



PHYSICAL ENVIRONMENT

UNDERSTANDING THE WSCC MENUS OF EVIDENCE-BASED PRACTICES

To make evidence-based practices (EBPs) more easily understood and accessible to schools, university partners of Healthy School Successful Students have developed Menus of Evidence-based Practices for each component of the WSCC model.

EBPs are shown to increase academic success, graduation rates, and student safety, while decreasing bullying and fostering a positive school climate. When school administrators and staff use EBPs, they are better able to produce successful outcomes for students and school communities.

With the variety of evidence-based strategies that the Menus provide allows schools and districts will be able to find a practice that fits their time and funding availability.

Information for this document was gathered from the CDC's WSCC model and WSCC Menus of Evidence-based Practices.

WHAT IS IT?

- In the WSCC model, physical environment refers to the specific school building, the land that the school is on, and the surrounding area.

BENEFITS OF PHYSICAL ENVIRONMENT

- Schools and districts promote learning through providing a safe and healthy physical environment for all students and staff.
- Creating a physical environment that is perceived as accessible and adequate for all students is beneficial to student physical activity.

EVIDENCE-BASED STRATEGIES

- **Creating a playground space that is tailored to the culture of the school community increases the likelihood that students will use it.**
- Studies have suggested that the presence of playground markings, such as hopscotch and four-square, can increase students' physical activity.
- Initiatives that celebrated walking or biking to school increased student participation.
- Alternative classroom furniture, such as standing desks, has resulted in increased physical activity.

DISCOVER YOUR STRATEGY

- Check out the Physical Environment Menu of Evidence-based Practices to find what works for your school community!

CONTACT

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