

# Success!

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Volume 1, Issue 1

## Coordinated School Health in Arizona



Marana High School dance team joined the Marana Middle School YHLT to stage a "Move Your Body" flash mob at lunchtime on December 2, 2011.

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## Youth Engagement Builds Healthier Communities!

### Marana Unified School District places youth engagement at the heart of coordinated school and community health!

For over 10 years now, Marana Unified School District has provided office space at their district office and Marana Middle School for the Arizona Youth Partnership (AZY). With the goal of addressing childhood obesity and chronic disease prevention, Heather Bruning of AZYP has worked together with visionary and committed teachers, community members, and Marana youth to make some dreams come true. Among these dreams are Marana Middle School and Estes Elementary youth leading projects and educating adults and peers around nutrition and physical activity. These include "Sugar Overload" demonstrations, "Move Your Body" flash mobs, and an "Iron Chef Salsa Competition."

The success of these efforts has its roots in youth involvement through United Way of Tucson and Southern Arizona's Youth Health Leadership Teams (YHLT), together with their families, schools, AZYP, Pro-Neighborhoods, the Communities Putting Prevention to Work (CPPW) Initiative, and Marana Senior Center. True youth engagement has been a community-wide, collaborative effort of these programs and institutions, and committed community members.

### Some Highlights of Youth Engagement:

During their 2011 summer school program, the YHLT held an Iron Chef Salsa Competition, where participants were given a secret ingredient, plus tomatoes, jalapenos, onions, etc. to create a winning salsa. Teams were judged on: participation, display, and salsa tastiness.

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Featured Salsas in the "Iron Chef Salsa Competition" - Summer 2011

### Did You Know...? How do Pima County High School Students Compare to Arizona High School Students and Students Nationwide?\*

- **Overweight:** 12.1% of students are overweight, compared to 14% statewide, and 15.8% nationally
- **Obesity:** 11.9% of students are obese (13.1% statewide; 12.0% nationally)
- **Nutrition:** 21.5% of students drink a can, bottle or glass of soda one or more times per day (compared to 28.1% statewide; 29.2% nationally)  
14.2% of students eat fruits and vegetables five or more times a day (22.4% nationally)
- **Weight Loss Behaviors:** 43.9% of high school students are trying to lose weight
- **Physical Activity:** 54.8% of students were physically active for a total of at least 60 minutes per day on five or more of the past seven days (45.8% statewide; 37% nationally)
- **Sedentary Lifestyle:** 26.4% watched television 3 or more hours per day (33.3% statewide; 32.8% nationally)  
25.7% used computers 3 or more hours per day (22.1% statewide; 24.9% nationally)

\* SOURCES: 2010 Pima County Youth Risk Behavior Surveillance Survey (YRBS) collected through the Communities Putting Prevention to Work (CPPW) obesity prevention initiative; Arizona and US data from the 2009 YRBS from the Centers for Disease Control and Prevention (<http://www.cdc.gov/healthyouth/yrebs/factsheets>).

## Youth Engagement in Marana (continued from page 1)



Estes Elementary students as part of the YHLT in Marana Unified School District manned a booth at school at lunch time in December on "Sugar Overload," educating those folks stopping by their table about counting servings of sugar in the various beverages presented.



Students also brought family recipes from home, and held a competition beginning with making the grocery list, going shopping, cooking together at home, and bringing in a sample for a taste test at school. Youth then gave a presentation about the ingredients, what they had changed from the original recipe to make it healthier and why, and about the grocery shopping and family cooking experience.

None of these events or activities could have been possible without policy changes within the Marana Unified School District. These policy changes contribute to increased youth engagement, and improve coordination between schools and community organizations. For example, AZYP was granted office space in the Marana MS and district office for 10 yrs. When Heather (AZYP) heard the need and interest in a garden on campus but with not enough staff or time to work it she collaborated with the participating

organizations of CPPW to secure funding for a community garden which would encompass the support of the entire community. Collaboration between Marana Middle School, AZYP, Pro Neighborhoods, CPPW, the YHLT together with the Marana Senior Center, "all of us giving a little bit of time" has resulted in a project crossing generations.

**In future, watch for the Healthy Recipe Book based on family recipes and a community garden on Marana Distance Learning Lot (right off the Marana Middle School Grounds). Keep an eye on Marana for positive, coordinated school health activities!**



### Advocacy Corner:

**Arizona Revised Statute 15-242 requires all K-8 schools to abide by Arizona Nutrition Standards** which apply to all foods and beverages sold in vending machines, snack bars, a la carte, fundraiser and school events during the normal school day. The standards do not apply to classroom parties. **There are no state mandates addressing nutrition in high schools. However Voluntary Nutrition Standards do exist. To learn more visit:**

<http://www.ade.az.gov/health-safety/cnp/HB2544>

**Schools participating in the National School Lunch Program must follow federal guidelines.** Since 2006 participating districts have been required to adopt a Local Wellness Policy. **The 2010 Healthy, Hunger-Free Kids Act expanded the scope of wellness policies to increase transparency and local participation. Get involved today! To learn more visit:**

<http://www.ade.az.gov/health-safety/cnp/nsnp/Operating/Wellness>

### Advocacy moment!!!

Arizona essentially has no mandates for PE or physical activity in schools. **House Bill 2725 was signed into law in 2010 stating that all Arizona public school districts and charter school boards must have an open hearing on their recess policies and if they choose to have a policy they must include a 30 minute daily organized recess program implemented by the teachers.**

**Find out how your school district met this requirement!**

## Resources

**Youth Engagement is the key to success! Learn more at:**

**Youth Engagement Zones** – [www.servicelearning.org](http://www.servicelearning.org)  
**Action for Healthy Kids** - [studentstakingcharge.org](http://studentstakingcharge.org)  
**Forum for Youth Investment** - [www.forumfyi.org](http://www.forumfyi.org)

**Learn more about the organizations working with Youth and Schools in our featured success story at the links below:**

**Arizona Youth Partnership**  
[www.azyp.org](http://www.azyp.org)  
**Marana Unified School District**  
[www.maranausd.org](http://www.maranausd.org)  
**Communities Putting Prevention to Work (CPPW)**  
[www.healthypima.org](http://www.healthypima.org)  
**United Way of Tucson and Southern Arizona**  
[www.unitedwaytucson.org](http://www.unitedwaytucson.org)  
**Pro Neighborhoods**  
[www.proneighborhoods.org](http://www.proneighborhoods.org)  
**Marana Senior Center**  
[www.marana.com](http://www.marana.com)

### SUCCESS! We want to hear YOUR story!

We are collecting school health success stories throughout Arizona. **Contact** Jean McClelland, [jmcc@email.arizona.edu](mailto:jmcc@email.arizona.edu) (520) 626-8228 and **set up an interview today!**



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