





CSH Implementation				2016	2017
1. School Health Assessment				Y	Y
2. Comprehensive Health Education				Y	Y
3. Physical Education		Y		Y	Y
4. Nutrition Education			Y	Y	Y
5. Mental Health Services				Y	Y
6. Substance Abuse Prevention				Y	Y
7. Injury Prevention				Y	Y
8. Tobacco, Alcohol, and Other Drug Use Prevention				Y	Y
9. Other	N/A			Y	Y

Health Lessons				2016	2017
1. Health Education				Y	Y
2. Physical Education		Y		Y	Y
3. Other	N/A			Y	Y

Working Out for Wellness (WOW)				2016	2017
1. Physical Education				Y	Y
2. Health Education				Y	Y
3. Nutrition Education		Y		Y	Y
4. Mental Health Services		Y	Y	Y	Y
5. Substance Abuse Prevention		Y		Y	Y
6. Injury Prevention				Y	Y
7. Tobacco, Alcohol, and Other Drug Use Prevention				Y	Y
8. Other	N/A			Y	Y

\* All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at least once

	Y	N/A
<b>Nutrition</b>		
* School provided a nutrition curriculum for all students	Y	Y
* School provided a nutrition curriculum for all staff	Y	Y
* School provided a nutrition curriculum for all parents	Y	Y
* School provided a nutrition curriculum for all community members	Y	Y
* School provided a nutrition curriculum for all students, staff, and parents	Y	Y
* School provided a nutrition curriculum for all students, staff, and parents, and community members	Y	Y
* School provided a nutrition curriculum for all students, staff, and parents, and community members, and other stakeholders	Y	Y
* School provided a nutrition curriculum for all students, staff, and parents, and community members, and other stakeholders, and the general public	Y	Y
* School provided a nutrition curriculum for all students, staff, and parents, and community members, and other stakeholders, and the general public, and other stakeholders	Y	Y

<b>Brain Breaks</b>		
* School provided brain breaks for all students	Y	Y
* School provided brain breaks for all staff	Y	Y
* School provided brain breaks for all parents	Y	Y
* School provided brain breaks for all community members	Y	Y
* School provided brain breaks for all students, staff, and parents	Y	Y

\* All items with an asterisk were required by the AISD Department

day

Other Physical Activity Opportunities

100

100

100

Figure 4

The majority of students across AISD elementary schools completed at least one marathon, and 19% of elementary schools reported that 76-100% of their students completed the equivalent of 4 marathons.

Source. 2016-2017 Elementary Coordinated School Health Data. All percentages are rounded to the nearest whole number

## Fitnessgram Results

CHANGE IN HEALTHY