

**Madison County Illinois Stats:**

- **Over 30% Madison County Residents are Obese**
- **Over 35% Madison County Residents are Overweight**
- **Lung Cancer Rates in Madison County Exceed the State of Illinois.**
- **Madison County is ranked 79/102 in Physical Environment for County Health Rankings**
- **14.3% Madison County Residents suffer from asthma compared to 8.10% for Illinois Overall**

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# Healthy Spaces Guidebook

## Transforming Madison County... School By School

In an effort to transform Madison County into a healthier county, the Madison County Partnership for Community Health (MCPCH) Air Quality and Obesity subcommittees would like to introduce the Health Spaces Guidebook. The intent behind the Guidebook is to help your school strive and thrive in helping fight obesity & cardiovascular factors as well as improving air quality.

We want to recognize you and any effort your school is taking to improve Madison County. You may just inspire other

schools and become a leader among your peers!

Additionally, applicants will receive annual recognition for their hard work through receipt of an award plaque and recognition at the annual Metro East Health Forum.



## Are you a Healthy Spaces School?

Review the checklists to learn more. Follow embedded links in most of the items to read about measures some schools have adopted to build healthier places. Schools wishing to be considered for a Health Spaces Certification should submit applications before the due date. Those submitting

applications will be awarded a rating of Gold, Silver, Bronze, or Participant, based on their application score. Schools must reapply annually to maintain, and try to improve their certification and rating.

**APPLICATION INSTRUCTIONS**

Please review each of the checklists, marking items that apply to your school. Finally, complete the information and submit to the committee for review. For additional points, applicants may also wish to submit a letter of support from a principal or superintendent in your school. The letter and application should be emailed to:

[health@co.madison.il.us](mailto:health@co.madison.il.us)



## APPLICATION for SCHOOLS

**Please complete this application and submit for review.**

**OPTIONAL:** You may also attach a one-page letter of support from a principal or superintendent.

Name of School:

Name and Title of Person Completing this Application:

Contact Information for Person Completing this Application:

Daytime Phone:

Email:

Name of Superintendent:

Contact Information of Superintendent:

Daytime Phone:

Email:

Approximate population:

List key partners or collaborations that have been important in your efforts to promote healthy eating, active living, and wellness:

Briefly outline your future plans, priorities, and hopes for healthy eating, active living, and students' wellness for your school. Describe anything else that demonstrates commitment to these areas:

## WELLNESS POLICIES

Listed below are policies and programs schools across the U.S. have adopted to encourage wellness.

**Which ones are you currently practicing in your school?**

*Policies for Wellness ~ Check All That Apply*

*Follow the links below to learn more about the policies*

\_\_\_\_\_ School has their own [Wellness Policy](#)

\_\_\_\_\_ School Staff receives [annual training](#) on wellness policies and ways to promote wellness in school

\_\_\_\_\_ School District offers [employee wellness programming](#)

Other: List other wellness policies your school has adopted below:

Total Checked: \_\_\_\_\_

## SCHOOL MEALS

Here are some policies across the U.S. to encourage access to healthy food for children.

**Which ones are you currently practicing in your school?**

*Programs / Services for Healthy Eating ~ Check All that Apply*

*Follow the links to learn more about the programs/services*

\_\_\_\_\_ School is working to increase [breakfast participation](#)

\_\_\_\_\_ School implements alternative breakfast programs such as [Grab & Go](#) or [Breakfast in the Classroom](#)

\_\_\_\_\_ School implements [Recess Before Lunch](#) policy at the Elementary level

\_\_\_\_\_ School provides at least a 20 minute [lunch period](#)

\_\_\_\_\_ School is implementing [Smarter Lunchroom](#) techniques

\_\_\_\_\_ School orders from [DOD Fresh Fruit & Vegetable](#) program

Other: List other access to healthy food policies/programs your school has adopted below:

Total Checked: \_\_\_\_\_

## NUTRITION ENVIRONMENT POLICIES

Here are some policies schools across the U.S. have adopted to provide a nutritious environment.

**Which ones are you currently practicing in your school?**

*Policies for nutritious environment ~Check All that Apply*

*Follow the links below to learn more about the policies*

- \_\_\_\_\_ [Nutrition Education/curriculum](#) is implemented in each grade level
- \_\_\_\_\_ School has a [school garden](#)
- \_\_\_\_\_ School has joined [USDA Team Nutrition Program](#)
- \_\_\_\_\_ School displays [nutrition messaging](#) in the form of posters, student art, morning announcements, etc.
- \_\_\_\_\_ [Sidewalk policies](#)
- \_\_\_\_\_ School utilizes [Walking School Bus](#) system

Other: List other nutritious environment policies your school has adopted below:

Total Checked: \_\_\_\_\_

## COMPETITIVE FOODS & BEVERAGES POLICIES

Here are some programs / services that schools across the U.S. have implemented to encourage healthy eating.

**Which ones are you currently practicing in your school?**

*Programs / Services for Healthy Eating~ Check All that Apply*

*Follow the links below to learn more about the programs/services*

- \_\_\_\_\_ School has a [healthy vending policy](#)
- \_\_\_\_\_ School prohibits the use of [food as a reward](#)
- \_\_\_\_\_ School has free/accessible water throughout school, not just in the gym or cafeteria –  
i.e. [Rethink Your Drink](#) Hydration Station
- \_\_\_\_\_ School [bans fast food sales](#) on campus
- \_\_\_\_\_ School promotes [Healthy Celebrations](#) and has a [policy](#) for classroom parties and outside foods
- \_\_\_\_\_ School supports and promotes [healthy fundraisers](#)

Other: List other active living policies/programs your community has adopted below:

Total Checked: \_\_\_\_\_

## PHYSICAL EDUCATION / ACTIVITY POLICIES

Here are some policies schools across the U.S. have adopted to provide a physical education and activity.

**Which ones are you currently practicing in your school?**

*Policies for physical education and activity —Check All that Apply*

*Follow the links below to learn more about the policies*

\_\_\_\_\_ School has shifted PE Curriculum from a [sports based program to a fitness based program](#)

\_\_\_\_\_ School encourages staff to incorporate [brain breaks](#) throughout the day

\_\_\_\_\_ School does not use physical activity or [take away PE/Recess as a punishment](#)

Other: List other physical education and activity policies your school has adopted below:

Total Checked: \_\_\_\_\_



**MADISON COUNTY PARTNERSHIP FOR COMMUNITY HEALTH**

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**MCPCH: What is it?**

The Madison County Partnership for Community Health (MCPCH) mission statement is to improve the health of Madison County residents through collaborative efforts of organizations and individuals interested in creating, promoting, and maintaining health environments and lifestyles.

Although this is a Madison County Health Department initiative, the partners for the Air Quality focus make everything possible: Madison County Plan-

ning & Development, Southern Illinois University Edwardsville, Southwest Illinois Asthma Coalition, St. Clair County Health Department, University of Illinois Extension.

**MANY THANKS**

We would like to take this opportunity acknowledge St. Clair County Health Department and their Get Up & Go initiative in creating these certifications in St. Clair County.

