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!