



Student Body

Ohio Action for Healthy Kids improves the health and educational performance of students by empowering them to take charge of their own health and school environment. Through strategic partnerships with Ohio FCCLA , hundreds of students across the state are becoming involved in healthy projects.

[Ohio Family Career and Community Leaders of America \(FCCLA\)](#)

Ohio FCCLA is a state charter of the non-profit, national, student led organization for young men and women in family and consumer sciences education. Ohio has over 400 chapters. One of OFCCLA's state projects, Student Body, promotes wellness within the chapters. Although Student Body has existed for years, since the 2005 partnership with OAFHK, the following projects have been developed:

Mentoring Guide

Many FCCLA chapters provide mentoring to elementary school children within their school district. In response to this, a guide for teaching nutrition and physical activity was developed to give chapter members the tools they need to promote healthy lifestyles in schools.

[Mentoring Guide PDF](#)

FCCLA on the Move

Wanting to take charge of their health, students participated in the 'America on the Move' walking program, an online program that allows users to chart a walking course across the country. 375 students were introduced to the program at the annual retreat. Healthy Ohioans donated pedometers to the students and teacher advisor

[FCCLA on the Move PDF](#)

[Student Presentation PPT](#)

Snackwise Vending

FCCLA chapters have the opportunity to utilize the Snackwise Nutrition Rating System to improve the nutritional quality of snacks sold in vending machines.

[Snackwise Overview](#)

[Snackwise Application](#)