

## Program Highlights

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### *Kansas*

## Using the School Health Index to Impact Schools Across the State

The Kansas Coordinated School Health Program has partnered with the Sunflower Foundation to provide schools and school districts with mini-grants to assess their current efforts using the School Health Index and to implement programs to increase physical activity, improve nutrition, and eliminate tobacco use. During the 2006–2007 school year, 53 school districts, 186 schools, and 65,353 students in 52 counties benefited from these grants.

Local accomplishments include 1) adoption of districtwide policies on tobacco-free school grounds; 2) development of several staff wellness activities; 3) inclusion of healthier options for school lunches and concession stands; 4) adoption of policies on when vending machines can be used and how they are stocked; 5) provision of professional development for faculty and staff on how to incorporate physical activity into classrooms; 6) inclusion of after-school activities to promote students' physical fitness, strength, and flexibility; and 7) creation of community walking trails and family wellness activities.