



ACTION FOR
HEALTHY
KIDS 

AFHK School Health Index

Common Challenges and Actions to Advance Your Score!

Common Challenges

- Lack of access to programs and support for school staff
- Challenges promoting modeling of healthy behaviors at a school-level



Actions to Advance Your Score

- » **Build capacity by focusing on strengthening adult social-emotional learning.**
 - Resource: [Supporting Adult SEL and Wellness](#) (Action for Healthy Kids)
- » **Start small and seek out opportunities to build stronger and accessible employee health programming.**
 - Resource: [Guide to Improving School Employee Wellness](#) (NACDD)
- » **Role model healthy habits to support your own wellness while inspiring students.**
 - Resource: [Staff as Healthy Role Models](#) (Action for Healthy Kids)
 - Resource: [Healthy Role Modeling at Home](#) (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!