

Healthy Campus/Community Initiative

Campus/Community Involvement

- Cleveland School District activities (G1)
 - Project Fit America K–6 (G2)
 - Nutrition health kits K–6 (G1)
 - Health lesson plans K–8 (G1)
 - Fitness Center memberships (100) (G3)
 - School counselor interns (6) (G2)
 - School health mini conference (G1)
 - Parent health screenings (G2)
- Bolivar Medical Center: Smoke Cessation and Diabetes Education (G3)
- Saturdays in the Park (G2)



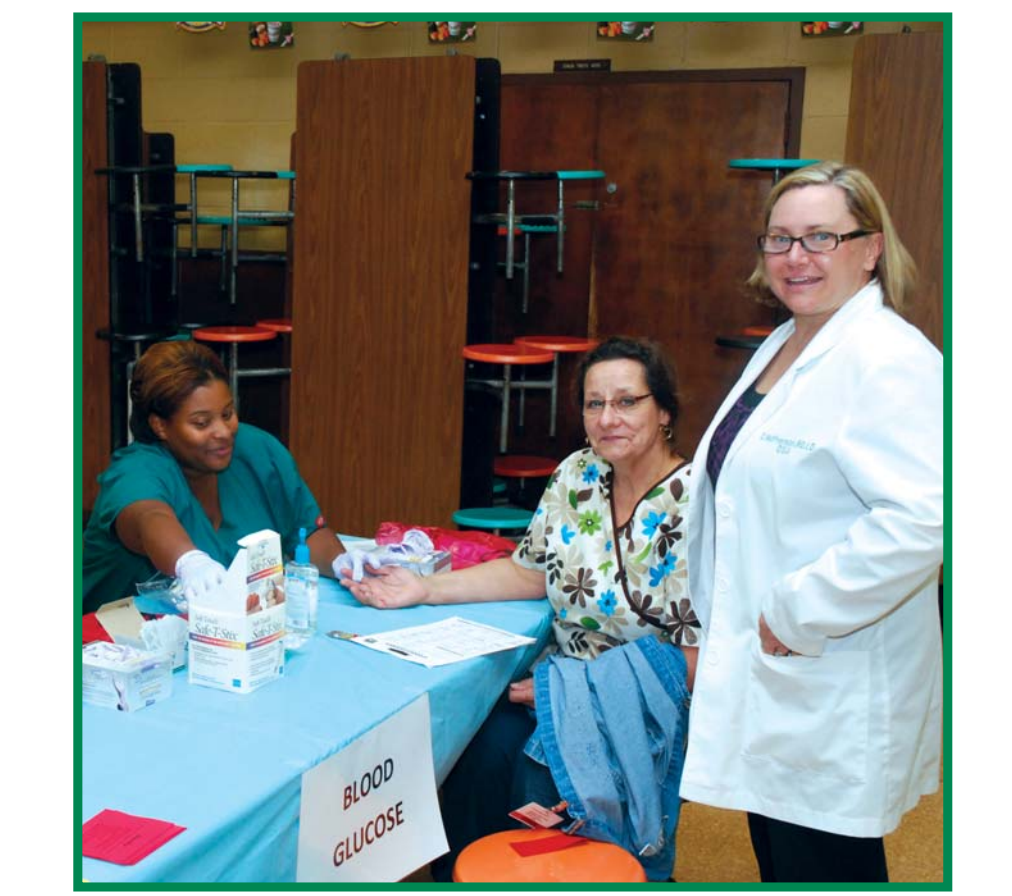
Fitness Culture

- Daily/weekly routine emphasis (G4)
- Visible stimulations-media-displays (G4)
- Campus/Cleveland newspaper ads and articles/pictures (G4)
- Civic club and PTA presentations (G4)
- Illuminated healthy food options (G4)
- Highlighted individual and group activities (G4)



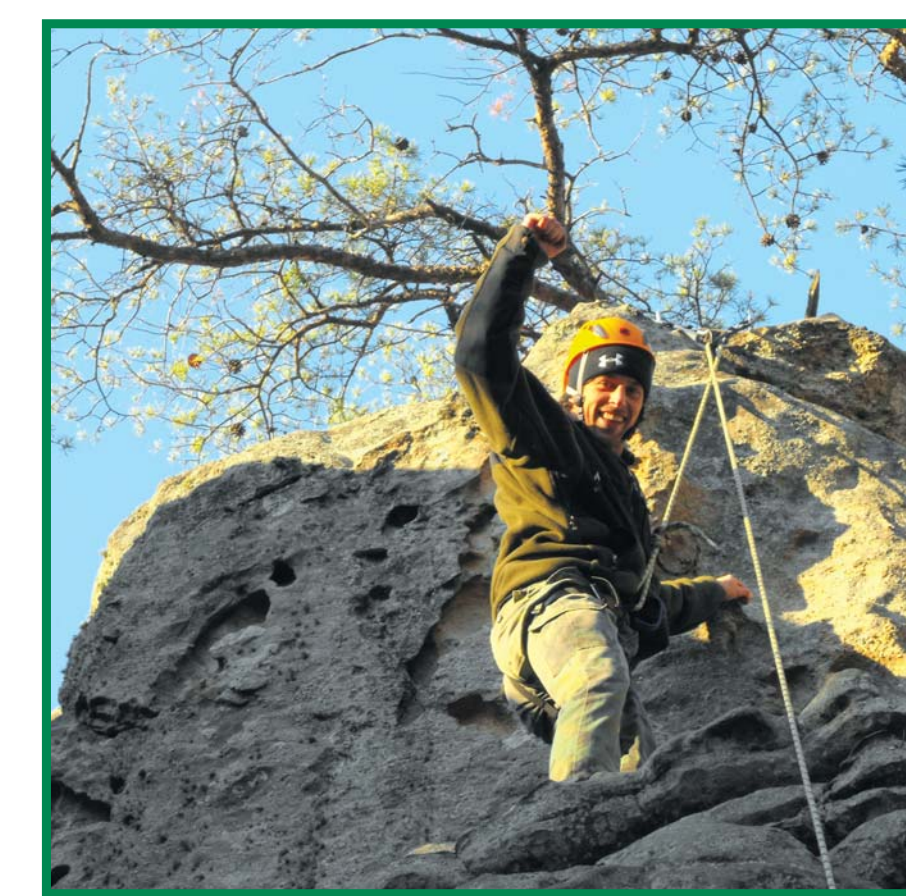
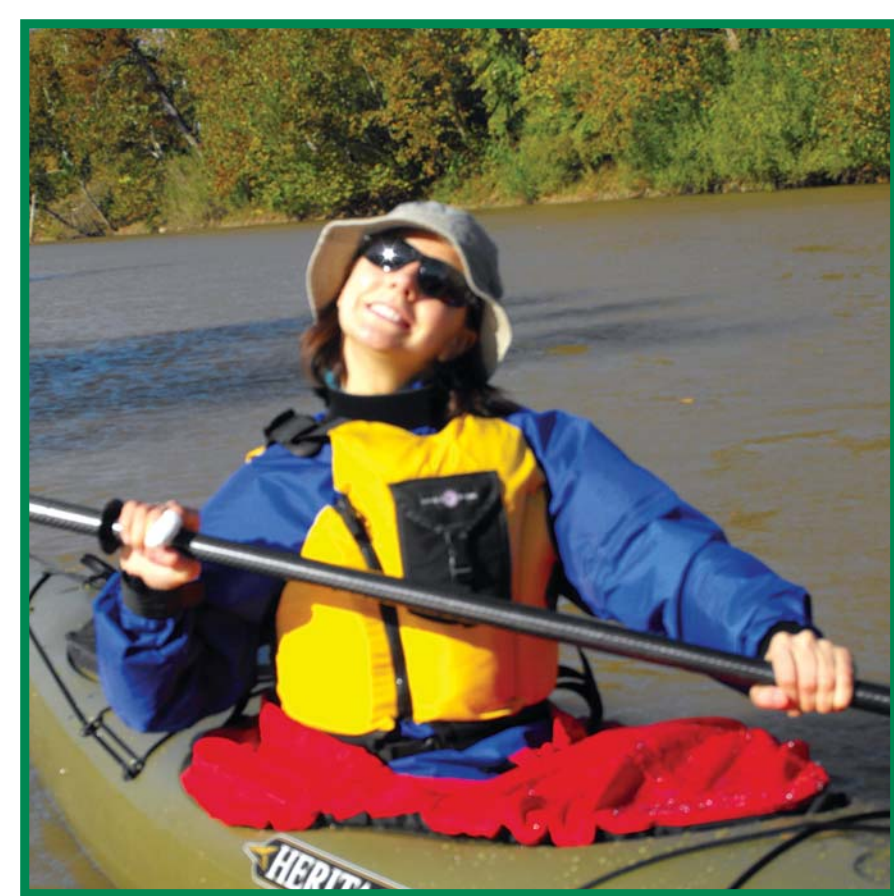
Environmental Health Focus

- Healthy campus themes: Web sources, visible posters, charts and banners (G4)
- Activities, programs, facilities, access opportunities (G1,2,3,4)
- Student support personnel at activities/events and fitness facilities (G4)
- University personnel: ongoing visible participation and support for the initiative (G1,2,3,4)
- Visible daily emphasis on physical activity and nutrition (G4)
- Safety and safe practices (G4)
- Decision-making: harmful activities, consumptions (G4)



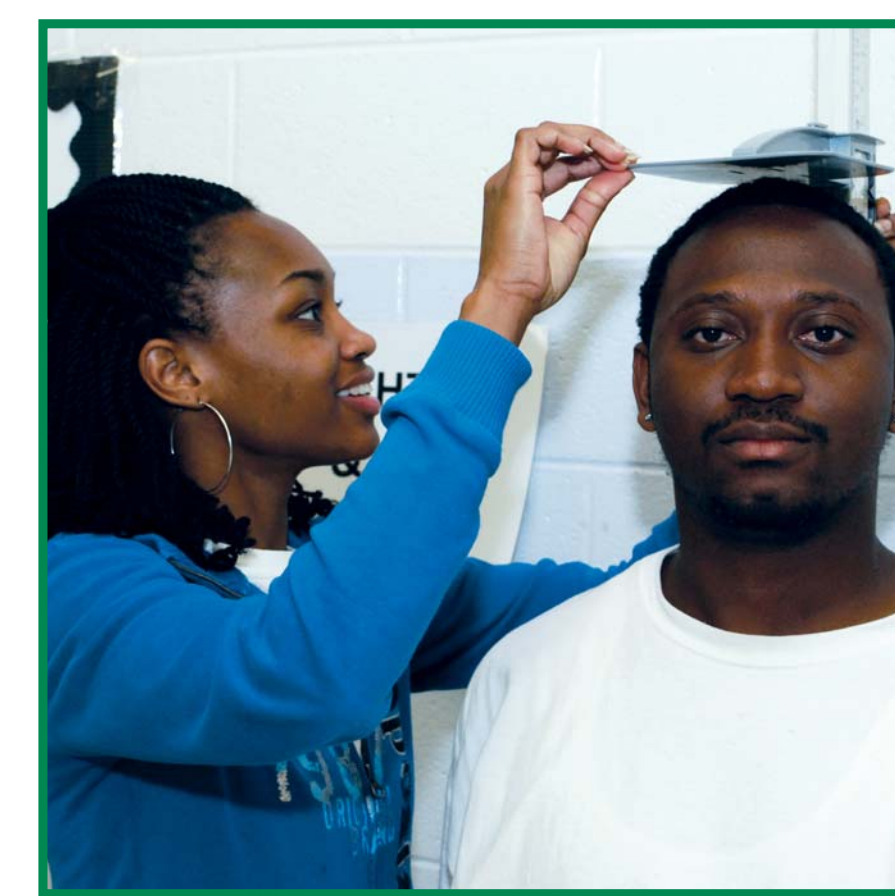
Outdoor Recreation

- Community-wide access (G2,4)
- Summer day camps (G2)
- Significant multi-day outdoor recreation trips: canoeing, kayaking, rock climbing, biking, hiking, and camping (G2)
- On campus daily physical recreation activities/events (G3)



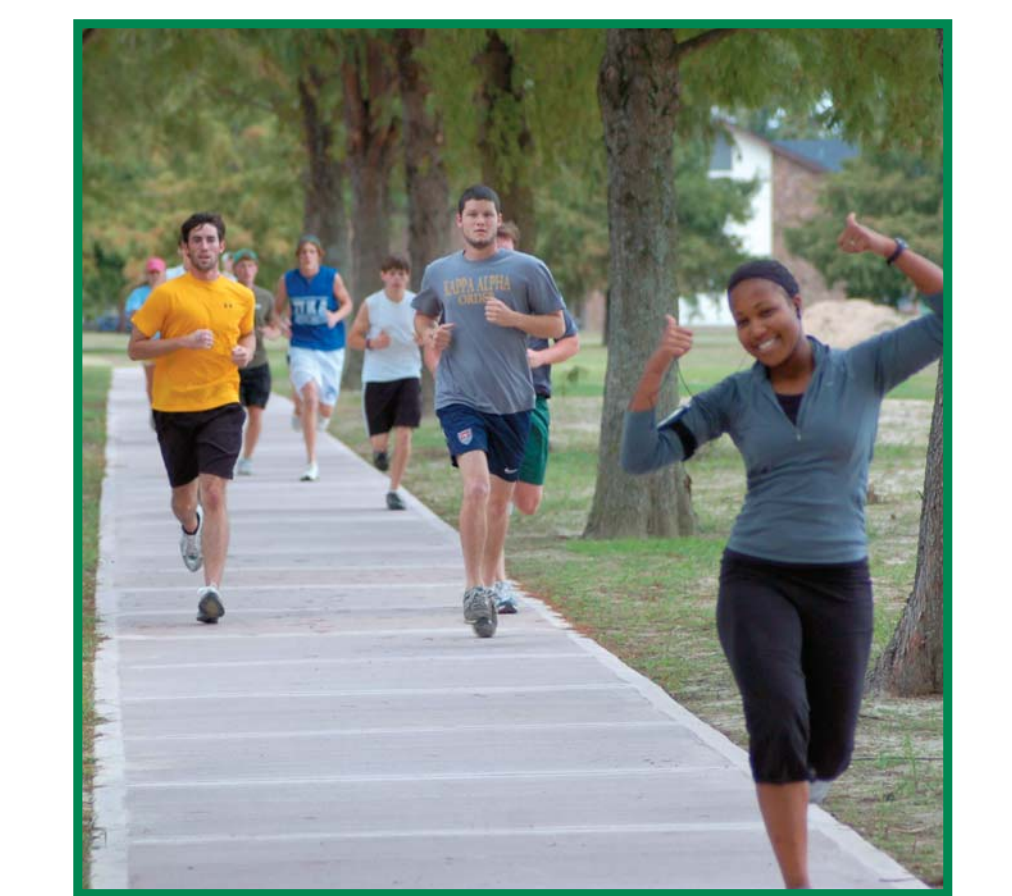
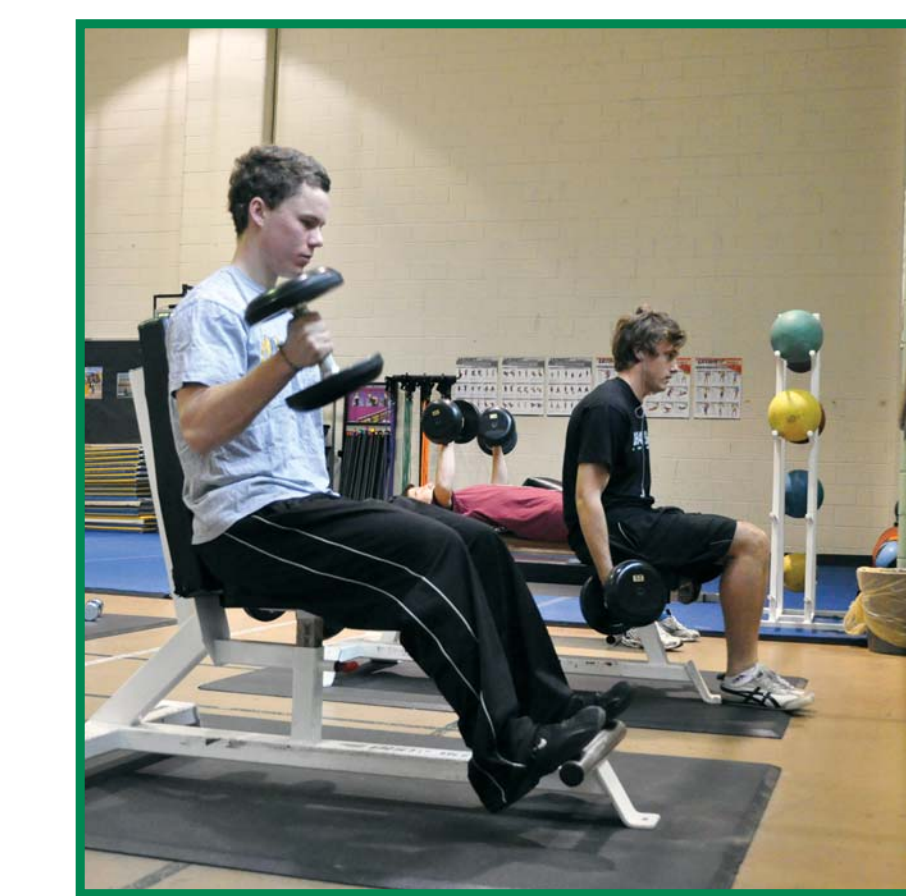
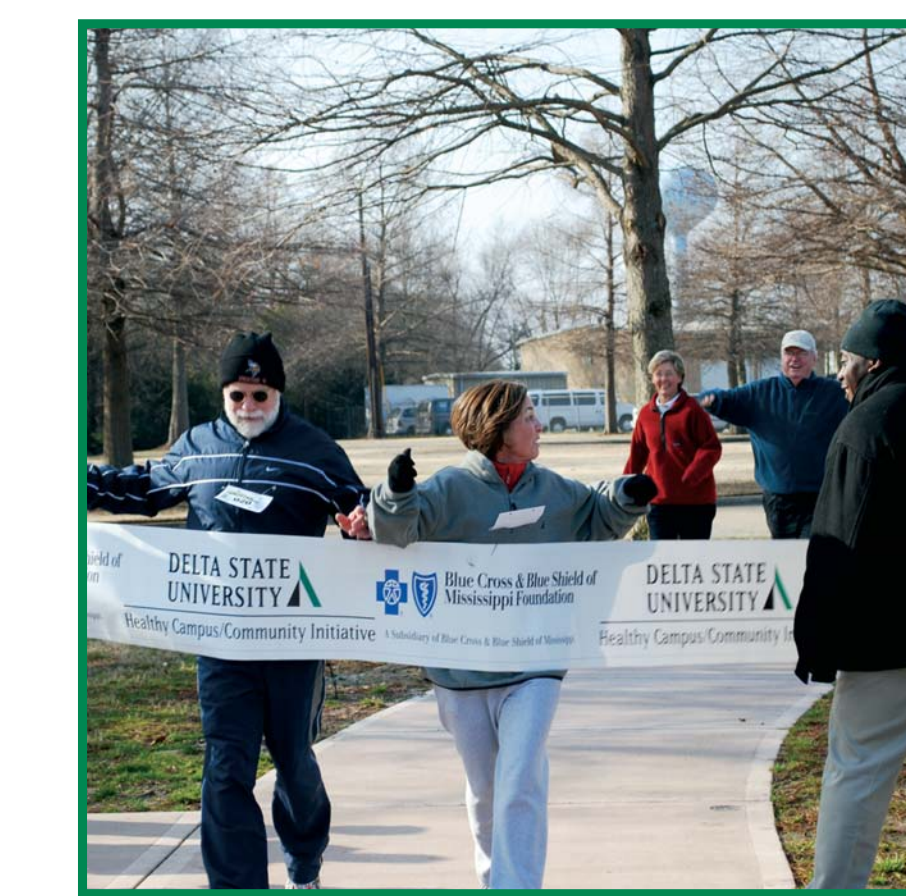
Nutrition

- Group presentations (G1,2,3,4)
- Group and individual counseling (G2,3)
- Weight loss instruction (G3)
- Information materials dissemination (G4)
- Collaboration: fitness/health screening with nutrition (G2)
- Coordination with food services (G4)
- Health Scan in Cleveland School District (G2)



Physical Activity

- Fitness Center screenings and fitness activities (G3)
- Fitness Trail walk/run routines and events (G2)
- Fitness Trail usage calendar (G2)
- Fitness classes (G3)
- Campus-wide spontaneous and scheduled events and activities (G4)
- Community-wide access (G2,3)
- Project Fit America fitness program K–6 schools (G1,2)



Healthy Campus/Community Initiative Goals

(G1) To provide for the infusion of health curricula in pre-service teacher and leadership programs, as well as health related components in the school district curriculum. (G2) To provide a comprehensive Delta State Health and Wellness Center (e.g., nutrition counseling, outdoor recreation, education, exercise science, and health screenings). (G3) To establish a healthy campus/P–12 environment. (G4) To provide ongoing health information, screenings, and educational venues for the purpose of creating a healthy campus culture.

Healthy Campus 2010 Components

- Physical Activity • Overweight and Obesity • Tobacco Use • Substance Abuse • Responsible Sexual Behavior • Mental Health
- Injury and Violence • Environmental Quality • Immunization • Access to Health Care

Source: American College Health Associations

DELTA STATE UNIVERSITY

Healthy Campus/Community Initiative

IN PARTNERSHIP WITH

Blue Cross & Blue Shield of Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.

