

Nutrition Services and Health Education Expansion to Create Connections Between Families and Schools.

BACKGROUND

Site: Upland Unified School District (UUSD), Nutrition Services Department, Upland, CA

Preceptor: Cassidy Furnari

Project: Expand nutrition and health education awareness between key stakeholders to improve student wellness. Encourage Upland, CA community, parents, and students to form strong connections with schools.

Importance: The district's Board Policy's (BP 5030) effectiveness was graded by using The WellSAT 3.0 assessment tool. The WellSAT 3.0 shed a light into strengths and weaknesses within the policy, for example, BP 5030 has not been updated since 2014. Student health and wellness in school environments is equally as important as their home environment, therefore, the district has worked hard to complete a School Health Index (SHI) to help improve BP 503. Since then, the district's goal has been to educate parents and caregivers on healthy living through multiple methods.

METHODS

1. Assist in planning, co-facilitation, and evaluation of Wellness Committee Meetings
2. Evaluation recommendation and modification of wellness policy (BP 5030)
3. Creation of nutrition services and public health education spring social media campaign

Karen Godina Upland Unified School District, Intern
 Randall Lewis Health and Policy, Fellow

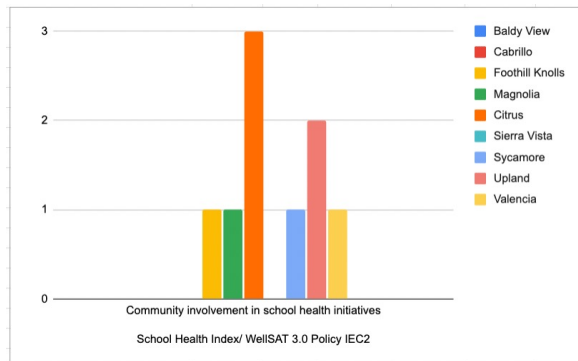


Figure 1. Comparison of 9 elementary schools on community involvement

RESULTS

- The SHI (Figure 1) revealed a lack of community involvement. To combat this issue, I created an activity to include our priority population in the planning process of creating a BP 5030 recommendation report during my presentation at Wellness Committee Meetings.
- To support the districts strategies for health education and promotion programs, I created a Spring Social Media Campaign Implementation occurred via Instagram and district website with the end goal of increasing followers by 20%.
- Implementation of a social media campaign was to reach a larger audience and increase communication updates to an audience unable to attend school/district important events.
- Upland Unified School District has successfully completed their first Triennial Assessment designed to evaluate the policies impact on student health. Our target audience was notified via Instagram (Figure 2).

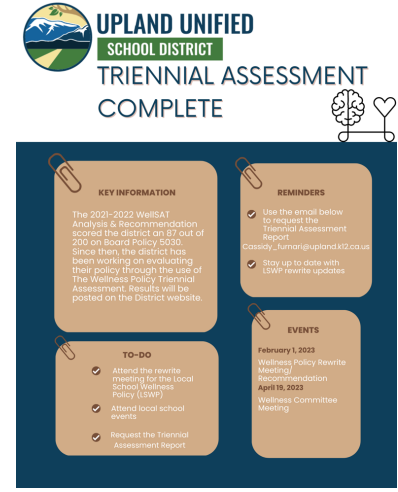


Figure 2. Flyer created to inform priority population of completion.

CONCLUSION

Throughout this project, I successfully put theory into practice by:

1. Creation and implementation of a Spring Social Media Campaign, that the district will continue to follow. (MPH 18, HPEE 5)
2. Evaluate policies for their impact on public health by completing Triennial Assessment. (MPH 15, HPEE3)
3. Assist in planning and co-facilitation of Wellness meetings to communicate audience appropriate public health content within schools. (MPH 19)