



# CDC Healthy Schools State Success Stories

## Healthy Students, Ready to Learn

# ARKANSAS

Increasing Coordinated School Health *training* participation through a *virtual* platform

Over the past few years, Arkansas has *emerged as a leader* in implementing **Coordinated School Health (CSH)** programs across the state, providing valuable trainings to school staff.

The Arkansas Act 1220 of 2003 launched comprehensive efforts to curb childhood obesity. As a result, Arkansas district wellness committees are required to conduct assessments at the building and district level using [CDC's School Health Index \(SHI\)](#). These assessments are traditionally completed through quarterly trainings on CSH topics. However, the COVID-19 pandemic dictated that the trainings be conducted virtually for the 2020–2021 school year. Fortunately, **Arkansas was able to streamline each of the four quarterly CSH trainings from 6 hours to 3 hours, which increased participation from the previous school year by more than 25%, as shown below.**



Training Date	Topic	Outcomes
August 2020	School Health Index and Wellness Reporting Mandates	An increase of <b>14</b> districts and <b>28</b> participants from August 2019
November 2020	Increasing Health and Physical Activity in the Classroom	An increase of <b>41</b> districts and <b>39</b> participants from November 2019
February 2021	Family and Community Engagement for the WSCC Model	An increase of <b>60</b> districts and <b>92</b> participants from February 2020
May 2021	Human Trafficking and School Safety	An increase of <b>21</b> districts and <b>25</b> participants from May 2019 <i>(no May 2020 training due to the outbreak of COVID-19)</i>



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## Impact

The impact of these virtual trainings can be shown through the words of people who participated in them.

“I am now able to improve my wellness policy goals to be more specific and with measurable objectives and outcomes.”

– **Debbie McAdams,**  
*El Dorado Priority District  
CSH Meeting August 2020, School Health  
Index and Wellness Reporting Mandates*

“This training brought to light several things I want to implement in the classroom. There were several good ideas thrown around and discussed in our breakout sessions.”

– **Patrick Thomas,**  
*Harmony Grove School District  
CSH Meeting November 2020, Increasing  
Health and Physical Activity in the Classroom*

“As a pre-K teacher, I gained knowledge of PE and PA assessments and activities. This gives me an idea of what I need to observe while doing their activity, for example skipping, running, or jumping, and so on.”

– **Leticia Pinto,**  
*private school preschool teacher  
July 2020, Effective Physical Education and  
Increasing Physical Activity in Classroom Instruction*

“I now know how to use the School Health Index as a tool to help me assess our school’s needs and plan.”

– **Jayne Brown,**  
*Clinton School District  
July 2020, Comprehensive School  
Physical Activity Planning training*

## What’s Next?

When in-person CSH trainings resume, they will revert to a 6-hour format. However, Arkansas will still offer a virtual training option. The additional three hours for in-person trainings will include small-group technical assistance to develop more specific health-focused policy based on the needs of the individual district, create comprehensive school physical activity programs, and provide skill training for all school personnel.