

EDUCATIONAL TV SESSIONS HELP TEACHERS IMPLEMENT WELLNESS POLICIES

Sessions are easy-to-access and help teachers meet recertification requirements

Public Health Problem

- South Carolina rates of childhood obesity are among the highest in the nation.
- The federal Child Nutrition Act and the South Carolina Student Health and Fitness Act of 2005 require new policies in schools to decrease obesity, poor nutrition and physical inactivity.
- Meeting these wellness requirements could become a burden to teachers without expert assistance.

Program

- The South Carolina Department of Health and Environmental Control, Region 3, partnered with the state Department of Education and South Carolina Instructional and Educational Television to develop a professional development series for teachers, administrators and food service workers to help them put mandated wellness policies into action, partially funded through the federal Preventive Health and Health Services Block Grant.
- The monthly series is broadcast to teachers in the classroom or is accessed online from any computer site, and can be used to meet recertification requirements.
- The series highlights successful nutrition, physical activity and wellness programs being implemented in real schools, provides information on ways schools can incorporate these programs into daily work in the classroom, and features recognized health authorities.

Impact

This innovative partnership among health, education and the broadcast media achieved:

- Regularly broadcasts to over 1,100 schools throughout the state.
- A three-fold increase in visits to the Web site highlighting South Carolina schools where the wellness information is being successfully applied. Visit: www.knowitall.org/healthy.
- Recertification credit for teachers which encourages them to learn more about wellness activities benefiting themselves, their students and the school wellness environment.
- A Healthy South Carolina Challenge special media award from South Carolina Governor Mark Sanford for outstanding efforts to improve health and wellness.

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