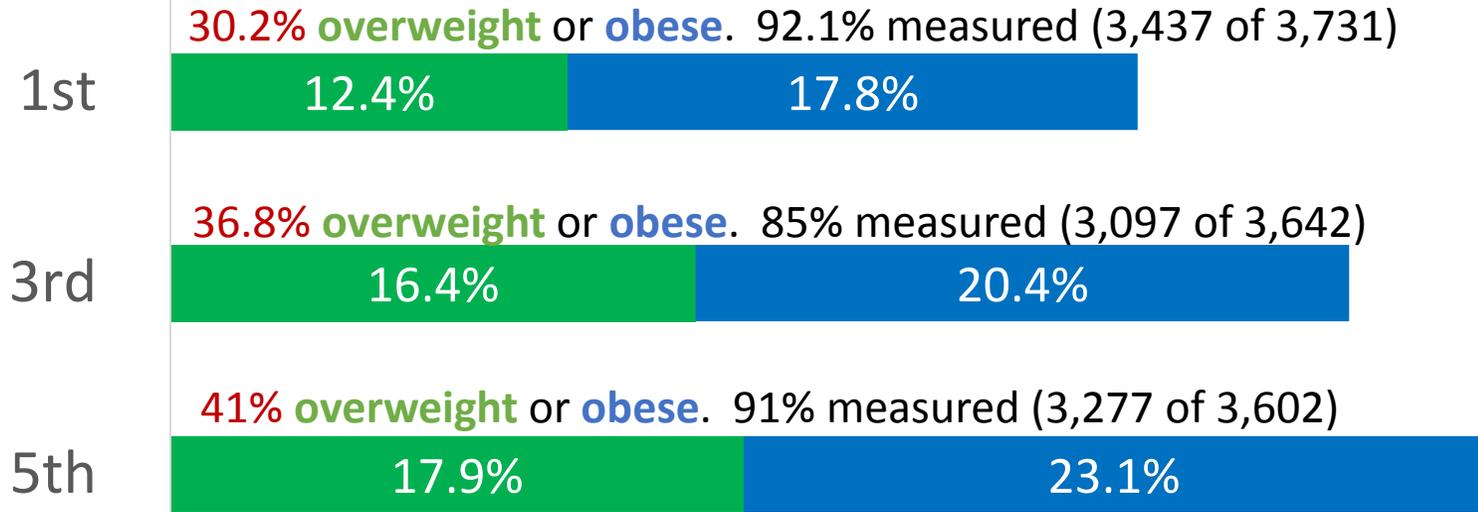
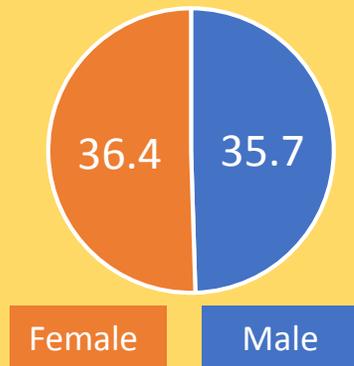


# 2018 -2019 Spartanburg County BMI Overview

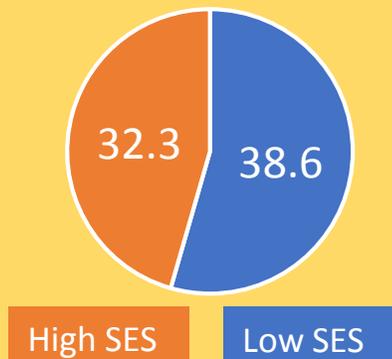
## 2018-19 % Overweight/Obese Spartanburg County Students



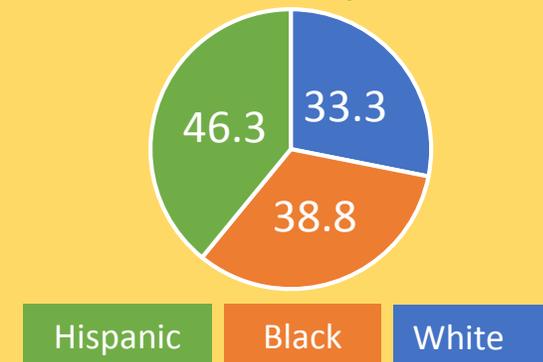
% Students OW/OB by Gender



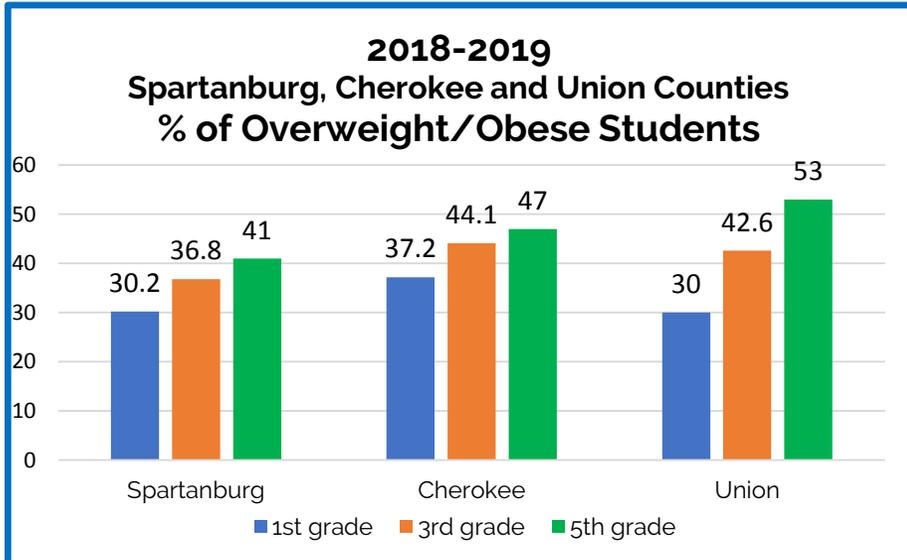
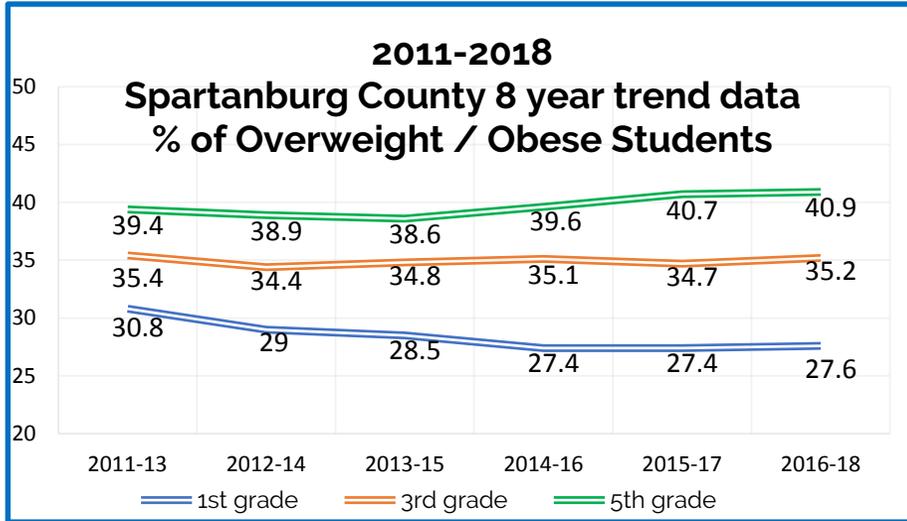
% Students OW/OB by SES  
(based on free/reduced lunch eligibility)



% Students OW/OB by Race/Ethnicity



# 2018 -2019 Spartanburg County BMI Overview



## HEALTHY SCHOOL PROGRAM SUCCESSES

### POLICY & ENVIRONMENTAL CHANGES TO INCREASE WATER CONSUMPTION, ENCOURAGE PHYSICAL ACTIVITY AT HOME, AND IMPROVE OUTDOOR SCHOOL ENVIRONMENT

- Reusable water bottles purchased / water bottle filling stations installed
- Sports equipment purchased / take home recess bags created
- Fitness trails created on school grounds

### NUTRITION SERVICES TO INCREASE ACCESS TO HEALTHY FOOD OPTIONS

- Healthy food tasting provided for students and parents
- Healthy food provided for health fair vendors and cooking clubs
- School kitchen equipment purchased
- Hub City Farmer's Market partnership provides food for schools

### HEALTH & PHYSICAL EDUCATION TO INCREASE KNOWLEDGE AMONG STUDENTS AND TEACHERS

- PE teachers attended State PE Conference learning new ideas to engage students
- New PE equipment purchased to increase cardiovascular endurance and muscular strength of student
- Alternative learning environments offered

### PHYSICAL ACTIVITY TO INCREASE MOVEMENT AND PLAY

- Interactive learning games purchased
- Guided recess implemented
- Daily activity breaks incorporated into classroom

### EMPLOYEE WELLNESS ACTIVITIES TO INCREASE WATER CONSUMPTION, HEALTHY EATING & PHYSICAL ACTIVITY

- Reusable water bottles purchased for faculty
- More exercise options provided (access to weights, fitness trails, competitive challenges)
- Health screenings provided