

NEA Health Information Network (HIN)



**Making Health Happen in
Public Schools**

**Educator-driven and Union-
led Programming**

Jim Bender
Executive Director, NEA HIN

PRESENTATION SUMMARY

- Organization Introduction
- Educators' Perspectives and Priorities
- Top Health Concerned Identified by Educators
- HIN's Best Practice #1: Engage Educators
 - School Breakfast
- HIN's Best Practice #2: Leverage Union/Association Infrastructure
 - School Employee Wellness
- Conclusion and Questions



NATIONAL EDUCATION ASSOCIATION

- 3 million members
- Teachers, support professionals, student, retired, higher education
- 51 state affiliates; 70,000 schools; 14,000 locals
- Members actively engaged through local and state affiliates

WHAT IS ON THE MINDS OF EDUCATORS?

Common
Core State
Standards

High
Stakes
Testing

School
Funding

Meeting
Students'
Individual
Needs

Professional
Growth

THE MODERN SCHOOLTEACHER

DISHEVELED HAIR
FROM GETTING UP
AT 5:00 AFTER
GETTING TO BED
AT 1:16

PRANK FROM
STUDENT
(FUTURE CARTOONIST)

MONEY FOR CLASSROOM
SUPPLIES (OUT OF HER
OWN POCKET)

LESSON PLANS,
PAPERS TO GRADE
AND GRADE BOOKS
TO UPDATE BY
TOMORROW

SHOES FOR TRAFFIC
DUTY, PLAYGROUND DUTY,
CAFETERIA DUTY AND
THAT REALLY FAST BRAT

NOTE FROM
PARENT SAYING
TEACHERS GET
PAID TOO MUCH



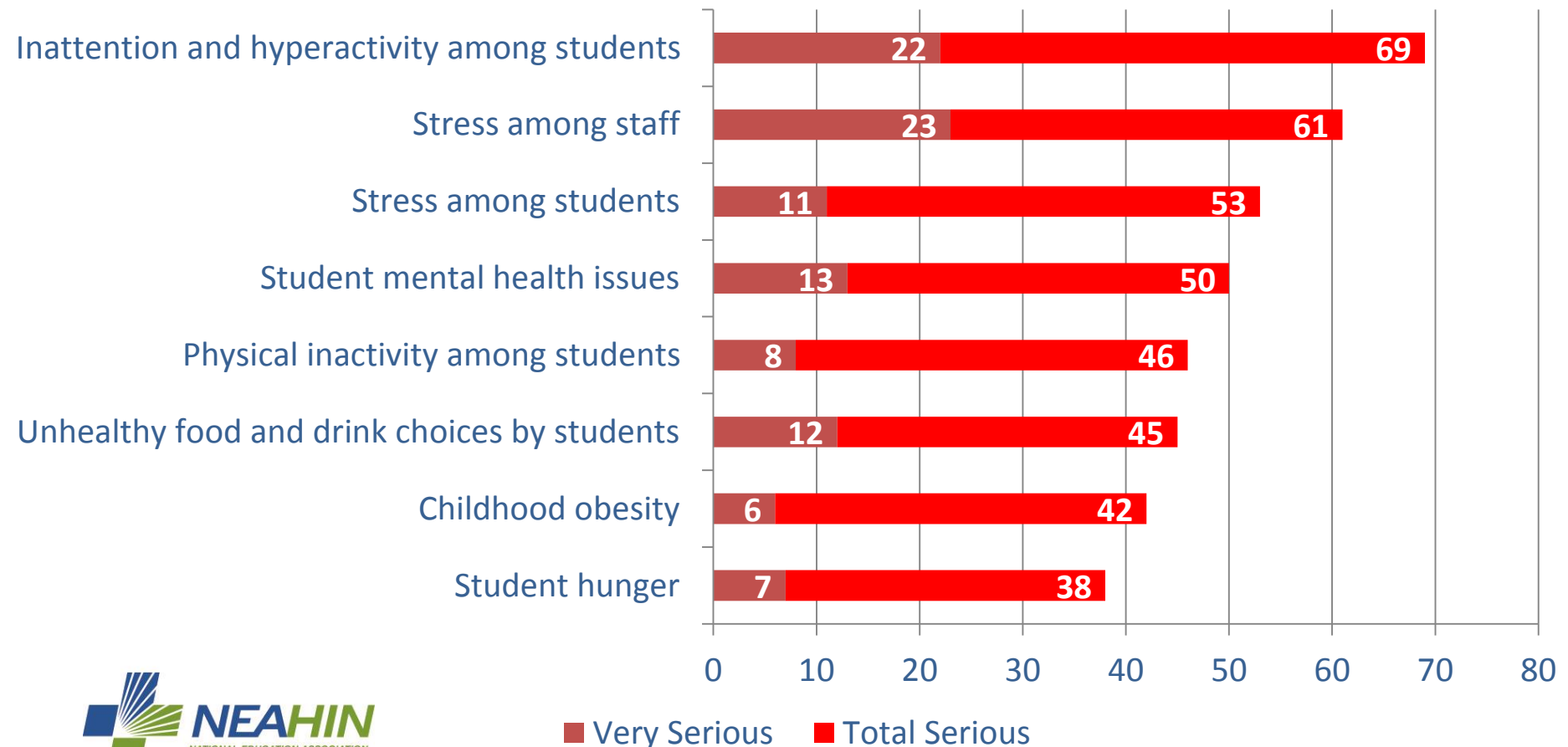
8-16-2011
THE CHATTANOOGA TIMES
PLATE

EDUCATORS UNDERSTAND THE LINK BETWEEN HEALTH STATUS AND LEARNING

- 2013 survey of 1200 active members (800 professionals and 400 ESPs)
- Gauged their perspective on top health concerns that impede student learning through open questions and structured questions based on health research (24 issues)

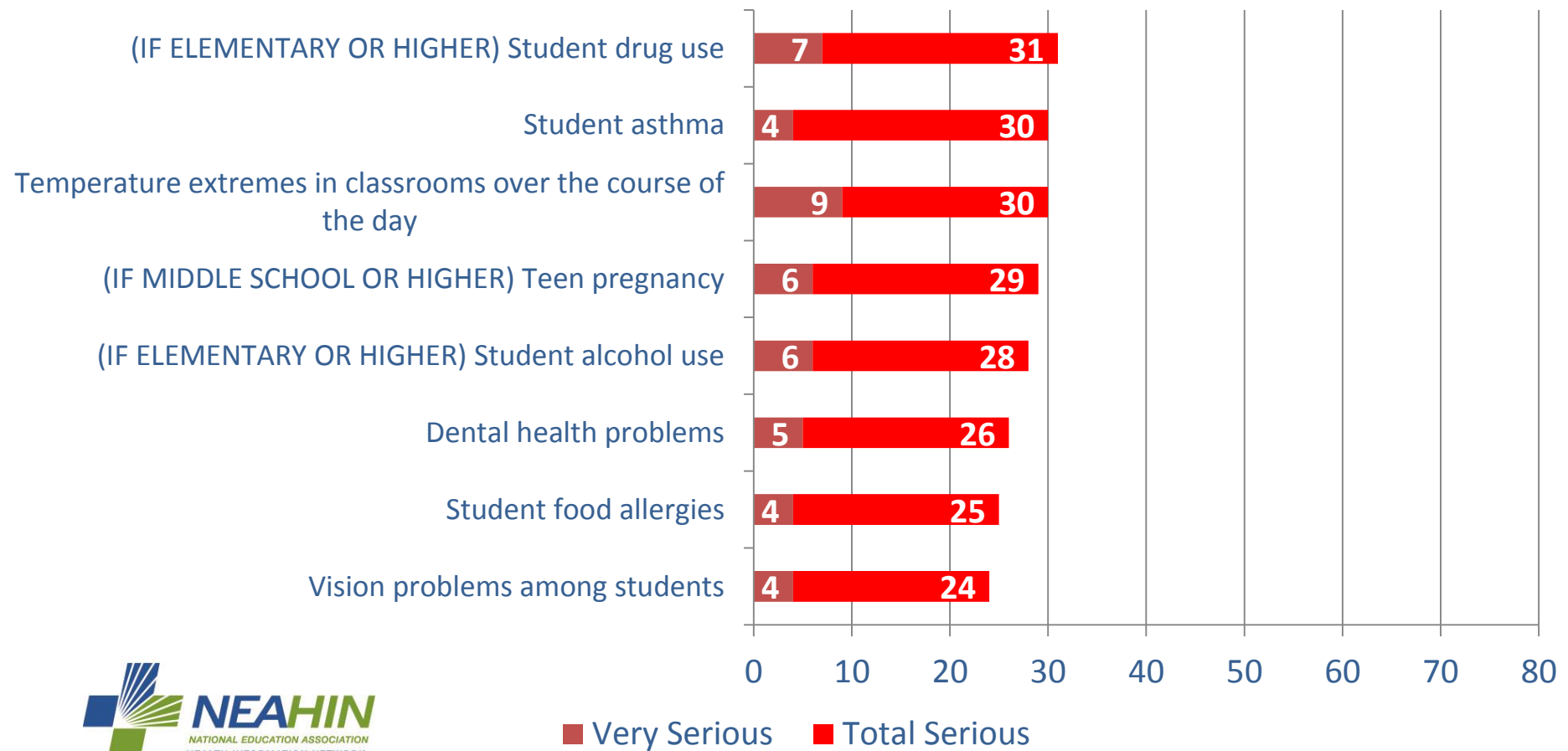
TOP HEALTH CONCERNS – AIDED RECALL

Question: Now, I'm going to read you a list of health and public safety issues that some schools face. For each one, please tell me how serious a problem this is where you work - very serious, serious, not too serious, or not serious at all. By serious, I mean it impacts student learning or your ability to do your job.



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HOW NEA HIN LINKS EDUCATORS' CONCERNS AND PUBLIC HEALTH SCIENCE

- Develop science-based initiatives that respond to NEA member concerns
- Constantly seek educator engagement and feedback throughout development process
- Design interventions to link educator priorities with health programming
- Work across the NEA infrastructure to institutionalize change

Partners for Breakfast in the Classroom. Walmart Foundation

BEST PRACTICE #1: ENGAGE EDUCATORS

REDUCING STUDENT HUNGER



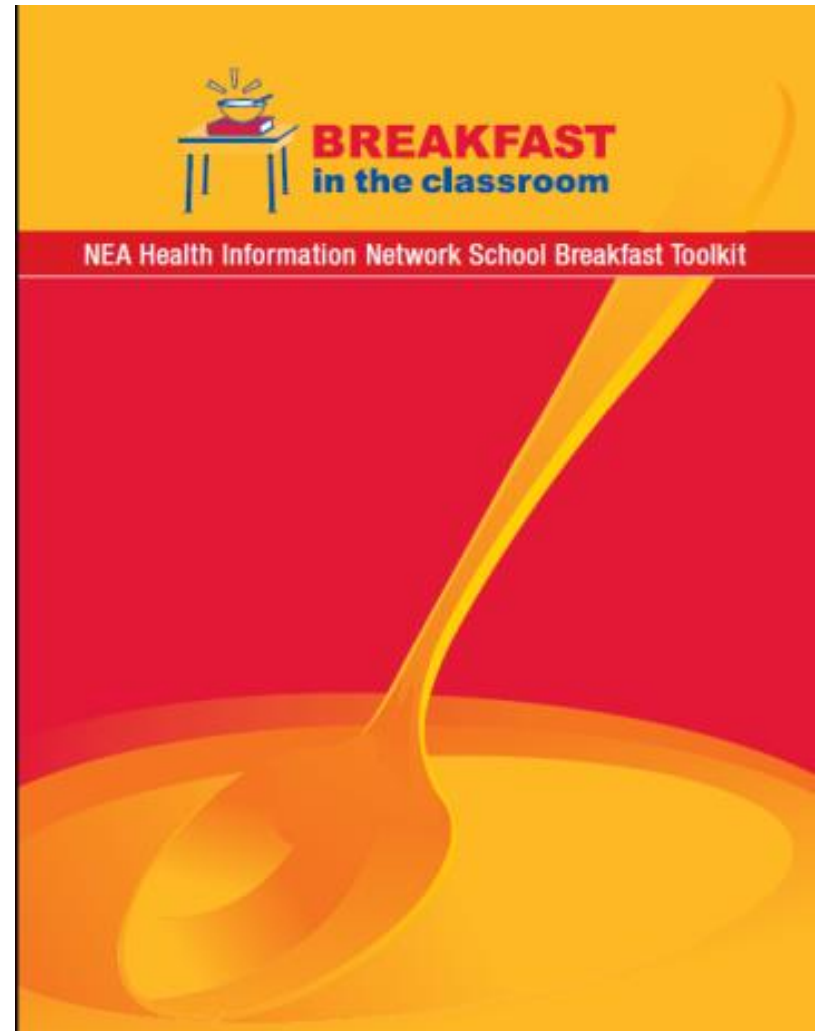
- Child hunger recognized by both educators and health researchers as impairing development and achievement
- Joint action for breakfast programs through federal, corporation and non-profit funding
- Community component key to success

A Guide to Increasing School Breakfast Participation

NEA HEALTH INFORMATION NETWORK & SHARE OUR STRENGTH

BREAKFAST IN THE CLASSROOM

- Cross-sector collaboration
- State affiliate then local buy-in
- District action
 - Engage teachers, custodians, food service workers through local
 - Answer every question. Show respect
 - Each member has a clear understanding of role and how it fits into the overall cause
- As of 2013, 70,000 students have benefited from BIC
- Colorado legislation to fund breakfast in high FARM schools



BREAKFAST IN THE CLASSROOM TESTIMONIALS

“Our members see kids come to school hungry every day or snacking on junk food to get through the morning. Many [teachers] even keep a ‘snack stash’ for students in case a student needs something before lunch. We believed that BIC would ensure everyone ate a healthy meal to start the day and impact the classroom positively.” **Patricia Hodison, President of the National Education Association of Kansas City, Kansas (NEA KCK)**

“BIC afforded Little Rock School District a tool to help address a student need and help students become engaged, successful learners.” **Cathy Koehler, President of the Little Rock Education Association**

BIC LESSONS LEARNED

- **#1: Engage Educators**

- BIC succeeded only with complete educator inclusion and building educator priorities into the program trainings and implementation.
- Shared responsibility for program means
 - Smoother implementation
 - Sustainability more likely

- **#2: Collaborate through Educator Union/Association Structure**

- Understanding and accessing governance and communications infrastructure aids development and implementation

School Employee Wellness. Kaiser Permanente

BEST PRACTICE #2: LEVERAGE UNION/ASSOCIATION INFRASTRUCTURE

School Employee Wellness (SEW)

- The Centers for Disease Control and Prevention defines SEW as key component of a comprehensive approach to a healthy school environment
- Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs

School Employee Wellness (SEW)

- Uniserv staff are the face of the union and address work site conditions.
- 93% of Uniserv staff surveyed believed their association should promote wellness programs
- With Uniserv input during development and implementation, *Kill Stress Before it Kills You* successfully addresses educators' needs



Recommendations:

How Unions Can Support SEW

The union/association can drive SEW through collective bargaining and advocacy

- incentives for wellness activities or disease management
- onsite service delivery of screening and prevention services
- individual and group stress management strategies
- creation of and support to wellness task forces
- changing the physical and policy environment to reduce barriers to individual behavior change

Conclusion and Next Steps

- Local educators possess incredible insight:
 - Know their students and families
 - Are members of the community
 - Routinely prioritize students' needs over all else
- A project succeeds once it captures educators' imaginations and they understand how it benefits their students.
- Union involvement accelerates the process and can catapult it forward.

Thank you

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