

McCreary County Schools
Physical Activity and Nutrition Report
Findings and Recommendations

Meeting Date for Public Forum: *January 14, 2025* **Location:** *Annex Building*

School Assessments Reviewed: *12/5/2024* **Public Forum Date:** *January 14, 2025* **Due to KDE:** *May 1, 2025*

Note: *Findings & Recommendations were reviewed & discussed @ the Public Forum meeting.*

Overall Findings:

- Based on the October 2024 data, overall our district is exceeding baseline set at 32%. Our current percentage of fully in place assessment items is 62%. Nutrition continued to exceed the previous year's baseline and is very close to being fully implemented. Our fully implemented percentage is 72%. Employee Wellness is our lowest fully implemented category, but still exceeding the baseline of 17% by 13%. Our current fully implemented category assessment score is 40%

Area of Assessment: Nutrition

Findings:

1. Although the McCreary County School district is currently exceeding the baseline in Nutrition (72%), it continues to be an area of focus. Our goal is to be fully implemented in this category.

Recommendations:

2. The local Wellness Committee for the McCreary County School District now utilizes monthly leadership meetings that include the Director of Food Service and Our Health/Wellness Coordinator. We will discuss the findings with the school administration teams to increase our percentages to be fully implemented in both areas. The administration will discuss collaborating efforts with food service.

Area of Assessment: Smart Snack

Findings:

1. Although the McCreary County School district is currently exceeding the baseline in Employee Wellness (30%), it continues to be an area of focus as well. Our goal is to be fully implemented in this category as we continue to grow in doing so.

Recommendations:

2. The local Wellness Committee for the McCreary County School District continues to recommend that School employees utilize the Castlight program to improve ways to a healthy lifestyle. Our District Health Coordinator will provide information on Castlight and encourage employees to utilize it to track healthy lifestyles and earn rewards for doing so.

Member Name	School/Role	Signature
Rowe, Brandy	Chairperson/District Health Coordinator District Staff	
Shane King	Co-Chairperson/Director of Food Service Central Office Staff	
Spradlin, Megan	School Nurse/Committee Member Whitley City Elementary	
Strunk, Rhonda	School Nurse/Committee Member Pine Knot Primary School	
Gregory, Sandra	School Nurse/Committee Member Pine Knot Intermediate School	
Kristy Redden	School Nurse/Committee Member McCreary Middle School	
Elam, Nicole	School Nurse/Committee Member McCreary Central High School	