

Guideline 8: School Employee Wellness

Audio Descriptive Text

Title: Chapter 3. The School Health Guidelines to Promote Healthy Eating and Physical Activity; Guideline 8: School Employee Wellness. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity. Image of Active Child icon.

Video Summary

- Guideline 8: Provide a school employee wellness program that includes healthy eating and physical activity services for all school staff members.
- Employee wellness programs may influence the adoption of healthy behaviors by staff.
- Schools should determine the nutrition and physical activity needs of staff followed by requesting administrative support for staff involvement.

Audio Script

Guideline 8: Provide a school employee wellness program that includes healthy eating and physical activity services for all school staff members.

School employee wellness programs can:

- Improve staff productivity
- Increase teacher morale
- Improve teachers' general well-being and their ability to handle job stress
- Decrease employee absenteeism
- Decrease employee health care costs

In addition, school employee wellness programs may influence the adoption of healthy eating and physical activity behaviors by staff and result in school staff modeling positive health behaviors for students.

Before starting a school employee wellness program, schools should first determine the nutrition and physical activity needs of school staff.

Next, schools should request administrative support for staff involvement in school employee wellness.

After identifying the need and support for a school employee wellness program, schools should then develop, implement, and evaluate it.