



Indiana
Department
of
Health

THE POWER OF A STATE/LOCAL PARTNERSHIP FOR SCHOOL WELLNESS

JENNA SPERRY

SCHOOL HEALTH COORDINATOR

6/10/2025

OUR MISSION:

To promote, protect, and improve the health and safety of all Hoosiers.

OUR VISION:

Every Hoosier reaches optimal health regardless of where they live, learn, work, or play.



Who's in the room?



Scan the QR code or type the following link into your browser to participate in a quick poll:

<https://www.menti.com/almgx3fcjuyk>



Division of Nutrition & Physical Activity



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About the DNPA

The Division of Nutrition and Physical Activity (DNPA) provides statewide leadership in ensuring healthy food access, including promoting breastfeeding, and increasing physical activity for people of all ages and abilities.



Existing Schools Work

- Indiana Healthy Schools Newsletter
- School Wellness Policy Reviews
- Mini-Grants (\$5,000-\$15,000)
- [Indiana Grown for Schools Network](#)
- Professional Development
 - [Comprehensive School Physical Activity Programs](#)
 - Physical Education & Physical Activity



Newsletter Sign-Up:





CDC Cooperative Agreement



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Requirements

- June 2023: Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) receives CDC cooperative agreement, [CDC Healthy Schools](#)
 - 5-year agreement (6/30/2023-6/29/2028)
 - Purpose: *"Protect and improve the health and wellbeing of school-age children and adolescents in underserved and disproportionately affected communities."*



Requirements Continued

Cooperative Agreement Expected Outcomes:

1. Increased number of schools with an action plan based on the CDC's **School Health Index**
2. Increased implementation of **Comprehensive School Physical Activity Programs** (CSPAP)
3. Increased school **nutrition and food security** policies and practices
4. Increased **school-based health services** supporting students with chronic health conditions
5. Increased **physical activity, healthy dietary behaviors, and self-management of chronic health conditions** among K-12 students

Requirements Continued

Key Agreement Activities

Statewide:

- Provide statewide professional development (PD) and technical assistance (TA)
- Establish and maintain school health councils and teams
- Establish new and strengthen existing partnerships
- Establish and maintain a state-level school health leadership coalition

Priority LEA:

- Provide PD, TA, and follow-up support
- Assess and implement school health policies, practices, programs, and services
- Disseminate accomplishments and lessons learned



DNPA Grant Activities



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Statewide Activities

- Indiana School Health Coalition
- Professional Development & Technical Assistance Survey
- School Health Program Planning Tool
- Indiana Healthy Schools Resource Hub
- Oral Health Curriculum
- Oral Health Screening Tool
- Trauma-Informed Nutrition Security
- Comprehensive School Physical Activity Program Training
- Updated Chronic Disease Trainings for School Nurses
- Indiana Conference Sponsorships
- Wellness Policy Reviews

Funded Partners:

- The New Teacher Center
- Tyler Technologies
- McMillen Health
- Leah's Pantry
- Indiana Department of Education
- Covering Kids and Families
- INSHAPE

Priority LEA

Selection Process:

1. Statewide Call for Letters of Interest

- Requirements:
 - 60%+ free or reduced lunch and/or CEP
 - 1,000+ enrolled students

2. Selection Criteria:

- Commitment to grant activities
- Readiness & infrastructure
- Student and community demographics (e.g., % of children living in poverty)
- Community health metrics



Priority LEA

Support Provided:

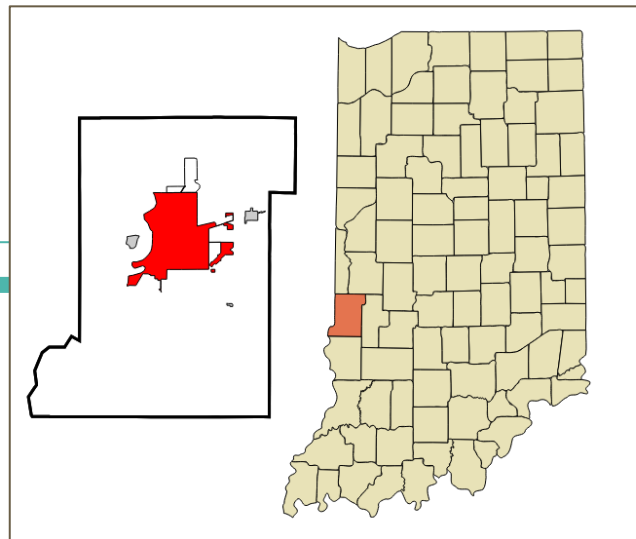
- Annual funding
- Wellness policy review and technical assistance
- School Health Index technical assistance
- Listening sessions facilitated by the New Teacher Center
- Professional development – Playworks, Trauma-informed Nutrition Security, physical education
- Regular check-ins

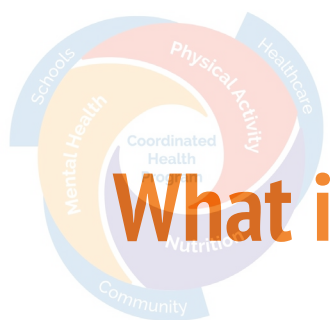




Vigo County School Corporation Coordinated Health Program

Terre Haute, Indiana





What is a Coordinated School Health Program?

CSHP exists Across the country and Local

- **HIGHLIGHT:** Monroe County/ IU Health – Lisa Greathouse
- Organization structure may differ
- Similar framework & mission
 - Whole School, Whole Community, Whole Child (WSCC model)
- Tailored approach to meet needs of the community

VCSC CHP Structure

- Partnership between local hospital and School corporation
- Cost Structure
 - Salary
 - Operational budget
- 4 Employees
 - Director
 - 3 Navigators: Nutrition, Physical Activity, Mental Health





Meet Our Team



Program Director

Annie Noble, MS, RDN



Mental Health
Navigator

Megan Rubey



Nutrition Navigator

Madison Schmidt, DHPE



Physical Activity
Navigator

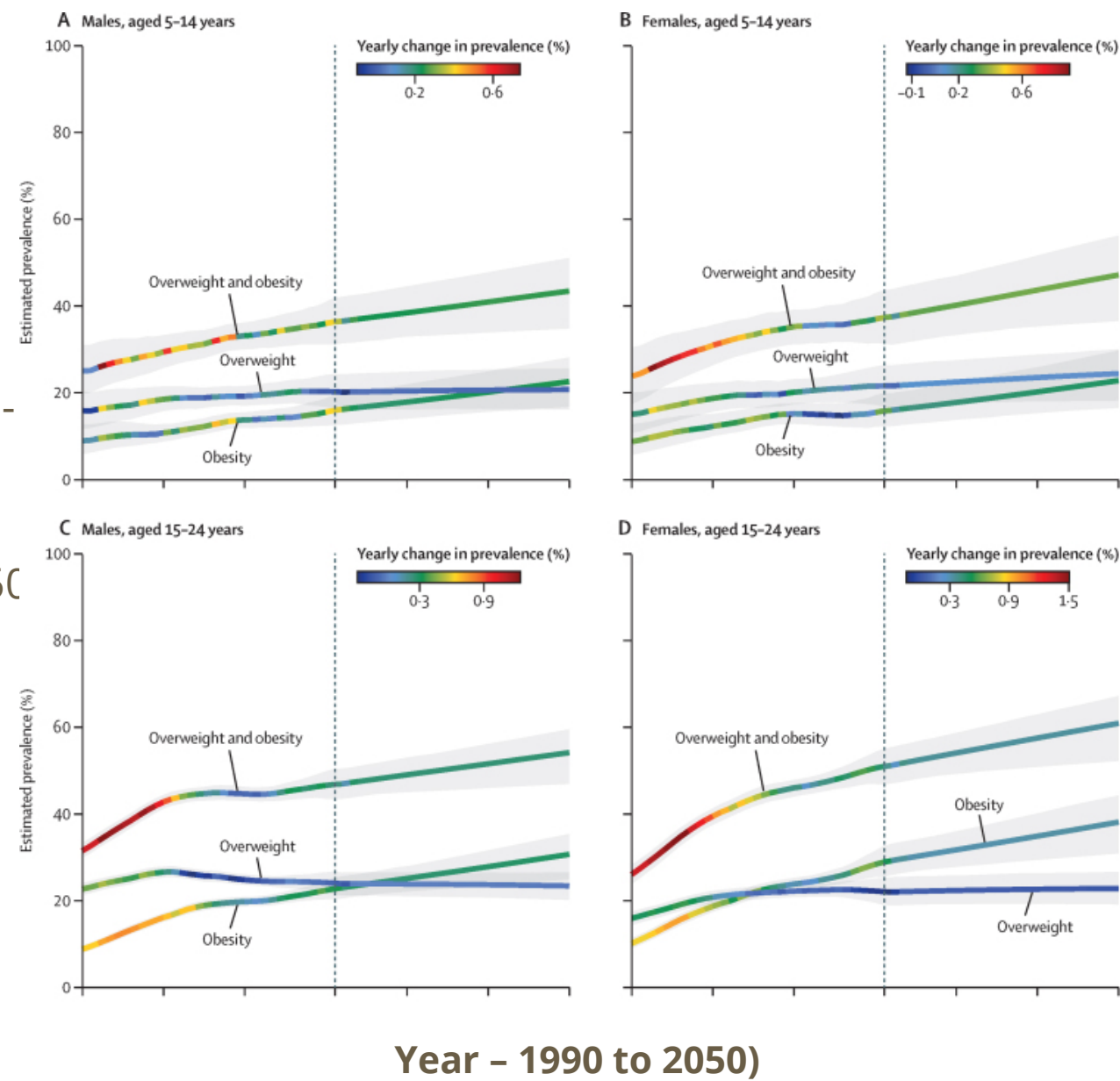
Grant Morrison



Why does this work matter?

Obesity Rates in our Country¹

- 15.1 million (ages 5-14) / 21.4 million (ages 15-24) → 43.1 million by 2050
 - Ratio 1:3 by 2050
- 172 million (Adults > 25) → 213 million by 2050
 - Ratio 2:3 by 2050

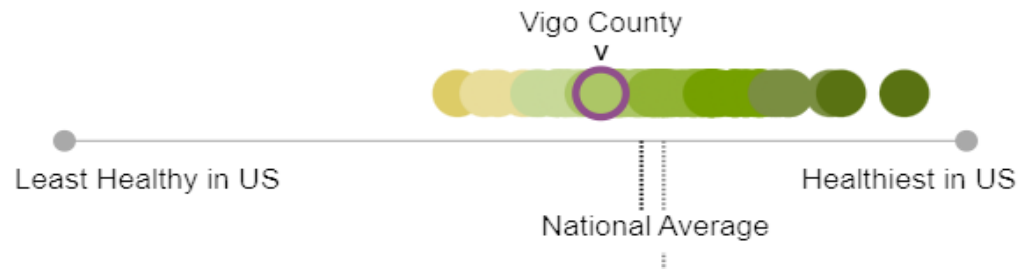


1. Ward, Z. J., Bleich, S. N., Cradock, A. L., Barrett, J. L., Giles, C. M., Long, M. W., & Gortmaker, S. L. (2024). National-level and state-level prevalence of overweight and obesity among children, adolescents, and adults in the USA, 1990–2021, and forecasts up to 2050: A modelling study. *The Lancet*. [https://doi.org/10.1016/S0140-6736\(24\)01548-4](https://doi.org/10.1016/S0140-6736(24)01548-4)

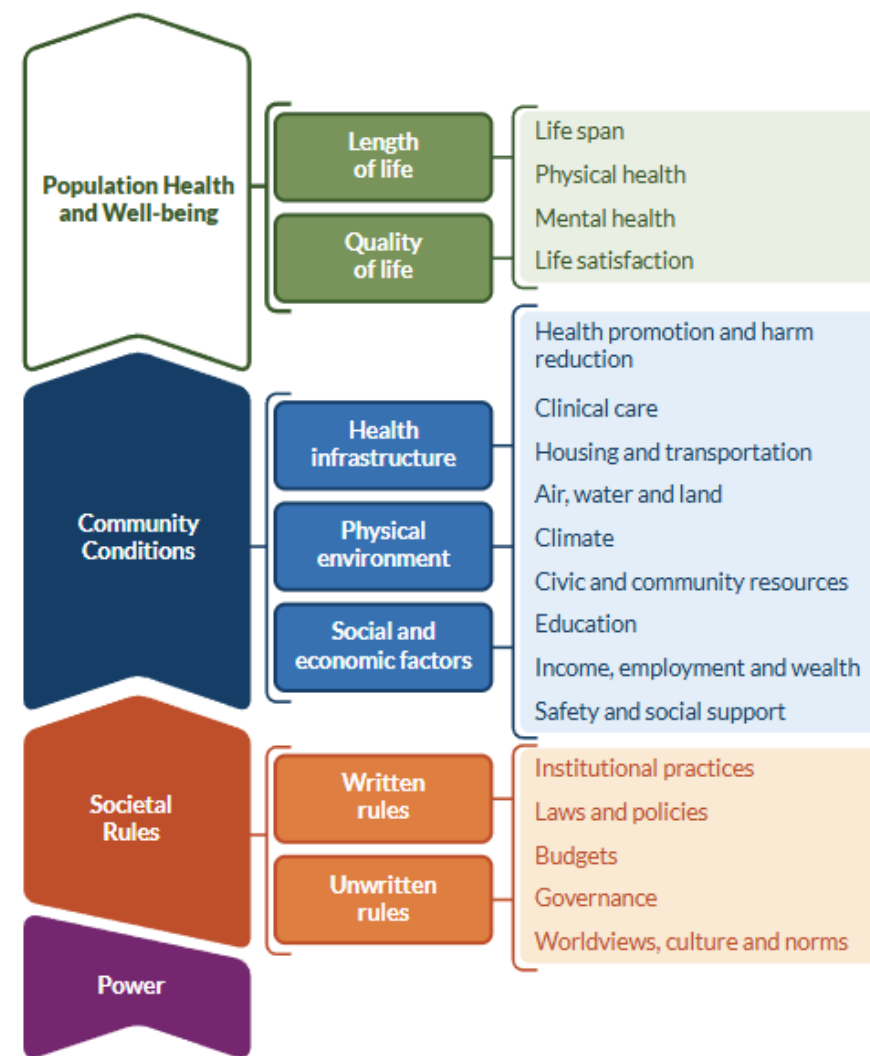
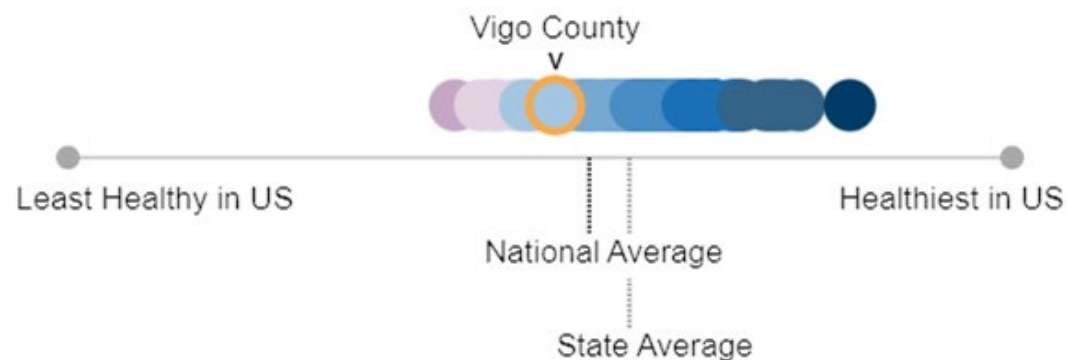


Vigo County Health Statistics

Vigo County Population Health and Well-being - 2025



Vigo County Community Conditions - 2025





Vigo County Health Statistics

- Community Poverty Level¹
 - Child Poverty
 - VC: 21% — USA: 16
 - Median Household Income:
 - VC: 59.6K — IN: 73.6K
- Obesity¹ Rate
 - VC: 41% — IN: 38% — USA: 34%
- Nutrition¹
 - Food Environment Index
 - VC: 5.7/10 — IN: 6.5/10 — USA: 7.4 / 10
- Mental Health²
 - Patient to Provider Ratio
 - **VC: 533:1** — IN: 470:1 — USA: 300:1
- Physical Activity
 - PE Opportunity
 - Elementary: 40 minutes/week
 - Middle: 1 semester each year (2-3 days/week)
 - High School: 2 Semesters for graduation requirements — Change is coming...

2019 VIGO HEALTH RANKINGS

87/92 QUALITY OF LIFE

82/92 SOCIOECON. STATUS

79/92 HEALTH BEHAVIORS

1. County Health Rankings - <https://www.countyhealthrankings.org/health-data/indiana/vigo?year=2025>
2. Indiana Youth Institute, Kids Count Data Book



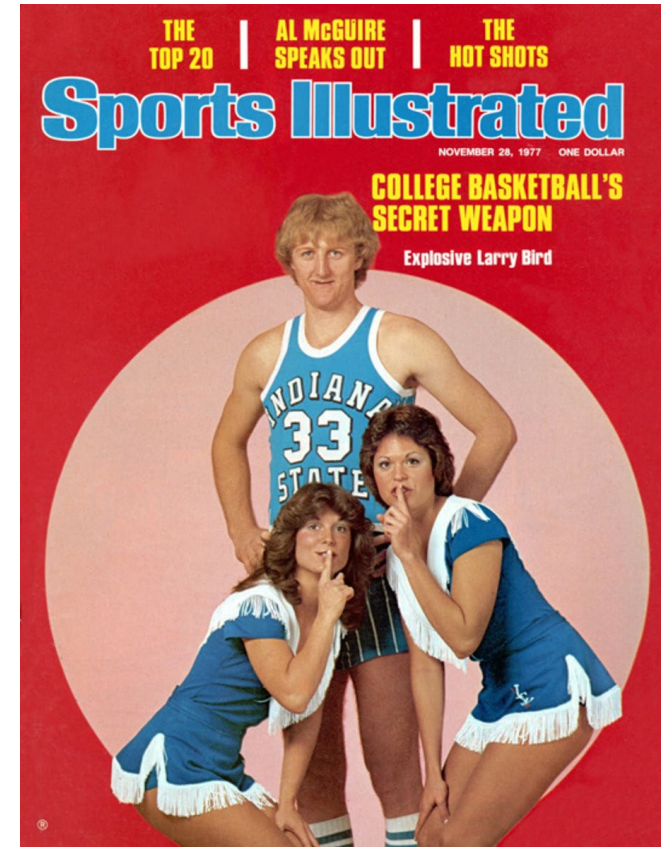
Schools and Community

Vigo County School Corporation Data

- 23 Schools, 1 alternative, 1 Early Learning Center
 - 15 - elementary (All Title 1), 5- Middle, 3- High
- 12,600+ Students
- 2,500 Employees
- Free/Reduced Lunch (updated April 2025)
 - District Level: 63.4%
 - 5 Schools over 90%

Fun Facts

- Home of the iconic glass Coca Cola bottle
- Larry Bird attended college at Indiana State University from 1975-1979
- Clabber Girl



CHP's Work: District Level

- Bring Community Partners & Resources to the district
 - Local Food banks
 - Law Enforcement
 - Purdue Extension Programs
 - Girls on the Run
 - WIC / SNAP / vaccine clinics / free haircuts
- Employee Wellness Program
 - Holistic Approach
- New Teacher Orientation PD
 - Partnership with New Teacher Center
- District Wellness Policy Revamp
 - Diversified, interdisciplinary committee
 - Beyond PA and Nutrition
 - Goal: Integrate the WSCC Model
- Wellness Champion Program
 - Funding based on Enrollment at each School
 - \$2.00/ Student —\$650 to \$3k
- School Health Index & Action Planning





- SEL Literacy Lessons with 3rd Graders
 - Designed to foster literacy skills, celebrate familial bonds, amplify cultural diversity, introduce coping strategies, and engage in focused attention practices
 - Partner with HS Pre-service Teachers
- Social Media Safety / Digital Citizenship Classes
 - Partnering with Local Police Department
 - Interesting Data - VCSC HS Students Polled
 - 68% students utilize their phones for more than 5 hours a day
 - 26% dedication between 10+ hours each day to screen usage.
- Professional Development w/ a Local Mental Health Services Office
 - Topics: Behavior De-escalation in classroom, Addressing Educator Trauma, "How to reach the unreachable"
 - Funded through
- Host MH Community Workshops
 - "Identifying Signs of Abuse and Neglect"
 - Gathered Local Mental Health Experts
 - Audience: Early Childhood Education Teachers and Elementary Teachers





- After School Clubs in Elementary Schools
 - Run Focused, Sports, and/or fundamentals
 - Partner with Local hospital / Sports performance companies
- Community-focused Race Series
 - Different locations, highlight different themes
- Summer School
 - Brain breaks
- Professional Development for Physical Education Teachers
 - Adaptive PE / Inclusive PE
 - IDOH Partnership
- In-class Teacher Mentorship Program
 - Kinesthetic Learning Toolkit
- Playworks Partnership





- Local Food bank Partnerships
 - Schools are used as After school food distributions hubs
 - “Simulated Farmer’s Market” during school events/ carnivals
 - Holiday Food Distributions
- Culinary Kids Cooking Classes
 - Weekly at local park supported by Health First Indiana Funds
- CHEW Club
 - Health / Wellness Etiquette Club for 5-6th grade students
- Support Gardening Clubs or School Gardens
 - Aquaponic Program
- Eating Disorder Awareness Educations
- Nutrition Education in Middle/ High
 - Impact of added sugars, energy drinks



Any Questions?

Annie Noble, Program Director

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Check Us Out on Facebook:

VCSC Coordinated Health Program

<https://www.facebook.com/VCSCCoordinatedHealthProgram/>

Questions?

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