



## Sharing the Success of Wellness Fund Projects: Highlights for Government

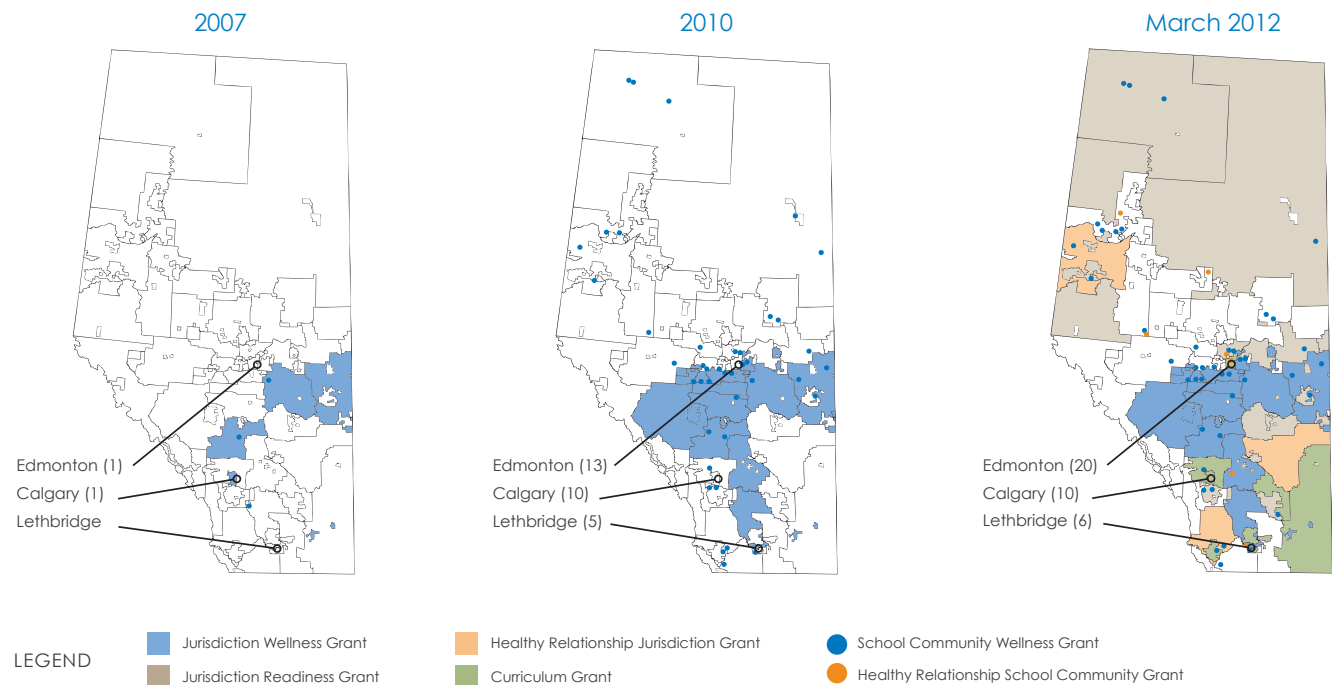
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The Alberta Healthy School Community Wellness Fund has compiled an interim summary report to share the excellent work and impacts of funded projects. This information is compiled from annual reporting by project leaders.

### Wellness Fund Reach

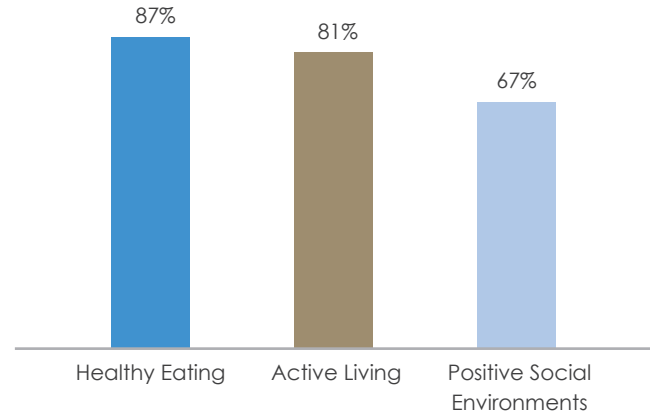
Since 2007 a total of **150 projects have been funded** to develop healthy school communities in **over 750 schools**, **impacting more than 250,000 k-12 students** across Alberta. This equates to over **40% of all Albertan students**.



## Project Activities and Impacts

Between 2007-2011, 121 wellness grants were awarded to projects to support school communities in focusing on healthy eating, active living or positive social environments or a combination of all three. Figure 1 shows the percentage of projects which addressed the corresponding priority areas. Of note, 47% of projects addressed all three priority areas. Table 1, below depicts the most recent impacts of these activities on the school community as reported by project leaders in 2011.

**FIGURE 1.** Percentage of Projects Focus by Priority Area



**TABLE 1.** Impacts of Priority Area Activities as Reported by Project Leaders in 2011

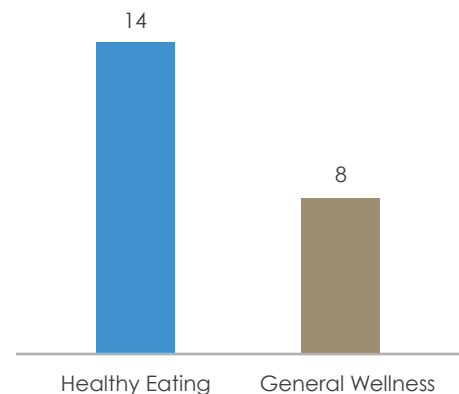
| Active Living Impact                                                    | Healthy Eating Impact                                                       | Positive Social Environment Impact                                       |
|-------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------|
| OF ALL RESPONDENTS:                                                     |                                                                             |                                                                          |
| 89% stated that AL activities were provided to the school community     | 86% stated that Healthy food options increased in the school community      | 41% stated that a more positive school environment was created           |
| 80% stated that students increased their participation in AL activities | 70% stated that healthy eating knowledge was delivered to students          | 38% stated that students increased their participation in PSE activities |
| 52% stated that students increased their knowledge or awareness of AL   | 58% stated that students increased knowledge or awareness of healthy eating | 29% stated that PSE knowledge was delivered to staff                     |

“The students were excited to take part. Parents commented on the value of the activities set up. Children were working together with their parents. The students were encouraging other family members to participate and were encouraging alternative choices to unhealthy ones.” – Project Lead

## Policy and Practice

As of August 2011, 22 out of 30 district projects reported developing or fully implementing at least one policy, **impacting 340 schools and over 125,000 students**. A breakdown of the focuses of district policies can be seen in figure 2. While policy is not essential, it can help create sustainability by ensuring that practice becomes embedded within the culture of the school community.

**FIGURE 2.** Number and Type of District Policies Developed

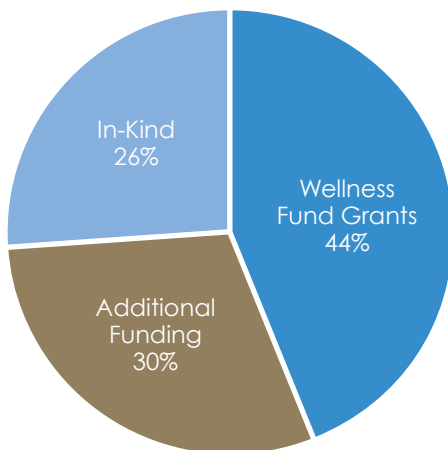




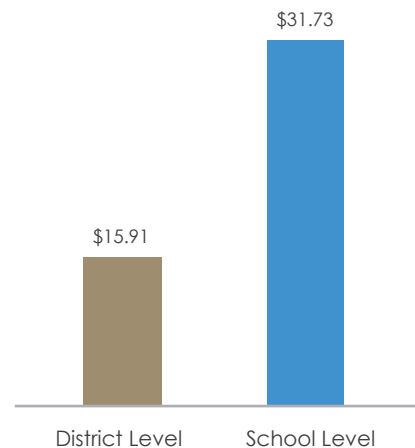
## Funds Granted and Leveraged

As of August 2011, the most recent reporting period for Wellness Fund projects, **the Wellness Fund had provided \$3,321,034 to 102 school communities** across Alberta. From this, projects have leveraged an additional \$4,179,331 through in-kind contributions and additional sources of funding. In-kind contributions include a total of 81,759 volunteer hours for an estimated dollar value of \$1,308,244. These funds contribute to the Wellness Fund total project value of \$7,500,365. The pie graph below (Figure 3) depicts a breakdown of funds granted and funds leveraged over the past four years, illustrating that **for each Wellness Fund dollar, projects leveraged an additional \$1.26 of support, or an average of 117.36% of their Wellness Fund grant.**

**FIGURE 3.** Funds Granted and Leveraged from 2007 – 2011



**FIGURE 4.** Average Funds Spent per Student by Project Level



Statistical analysis also shows a **significant difference between the average Wellness Fund money spent per child between district level and school level projects** (see figure 4); although which project level uses funds more effectively remains unseen. **It can be argued that a project with a larger reach increases the chance of stakeholders buying into the development of a healthy school community and could equate to increased support.** Districts also have more influence over the schools in their jurisdiction which bodes well for ensuring sustainability.

“Although we were already making positive changes at our school, the grant process itself assisted us in focusing our efforts toward a healthier and more active school community. It guided us towards sustainable goals and encouraged collaboration with experts in the field of healthy school communities. This process has given students the opportunity to have a voice in bringing about positive changes in their school.” – Project Lead

## For more information, please contact:

Alberta Healthy School Community Wellness Fund  
Centre for Health Promotion Studies  
School of Public Health  
4-274 Edmonton Clinic Health Academy  
11405 - 87 Avenue  
Edmonton, Alberta  
Canada T6G 1C9

TEL: (780) 492-2537  
FAX: (780) 492-0364  
EMAIL: healthyschools@ualberta.ca

[www.bit.ly/wellnessfund](http://www.bit.ly/wellnessfund)



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## Areas of Focus

Since 2007 the Wellness Fund has funded projects which focus on the 3 priority areas of healthy eating, active living and positive social environments. In 2012 additional funding was provided in new areas.

### Readiness Grants

To provide school districts with the opportunity to discuss and plan the development of their healthy school community.

**13 projects have been awarded district readiness grants.**

### Curriculum Grants

To support high schools in embedding health and wellness throughout the whole curriculum.

**6 projects have been awarded district curriculum grants.**

### Developing Healthy Relationships Grants

To support high school communities in addressing healthy relationships including responsible sexual behaviour.

**10 projects have been awarded healthy relationships grants.**



## Alumni Project Reporting

Alumni projects are those projects that have reached the cessation of their Wellness Fund Grant. Alumni projects still receive regular communication from the Wellness Fund, such as newsletters, resources and conference updates. As part of this regular communication a questionnaire was sent out to all 49 alumni projects. Of the 49 projects that were invited to participate 41% completed the questionnaire, a high response rate as alumni projects are no longer required to report. **Of the responding Alumni projects 75% indicated that their work on developing healthy school communities has expanded or been sustained since the ending of their Wellness Fund Grant.**