AFHK School Health Index

Common Challenges and Actions to Advance Your Score!
• Essential topics on physical activity and/or nutrition not taught or limited
• Assignments missing interaction with families
Actions to Advance Your Score

» Use the CDC's Health Education Curriculum Analysis Tool (HECAT) to ensure your curriculum includes essential topics for nutrition and physical activity.
  • Resource: Health Education Curriculum Analysis Tool (HECAT) (CDC)

» Expand lessons by pairing with experiential learning and create opportunities for students to develop social-awareness through the celebration of cultural diversity.
  • Resource: AFHK Resource Library (Action for Healthy Kids)
  • Resource: CASEL 5 (CASEL)

» Leverage family-school partnerships to extend learning opportunities home
  • Resource: Building Strong, Effective Family School Partnerships (Action for Healthy Kids)
Start small & celebrate success along the way!
Next Steps

» If you haven’t already, gather or build your team.
  • Resource: https://www.actionforhealthykids.org/step-1/

» Complete the School Health Index in the Action for Healthy Kids School Portal with your school health team.
  • Resource: https://www.actionforhealthykids.org/school-health-index/

» Use your results to develop an action plan. Identify strengths to build off and focus in on your areas of opportunity.
  • Resource: https://www.actionforhealthykids.org/step-3/
Resources and Support

• Digital Tools and Resources
• Healthy Kids Blog
• Events and Learning Opportunities

... and more!

Visit actionforhealthykids.org or email us at contactus@actionforhealthykids.org!
We are here to support you!

Reach out to contactus@actionforhealthykids.org for support!