

North Dakota Coordinated School Health Strategies

Nutrition & Physical Activity

Physical Education

- Increase the amount of time all students spend doing moderate or vigorous activity in PE class, or make PE classes longer.
- Implement a PE program aligned with North Dakota PE standards.
- Change activities or modify rules of the game so that all students are active.
- Incorporate physical activity throughout the school day.
- Teach students to use a variety of physical activity equipment in addition to offering health education.
- Involve students in physical activities they enjoy to boost self-esteem and increase lifelong activity.

Health Services

- Teach risk factors associated with poor nutrition and sedentary lifestyles.
- Involve school nurses in the implementation and evaluation of the Local Wellness Policy.
- Identify and refer students with health problems affected by physical activity and nutrition to physicians or other health professionals.



Health Education

- Teach behavior skills to help students incorporate physical activity into daily routines; consider individual interests, preferences and readiness for change.
- Incorporate active learning strategies, such as learning games.
- Teach nutrition for growth, development, immunity and brain function; and physical activity for health and well-being.
- Focus on health at every size – not weight.



Nutrition Services

- Provide nutrition education and encourage increased intake of whole grains, fruits, vegetables and fat-free milk.
- Focus on health at every size – not weight.
- Involve school food service personnel in the implementation and evaluation of the Local Wellness Policy.
- Provide after-school and summer programs that offer nutrition education, nutritious meals/snacks and physical activity.

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Healthy School Environment

- Create or enhance access to physical activity and nutrition combined with information about outreach activities.
- Provide and promote whole grain foods, fruits, vegetables and fat-free milk to students and staff, plus physical activity, during and after school and in summer programming.
- Implement programs that encourage walking and biking to school.
- Prohibit the use of physical activity as punishment, and the use of food as a reward or punishment.

Family & Community Involvement

- Plan community-wide campaigns which may include TV, radio, billboards and mailings, in addition to environmental or policy changes, risk factor screening and education.
- Teach behavior skills to help people incorporate healthy eating and physical activity into daily routines.
- Attempt to change the local environment to create opportunities for physical activity (e.g., create walking trails, provide access to community and school facilities).
- Organize a school health committee that meets twice per year and includes parents/guardians, students and community members to review and address current needs.

Counseling, Psychological & Social Services

- Address physical, psychological, social and spiritual dimensions of health to produce positive outcomes.
- Focus on health at every size – not weight.
- Identify and refer students with health problems affected by physical activity and nutrition to physicians or other health professionals.



Health Promotion for Staff

- Teach behavior skills to encourage role modeling and help people incorporate healthy eating and physical activity into daily routines.
- Encourage staff to build networks to provide supportive relationships for behavior change (e.g., create a buddy system, set up walking groups).
- Attempt to change the local environment to create opportunities for physical activity (e.g., create walking trails, provide access to facilities).
- Place signs by stairs that encourage physical activity for health benefits.
- Encourage healthy food options at staff meetings.



North Dakota Department of Public Instruction
Kirsten Baesler
State Superintendent
600 E. Boulevard Avenue
Bismarck, ND 58505-0400



North Dakota Department of Health
Terry L. Dwelle, MD, MPH
State Health Officer
600 E. Boulevard Avenue
Bismarck, ND 58505-0200