

Healthy Kids Summary: Utah

Our vision is to increase opportunities for Utah children to eat healthy and be active in the school setting. Our goals include:

- Enrolling 100 percent of elementary schools in the Davis School District in the Gold Medal Schools program;
- Developing new training modules for elementary school teachers to transition from 90 minutes of PE per week to 150 minutes per week of PE and establishing a new Utah Parent–Teacher Association policy for non-food incentives in the classrooms; and
- Spreading the lessons learned to all Gold Medal Schools.

The Gold Medal Schools (GMS) program has been creating opportunities for students to eat healthy, be active, and stay tobacco-free for seven years. The program works by assisting schools in developing strong health policies and making changes to the school environment. Schools can achieve various levels in the program: Bronze, Silver, Gold, Platinum, and Platinum Focus, by completing achieving various criteria. Criteria include:

- Establishing a Gold Medal Mile.
- Providing faculty and staff wellness programs.
- Writing a policy for all teachers and staff that specifies that food is not to be used as a reward or withheld as a punishment.
- Writing a policy which requires that healthy choices be available whenever food is available.

Of 494 public elementary schools in Utah, 304 have participated in the Gold Medal Schools program to date. Additionally, 22 private and charter schools have participated.

As part of its action plan, Utah will:

1. Create partnerships, a policy team, and develop a unified approach to promoting healthy eating and active lifestyles and to preventing obesity;
2. Enhance the capacity of Davis County Health Department and Davis School District to recruit and sustain 100 percent (54 of 54) of Davis County elementary schools' participation in Gold Medal Schools;
3. Develop and implement through the Utah State Office of Education (USOE) a new education/training component for elementary teachers for new Core Curriculum recommendations of 150 minutes of PE per week;
4. In collaboration with the Utah Parent–Teacher Association (PTA), develop and implement a non-food incentives in classroom policy; and
5. Ensure accountability for and sustainability of the project.

Team membership includes the Utah Department of Health, the Davis County Health Department, the Davis School District, the Utah State Office of Education, the Utah Parent–Teacher Association, the Governor's Office, and the Utah Action for Healthy Kids Network.

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