

## COUNTYWIDE WELLNESS PROJECT

Background: Marin County has proven programs in place that have reduced the sugar in our school menus, taught children about the benefits of cooking, and engaged students in physical activity. The goal of the Countywide Wellness Project is to provide these opportunities to every child in the county. This project will incorporate proven methods from the Alliance for a Healthier Generation, Healthy Eating Active Living, My School in Motion and others to teach children healthy eating habits and physical activity. By teaching children healthier habits early in life, the hope is that they will continue them throughout their life.

The Project is starting a pilot program composed of five elementary schools: Bahia Vista, Laurel Dell, Venetia Valley, Loma Verde, and Lu Sutton. Each school will conduct the Alliance for a Healthier Generation's Healthy Schools Program assessment to gauge the schools' current status in the areas of nutrition and fitness. The assessment data will result in an action plan to determine areas where the school can enhance its wellness programs. The Project's Wellness Coordinator, Lori Davis, will work with each school to identify appropriate areas and programs that will enable the school to improve student health.

Project Goals: The Project aims to improve student nutrition and/or physical fitness programs at the school site. Improvements in existing programs could include but are not limited to:

- Increase in fruits and vegetables offered in school cafeterias;
- Schoolwide physical fitness programs;
- Nutrition and physical education classes;
- School gardens.

Funding: Funding for the Project Coordinator and program support is provided by Kaiser Permanente, the Haas Foundation, the County of Marin, and the Marin County Office of Education.

Term: The term of the Project is July 1, 2015 through June 30, 2016 and may be extended pending additional funding.