

## ***Simple Steps for School Staff Wellness***

by the National Association of State Boards of Education

### Background Information

A staff wellness plan could include the components listed below. Schools should not be expected to implement all these elements at once. Starting with just a few of the elements listed below can provide the foundation for evolution to a more comprehensive program.

- Educational activities for school staff members on healthy lifestyle behaviors, eating, physical activity, and injury prevention.
- Installation of convenient walking tracks and fitness equipment, or making arrangements for staff use of public recreation centers or private fitness facilities with organized programs and incentives to encourage their use.
- Application of nutritional standards for foods and beverages in vending machines available to staff members.
- Policies to prohibit all tobacco use on school grounds by students, staff members, and school visitors.
- Establishment of peer support groups for weight management, stress management, tobacco-use cessation, family guidance, and other identified issues.
- Time during the school day, such as "release time," during which teachers and other staff members can participate in health-promoting activities.
- Administration of flu shots at school.
- Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.
- Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- Linkages to established Employee Assistance Programs.
- An ongoing assessment process to update and improve the effectiveness of the staff wellness plan.