LIVE YOUR LIFE: Healthy Living Initiatives

SUMMARY

The Community Health Department piloted a student peer health educator program at Harry S. Truman Elementary School, Salisbury School District using the Live Your Life program themes. Live Your Life is a program developed by Columbia University and Presbyterian Hospital of New York. Themes chosen by the school's wellness team included:

- Eat plenty of vegetables and some fruit every day
- Turn off the screens and live your life
- Be physically active every day
- Drink water instead of soda or juice
- Eat less fast food
- Snack on healthy foods
- Get enough sleep

HIGHLIGHTS

- Twelve student leaders from 1st through 5th grade provided education on monthly health themes to peers via classroom presentations, hands-on theme related activities, school display cases and educational skits at weekly school assemblies.
- The pilot program was incorporated into the school's Leader in Me program.
- The school started a Walk Across America walking program for students and their families and painted a walking track on school grounds for students to use during recess.

SUCCESSES

- A baseline School Health Index (SHI) score was determined at the start of the school year. The SHI will be done annually to evaluate progress as the school adopts a Culture of Health.
- Students and their families walked over 10,000 miles from July 2014 through May 2015.
- Over 50 students received book vouchers for Barnes & Nobles for walking a minimum of 165 miles during the Walk Across America Challenge.

CHALLENGES & NEXT STEPS

- Live Your Life has been challenging to develop in a way that the schools can incorporate the themes and activities into their school year and classroom curriculum. By aligning Live Your Life with Leader in Me, school adoption of the program appears to be more successful.
- In FY16, program staff will research best practices from Alliance for a Healthier Generation as a way for schools to adopt Live Your Life, focusing on schools in our adopted districts.

Report Submitted in 2015