



**ACTION** FOR  
HEALTHY  
KIDS 

AFHK School Health Index

# Common Challenges and Actions to Advance Your Score!

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- 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

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- Digital Tools and Resources
  - Healthy Kids Blog
  - Events and Learning Opportunities
- ... and more!

Visit [actionforhealthykids.org](http://actionforhealthykids.org) or email us at [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org)!





We are here to support you!

Reach out to [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org) for support!