



# SCHOOL-SITE HEALTH PROMOTION FOR STAFF



Opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities improve productivity, decrease absenteeism, and reduce health insurance costs. <sup>1</sup>

## **School-Site Health Promotion for Staff has a positive impact on student achievement by:**

- Enhancing ability to handle job stress
- Creating a higher level of general well-being
- Fostering more energetic teachers
- Decreasing teacher absenteeism
- Creating a more optimistic school climate

## **HEALTHIER, MORE PRODUCTIVE WORKFORCE** <sup>2</sup>

The effects of a fitness and wellness program was evaluated to find the impact it had on school staff and school climate. The number of teachers who participated in vigorous exercise increased as did their general well-being, job satisfaction and self-concept. The individuals involved in the program had higher scores on stress management and job performance using both self-ratings and principal ratings. Nearly one-half the program participants reported an improvement in their lifestyle, while over two-thirds reported an improvement in their diets. Furthermore, almost 20% of smokers quit during the wellness program.

## **STUDENTS BENEFIT FROM HEALTHY TEACHERS** <sup>3</sup>

Health promotion programs for school employees have the potential to: reduce national health care costs by improving health status of school employees, providing better use of taxpayer dollars by reducing absenteeism, providing positive role models for students, and serving as a focal point for community-wide health promotion initiatives. Worksite health promotion programs in schools are a prime location for enhancing student and community health because students spend a majority of their time in school. By creating a healthy environment within the school and the broader community, students will be encouraged to adopt a healthier lifestyle.

## **REFERENCES**

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