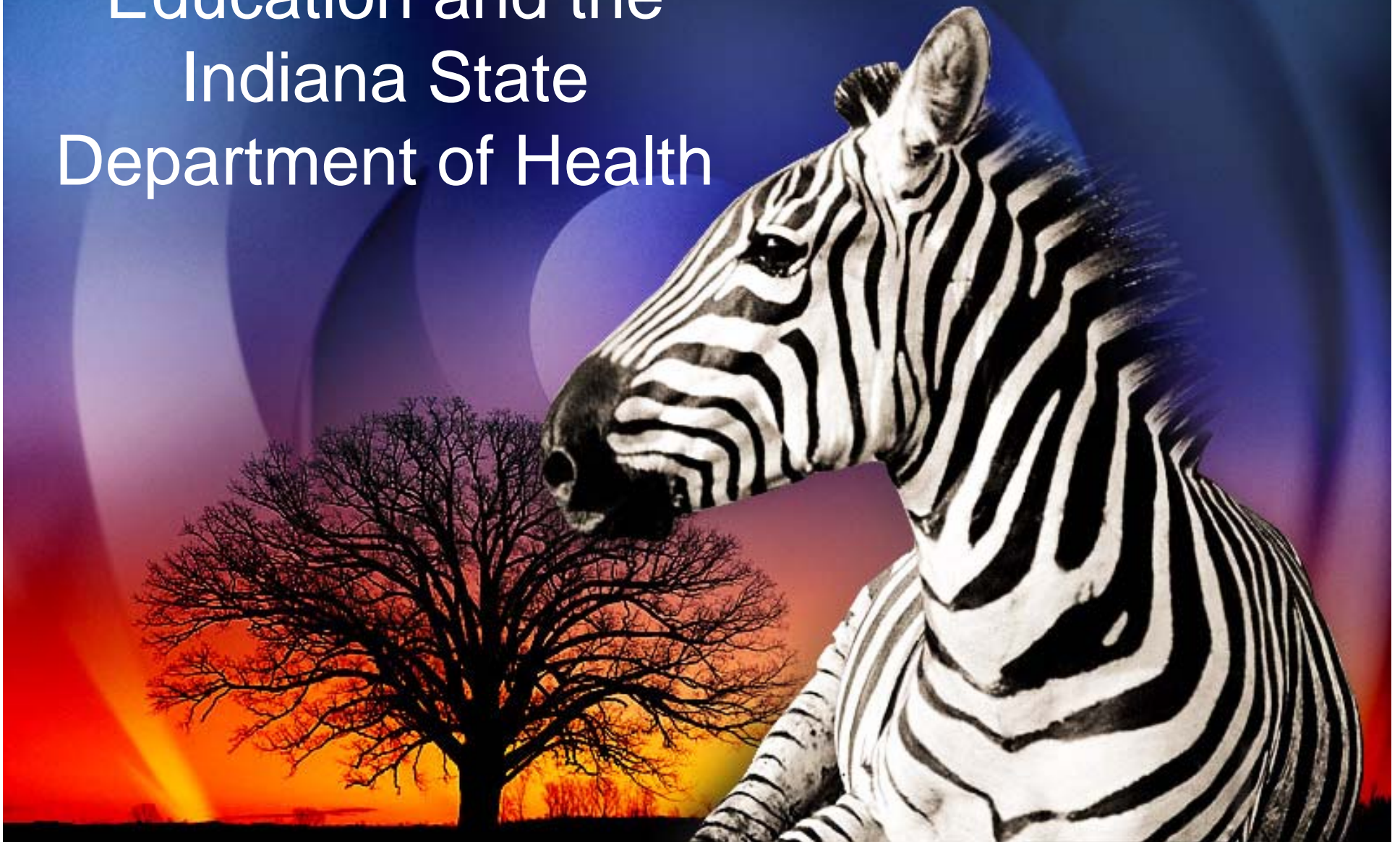


# Indiana Department of Education and the Indiana State Department of Health





# Coordinated School Health Program





# **Why Support a Coordinated Approach to School Health?**



**BECAUSE....**

**Every day children come to  
school with barriers to  
learning**



- In 2005 3 out of 10 Indiana high school students reported being in a physical fight.

A



- In 2005, over 4 out of 10 Indiana high school students reported being sexually active





- In 2005 15% of Indiana high school students were overweight and another 14.3% were at risk of being overweight.



- In 2005 3 out of 10 Indiana high school students reported feeling sad or hopeless one or more times in the previous 12 months.

A





- In 2005 almost 6 out of 10 Indiana high school students had smoked and 1 in 5 were current smokers.




- In 2005 4 out of 10 Indiana high school students reported to be currently using alcohol.

A



**Good health is  
necessary for  
academic success.  
Healthy students  
are better learners.**





## **The National Governors' Association (NGA) says...**

*“Policymakers need to focus on eliminating the barriers that affect these lower-performing students’ readiness to learn. Among these barriers are physical and mental health conditions that impact students’ school attendance and their ability to pay attention in class, control their anger, and restrain self-destructive impulses.”*

– Improving Academic Performance by  
Meeting Student Health Needs, 2000



## **The American Cancer Society says...**

*“[Children] ...who face violence, hunger, substance abuse, unintended pregnancy, and despair cannot possibly focus on academic excellence. There is no curriculum brilliant enough to compensate for a hungry stomach or a distracted mind.”*

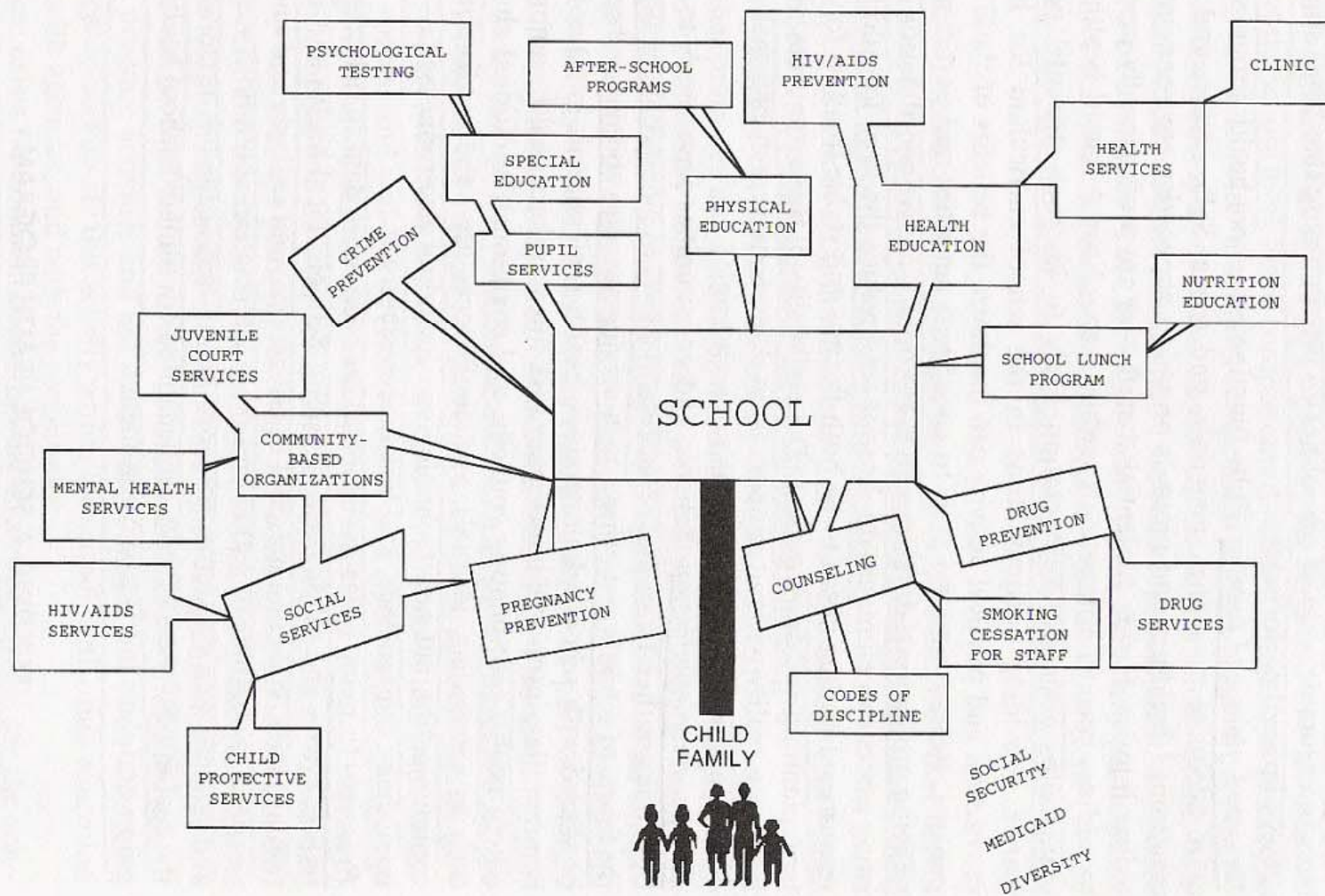
National Action Plan for Comprehensive  
School Health Education. 1992



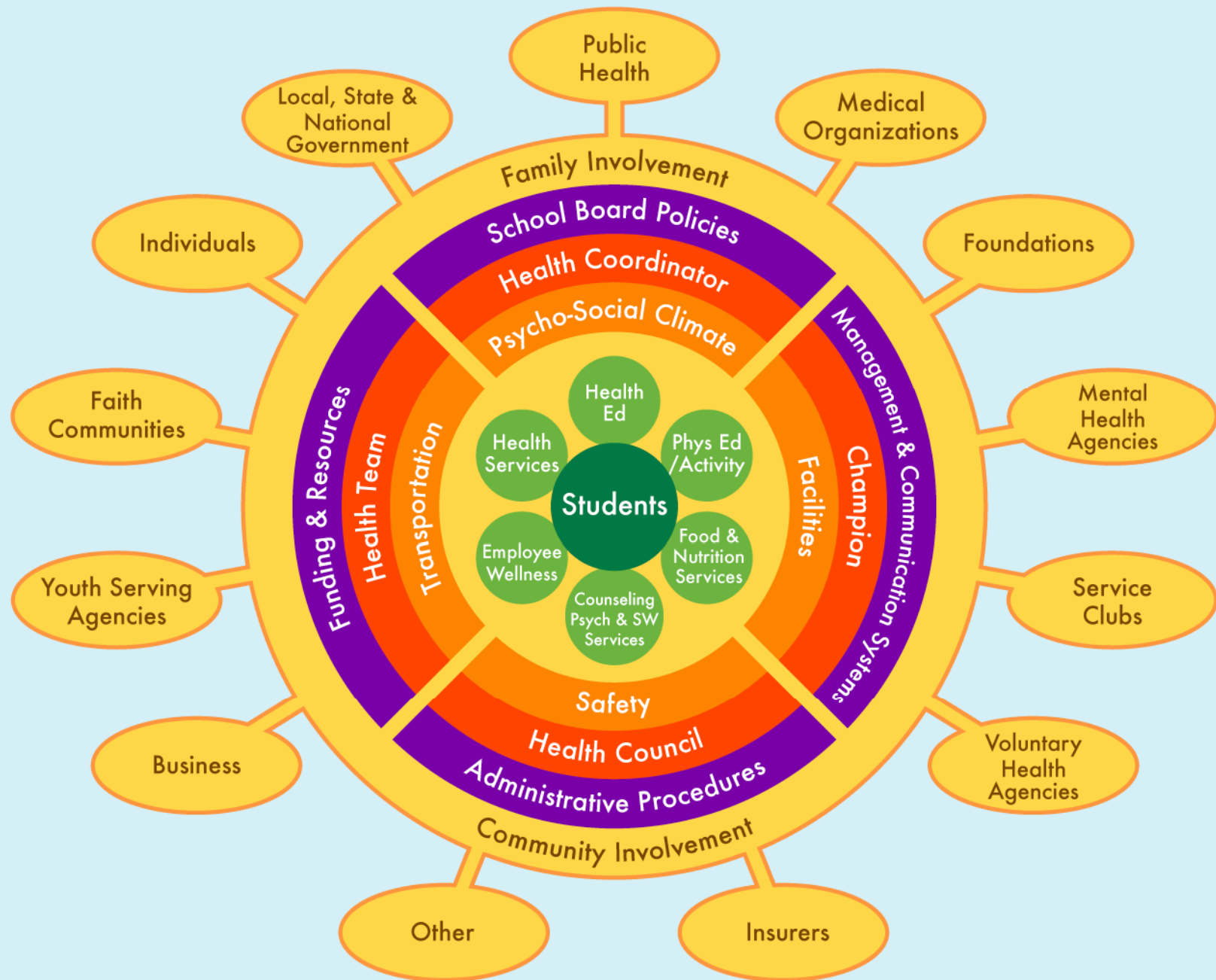
# What is a Coordinated Approach to School Health (CSH)?



FIGURE 13.1. An Example of a Haphazard System



# Coordinated School Health Program (CSHP) Ecological Model





## **The Need:**

Many of today's problems with students are actually health related. Kids can't learn if they are:

- Hungry
- Tired
- Hungover from alcohol and drugs
- Worried about violence





# The Solution:

CSH is about:

- Involving parents
- Keeping kids healthy over time
- Supporting a student's capacity to learn
- Imparting skills, knowledge, and judgment to help kids make smart choices for life
- Reinforcing positive behaviors throughout the school day
- Making it clear good health and learning go hand in hand



## **CSH is also about:**

- Helping young people grow into healthy, productive adults
- Focusing on physical and emotional well-being of kids
- Coordinating parents, schools, administrators, and communities as key partners

# Components of a coordinated school health program







# Program Goals

- Reduced school absenteeism?
- Fewer behavior problems in the classroom?
- Improved student performance?



# Program Goals

- New levels of cooperation among parents, teachers, and organizations
- A more positive spirit among educators and students
- Health awareness made a part of the fabric of children's lives
- Young people more prepared to become productive members of society



# 1. School Environment

What Indianapolis Public Schools did to improve School Environment:

- Extend current health services to staff, students and community
- Will open the fitness center to the public in 2008
- Will start a day care for students who are parents and will investigate events that will get families and businesses more involved in schools





Brown County School Corporation improved Health Education by:

- Developing a Healthy Kids Club, a 6 week program for 3<sup>rd</sup> graders
- During club meetings the students receive health education and participate in activities about physical health, nutritional health, relationships with family and friends, and mental health.



### **3. School Meals and Nutrition**

Greencastle Community School Corporation improved nutrition by:

- Adding more fresh fruits and vegetables at lunch, adding a salad bar at the high school, and removing fryers from all school kitchens
- Sending home parent education material on nutrition.



Goshen Community Schools improved physical education by:

- Establishing a High School Physical Education class for credit that was specific to students who have health and self-esteem concerns (i.e. mostly overweight)
- Created two walking paths at elementary schools to help bring fitness activities to the students and community





Batesville Community School Corporation committed to having a school nurse in every school:

- Also promoted the nurse coordinator to the position of Director of Wellness Programs
- Hired 1 additional nurse in 2006.
- Health services in Batesville has a staff of 5 that serves 4 schools.



6

## **Counseling, Psychological, and Mental Health Services**

Vigo County School Corporation focused on student mental health by:

- Participating with a community agency involved in child abuse prevention, to create a program titled “Year of the Child.”
- As a part of this program, a 5 county Health Fair, involving over 500 students and their families, is planned for February 2008



## Staff Wellness

Changes at the Southern Wells Community School Corporation have improved the health and fitness of staff members by:

- Through the Southern Wells CSHP program, staff were able to receive free health screenings sponsored by the Blufton Regional Medical Center.
- School staff were encouraged to be more active by providing after school programs for staff activities.





One of the most successful community/school collaborations is in Evansville. This partnership created:

- Healthier Evansville Week, a whole week focused on physical fitness, nutrition, prevention, and making healthy choices
- Free activities for the community included corporate sponsored walks, lunch and learn series, and a community forum sponsored by public television where local success stories were shared.



- **Michiana CSHP Leadership Institute**
  - A National, State and Local School Health Collaborative
  - Multi-year professional development initiatives that target school health staff in select school districts around the country with leadership skill development for the advancement of coordinated school health programs.



## Michiana Program

- 3-5 day Institute semi-annually for 3 years
  - **Team building**
  - **Visioning**
  - **Organization analysis**
  - **Change management**
  - **Advocacy**
  - **Evaluation**
  - **Action Planning**
- Individual skills/team responsibilities
- Two year continuation





## Projected Outcomes

- Institutionalize essential structures
  - **Health Coordinator**
  - **CSHAC District coordinating council**
  - **School health teams**
- Continuous, effective advocacy
- Influence at least one health issue/problem



## Example Programming Impacts

- Facilitated implementation of prevention programming based on local needs and priorities:
  - **Secured specific grant funding**
  - **Improved health education and physical education curricula**
  - **Implemented before-school physical activity programs**
  - **Eliminated low nutrition foods from vending machines and ala cart offerings**
  - **Introduced more fruits and vegetables**
  - **Linked family and community efforts to reduce underage drinking**



## Michiana II

- 17 School Districts in Indiana and Michigan
- Indiana School Districts
  - Archdiocese of Indianapolis
  - Kokomo-Center Township School Corporation
  - Monroe County Community School Corp.
  - Metropolitan School District of Perry Tnshp.
  - Richland-Bean Blossom Community Schools
  - School City of Hammond
  - School City of Hobart
  - West Central School Corporation





## Michiana II

- In April 2003, the first Michiana Coordinated School Leadership was launched with 18 school districts in Michigan and Indiana by the American Cancer Society, Michigan Department of Education, Michigan Department of Community Health, Indiana Department of Education and Indiana Department of Health.
- Many universities, local health departments and school health professionals provided support and resources to Michiana I. These 18 school districts were provided training, technical assistance, and financial support to assist in implementing a coordinated school health approach.
- Districts have increased the physical activity, physical education, health education, health care support, grants received to support their coordinated school program plan, and the efficiency of school operations; as well as, sustained health programs.



## Objectives

- The purpose of this grant is to enhance the health of Michigan and Indiana students by planning and implementing Coordinated School Health Programs within school corporations/districts. This will enable grantees to accomplish the following objectives:
  - **Establish corporation/district level school health councils and school health coordinators.**
  - **Develop and/or enhance and implement policies, systems and environments that pertain to students and staffs' health.**
  - **Demonstrate competency in building organizational capacity (staff, resources and funding) for the promotion of school health programs.**



# Objectives

- Demonstrate skills necessary to be an effective advocate for school health programs.
- Demonstrate competencies in the use of multiple strategies that identify and assess program status and evaluation of planned outcomes.
- Demonstrate the ability to teach and motivate others responsible for school health promotion.
- Demonstrate competency in resource development and overall project management.
- Implement coordinated school health action plan.
- Obtain additional funding to support coordinated school health priorities.





## School City of Hobart—Core Team

- Pam Cunningham
  - **District Nursing Supervisor/Elementary Nurse**
- Phyllis Nimetz
  - **Hobart Middle School PE/Health**
- Debbie Misecko
  - **Joan Martin Elementary Principal**
- Jim Thorne
  - **Assistant Superintendent**



## Orientation Session

- June 25-26, 2008
  - Potowatomi Inn Resort, Angola, IN
  - **Introduced to Coordinated School Health**
  - **Finalized our vision**
    - The citizens of the school city of Hobart, including students, families and community members, will be provided with an integrated approach to understanding and pursuing a safe and healthy lifestyle.



## Future Sessions

- Training Session I
  - **October 28-30, 2008**
    - Radisson Plaza Conference Center,  
Kalamazoo, MI
- Booster Session
  - **April 27-28, 2009**
    - TBA