In Massachusetts...

**<50%**

of middle school and high school students get enough physical activity.

**Students who eat enough fruits and veggies per day**

- **8.1%** high school
- **16.1%** middle school

**Students who are overweight or obese**

- **26.3%** high school
- **22.8%** middle school

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**Did You Know?**

Consumption of fruits, vegetables, and dairy are associated with academic performance.

**Did You Know?**

Students who are physically active tend to have better grades, school attendance, cognitive performance, and classroom behaviors.

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**Take Action!**

Join the Wellness Initiative for Student Success.

Developed by the Massachusetts Departments of Public Health and Elementary and Secondary Education, the Wellness Initiative for Student Success (WISS) is designed to bring together school wellness teams to make improvements to the nutrition and physical activity environments in schools. Teams will receive hands-on training and technical assistance to improve access to healthy foods and physical activity for their students.

For more information, see the “Program Overview” on the reverse side.
Program Overview

What to expect?

• **3-5 Wellness Team members** per school should be involved
  » May include nutrition directors, health and physical education teachers, school nurses, and school administrators

• Submit current **Local Wellness Policy**

• Complete the **School Health Index** which creates an Action Plan for wellness

• Complete and submit **Smarter Lunchrooms Scorecard**

• Complete and submit the **Massachusetts Physical Activity Assessment for Schools**

What you’ll get!

• Access to free training on:
  » Developing a model Local School Wellness Policy
  » Smarter Lunchrooms
  » Comprehensive School Physical Activity Program

• Get **analysis** on your current policies

• Participating schools will have the tools necessary to apply for recognition with the **Healthier US School Challenge** and **Let’s Move Active Schools**

• Stipend and Banner of Recognition to hang in your school

**Questions or want to enroll?**

**Contact:**

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**Did You Know?**

18% of school wellness policies reviewed meet strength and specificity expectations.²

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2. 2015 Massachusetts School Wellness Policy Review, Department of Elementary and Secondary Education, JSI Research & Training Institute, Inc.