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 [G3]
- 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 Association

Healthy Campus/Community Initiative
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