



# HAMILTON COUNTY PUBLIC HEALTH

## Help Others Learn What's Working: Share Your School Wellness Success Story! Application Instructions

**Congratulations on making a difference in the lives of students and staff in your school!** Any activity you have implemented in your school or community in an effort to increase physical activity and encourage healthy eating behaviors is considered a success. Hamilton County Public Health (HCPH) is interested in learning about your successful physical activity and healthy eating activities and would like to applaud your school for a job well done!

Please share information on a successful physical activity or healthy eating activity that your school has implemented. Activities can include, but are not limited to:

- Policy changes (i.e. a policy making school spaces and facilities available to students, staff and community members outside of school hours).
- Environmental changes (i.e. establishing a school gardening program or removing all soda and sweetened beverages from vending machines).
- Systems changes (i.e. providing a sequential K-12 Physical Education curriculum or integrating age-appropriate Nutrition Education into the curriculum).
- Programs that are sustainable (i.e. walking/running clubs, annual staff health screening).
- Projects where your school or district was successful partnering with PTA/PTO and other parent and/or community groups in your neighborhood.

There is **no limit** to the number of success stories that your school school can submit. However, please limit one success story per completed form. You may photocopy this form, as needed. There is no deadline for submission.

The information you provide will allow HCPH to recognize and share your efforts to create a healthy school environment for students and staff. By completing and submitting this form, you are permitting HCPH to:

- Disclose your school name and project contact information provided on this form.
- Highlight your success story on our website or newsletter, including photographs and supporting materials (Note: Not all success stories will be able to be published on the HCPH website or newsletter due to space limitations).
- Consent to have HCPH staff and/or schools contact you for additional information or clarification.

Photographs and other supporting documentation are welcomed and encouraged.

Please send all completed forms, photographs and supporting documentation to:

Rebecca Laake, M.Ed., CHES  
Hamilton County Public Health  
250 William Howard Taft Road, 2nd Floor  
Cincinnati, Ohio 45219



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## Application

### Section 1: General Information

Name of School: \_\_\_\_\_ Name of School District: \_\_\_\_\_

School Address: \_\_\_\_\_

Project Contact Person Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Section 2: Project Overview

Project Title: \_\_\_\_\_

Type of Activity:

**Nutrition/Healthy Eating** (healthier menu/vending/a la carte options, policy changes, nutrition education, school gardening program, universal breakfast in the classroom, staff wellness, etc.)

**Physical Activity/Physical Education** (physical activity in the classroom, enhanced P.E. curriculum, policy changes, recess before lunch, exercise programs for staff, etc.)

Target Audience (Check all that apply):

Elementary Students

Jr. High/Middle Students

High School Students

Teachers/Staff

Parents/Family

Community

### Section 3: Description of Project Success Story *(Please complete on a separate sheet of paper and attach).*

1. What did your School Health Advisory Council/Wellness Team hope to accomplish by implementing this project?  
What were the goals?
2. Please provide a brief description of the project.
3. What types of challenges were faced? How did you overcome these challenges?
4. What were the approximate activity costs? (Please include in-kind contributions, if possible.)

### Section 4: Project Evaluation *(Please complete on a separate sheet of paper and attach).*

1. Please include baseline measures and/or justification for implementing the project.
2. How did you measure project progress/success?
3. What were the evaluation results?

### Section 5: Attachments

Photographs and other supporting documentation welcomed.