

Healthy Together School Overview and Sustainability

What is *Healthy Together*?

Healthy Together is an initiative that helps schools, childcare programs, out-of-school programs, workplaces, and healthcare practices improve upon their healthy food choices and physical activity opportunities.

Atrium Health implements Healthy Together utilizing the 5-2-1-0 principles which makes it easy to incorporate healthy habits into your busy day. Organizations select 1-3 strategies to focus on over a year. Oftentimes, our program supplements an organization's existing health and wellness initiatives.

What does 5-2-1-0 mean?



How does the program work?

Simply follow these proven steps to success:

1. Register and Complete a commitment form for one year
2. Conduct a health assessment of your current nutrition and activity environment
3. Develop an action plan with 1-3 goals around the 5210 behaviors
4. Promote the 5-2-1-0 message and principles in fun and engaging ways in school
5. Encourage families to promote and engage in healthy behaviors at home
6. Complete the *Healthy Together* survey upon completion of the program

What kind of assistance will **Atrium Health** provide?

1. A free comprehensive toolkit full of evidence-based strategies to improve the policies, practices and environments that influence healthy eating and active living.
2. Free training for you and your staff.
3. Provide ongoing, personalized communication and assistance to help you meet your goals.
4. Offer network opportunities with other organizations participating in the program.

How do does an organization get started?

Let us know you're interested by emailing HealthyTogether@CarolinasHealthCare.org.

How Long does *Healthy Together* last in the School?

- Year 1 Assemblies, Recess Bags and wrist bands,
- Year 2 Banner Presentations, Fruit and Veggie bracelets, 5 Challenge
- Year 3 Update Recognition levels, Water Bottles, 0 Challenge
- Year 4 Update recognition levels, Jump Ropes, 1 Challenge
- Year 5 Update recognition levels, Puzzle/Deck of cards, 2 Challenge

* Schools have the option to choose which 5-2-1-0 challenge they'd like to focus on for the year

