



## Making Wellness a Priority for Oklahoma Students

TSET program pushes for improved healthy policies in schools

[Youth Action for Health Leadership](#) (YAHL) is a statewide, youth-led health initiative funded by the [Tobacco Settlement Endowment Trust](#) (TSET). The program creates a meaningful and measurable impact on Oklahoma by promoting healthy behaviors. One of the ways this is accomplished is through the **Elevate Student Health** campaign.

[Elevate Student Health](#), a program of TSET, is helping Oklahoma schools improve the health of youth through increased physical activity and improved nutrition options on campus.

The program provides a pre-written school wellness policy that can be seamlessly integrated into an existing one and gives school districts the flexibility to adopt which options make the most sense for their community. The policy emphasizes:

- Improving nutritious options in schools
- Incorporating more physical activity
- Increasing access to safe drinking water

Elevate Student Health also provides schools with additional resources, making it easy to implement right away. These resources include healthy signage for campus, faculty training, an implementation toolkit and more.

Students participating in YAHL help build support for healthy school policy change by using their leadership skills to inform peers, parents, school administrators and community leaders about Elevate Student Health, with the goal of getting schools and districts to improve their wellness policies. (Read [what students are saying](#) about their work.) In August 2022, Elevate Student Health achieved one of its latest policy victories when the **Keys Public School Board in Cherokee County** passed updates to their district wellness policy. ([Read more](#) about this accomplishment in the news.)

Interested? Find out how Elevate Student Health can impact wellness for kids in your school. Visit [ElevateStudentHealth.com](https://www.elevatestudenthealth.com) for details or to sign up.

For more on nutrition in Oklahoma schools, check out episode 30 of the [TSET Better Health Podcast](#), which includes Jennifer Weber, executive director of child nutrition at the Oklahoma State Department of Education, as well as Heather Steele and Sheila Russell with Tulsa Public Schools' Child Nutrition.

TSET Better Health is available on the [TSET website](#) or everywhere podcasts are listened.

*[Photo caption: In the 2021-2022 school year, students across Oklahoma met with their principals to discuss improving wellness policies on their campuses. (Pictured: At left, Adair High School members Lilith Breazeale and Paige Martin with their principal; at right, Tyrone High School member Elizabeth Parker with their principal)]*