

Case Study: Chicago Public Schools

As part of an effort to remove health-related barriers to learning so that students may succeed in college, career and life, Chicago Public Schools (CPS) developed the Healthy CPS indicator. The Healthy CPS Indicator is the first comprehensive health-focused measure that is included on the CPS school progress report. Stakeholders are able to identify whether their school is meeting key policies and initiatives that focus on chronic disease, instruction, wellness and health services. Healthy CPS aligns with Healthy Chicago, the city's first public health agenda.

The Healthy CPS Indicator also helps schools streamline health and wellness initiatives already taking place at the school, including efforts focused on physical activity, nutritious foods, school-based health services, health education and supports for students with chronic conditions. CPS schools complete an annual Healthy CPS Survey. This survey is required for a school to become Healthy CPS certified. Prior to the survey, schools assess their school wellness environment using a [checklist](#), create an [action plan](#) with the school's wellness team, and implement the identified health-promoting changes. A school's Healthy CPS certification is displayed on the school progress report card.

A requirement for Healthy CPS status is implementation of the district's wellness policy. To encourage schools to promote healthy eating and physical activity, school districts that participate in the federal school meal program are required by Congress to have a wellness policy in place. Currently, CPS has adopted three policies that promote healthy eating and physical activity: the Local School Wellness Policy, the Healthy Snack and Beverage Policy and the Physical Education Policy. Combined, these policies address nutritional standards for food served in cafeterias and vending machines as well as requirements for nutrition education and physical education.

By incorporating metrics for health and wellness into school accountability systems, CPS recognizes the strong relationship that exists between academic achievement and student health and wellness.

This document was prepared by Healthy Schools Campaign and Alliance for a Healthier Generation to support the resource State ESSA Plans to Support Student Health and Wellness: A Framework for Action. Learn more at healthyschoolscampaign.org/state-essa-framework.