

Kaiser Permanente Thriving Schools

A partnership for healthy students, staff, and teachers

Kaiser Permanente Service to Schools

POSTER 4

WHAT'S IN YOUR LUNCH PAIL?

"ARE YOU STARVING?" editors asked workers in the Oct. 6, 1944, issue of *Fore 'N' Aft*. "You can be starved without being hungry... Are you aware: 24 million man-hours per month (nationally) are lost through minor illnesses preventable by better nutrition!"

"What do you bring in your lunch pail? Does it give you enough energy to work the rest of your shift; at top efficiency? You'll have fewer colds, more pep and good humor if you eat a balanced diet, containing carbohydrates, protein, fat, vitamins and minerals."

The article included: "Menus for Hard Labor:

- "Ham sandwich with lettuce, butter or mayonnaise; cottage cheese and apple butter sandwich; coleslaw and boiled dressing; peaches and cookies; coffee with cream and sugar; or milk.
- Or "peanut butter sandwich with jelly or chopped bacon; dried beef and tomato sandwich; combination salad; French dressing; fresh pears, grapes or figs; cookies, milk, coffee with cream, sugar.



KAISER PERMANENTE.

THRIVING ON THE HOME FRONT



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Arch Pediatr Adolesc Med. 1998;152(1):25-33. doi:10.1001/archpedi.152.1.25

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ARTICLE

Managed Care and School-Based Health Centers

Use of Health Services

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Objective: To explore the use of physical and mental health services for adolescents who are enrolled in managed care and have access to a school-based health center (SBHC), compared with adolescents enrolled in managed care without access to an SBHC.

Results: Adolescents with access to SBHCs were more than 10 times more likely to make a mental health or substance abuse visit (98% of these visits were made at the SBHC) ($P < .001$). Adolescents with SBHC access had an after-hours (emergent or urgent) care visit rate of 0.33

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Thriving Schools District Grants Physical Activity

Vision:
Active Students and Staff Create Successful and Thriving Schools

Goal:
Increase student and staff physical activity *during school* hours and *before/after school* to impact student achievement, physical health and social/emotional wellness

Strategy: Increase opportunities for students and staff to be active *during school* hours

Strategy: Increase opportunities for students and staff to be active *before/after school* hours

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