National Education Association and NEA Healthy Futures

Empowering Educators to Champion Healthy Schools where Students, Faculty and Staff Succeed

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So, Why Are Unions Involved?

• Members are educators.

• Health affects performance.

• Mission.

• Financial sense.

• Members want and need wellness support.¹

¹ 2012 NEA Uniserv Survey and 2013 NEA Member Survey
Educators’ Top Health Concerns

- Inattention and hyperactivity among students: Very Serious 22, Total Serious 69
- Stress among staff: Very Serious 23, Total Serious 61
- Stress among students: Very Serious 11, Total Serious 53
- Student mental health issues: Very Serious 13, Total Serious 50
- Physical inactivity among students: Very Serious 8, Total Serious 46
- Unhealthy food and drink choices by students: Very Serious 12, Total Serious 45
- Childhood obesity: Very Serious 6, Total Serious 42
- Student hunger: Very Serious 7, Total Serious 38

2013 NEA Member Survey
How Unions Contribute to School Employee Wellness

- **Advocacy support**
  - National convening of SEW stakeholders
  - Technical assistance

- **Best practices promotion**
  - Micro-grants for SEW projects

- **Professional and leadership development**
  - National resource centers
  - Conference sessions

- **State or district affiliate health insurance with wellness incentives**
Student Nutrition and Obesity Initiatives

• Federal Advocacy
  • Child Nutrition Reauthorization Act
  • Elementary and Secondary Educations Act

• National Programs
  • Breakfast in the Classroom
  • Bag the Junk

• Local Programs
  • Wellness Promotion (Santa Barbara, CA)
  • Cook for America Boot Camp (Aurora, CO)
  • School Garden for Special Needs (Haverhill, MA)
  • Backpack Program (Accord, NY)
  • Letters to the Editor (Scottsboro, AL)
How to Engage with Unions

• Reach out!

• Align projects with helping educators do their jobs well and helping students learn.

• Consider union strengths:
  • Established infrastructure for:
    • Professional development and occupational support
    • Leadership (local school…district…state…national)
    • Communication with educators
    • Engagement and activism
  • School environment expertise
  • Political leverage
  • Enthusiasm
We’re Looking Forward To Hearing From You!

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