Using 5-2-1-0 Strategies to Strengthen a Coordinated Approach to Health in Schools

SCHOOL CLIMATE

- **Implement or strengthen a wellness policy that supports 5-2-1-0 strategies.**
- Role model 5-2-1-0 message.
- Discourage the use of food as a reward.
- School facilities promote physical activity and nutrition.
- Posters reinforce 5-2-1-0 messages in classrooms, halls, and locations where food is sold.
- Include community members in wellness promotion at school.

PHYSICAL EDUCATION (PE) & PHYSICAL ACTIVITY (PA)

- **Incorporate physical activity into the school day.**
- **Discourage use of food as reward; use physical activity as a reward.**
- Integrate 5-2-1-0 messages into school physical education classes.
- Encourage staff and families to be physically active role models.

YOUTH, FAMILY, & COMMUNITY INVOLVEMENT

- **Encourage healthy snacks and celebrations.**
- **Include community members in wellness promotion at school.**
- **Involve and educate parents and family members in health promotion activities.**
- Families are aware and supportive of the 5-2-1-0 Goes to School program in their child's school.
- Community and/or schools provide safe walking routes to schools (Safe Routes to School or Walking School Buses).
- Families promote reading instead of screen time.

SCHOOL COUNSELING, PHYSICAL & BEHAVIORAL HEALTH SERVICES

- School nurse, guidance counselor, occupation therapist, physical education teacher, etc., participate in the 5-2-1-0 Goes to School team.

Promoting Health

5 **or more** fruits & vegetables
2 **hours or less** recreational screen time*
1 **hour or more** of physical activity
0 **sugary drinks,** more water & low fat milk

*Keep TV/computer out of the bedroom. No screen time under the age of 2.

NUTRITION SERVICES

- Drink less sugar. Try water and low-fat milk instead of soda and drinks with lots of sugar.
- Collaborate with School Nutrition Program.
- Vending machines only offer healthy snacks and beverages.
- The lunchroom environment and schedule promote relaxed eating and encourage the sampling of new healthy foods.

COMPREHENSIVE SCHOOL HEALTH EDUCATION

- Comprehensive health education incorporates physical activity and nutrition and includes 5-2-1-0 messages.
- 5-2-1-0 is also integrated into subjects such as physical education, science, and health.
- Students are involved in projects or service learning that promotes 5-2-1-0 messages.

PHYSICAL ENVIRONMENT

- School environment provides access to trails, fitness room and/or other PA opportunities before, during, and after school.
- Point-of-Decision prompts encourage use of stairs and choosing healthy foods.
- 5-2-1-0 posters are displayed in gym, classroom, and locations where food is sold.

HEALTH PROMOTION & WELLNESS

- **Participate in local, state, or national health initiatives that promote wellness in schools.**
- **Develop a 5-2-1-0 friendly staff wellness program.**
- PA and nutrition programs that include 5-2-1-0 are provided for staff and students.
- Role Model 5-2-1-0 behaviors.
- Participate in 5-2-1-0 staff presentations.
- Participate in pre/post evaluations.

Bolded bullets are 5-2-1-0 Goes to School strategies. Regular text bullets indicate other strategies that can be employed through the 5-2-1-0 Goes to School program.

08/08 07/09

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SCHOOL CLIMATE

SCHOOL COUNSELING, PHYSICAL & BEHAVIORAL HEALTH SERVICES

COMPREHENSIVE SCHOOL HEALTH EDUCATION

School System Outcome

PHYSICAL EDUCATION (PE) & PHYSICAL ACTIVITY (PA)

PHYSICAL ENVIRONMENT

HEALTH PROMOTION & WELLNESS

NUTRITION SERVICES

YOUTH, FAMILY & COMMUNITY INVOLVEMENT

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