

## Additional Resources and Assistance

UPMC Children's collaborates with these community partners, and others, to help schools create healthier environments for youth. Contact the following partners to help you achieve your action plan goals.

### A+ Schools

[www.aplusschools.org](http://www.aplusschools.org)

### Adagio Health – Power Up

[www.powerupeatright.com](http://www.powerupeatright.com)

### Allegheny County Health Dept.

(Live Well Allegheny)

[www.livewellallegheny.com](http://www.livewellallegheny.com)

### Common Threads

[www.commonthreads.org](http://www.commonthreads.org)

### Family Resources

[www.familyresourcesofpa.org](http://www.familyresourcesofpa.org)

### Greater Pittsburgh Community Food Bank

[www.pittsburghfoodbank.org](http://www.pittsburghfoodbank.org)

### Grow Pittsburgh

[www.growpittsburgh.org](http://www.growpittsburgh.org)

### Highmark Caring Place

[www.highmarkcaringplace.com](http://www.highmarkcaringplace.com)

### Jump with Jill

[jumpwithjill.com](http://jumpwithjill.com)

### P3R (Kids of STEEL, Project R.U.N.)

[kidsofsteel.org](http://kidsofsteel.org)

### Phipps Conservatory (Let's Move Pittsburgh)

[www.phipps.conservatory.org/lets-move-pittsburgh](http://www.phipps.conservatory.org/lets-move-pittsburgh)

### Pittsburgh Action Against Rape (P.A.A.R.)

[paar.net](http://paar.net)

### Pittsburgh Food Policy Council

[www.pittsburghfoodpolicy.org](http://www.pittsburghfoodpolicy.org)

### Pittsburgh Mercy

[www.pittsburghmercy.org](http://www.pittsburghmercy.org)

### Pittsburgh Parks Conservancy (Parks Rx)

[www.pittsburghparks.org](http://www.pittsburghparks.org)

### Playworks

[www.playworks.org](http://www.playworks.org)

### University of Pittsburgh (Schools on the Move)

[www.pitt.edu](http://www.pitt.edu)

### UPMC Children's Hospital of Pittsburgh

[www.chp.edu](http://www.chp.edu)

### Adolescent and Young Adult Medicine (Coaching Boys Into Men)

[www.chp.edu/adolescent](http://www.chp.edu/adolescent)

### Injury Prevention Program

[www.chp.edu/besafe](http://www.chp.edu/besafe)

### UPMC Magee-Womens Hospital (Girls on the Run)

[www.gotrmagee.org](http://www.gotrmagee.org)

### Venture Outdoors

[www.ventureoutdoors.org](http://www.ventureoutdoors.org)

### Women for a Healthy Environment

[womenforahealthyenvironment.org](http://womenforahealthyenvironment.org)

## We are committed to:

**Creating a safe and healthy environment** where students can learn more and flourish.

**Being role models** for healthy lifestyles.

**Empowering youth** to develop lifelong healthy habits.

**Providing opportunities** to help students, staff, and families improve school health.



## Healthier Generation's Healthy Schools Program

A partnership of UPMC Children's Hospital of Pittsburgh and the Alliance for a Healthier Generation with local schools and school districts

**UPMC** | **CHILDREN'S**  
HOSPITAL OF PITTSBURGH

### Healthier Generation's Healthy Schools Program

UPMC Children's Hospital of Pittsburgh

4401 Penn Ave.

Pittsburgh, PA 15224

### Join the Healthier Generation's Healthy Schools Program!

For more information about the Healthier Generation's Healthy Schools Program and how you can get involved, please contact Anne Marie Kuchera at [annemarie.kuchera@chp.edu](mailto:annemarie.kuchera@chp.edu).



**UPMC** | **CHILDREN'S**  
HOSPITAL OF PITTSBURGH



UPMC Children's Hospital of Pittsburgh partners with schools to implement the Healthier Generation's Healthy Schools Program, an evidence-based program that helps schools create environments where youth are empowered to make healthier lifestyle choices.

Through the Healthier Generation's Healthy Schools Program, UPMC Children's helps schools integrate sustainable healthy changes into their school days, identifies hospital resources to address specific health needs, and engages community partners to elevate schools' wellness efforts.

Healthy kids are successful students. The Healthier Generation's Healthy Schools Program provides tools and resources to build a positive school culture that supports both improved health and education outcomes for youth.

## Steps to a Healthier School

Schools use a six-step process of continuous quality improvement to create a healthier environment:

- 1 Build Support** by convening a school wellness council.
- 2 Assess Your School** using the Healthier Generation's Healthy Schools Assessment.
- 3 Develop an Action Plan** to make positive changes at your school.
- 4 Explore Resources** from the Alliance for a Healthier Generation's resource database and online training center, and other community partners.
- 5 Take Action!**
- 6 Celebrate Success** with your school community and partners.



## Support from UPMC Children's:

- Technical assistance and training on the Healthier Generation's Healthy Schools six-step process
- Expertise in nutrition, physical activity, school health, and wellness
- Grant opportunities
- Medical care (Ronald McDonald Care Mobile)
- Injury prevention and safety programs
- Violence prevention and education
- Family support programs
- Health and wellness communications
- Engagement of community partners
- Professional development for school staff on topics such as:
  - Strategies for a healthy school
  - Physical activity breaks/programs
  - Trauma-sensitive care approaches
  - Management of health conditions
  - And more