselves cannot solve the obesity epidemic, but they can play a critical role in creating lifelong healthy habits.
- A growing body of research shows a correlation between fitness and academic achievement.

Calories IN = Calories OUT

- Higher nutritional standards for SchoolFood.
- Reduced sodium, fat, and cholesterol.
- Whole grains, salad bars, water jets.
- Nutrition education in cafeteria and classrooms.
- 350 school gardens.



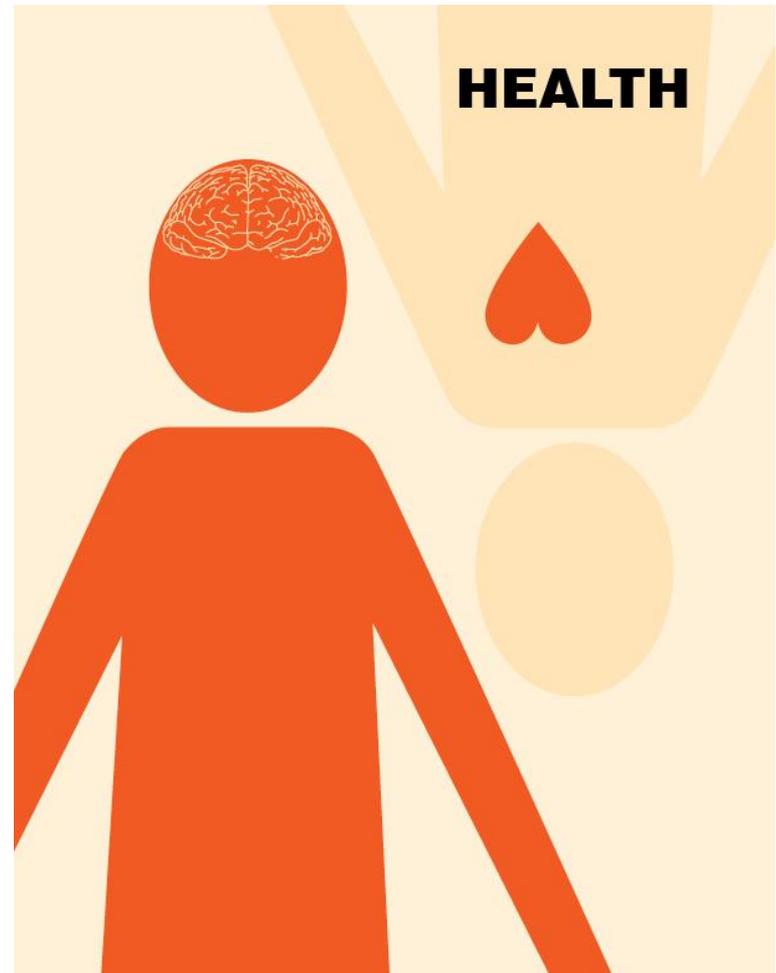
Calories IN = Calories OUT



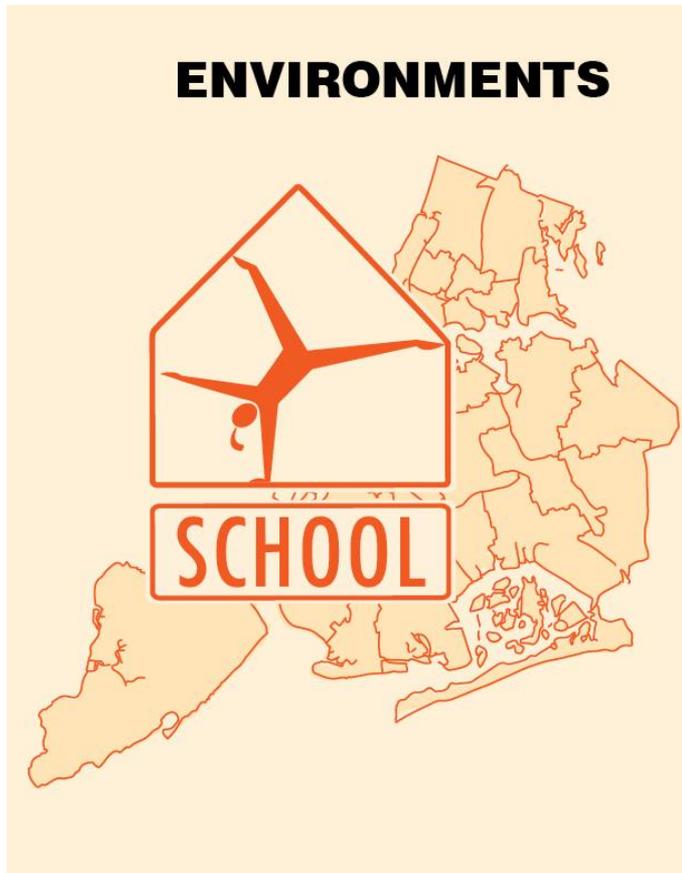
- Health-related PE curriculum
- Adaptive Physical Education
- Move-To-Improve for fitness activities in K-5 classrooms
- 860,000 NYC FITNESSGRAM reports in 2012-13
- CHAMPS Middle School Sports and Fitness League
- High school Public School Athletic League (PSAL)

HEALTH EDUCATION and SERVICES

- Comprehensive health education now includes a sexual health mandate for middle and high schools.
- Adding 20 School Based Health Centers (SBHC) to current 126 SBHCs offering physical and mental health services.
- School nurses work with overweight students.
- Vision screening for 159,000 K-1 students.



SCHOOL ENVIRONMENTS



- All new school buildings built with dedicated PE space.
- Thirty school renovations to create multi-use physical activity spaces.
- Opening of 226 renovated playgrounds for school and neighborhood use.
- School Wellness Councils set specific, unique goals for their buildings and communities.

WELLNESS NYC

Free support for wellness programs, including Physical and Health Education and School Wellness Councils, comes from the DOE Offices of School Health and School Wellness Programs.

Contact

Wellness@schools.nyc.gov