



Participants

- Bella Vista Elementary School District
- Cascade Union Elementary School District
- Enterprise Elementary School District
- Gateway Unified School District
- Healthy Shasta
- Healthy Students Initiative
- Redding School District
- Shasta County Health and Human Services Agency
- Shasta County Office of Education
- Shasta County Public Health
- University of California Cooperative Extension

Grantees

Since the 2012-13 school year, approximately \$300,000 has been awarded to Shasta County School Districts to make school meal and cafeteria improvements, such as upgrading cooking equipment and improving cafeteria aesthetics.

- Anderson Union High School District*
- Black Butte Union School District*
- Cascade Union Elementary School District*
- Columbia School District*
- Cottonwood Union School District*
- Enterprise Elementary School District*
- Fall River Joint Unified School District*
- Happy Valley Union School District*
- Mountain Union School District*
- Oak Run School District*
- Pacheco Union School District*
- Redding School District*

Learn more at [www.healthyshasta.org](http://www.healthyshasta.org) and sign up for the e-newsletter!



# STARS

(Shasta Taking Active Roles in Schools)

# Collaborative



# Healthy Shasta

Healthy Shasta is a local partnership to increase healthy eating and physical activity among Shasta County residents. More than 20 organizations have joined forces to address the increasing rates of childhood obesity and chronic diseases such as Type II diabetes. We are committed to long-lasting community changes that make healthy choices easier, convenient, inviting, and affordable everywhere you live, work, play, learn, and study.

Healthy Shasta is striving to make *communities where the healthy choice is the easy choice.*



## Healthy Students Initiative

The Healthy Students Initiative (HSI) is a seven-year Healthy Shasta project to address childhood obesity in local school communities. The overall goal is to improve the health and academic success of Shasta County students in three schools (Bella Vista, Cypress and Lassen View) and to develop a roadmap for other local schools.

### Areas of Focus:

1. Make long-lasting changes to support healthy eating and physical activity.
2. Increase physical activity among students and families.
3. Increase access to healthier foods and beverages on school campuses.
4. Empower students, staff and families to speak up for healthy choices and physical activity.



Visit [www.healthyshasta.org](http://www.healthyshasta.org) for more information.



## STARS Collaborative

The STARS Collaborative was created to take the lessons learned from the HSI Schools and share it with other schools in Shasta County who want to create a school environment that encourages healthy eating and physical activity.

### Goal:

Improve the health status of students and their families in Shasta County schools by helping students adopt life-long, healthy habits.

### What we do:

- *Trainings*
- *Networking Opportunities*
- *Local Grant Program*
- *Field Trips*



Smarter Lunchrooms Training from Cornell University at Anderson High School.

Join us at our sharing and planning meetings held throughout the school year.

Contact April Jurisich at [ajurisich@co.shasta.ca.us](mailto:ajurisich@co.shasta.ca.us) or (530) 245-6843 for the meeting schedule or more information.