

Implementation Progress for School Health Index (SHI) Action Items

Summary of School Year 2019-2020 Successes

Last school year presented many unpredictable challenges across the globe. However, even in the midst of this challenging year, the eight partnering districts/Local Education Agencies (LEAs) of the CDC 1801 Healthy Schools grant persisted and made substantial changes in year 2 of this 5 year grant to improve health for students and staff. Looking at the data from the School Health Index update in November 2020, LEAs **made positive changes on 43% of SHI action items**. Additionally, each of the 8 LEAs **made positive changes amongst 2-8 selected SHI action items**.

Highlighted SHI Action Items

There were two action items that LEAs made the most change within their respective districts, School Lunches (N.3) and Availability of Physical Activity Breaks in Classrooms (PA. 20). A total of seven out of eight LEAs made a positive growth on N.3 and six out of eight LEAs made a change on PA.20.

Success Across LEAs

LEAs have had great success over grant year 2 working towards full implementation of identified action items from each module. Figure 1 showcases where LEAs were at the start of year 2 of the grant, compared to where they were at the end of year 2. It also shows how the combined action items scores compare to full implementation scores for combined action items within each module.

Over the life of the grant thus far, LEAs have done tremendous work overall on fully implementing action items. In the first year of the grant, only 15 action items were fully implemented across the 8 LEAs. However, today 46 action items have been fully implemented across the LEAs.

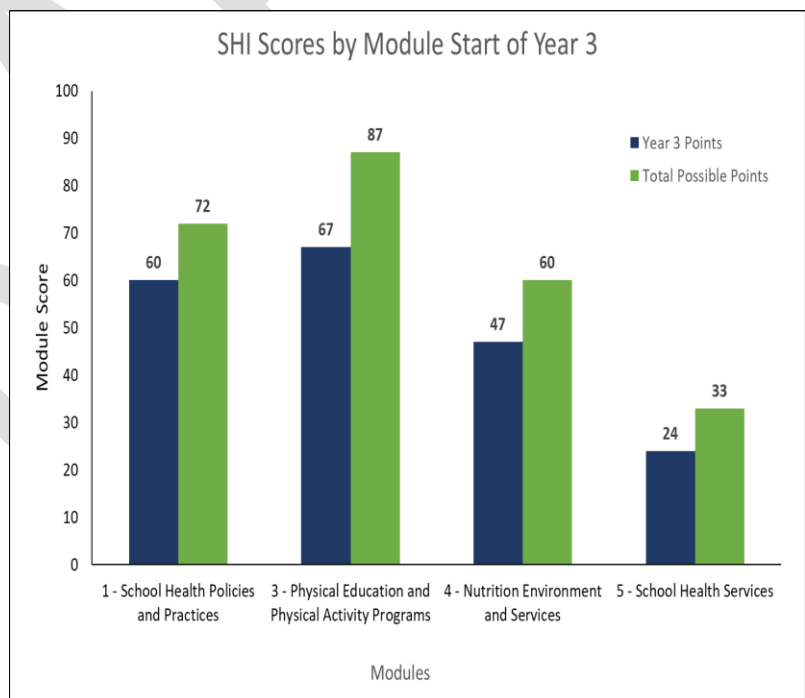


Figure 1. Combined Action Items Scores for SHI Modules.

Cass Lake-Bena Schools

Summary of Year 2 Success

Cass Lake-Bena Schools (CLB) LEA worked on a total of 12 action items across 4 different SHI Modules during year 2 of the 1801 grant. Of the 12 action items, CLB **made a positive change on 41.7% of the action items** over this challenging year. A majority of work was done on Module 3 – Physical Education and Physical Activity Programs. The action items had a focus on professional development for physical education instructors and also classroom teachers with embedding physical activity opportunities within the block schedule.

Highlighted SHI Action Items

The work done on the priority action item **N.2 – Access to free drinking water throughout the day**, of Module 1 – School Health and Safety Policies and Environment, resulted in the most significant change in year 2. Through Cass Lake-Bena's hard work, this action item was fully implemented rising up from being under development in the previous grant year. Part of this progression showcases how CLB was able to provide access to free drinking water prior to students switching to a virtual/distance learning setting due to COVID-19.

Success Across Modules

CLB was able to work on a total of 4 modules this grant year.

Module 1: School Health Policies and Practices

Module 3: Physical Education and Physical Activity Programs

Module 4: Nutrition Environment and Services

Module 5: School Health Services

Across the four modules, CLB was able to improve the implementation of action items from an implementation rate of 68.9% to 88.9% over the course of year 2.

Success over time

CLB has achieved many milestones over the course of the 1801 grant. The graph below showcases the amount of improvement over the life of the grant thus far, see figures 2. Of note, CLB’s hard work improved their overall SHI score from a 7 out of 18 to a SHI score of 26 out of 36 over the life of the grant thus far.

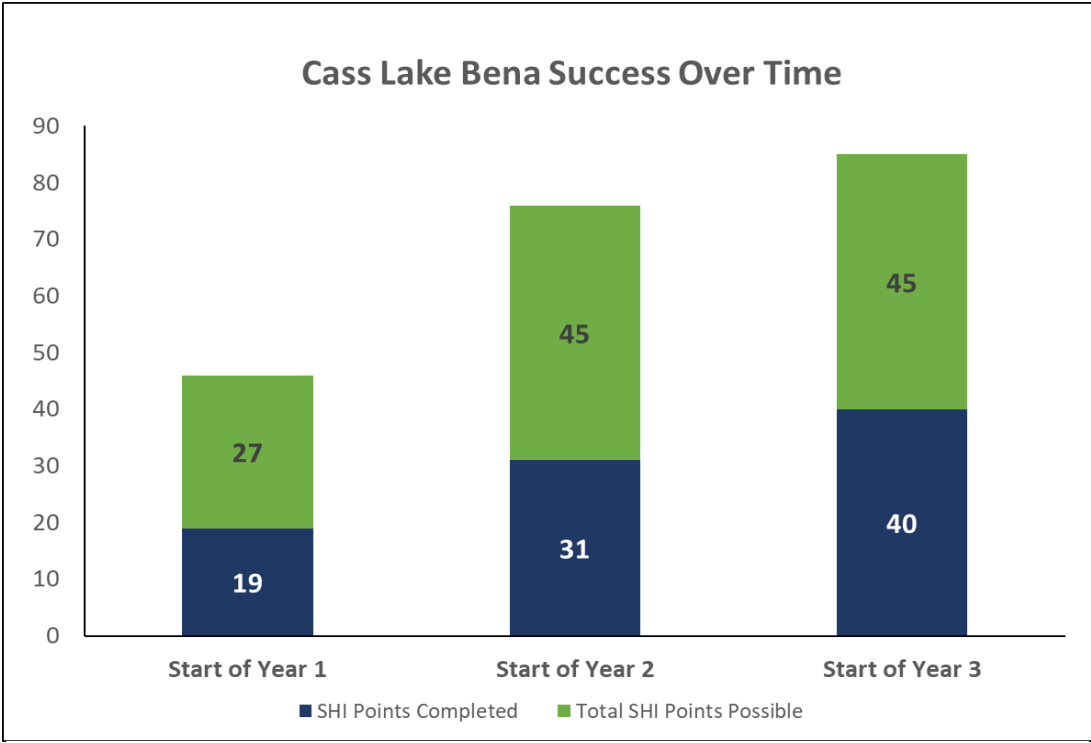


Figure 3. Combined SHI scores at the beginning of each grant year and the total possible SHI Scores for CLB.