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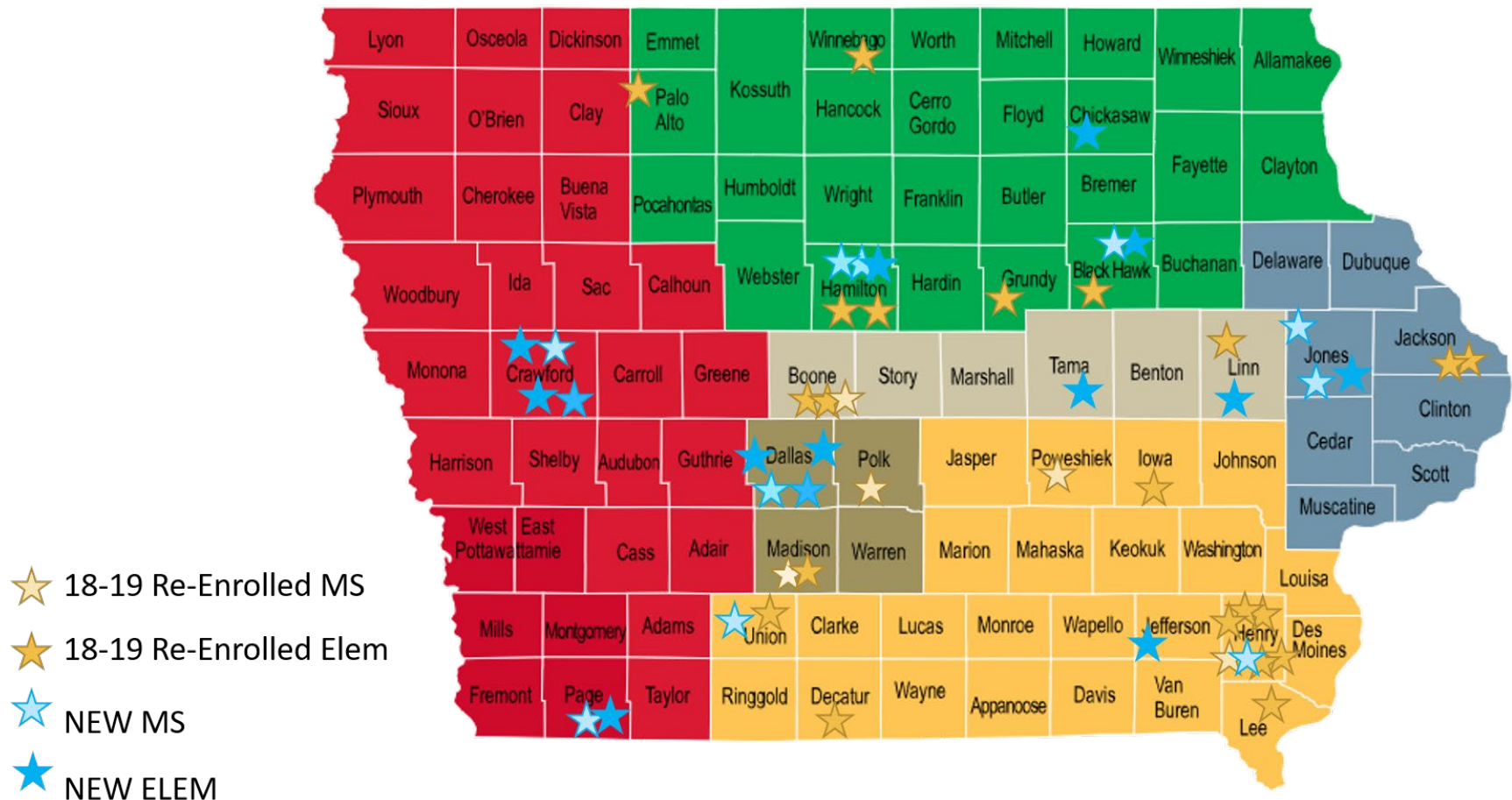


**S**chool  
**W**ellness  
**I**ntegration  
**T**argeting  
**C**hild  
**H**ealth



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# 2019-2020 SWITCH Schools



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# Why SWITCH?

- Iowa ranks 50<sup>th</sup> in Fruit & Vegetable consumption
  - Majority of Iowa youth under consuming vegetables
  - 20% report they get at least 3 servings (that's barely half of the recommended daily amount)
- Youth average 7 or more hours on screens daily
  - Screen time often relates to Sedentary time
- Less than 1/3 of Iowa youth report being active for 60 minutes daily
- USDA guidelines require schools to implement and monitor School Wellness Policy



# Helping students 'switch' what they 'Do, View, & Chew'



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## **DO**

Engage in  $\geq 60$   
minutes of  
physical activity  
daily

## **VIEW**

Decrease  
Screen Time to  
< 2 hours

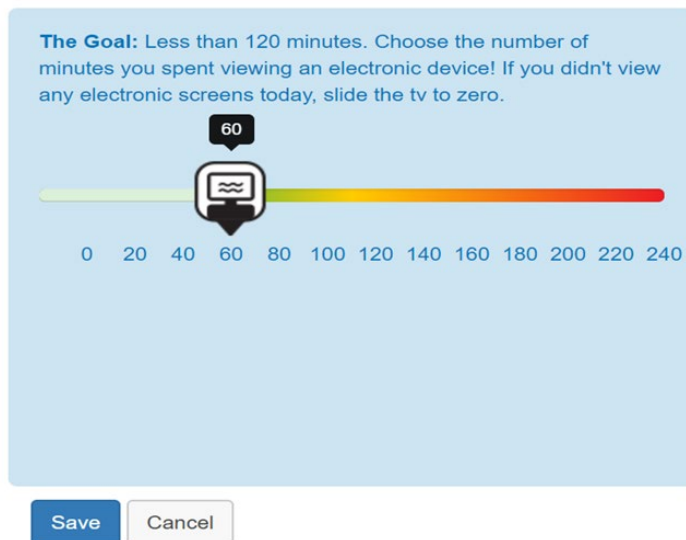
## **CHEW**

Eat 5 servings of  
Fruits and  
Vegetables each  
day



# The Pattern of SWITCH

- Themes run for 2 week intervals
  - Students track corresponding behavior online



- Schools are provided modules to support learning related to theme

**CLASSROOM**

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# Quality Elements of SWITCH

- Core Team meets regularly
- Utilization of online SWITCH learning platform
- Establish youth advocacy/leadership group
  - SWITCH Youth Ambassadors
- Promote parent involvement in SWITCH
- Facilitate communication/integration of SWITCH across the school





# 4-H Partnership



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# 4-H Partnership

## Roles of 4-H Staff

### Recruitment

- Promote to schools

### Support

- Building partnerships
- Be engaged
- Be a resource

### Evaluation

- Collect Group Enrollment

### Feedback

- Survey at program end

## Level of Engagement

### School Outreach

- Set up routine plan to connect with core team
- Assist with school wellness strategies
  - Classroom visits
  - Brain break resources
  - Taste Tests
  - After school programming

### Training/Special Events

- School Staff Orientation
- School Kickoff Event
- Parent/Family Engagement

### Offer 4-H Opportunities

- Do they want to start a SWITCH Club?
- Kids in the Kitchen, STEM Lit-to-Go



# To Learn More...

- Visit our websites:  
[www.extension.iastate.edu/switch](http://www.extension.iastate.edu/switch)  
[www.iowaswitch.org](http://www.iowaswitch.org)
- Follow us on Social Media
  - Facebook: Switch Program
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