CDC’s Coordinated School Health Program Model

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About the National Association of State Boards of Education

Private, non-profit membership association of state and territorial boards of education

Provides balanced, evidence-based information customized for education policy leaders

Provides technical assistance and boardsmanship skills training

Represents state boards’ interests at the national level

Funded by CDC’s Division of Adolescent and School Health (DASH) since 1987
A [coordinated] school health program is an integrated set of planned, sequential, school-affiliated strategies, activities, and services designed to promote the optimal physical, emotional, social, and educational development of students.

The program involves and is supportive of families and is determined by the local community based on community needs, resources, standards, and requirements.

It is coordinated by a multidisciplinary team and accountable to the community for program quality and effectiveness.
The Coordinated School Health Program Model

- Family/Community Involvement
- Health Promotion for Staff
- Physical Education
- Counseling, Psychological, & Social Services
- Nutrition Services
- Health Services
- Health Education
- Healthy School Environment
CDC Framework for Preventing Obesity (adapted from IOM 2005)

Sectors of Influence

- Social Norms and Values
- Behavioral Settings
- Individual Factors

Individual Factors

- Genetics
- Psychosocial
- Other Personal Factors

Food and Beverage Industry

- Agriculture
- Education
- Media
- Government
- Public Health Systems
- Healthcare Industry
- Business and Workers
- Land Use and Transportation
- Leisure and Recreation

Energy Intake

- Food and Beverage Intake

Physical Activity

Energy Expenditure

Energy Balance

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Individual Factors:

- Genetics
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Behavioral Settings:

- Home and Family
- School
- Community
- Work Site
- Healthcare

Social Norms and Values:
Goals of a Coordinated School Nutrition Environment

Students learn lifelong habits of healthy choices

- classroom lessons, the school dining room, and other school activities provide clear and consistent educational messages
- students have opportunities to continually practice healthy habits
- students recognize that responsible adults value health
School Health Coordinators and Advisory Councils

Coordinators and councils at school, district, and state levels

Identify needs, priorities and strategies

Integrate various components

Evaluate and improve programs

Broad-based representation
  § school personnel
  § community professionals
  § parents
  § students
Guides for School Health Councils and Coordinators
CDC-DASH Funds 23 State Education Agencies to Implement CSHP
Nine State Strategies Recommended by CDC-DASH

1) Coordinate and integrate school health-related programs across state agencies and with nongovernmental organizations

2) Use state and local data to guide decision-making and policy formulation

3) Support the development of school health councils

4) Help schools assess and plan improvements in their own health policies and programs

5) Improve the capacity of school staff through certification and professional development
Nine State Strategies Recommended by CDC-DASH

6) Establish strong wellness policies
7) Promote assessment of student achievement in physical education and health education
8) Support opportunities for students to engage in physical activity and consume fruits and vegetables
9) Support student participation in high quality school meal programs
CDC’s New Curriculum Analysis Tools
Healthy Schools

STATE-LEVEL SCHOOL HEALTH POLICIES

About the Policy Collection
Policy Terms and Definitions
Federal Laws
State-by-State Health Topics

Healthy Schools Network
Publications, Articles and Policy Briefs
State-Level School Health Policies
Sample Policies
Resources and Links

www.nasbe.org/HealthySchools
44 states have state health education standards.

35 states have state health education standards that specifically mention HIV, STD, or sexuality education.
44 states have state health education standards

11 states specifically require or recommend education about chronic diseases such as asthma
Health Education Requirements in U.S. Schools, by Grade

Source: CDC, School Health Policies and Programs Study 2000
3 states currently include health in their statewide testing programs
Impact of the No Child Left Behind Act

Positive

- focusing efforts on the achievement of all students
- emphasis on data-driven decision making and research-based programs

Challenges

- health and physical education not included
- time on core academic subjects squeezing out other subjects
- keeping policymakers very busy
Questions? Comments?
Thank You

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