

Healthy Habits

Spartanburg School District Five

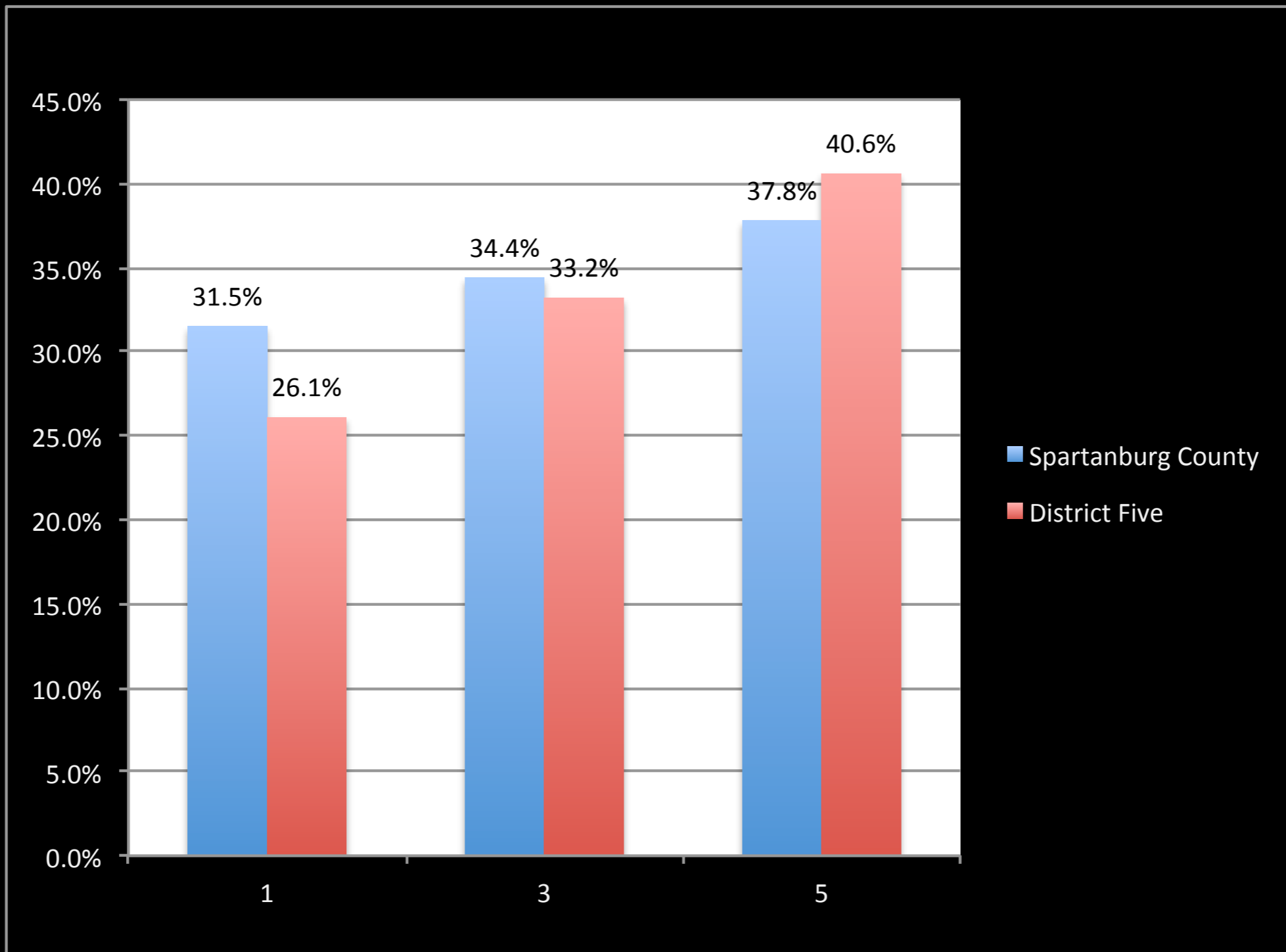
The Problem

- Obesity rates for Spartanburg County
 - Grade 1: 31.5% of students are overweight or obese
 - Grade 3: 34.4% of students are overweight or obese
 - Grade 5: 37.8% of students are overweight or obese

The Problem

- Obesity rates for District Five
 - Grade 1: 161 of 618 students are overweight or obese (26.1%)
 - Grade 3: 191 of 576 students are overweight or obese (33.2%)
 - Grade 5: 212 of 522 students are overweight or obese (40.6%)

Side - by - Side



The Findings

- Spartanburg County students who are of low SES have a greater chance of being overweight or obese
- African-American and Hispanic students also have a greater chance of being overweight or obese (as many as 11.7 percentage points)

The Good News...

- Spartanburg Five Schools have made fitness and nutrition a high priority
- Schools and their surrounding communities must continue to work together to increase access to healthy food choices and opportunities for physical fitness

What are we doing?

COMPREHENSIVE INTERSCHOLASTIC SPORTS PROGRAM

JUMP ROPE FOR HEART

WALK TO SCHOOL DAY

Nutrition Lessons in PE each week

Cafeteria offerings meet National Guidelines

RECESS!!!

School Nurses

Students have PE twice per week

Field Day

School rewards are healthy!

Reidville Elementary

- Fun Run Day in spring
- Staff vs. Student competitions
- Fitness Club for students

Kick Ball Video

Abner Creek Academy

- Running Club
- Booster-thon Fundraiser

Duncan Elementary

- Girls on the Run 5K
- Family Fitness Night

River Ridge Elementary

- Circuit-training for teachers after school hours
- After-school dance program for students

Wellford Academy

- Unique student clubs (skating, Zumba, dance, running)
- Brain Breaks - stretching and/or dance during instructional time

Lyman Elementary

- Dance offered after school for students
- Zumba and T-25 offered after school for teachers

Berry Shoals

- SWARM Activities for kids: Karate, YMCA Physical Fitness, Zumba
- Weekly Yoga and Weigh-ins for staff

4-square video

Beech Springs

- Insanity workouts for teachers
- Wear Red Day - promoting women's heart health awareness
- Four-square at recess

DR Hill Middle

- Staff participate in “Thinner Winners”
- Team games for students (frisbee, softball, kickball)
- Student-Staff competitive sports

Florence Chapel Middle

- Health Club and Walking Club for students
- Cafeteria Team meets with Chartwells to discuss food offerings/choices
- Intramural sports for students

Freshman Academy

- Course offerings in health and wellness
- Marching Band, Colorguard and JROTC programs provide opportunities for fitness
- Annual 5K for Relay for Life



Byrnes High School

- Fight Club
- YMCA Aquatic Sports program in PE
- Yoga and Zumba classes

Fight Club Video

Moving Forward...

- Student referrals for New Impact (Greenville Hospital System)
- Increase nutritional education offerings for kids and parents
- Expand focus groups with Chartwells to all schools

