

# Looking At The ISSUES

Stark Education Partnership

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## Empowering Students to Change Health Outcomes: Aultman Ambassador Program

### Did you know that there are student-led health advocacy programs in our Greater Stark County schools?

Students have written grants to install hydration stations, held health fairs and sponsored a wide variety of physical fitness challenges for both students and staff all to help reduce stress, encourage healthy habits and improve health outcomes in their school and community.

Aultman Health Foundation started the [Aultman Ambassador Program \(AAP\)](#) about eight years ago. The goal is to empower high school students to engage their peers, families and communities in promoting sustainable, healthy lifestyle changes.

Edward J. Roth III, CEO/President of the Aultman Health Foundation shared, "Dr. Shah brought an idea to us and under the leadership of Vicki Haines and Dr. Liz Edmunds (Aultman Health Foundation leaders), the idea became a reality. Aultman supports programs for Greater Stark County Schools because it supports our mission to lead our community to improved health. The health of the students is really important for success in school and later, being successful in life."

The Aultman Ambassador Program partners with the *Alliance for a Healthier Generation Healthy Schools Program* to provide evidence-based resources on the core principles of the AAP: Nutrition, Hydration, Physical Activity, Sleep and Stress. Currently, seventeen schools and five universities implement the Program.

The program's goal is to improve the overall health and well-being of youth by implementing ongoing health promotion and prevention, resulting in a healthier community. In an interview, one local student ambassador shared that high school is a stressful time and students don't always take care of themselves. He stated that now that he has joined the Student Ambassador Program, he is making conscious decisions about his health, like drinking enough water, getting regular exercise and improving his sleeping habits.

For more information, watch the newly released [Aultman Ambassador video](#) or contact Program Coordinator, [Haley Skolosh](#).



### Purple Star Award

On September 29th, the Ohio Department of Education honored 37 schools with a [Purple Star Award](#). In this most recent round, ten of the schools are from Stark County. Congratulations to Louisville High School • Amherst Elementary, Lake Cable Elementary, Sauder Elementary, Strausser Elementary, Jackson Memorial Middle Schools • Northwest Primary, Northwest Middle, Northwest High and W.S. Stinson Elementary Schools.

The Stark Education Partnership (a 501(c)(3) non-profit organization) collaborates with education, business, civic and community members across the entire spectrum – cradle to career – to create and respond to opportunities that will provide ALL students with education and career success.

