

# GET FIT! Project

Healthy Students, Ready to Learn



OKLAHOMA STATE DEPARTMENT OF  
**EDUCATION**  
— CHAMPION EXCELLENCE —

## Purpose

### Improving Student Health and Academic Achievement through Nutrition, Physical Activity and the Management of Chronic Conditions in Schools

The Oklahoma State Department of Education has been awarded funding from the Centers for Disease Control and Prevention's (CDC) School Health Branch (CDC Healthy Schools). The purpose of this project is to:

- Increase the number of students who consume nutritious food and beverages.
- Increase the number of students who participate in daily physical education and physical activity.
- Increase the number of students who can effectively manage their chronic health conditions.

## Approach

The Get Fit! Project will focus strategies and activities within the context of the Whole School, Whole Community, Whole Child (WSCC) model. The WSCC model has 10 components, with the effect on children as the focus:

1. Health education
2. Physical education and physical activity
3. Nutrition environment and services
4. Health services
5. Counseling, psychological, and social services
6. Social and emotional climate
7. Physical environment
8. Employee wellness
9. Family engagement
10. Community involvement

Schools, health agencies, parents, and communities share a common goal of supporting the health and academic achievement of children and adolescents.



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## Strategies

1. Infrastructure Development
2. Professional Development and Training
3. Technical Assistance

## Funding Amount

\$365,000.00 per year

## Project Period

06/30/2018 - 06/30/2023



## Outcomes

### Short-term Outcomes - 1 to 3 years

- More skill among individuals trained to improve school health
- More skill in implementing school health policies and practices among individuals and teams

### Intermediate Outcomes - 3 to 5 years

- More schools that do not sell less healthy foods and beverages
  - Soda or fruit drinks
  - Sport drinks
  - Baked goods
  - Salty snacks
  - Candy
- More schools that have established, implemented and/or evaluated CSPAP
- More schools that provide case management for students with chronic health conditions
- More individuals or teams who have been able to transfer school health skills into practice

### Long-term Outcomes - 5 or more years

- More students who ate vegetables 3 or more times per day
- More students who ate fruit or drank 100% fruit juices two or more times per day
- More students participating in 60 minutes of daily physical activity