

# Case study example

[Health & Medicine](#), [Nursing](#)



School Health al Affiliation) School Health The school nurse needs to implement nutrition and physical activity program for the student population. To identify best practice principles for this initiative, the school nurse requires significant human resources that include therapists, trainers, and nutritionists. Therapists and physical trainers will help the school nurse to identify the best practice principles for physical activity program. Nutritionists will help the school nurse to identify the best practice principles for a nutrition program for the student population. The school nurse will also require the school to provide enough time, nutritious foods, physical fitness equipment, and physical activity facility to implement the program (Harkness & DeMarco, 2015).

The school nurse might recommend to the school wellness committee the provision of physical education and physical exercises to address the problem of childhood obesity (Harkness & DeMarco, 2015). The strategies might also include awareness campaigns and a subsidy strategy that would offer incentives for schools to invest in obesity mitigation measures. The school nurse can advise the school wellness committee to enhance healthy living among the children by offering healthy foods and limiting junk foods at school. Regular school health screenings can also help to identify childhood obesity issues. The recommendation of science-based guidance and provision of health care for weight management might be effective in this context (Harkness & DeMarco, 2015).

The school nurse can evaluate if the school-based programs are working by conducting regular school health screenings to establish the resultant weights and heights of students under weight management. Indeed, BMI

surveillance and screening can establish the success of these programs. The school nurse can also measure the dietary attitudes, quality, and intake of nutritional foods offered by the school to the students. Moreover, the school nurse can evaluate the success of the school-based programs by analyzing the impact of physical education and physical activities initiated by the school among 4th grade students.

#### Reference

Harkness, G., & DeMarco, R. (2015). Community and Public Health Nursing: Evidence for Practice. New York: Lippincott Williams & Wilkins.