


Program Summaries By Topic

Healthy Kids ... Healthy Lives ... Healthy Futures

83rd Annual ASHA School Health Conference

October 28 - 31, 2009 ▲▲ Denver, Colorado



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Advocacy

Making the Connections II: Health and Student Achievement


Jacquelyn Sowers

Objectives

- highlight key points from the revised Making the Connection: Health and Student Achievement II (MTC II), a PowerPoint presentation that outlines how each component of coordinated school health supports student success in school.
- describe recent research that effectively makes the case for coordinated school health to school decision-makers.
- learn about resources under development to complement MTC II.
- decide how they might use MTC II in their own state or local school district.

Summary

Making the Connection: Health and Student Achievement II is a valuable new tool for use by education and health professionals to make the case for coordinated school health programs with state and local decision-makers, parents, teachers, and administrators. Preview this PowerPoint presentation and learn about the most up-to-date research that links health and learning. Consider how you might utilize this resource in your particular setting.



Summoning Support for Student Health and School Success: As Easy as 1-2-3


Tena Bostrom Hoyle, Susan York

Objectives

- identify key talking points from a broad array of literature that supports school health.
- quote from at least two experts who support school health.
- deliver a succinct, poignant, and targeted advocacy spiel.
- confidently replicate this activity as they train others to be more successful advocates for school health.

Summary

In the real world of schools, we often find ourselves in situations where we have only a minute to capture the listener's interest: at the water fountain, walking to the office, or standing at the door between classes. This session will provide participants skill-building practice in the development and delivery of a succinct, poignant summons for support of school health.



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Advocacy at the Local Level: A Crucial Step to Success


Kristin Adams, Kelly Wilson, Sharon Murray

Objectives

- understand the importance of local level advocacy.
- Increase their knowledge of advocacy skills utilized at the federal level.
- Identify additional advocacy partnerships at the local level.

Summary

With a new federal administration in place, many national organizations are seeking to advocate where future funding opportunities should be directed. However, with much of federal dollars being funneled to the state and local levels, it is important to continue the advocacy efforts at that level to ensure the money being received is going to best practices.



WV Healthy Lifestyles Act: Description of Legislation, Evaluation Methodology, and Selected Evaluation Findings


Don Chapman, Nancy O'Hara Tompkins

Objectives

- describe key school-based components of state-level childhood obesity prevention legislation.
- describe measures to evaluate the implementation and impact of such legislation.
- discuss implications of evaluation findings for school policies and practices related to health education and physical education.

Summary

This presentation provides an overview of school-based childhood obesity prevention legislation in West Virginia and the processes involved at the WV Department of Education to provide policy and implementation guidance to schools. The presentation also describes a multi-method, multi-informant evaluation of the legislation, including perceptions/impressions from school personnel and parents and results from student fitness and health education assessments.



Lean and Green Schools: A Movement at the Tipping Point

Elaine Gantz Berman, Helayne Jones

Objectives

- understand the criteria for a lean and green school.
- become familiar with the political challenges of getting to scale.
- learn how two school board members - one local and one state - are effecting change.

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- learn from the successes and failures in Colorado.

Summary

A movement has been growing in Colorado and we are finally at that tipping point, where policy makers, physicians, foundations, and advocates are building momentum for change. This session will describe the elements of the movement and how key champions are changing the policy environment around lean and green schools. Case studies that illustrate this change will be described.

Alcohol, Tobacco, and Other Drugs

There Are NO BUTTS ABOUT IT ... Collaborating with Community Partners to Promote Tobacco-Free Schools


Judy Hindman, Jeremy Vann

Objectives

- develop strategies to communicate "Policy" for Tobacco-Free Schools in a manner in which people will want to listen and engage.
- identify agencies and resource partners in your District and community forming an alliance for creating a Tobacco-Free Community.
- identify opportunities for initiating or strengthening tobacco prevention programs in your own school or district.

Summary

At a time when educational funds are diminishing and healthy kids are becoming an increasing concern, this district has effectively identified and synthesized the skills of our many "community partners." We have removed the barriers and provided opportunities for people in many roles to help create a Tobacco-Free Community, such as School Administrators, Staff, Bus Drivers, Students, our LHA, and other community partners.



Success Stories in School-Based Tobacco Prevention


Laurie Schneider, James Hurley

Objectives

- identify strategies for building successful district-wide tobacco prevention programs.
- consider ways to incorporate lessons learned from Colorado's coordinators into their district-level health initiatives.

Summary

From 2006-2009, Rocky Mountain Center administered comprehensive tobacco prevention grants in Colorado school districts. During this session, coordinators will share their success stories via video and panel presentations. Highlights of the discussions will include: 1) tips for building successful tobacco prevention programs, 2) the importance of ongoing policy efforts, 3) strategies for reaching high-risk youth, and 4) partnerships supporting community-wide efforts.



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**Creating and Sustaining Effective Tobacco Free Schools Policies:
Practical Tools and Lessons from a 3-year Tobacco Prevention Initiative**

Kathy Delavan Plomer, Laurie Schneider, James Hurley

Objectives

- identify key components of policy development and factors crucial to sustainability.
- apply insights and learnings to build effective tobacco free-schools policies.

Summary

This session will provide an overview of the policy development and implementation process using a visual schematic and a policy checklist tool. Practical tips for translating policy into practice will be shared including communication tips and a new online alternative to suspension program, called Second Chance. The session will be interactive with discussion and small group work throughout.

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Assessment

Student Health Screening: Informing Targeted Promotion, Prevention, and Intervention Programs

Steve Weatherbee

Objectives

- identify key factors that make the case study example cited in the presentation a successful education/health community partnership for promoting student health.
- identify barriers to sustainable education-health partnerships and strategies for overcoming these barriers.
- understand how efficient health screening provides key information for planning targeted prevention and intervention programs to improve student health and academic achievement.

Summary

This session will present a case example of a proactive, sustainable Community Partnership between Health and Education sectors designed to measure the changing social, emotional, and physical health needs of students as they develop through adolescence from grade 7 to 12 for the purpose of developing targeted promotion, prevention, and intervention programs to reduce health risks that may lead to school dropout.

A Multi-Agency and Multi-Disciplinary Approach to Improving Health Care for Students in the Bureau of Indian Education School in New Mexico

Judy Wolfe, Susie John, Janie Lee Hall, Jack Edmo, Georgina Castro

Objectives

- understand the complexities within the federal Bureau of Indian Education (BIE) School System, re: funding of school health services.
- understand the jurisdictional complexities regarding providing school health services to BIE Schools.
- understand the unique relationship between the BIE, Indian Health Service and state of New Mexico.
- understand the use of social marketing to bring about change within a government system.

Summary

The Bureau of Indian Education (BIE) School Health Assessment is a collaborative effort among several health-related and Native American-serving organizations in New Mexico. The survey was developed from the CDC School Health Policies and Programs Study questionnaire to assess BIE school health programs in New Mexico.

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Evaluation of School Health Programs

Mostafa Abolfotouh

Objectives

- identify the different components of school health programs.
- recognize different indicators of school health programs evaluation.
- determine the research designs widely used to evaluate school health training programs.

Summary

Evaluation, a powerful tool that can inform and strengthen school health programs. The presentation will describe the different components of school health programs, indicators of evaluations, school health index (SHI), and research designs widely used to evaluate school health training programs. The presentation will start with the simplest and most inaccurate research designs and proceeds to the more complex, and more accurate ones.

Healthe Kids: Closing the Loop on School-Based Referrals

Melissa Frerking, Brie Cantrell

Objectives

- understand the benefits and importance of community provider connectivity with an electronic record in closing the loop on school-based referrals.
- describe the importance of partnerships of schools with community organizations.

Summary

Healthe Kids was established to assist those that are unable to access basic health care service by partnering with local school districts to provide well child screenings. Data gathered during the screenings, along with other health information provided by the child's legal guardian, is stored in a longitudinal, electronic medical record (EMR) that can be shared with designated providers to close the loop on identified health issues

Teaching Technique - Reflecting Back to the Future: Helping Adolescents Make Predictions Related to Health Promotion and Disease Prevention Through Performance-Based Assessment

Marcie Wycoff-Horn, Tracy Caravella

Objectives

- implement a standards-based performance task that helps adolescents learn about the history of diseases in America, by identifying those of most prevalence in a selected decade.

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- implement a standards-based performance task that requires adolescents to learn more about public health policies and government regulations by explaining how they impacted health promotion and disease prevention during the selected decade.
- implement a standards-based performance task that requires adolescents to predict the role of individual responsibility for enhancing health.

Summary

Through an interactive learning experience, program participants will learn a performance task developed for middle and high school learners that focuses on NHES #1: Core Concepts, #2: Analyzing Influences, and #7: Self Management. During this session, participants will be actively engaged in analyzing influences that public health policies and governmental regulations had on present and past diseases.

Collaboration

Healthy and Active Scott County Central: A School-Home-Community Mobilization Project

Melinda Bier, Spring Schmidt, Jerry Brehmer, Brenda Freed

Objectives

- understand the partnership structure of the program, and see the local expertise of the participants.
- view the physical and social environmental changes that have taken place in the community.
- participate in an activity based on the formative evaluation process that students participate in.
- discuss the accomplishments and challenges of implementing a school-based socioecological health and wellness program in a rural, consolidated school district.

Summary

Utilizing experts from the fields of health, character education, civic engagement, and media literacy, our program aims to change student's health and fitness attitudes and behaviors. Our project is designed to produce high individual and collective efficacy for healthy behavior in the students, staff, and community members of a rural consolidated school district in southeastern Missouri.

Collaborative Action Research: A Change Tool for School Health Teams

Patricia Lauer, Rebecca Van Buhler, James Hurley

Objectives

- list the steps of collaborative action research.
- describe how school health teams can use collaborative action research to influence change.
- design a simple collaborative action research project to address a school health problem.
- summarize how to use data to develop and implement an action plan.

Summary

School health teams identify health problems, set priorities, and design solutions. Collaborative action research can help school health teams accomplish these tasks. In collaborative action research, practitioners work together to systematically investigate issues within their scope of influence. The facilitators will outline the steps in collaborative action research and demonstrate how school health teams can benefit from this process.

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A Framework for Implementing Evidence-Based Interventions (EBIs) Effectively in Schools: Lessons Learned from the Safe Schools/Healthy Students Initiative


Jennifer Kitson, Elizabeth Freeman, Deborah Haber

Objectives

- discuss the seminal research, identifying factors contributing to the successful implementation of evidence-based interventions (EBIs).
- identify at least three potential barriers for successful implementation of EBIs and at least three strategies to overcome those barriers.
- identify three methods for gaining buy-in and ownership for EBIs within the schools, as well as with parents and community members.

Summary

Informed by the seminal literature addressing best practices in program selection and implementation, and considering the key learnings from Safe Schools/Healthy Students grantees, a framework to support planning and implementation of evidence-based programs will be described. The interactive presentation will include case examples with many opportunities for discussion and commentary.



Universities and Public Schools Investing in Our Kid's Futures: A Healthy Portfolio with Interest


Catherine Sherwood-Laughlin, David Lohrmann, Jennifer Staab

Objectives

- understand the importance of collaboration between universities and public schools, and the implementation of health education programs.
- explain the potential collaborative projects that can be initiated and developed between universities and public schools.
- discover the positive outcomes related to students' health and wellness when collaboration between universities and public schools occur.
- develop a plan to include universities in public school health initiatives.

Summary

Collaboration between universities and public schools have existed for years, however, due to budget constraints and fewer resources, universities and public schools have had to rely on each other to meet the health education and wellness needs for school children and their families. An Indiana public school and university partnership will share successful outcomes and important lessons learned.



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Working with Health Departments to Benefit School and Community Health Efforts

Sandra Jeter, Cheryl Duncan De Pinto, Amy Greene

Objectives

- articulate at least four key roles of public health departments.
- discuss how public health departments can help education departments and schools meet their goals.

Summary

Partnerships between health and education agencies at both state and local levels allow resources to be utilized more effectively and efficiently through the decrease in the duplication of services. This presentation will engage the participants by involving them in two to three separate group activities that will highlight the variety of work those health departments are already doing in the area of promoting healthy schools ranging from recycling programs to helping educators understand and interpret data.

School Leaders Making a Difference:

Collaboration to Improve the Health Outcomes of School-Aged Children

Kelly Beckwith, Amy Hereford

Objectives

- describe the 10 Tips for Successful Collaborations.
- demonstrate how effective communication with and by school leaders can positively affect the health of students.
- take home documents used to inform and engage school leaders on certain health topics (asthma, IAQ, and childhood obesity).

Summary

This session highlights the collaborations between school leaders and key stakeholders in school health within three projects at the American Association of School Administrators. These projects – on asthma, childhood obesity, and indoor air quality – established partnerships at the local, state, and national levels. This session will discuss how the collaborations were created, fostered, and maintained through communication and technical assistance.

The School Nurse and School Physician: An Essential Partnership

Karen Mascolo, Linda Grant

Objectives

- describe the benefits associated with a school nurse/school physician collaboration.
- identify strategies to initiate and nurture a school nurse/physician partnership.

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Summary

This presentation will discuss the essential partnership of the school nurse and school physician within the context of the Coordinated School Health Model. Strategies to initiate and nurture this collaboration for the benefit of the student population will be discussed as well as the reciprocal professional benefits of such a partnership for both the nurse and physician.

Partnering with Community Groups to Promote School Wellness - Don't Start with Pedometers

Merrick Weaver, Joanne Holden, Rainey Wikstrom

Objectives

- take action steps to get, create, strengthen, or get more involved with their school wellness teams.

Summary

Your local school wellness policy can be a jumping off point for exciting programs and meaningful policy change in your district. A dynamic partnership including a community-based organization, school-based health centers, the local health department, and the local school district came together in Commerce City to facilitate implementation of the school wellness policy. Learn how to leverage community resources and garner the enthusiasm of key members of the school district.

Navigating ASHA: Sections, Councils, Committees, Oh My!

Karen Mascolo, Linda Grant, Amy Thompson

Objectives

- describe the purpose and function of Sections, Councils, and Committees within the ASHA organization.
- discuss the importance of engaging in professional leadership positions.
- describe the various leadership opportunities available within the ASHA organization and the process by which a member becomes involved in those leadership activities.
- describe the importance of organizational advocacy and process in which resolutions are generated.

Summary

The session is intended to "de-mystify" the ASHA organization. Whether you are new to ASHA or have been involved in its leadership, this presentation will provide information that will help you more efficiently navigate through the Association. This presentation

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provides basic information for newcomers and more detailed information for those thinking of becoming more involved.

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Coordinated School Health Program

Healthy Kids, Healthy Schools: Making Coordinated School Health Happen in Elementary Schools

Roxanne Burns

Objectives

- explain criteria for effective prevention education curriculum.
- identify components of coordinated school health and the academic benefits to students.
- explain the unique approach used in THE GREAT BODY SHOP to "quick start" coordinated school health.
- identify schools successfully implementing coordinated school health at the elementary level.

Summary

Participants will explore THE GREAT BODY SHOP's unique approach to coordinated school health for creating and maintaining healthy schools. After a brief overview of the approach, participants will experience a "mock" school health advisory planning committee meeting which is designed to "quick start" coordinated school health activities at an elementary school.

The Passion --The Process -- Creating an Infrastructure for Health Promoting Schools in Pueblo

Beverly Samek, Randy Evetts, Jill Kidd, Claudia Imes, Ann Junk

Objectives

- recognize elements for the development of an infrastructure for health promotion in Pueblo City Schools.
- describe strategies for effective collaboration, coordination, and integration of community efforts into school-level programming.
- assess their next steps to building sustainable health promotion throughout their school community.

Summary

This session, sponsored by the Coordinator Section, will showcase development of an infrastructure in Pueblo City Schools, Pueblo, Colorado spanning fifteen years. District and community partners/leaders will describe the evolution of sustainable programming, citing real life examples of how the school district and community have worked together to coordinate, collaborate, and integrate systems, programs and services for children and families.

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(Part I) Connecting Health Programs, Policies, and Services to Education Priorities

Marjorie Benjamin, Marcia Rubin

Objectives

- apply social marketing techniques to communicate the value of addressing non-academic barriers to learning in schools.
- describe an expanded definition of health.
- advocate for collaborative planning and problem-solving among health and education professionals in schools.
- identify the critical role of infrastructure, with effective and sustainable leadership and governance, to mobilize a coordination process that enhances health and learning outcomes.

Summary

This session will demonstrate use of social marketing approaches to appeal to the intended audience's priorities and concerns while presenting the case to expand leadership and governance for school health policies, programs, and services. Participants will engage in facilitated discussions using a coordination process assessment tool piloted with ASHA's field test LEAs.

(Part 2) Building School Districts' Capacity for Improved Coordination to Enhance Health and Learning Outcomes

Marjorie Benjamin, Marcia Rubin, Jeremy Thode

Objectives

- describe a process for effectively coordinating health-related initiatives at the local school district level.
- diagram a potential coordination and communication infrastructure.
- identify strategies to strengthen school-community partnerships for governance.

Summary

Using examples from one of ASHA's field test LEA teams, this session will engage participants in exploring approaches that have been helpful to increase coordination capacity and sustainability by strengthening infrastructure and data-based decision-making.

Facilitating Community Involvement: How Kansas is Empowering Schools Through Regional CSH Spring Institutes

Mark Thompson, Jane Shirley, Brandon Skidmore

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Objectives

- describe the methods incorporated into the Kansas CSH Spring Institutes to improve school health initiatives.
- identify traditional and non-traditional community partners to assist with CSH programs.
- evaluate the effectiveness of regional institutes in empowering coordinated school health efforts.
- incorporate a self-evaluation process to assess local school health councils.

Summary

The session will highlight the regional 2009 Kansas Coordinated School Health Spring Institutes where attendees actively participated in cross-district problem-solving on strategies to engage partners and improve school health. The audience will participate in a sampling of the activities engaged in by institute participants. A summary of pre- and post-evaluation results and a KCSH Spring Institute toolkit will be provided.

SPARK CSI ... Putting All the CSH Pieces Together!

Julie Frank

Objectives

- list tools and resources available to support Coordinated School Health.
- describe SPARK's approach to supporting Coordinated School Health.
- explain results from SPARK CSH Initiative Research Project.

Summary

Are you feeling puzzled when it comes to creating a healthy school environment? Don't miss this exciting session to help you unmask the problems. Learn about the SPARK Coordinated School Health Initiative programs, tools and resources for Health Education, Nutrition Services, Staff Wellness and of course Physical Education! You'll leave with a piece of the "puzzle"!

Enabling Coordinated School Health Through Technology

Martha Harris

Objectives

- increase knowledge of the eight-component CDC's Coordinated School Health Model and how the components work together to improve academic performance.
- learn how to engage colleagues and break down barriers to collaboration, helping them to work together to implement school wellness policies.
- discover additional resources to help with wellness education, bullying prevention and health promotion.

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- identify solutions, “what works,” around Coordinated School Health and physical activity, nutrition planning, and health promotion.
- exchange information with other school leaders who are implementing Coordinated School Health approaches to improve student wellness and academic achievement.

Summary

This session will highlight a data-management tool using a web-based portal solution enabling best practice approaches to promoting student wellness and achievement. InnerLink will demonstrate its innovative online and handheld applications that help schools address issues of student health and wellness in a comprehensive and coordinated way. By collaborating with the community and businesses, schools can have a positive impact on today’s youth.



School Health Research: 2009 Updates from CDC

Laura Kann, Nancy Brener, Lisa Barrios, Leah Robin

Objectives

- describe current school-health related surveillance, evaluation, and research application activities at CDC.
- access CDC data and tools to improve their school health programs or research.

Summary

This session will describe the latest school health-related surveillance, evaluation, and research application activities at CDC.



Research Presentation - The Relationship Between Coordinated School Health Programs and Academic Measures of Student Success in 18 Large Urban School Districts

Cynthia Cook

Objectives

- describe the relationship between CSHP and academic measures of student success.
- identify barriers to large scale replication of research design.

Summary

This study examined the relationship between district measures for the 8 Coordinated School Health Program (CSHP) components and student attendance rates, graduation rates, and passing rates on standardized test in math and reading.



Research Presentation - **Curriculum Evaluation: One-Year Longitudinal Study of the Michigan Model Health Education Curriculum**

Jeffrey Clark, Jim O'Neill, James Jones

Objectives

- identify evidenced-based elements of effective health education curricula.
- summarize the key methodological elements of the study, including use of an experimental design and inclusion of both process and outcome indicators of effectiveness.
- discuss the results of the study, including improvements in social emotional skills and drug skills and behaviors for both males and females and across ethnic groups.
- identify the implications of the study results, including the limitations and practical significance.

Summary

Researchers assess the impact of the Michigan Model for Health curriculum on students' knowledge, attitudes, skills, behaviors. The session will present the findings of the first of a two-year, experimental study of elementary health education curriculum. The findings indicated the curriculum resulted in significant changes in several key areas of interest.; including students' social desirability scores, physical activity and nutrition knowledge, and nutrition and physical activity skills. The delayed post-test scores also indicated that these changes were maintained over time. The result were found to be consistent across gender and ethnic differences.

Family or Community Involvement

Successful Strategies to Engage Families in a Coordinated School Health Program

Deena Zacharin

Objectives

- plan for increasing family and community engagement in their schools and district.
- integrate family and community engagement as part of a coordinated school health program.

Summary

San Francisco Unified School District will share lessons learned from its work developing a sustainable program of family and community engagement with the goal of creating welcoming school environments, teacher/parent partnerships, and raising student achievement. Participants will also learn about the district's Office of School/Family Partnership collaboration with other Student Support Services departments under an effective organizational strategy to a coordinate a multi-faceted, coordinated school health program.

Healthy Kids Through Healthy Family and Community Involvement: Facilitating Effective School Health Advisory Councils

Alison Maffey, Natalie Boyer

Objectives

- examine the critical role of the facilitator in successfully leading School Health Councils.
- explore the skills necessary for effective facilitation.
- identify the essential components of a good meeting.
- recognize potential pitfalls when facilitating School Health Councils.

Summary

Many schools and districts seek family and community involvement to help strengthen school health initiatives by utilizing School Health Advisory Councils. These Councils are designed to provide input, expertise, and advocacy for strong health programming, but their results are only as effective as the Council's leadership and teamwork. The meeting structures and facilitation practices proven to increase Council effectiveness will be examined in this interactive session.

Building Brighter Futures: Empowering Youth, Engaging Families, and Promoting School Connectedness

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Kari Gloppen, Shannon Michael

Objectives

- describe how protective factors such as school connectedness and family involvement positively influence health and educational outcomes.
- identify key strategies and actions to increase school connectedness, family involvement, and positive youth development.
- describe 3 CDC resources related to family involvement, school connectedness, and positive youth development.

Summary

Are you focusing on the positive? This session will provide participants with a greater knowledge of how to positively influence health and educational outcomes by increasing school connectedness, family involvement, and positive youth development. Presenters will give an overview of CDC/DASH resources and engage participants in discussions on how to integrate the shared strategies into their work in school health.

Health Education and/or Promotion

Health Promotion and Education Within the Boston Connects School-Based Model of Student Support

Patrice DiNatale, Mary Walsh, Norman Hursh

Objectives

- locate a school-based health promotion program within a defined model of Student Support.
- understand the delivery of a Health Promotion Program within a K-8 school that includes curricula in both health education and social competency, as well as partnering with community agencies and families.
- utilize an evaluation design of a health education program with student outcomes and school, family, and community satisfaction.

Summary

Boston Connects (BCNX) is a research-based Student Support program involving a collaboration among Boston Public Schools, community agencies, and Boston College. It is designed to promote strengths in academic, social-emotional, and physical well-being and to alleviate barriers to learning. The intervention identifies the unique pattern of strengths and needs of each student in the school and connects him or her to a tailored set of support services and enrichment opportunities, including an evidence-based health education and social competency classroom curriculum.

Lokahi: A Model of Balance, Unity, and Harmony

Kuulei Serna, Beth Pateman, Lynn Shoji

Objectives

- integrate health education standards using the Lokahi Wheel.
- use health lessons (problem solving, goal setting) with suggested assessments, from *Health Education, Elementary and Middle School Applications*, by Telljohann, Symons, and Pateman.
- facilitate student work from elementary, middle school, and pre-service teachers, using the Lokahi Wheel as a tool for integrating reading, writing, and communication skills.
- understand how to use the Hawaiian "Lokahi Wheel" in their health education classrooms.

Summary

In Hawaii Lokahi means “balance, unity and harmony.” Participants will gain a working knowledge of how to use the Hawaiian "Lokahi Wheel" in their elementary, middle school, or pre-service classrooms. Lokahi Wheel health lessons and suggested assessments will be

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shared. Lessons come from *Healthy Education Elementary and Middle School Applications*, by Telljohann, Symons, and Pateman. The session is interactive.

Theory to Practice: Applying Common Health Behavior Theory/Model Constructs into Teaching

Susan Telljohann, Joseph Dake

Objectives

- describe why it is important to purposely plan lessons that incorporate health behavior theories/models.
- describe the constructs of common health behavior theories/models.
- explain how to support a variety of health behavior theory/model constructs into teaching.

Summary

Most health teachers find it difficult to reserve enough time to adequately address all health education content and skill areas. Theories/models can help teachers save time by helping them plan lessons that identify and address key factors that influence behavior. The purpose of this session is to describe common constructs that are included in health theories/models and to explain how to apply those constructs when planning lessons and when teaching.

A Dose of Health: Injecting Health Information Across the Curriculum

Dan Lawrence, Dana Abbey

Objectives

- name five age-appropriate health information services and the strategies for accessing these free and/or "at your school library" resources.
- identify five resources for accessing culturally and linguistically appropriate health information.
- describe three barriers to finding, evaluating, and using health information.

Summary

Health information literacy is a critical life skill for making good health decisions. Empower students with the tools and knowledge to access, identify and evaluate age-appropriate health information. Discover free and "already at your school library" services that can be leveraged in the classroom, and explore how to utilize health resources and services to incorporate health content into the curriculum.

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Two States' Stories: Advancing Student Health Literacy Through Reading/Literacy Programs in Schools.


Sandra Klarenbeek, Kathleen Courtney

Objectives

- identify how classroom teachers can integrate and align health education with reading/literacy programs in elementary classrooms.
- demonstrate how to use a book template to develop discussion questions, vocabulary, assessments, and resources which align with the National Health Education Standards.
- explain how higher education is teaching preservice teachers how to enhance instruction by integrating health and reading literacies.

Summary

Two states, who are members of the Health Education Assessment Project (HEAP), will share experiences in how they were able to integrate health education into literacy for use with elementary level teachers. Using cutting-edge technology, participants will be engaged in the process of drafting a book template that aligns to a health content area and health skill standard.



The Teen Brain: Developmental Issues and Implications for Health Education and Policy Development


Angela Backus, Cynthia Symons, Renee Axiotis, Michele Schnars

Objectives

- discuss the rationale for utilizing brain-based research to manage youth health risks in context of student learning.
- describe how brain-based research can act as a framework for health programming in schools.
- practice application strategies of brain-based learning concepts to manage the critical health risks confronting youth.

Summary

As a foundation for increasing capacity to translate scientific research to practical school-based health programming, participants will be engaged in experiential activities to apply brain-based learning strategies to manage critical health risks of youth. Emphasis will be placed on applying brain-based research to prevent and reduce adolescent injury, violence, and alcohol and drug use.



Teaching Technique - Role Playing Activities: Their "Role" in Authentic Assessment of Student Knowledge and Skills

Program Summaries by Topic

Healthy Kids ... Healthy Lives ... Healthy Futures

83rd Annual ASHA School Health Conference
October 28 – 31, 2009 ▲▲ Denver, Colorado

Objectives

- incorporate role playing and related skills into traditional health curricula.
- practice effective facilitation of a variety of role-play scenarios.
- promote and develop critical thinking and health literacy and health-enhancing behaviors.
- reference National Health Standards and performance indicators related to Decision-Making and Interpersonal Communication skills.
- utilize sample rubrics to illustrate how role plays can be used as a form of alternative assessments in health education.

Summary

The benefits of using role playing scenarios as an assessment tool in health education is that they provide students and teachers with real life or "close-to-real-life" practice of health skills and acquisition of health knowledge. This experiential session will involve participants in role playing activities in a variety of curriculum content areas at the middle and high school level.



Teaching Technique - The Bucket List

Steve Goodwin

Objectives

- apply the "Bucket List" teaching idea to middle school and high school students.

Summary

This technique uses the popularity of the movie *The Bucket List* to help students recognize the importance of goal setting. Creating a Bucket List will encourage them to develop appropriate short-term, intermediate-term, and long-term goals so that they can cross some entries off their list.

Health Services

The NDEP "School Guide" - School Personnel Helping Students with Diabetes Succeed

Nichole Bobo, Beverly Hine

Objectives

- describe the key components of the upcoming 2009 National Diabetes Education Program's (NDEP) "Helping the Student with Diabetes Succeed – A Guide for School Personnel."
- describe the role of school personnel in providing a coordinated approach to diabetes management at school.

Summary

The National Diabetes Education Program's "Helping the Student with Diabetes Succeed – A Guide for School Personnel" informs school personnel about diabetes, how it is managed, and how they can help meet the needs of students. This session provides an overview of the "School Guide," emphasizing its use by the school nurse to plan and implement a coordinated approach to diabetes management.

Collaborative Approach to Caring for Students with Diabetes - The Colorado Model

Kathleen Patrick, Cathy White, Nichole Bobo, Leah Wyckoff, Sue Glass

Objectives

- describe the Diabetes Resource Nurse model used in Colorado to ensure safe management and optimize learning for students with diabetes.
- identify key components of a collaborative framework for effectively meeting the needs of students with diabetes.

Summary

This will be a panel presentation of the Colorado Kids with Diabetes Care and Prevention Collaborative and Diabetes Resource Nurse (DRN) program, which provides support for practicing school nurses across the state of Colorado to ensure effective management diabetes management at school. The DRN model is the result of collaboration between key state and national partners.

School Nurse Leadership Program

Martha Dewey Bergren, Donna Fishman

Objectives

Program Summaries by Topic

Healthy Kids ... Healthy Lives ... Healthy Futures

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- discuss the opportunity the school wellness policy of the Child Nutrition and WIC Reauthorization Act of 2004 provides for public health initiatives.
- describe possible partnerships for achieving initiatives for health in schools.
- identify components of school nurse leadership training for advancing child health initiatives within the framework of mandatory school wellness policies.

Summary

The Healthy Schools Campaign partnered with school nurse leaders and graduate nursing faculty to sponsor School Nurse Leadership Program. Workshops provided the opportunity for school nurses to work with consultants and mentors to enhance knowledge and skills in change theory, evidence based practice, advocacy and team building. Sessions are held three times over a 9 month period and included role playing, problem solving, locating evidence, and constructing a persuasive presentation. Qualitative and quantitative outcomes will be presented.

Data-Driven School Health: Who's Got The Map?

Kathy Karsting

Objectives

- describe and evaluate the current and emerging landscape of school health data collection at the state, national, and local levels.
- identify the unique uses and meaning of school health data.
- describe the relationship between data and effectiveness.
- describe the application of informatics principles to the development of school health data systems.

Summary

This session examines the current and emerging landscape of school health data collection, from the perspectives of child health surveillance, informatics development, practical use and meaning, and opportunities to inject relevant data into child and school health policy making. The sensible and proactive development of school health data systems to measure child health status is viewed as critical to progress in the field of school health.

From Manual to Video: Implementing a Quality Statewide School Medication Administration Program for Unlicensed Personnel

Pamela Brunner Nii, Linda Satkowiak

Objectives

- explore strategies used to develop and implement a standardized medication administration training program.
- adopt development principles for use in personal work settings.

Program Summaries by Topic

Healthy Kids ... Healthy Lives ... Healthy Futures

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Summary

Providing a quality medication administration training to unlicensed personnel in school settings can be both challenging and rewarding. Learn how this training evolved in Colorado with the help of many partners that provided both professional expertise and funding. Share the content of the most recent edition of the curriculum and view several clips of the newly released training DVD.

Online Medication Administration Management: Technology to Support Student Safety

Vicki Taliaferro, Carol Damm

Objectives

- become familiar with an online medication administration and documentation tool for use by school nurses.
- discuss the impact of medication administration training on student safety.
- understand the value of capturing medication administration data – training, types of medication, and errors.

Summary

Approximately 20 million children require medications during the school day. Frequently, resource-constrained school nurses delegate to school employees the responsibility of administering medications. Receive preliminary data results of a confidentiality-protected online medication administration program that provides educational, technical and clinical training, tracks data regarding medications given, and provides a documentation tool to help reduce common medication errors in schools.

Use of State Funds to Promote a Regional System of School Nursing Consultation

Anne Sheetz, Mary Ann Gapinski

Objectives

- describe the steps needed to establish a regional system of consultation and sharing best practices among disciplines working in isolated settings.
- understand how funding may be allocated to achieve the maximum impact in developing leadership and raising standards in school health disciplines, using this school nursing model as an example.
- describe the beginning outcomes for school nurses of the statewide implementation of the regional consultation model in Massachusetts.
- describe the beginning results of the regional model on collaboration with primary care providers and health care institutions to improve the care of children in Massachusetts.

Program Summaries by Topic

Healthy Kids ... Healthy Lives ... Healthy Futures

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Summary

School nurses, like other school specialties, practice in settings isolated from their counterparts. In 2009 the Massachusetts Department of Public Health allocated its school nursing funding to include six designated expert programs as Regional Advisor School Districts. The goal was to maximize the existing school nursing expertise and leadership throughout the Commonwealth. The presentation will address implementation and current outcomes.

Research Priorities in School Nursing: Data, Evidence, and Outcomes

Martha Dewey Bergren

Objectives

- identify data and information needs for school nursing research.
- discuss ongoing efforts for disseminating and translating evidence-based school nurse practice.
- outline strategies for both school health leaders and school nurses for achieving research goals.

Summary

An analysis of the state of the science in school nursing and health services research yields many gaps. However, research often does not address those gaps or the most pressing needs. Currently, research is needed to increase the knowledge of evidence-based interventions and to provide data and information needed by health policy decision-makers and legislators. It is imperative that the investment of limited time, effort, and funding spent is spent on empirical investigation that enhances practice and builds a foundation for future study.

Calling All Current Nurse Planners!!! ASHA Needs You...

Amy Cory

Objectives

- define contact hours used by NAPNAP.
- describe NAPNAP's program requirements.
- delineate NAPNAP's registration guidelines and provider record requirements.
- understand NAPNAP's self-paced or self-study continuing education programs.
- explain ASHA's process for continuing education.
- identify ASHA continuing education contact hour programs with which they would be willing to assist.

Summary

Are you a current nurse planner for ASHA, a state agency, hospital, or local organization? ASHA needs your help! The purpose of this session is to train current nurse planners in

Program Summaries by Topic

Healthy Kids ... Healthy Lives ... Healthy Futures

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NAPNAP's continuing education guidelines and ASHA's requirements. Engaging current nurse planners in NAPNAP's continuing education process will ensure the success of future nursing continuing education programs offered by ASHA.

"Wanted ... Nurses Interested in Program Planning!!! ASHA Needs You ... "

Amy Cory

Objectives

- explain the role of the nurse planner within ASHA.
- describe NAPNAP's requirements regarding nurse planners.
- explain ASHA's process for continuing education.
- identify ASHA continuing education contact hour programs with which they would be willing to assist.

Summary

Are you interested in planning nursing continuing education programs for ASHA? ASHA needs your help! The purpose of this conference session is to train master's and doctorally prepared nurses in the role of nursing planner, NAPNAP's continuing education guidelines, and ASHA's requirements. Engaging future nurse planners in the continuing education process will ensure exceptional continuing education programs for school nurses.

Research Presentation - Evaluation Results From A School-Based Asthma Education Program: Who Was Reached And How Did It Help?

Catherine Rasberry, Co-authors: Leah Robin, Dana Keener, Pam Luna, Karen Cheung, Nancy Langenfeld, Elizabeth Burton

Objectives

- discuss a method to better identify students in need of school-based asthma management services.
- summarize changes in medium- and high-need students' asthma management difficulties from pretest to posttest.

Summary

Charlotte-Mecklenburg (NC) Schools, Mecklenburg County (NC) Health Department, CDC, and Macro International evaluated CMS's Asthma Education Program. 46% of medium-need and 56% of high-need students were enrolled. Among those students, asthma management difficulties (AMD) decreased, but not more than among students not in the program. Findings have implications for identifying students who need school-based asthma services and programmatic strategies for decreasing AMD.

Program Summaries by Topic

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Research Presentation - **Overcoming Immunization Disparities:**
A Retrospective Analysis of School-Based Health Center Immunization Delivery
Steven Federico

Objectives

- understand a model to immunization delivery through an interdisciplinary and integrated school-based health center.

Summary

The Denver SBHCs have provided high quality clinical services to underserved youth in partnership with Denver Public Schools since 1987. The centers address barriers to care by offering free, easily-accessible, high-quality care to underserved school-age children and youth experiencing the health consequences of poverty, cultural and linguistic challenges, and limited access to care.

Mental Health

Enhancing the Education, Health, and Mental Health of Children, Youth, and Families by Promoting Coordinated Linkages

Sandy Keenan, Barb Zandlo Hutchinson, Jennifer Kitson

Objectives

- understand that effective state-local mental health and education linkages can enhance the education, health, and mental health of children, youth, and families.
- discuss successful strategies for forming and maintaining coordinated linkages between state and local education and mental health agencies.
- identify at least three potential barriers for creating successful linkages and at least three strategies to overcome those barriers.

Summary

This interactive session will explore recent work of the National Center for Mental Health Promotion and Youth Violence Prevention to better understand successful state-local collaborations and linkages. Participants will discover the strategies and resources that stakeholders employed as they forged collaborations, consider the challenges facing such collaboratives, and examine the methods used to surmount these challenges.

Introduction to School Mental Health Implementation Guide for Practitioners and Planners

Deborah Haber, Chris Blaber, Carol Bershad

Objectives

- understand the frameworks for mental health. Participants will obtain resources useful in developing a comprehensive continuum of mental health.
- receive a guide for effective program implementation, involving partnerships between schools, providers, families, and the community.

Summary

This session will explore how school-based mental health programs can play an integral role in producing positive outcomes for students, including improving academic achievement and school attendance, as well as reducing disrupting behavior

Promoting Mental Health Through a Coordinated School Health Approach

Mal Goldsmith, Jerry O'Day

Objectives

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Healthy Kids ... Healthy Lives ... Healthy Futures

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- describe the mental health challenges facing children and adolescents.
- discuss how mental health problems connect with health risk behaviors.
- explain strategies for enhancing mental health utilizing the coordinated school health program model.
- identify resources for enhancing mental health in children and adolescents.

Summary

This session will present an overview of the mental health epidemic in children and adolescents, link these problems to other health risk behaviors, explore strategies for enhancing mental health using the coordinated school health program model, and provide resources that can aid these initiatives.

Children’s Health in the Digital Age: The Perils and Possibilities

Rebecca Randall

Objectives

- share information about today’s media environment and the impact of media on children’s health and development with their colleagues and the families they serve.
- use the practical strategies presented to inform educators and parents about media's health outcomes for young people.
- inspire and empower families to raise children who use media in a healthy way.

Summary

Today’s media environment has a profound impact on the way children play, learn, and develop. Media use has been linked to health outcomes including obesity, substance use, and risky sexual behavior; but also offers children exciting opportunities. This session will look at media’s impact and what health educators can do to raise a generation of healthy media creators and consumers.

Research Presentation - The Nexus of Public Health and Education: The Importance of School Attendance as an Indicator of Health and Well-Being

Shanta Dube, Co-author: Shobhana Rishi

Objectives

- develop a better understanding about the differences between school refusal behavior and truancy.
- understand the importance of school attendance as both an academic and health indicator.
- gain suggestions for attendance surveillance and school attendance programs.

Summary

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Daily school attendance is a key indicator for addressing both academic success and health behaviors. Two separate studies on school absenteeism will be presented: 1) a school social work caseload; 2) data from a national survey. The presentation will focus on school absenteeism as a risk indicator for emotional and behavioral health and implications for surveillance and assessment of absenteeism.

Teaching Technique - **Challenges to the Behavior Changes: A New Twist of Increasing Motivation to Your Health Behavior Change Projects**

Shawna Shane, Jodie Leiss, Joan Brewer

Objectives

- acquire new insight on Health Behavior Change Projects.
- apply Challenge goals to their existing Health Behavior Change Projects.
- explore and discuss different approaches to successful Health Behavior Change Projects.

Summary

This session will look at different ways that Health Behavior Change projects have been implemented and will provide different ways to spice them up. The presenters have been trying out different approaches for the last decade. The most exciting one, by far, as been their "Challenge Goals" and this session will provide many different approaches and suggestions for these.

Teaching Technique - **How Bad Is That?**

Rebecca Brey, Susan Clark

Objectives

- describe how the teaching technique addresses the influence of personal perception on decision making.
- identify one effect a decision may have on those close to them and the larger community.
- articulate one processing question for the teaching technique.

Summary

This technique uses a kinesthetic pedagogical strategy to show participant opinions regarding health-related behaviors. Processing questions address how our choices impact ourselves and others. The technique challenges participants to think beyond themselves and consider the impact on others close to them and the community at-large. Perceptions of acceptable versus non-acceptable behavior may shift throughout the technique.

Program Summaries by Topic

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Teaching Technique - **Abstain, Postpone, Protect: Building Safe, Responsible Relationships**

Su Nottingham

Objectives

- demonstrate teaching strategies for secondary level students to be able to: a) recognize the characteristics of healthy relationships; b) avoid or leave unhealthy relationships; c) use effective communication skills, including refusal skills, assertiveness, and negotiation skills, within the context of healthy relationships; d) avoid risk behaviors that lead to pregnancy or STI while maintaining positive relationships; e) assess the characteristics that are important in successful, healthy relationships; f) determine valid resources for getting help with abusive and unhealthy relationships.
- adapt teaching strategies to reflect community and student populations with which they work.
- gain current data and statistics reflecting relationship abuse for the adolescent population.
- create an environment within the classroom of comfort and safety regarding difficult topics.
- develop an active learning environment allowing for interaction and movement to address a variety of learning styles.

Summary

One-third of adolescents have been involved in an abusive or controlling relationship by the time they leave high school. This session will combine usable, student-centered, interactive teaching strategies for recognizing and avoiding unhealthy relationships allowing movement, discussion, and real life “meaning makers” in a non-sexist package.

Nutrition

The Coordinated Approach to Food Allergy Management

Jennifer Cook

Objectives

- increase knowledge around the impact of food allergies on students and school food safety programs.
- identify the role of the school nutrition program within the food allergy management plan.
- identify best-practices for a team approach to managing food allergies in school settings.
- learn how to create and maintain communication channels between school stakeholders on the food allergy management team to facilitate implementation of food allergy policies and procedures.

Summary

Schools are becoming increasingly involved in the food allergy management of students. In order to create a safe learning environment for food-allergic children, parents, students and school personnel must work in collaboration. Best practices will be presented to teach participants how to develop, implement and monitor a comprehensive food allergy management plan through a coordinated team approach.

Advancing Your District's Wellness Policy - Steps for Effective School Plans

Cathy Schmeler

Objectives

- create wellness teams in schools who will implement the district's wellness policy, by adding sustainable activities that will be integrated into the school's culture.

Summary

Is your district's wellness policy growing stale sitting on a shelf? Does your staff have good intentions of implementing it, but it just hasn't happened yet? If you're ready to take action, this session is for you! In this fun-filled, fast-paced session learn step by step instructions for creating sustainable school wellness plans. Discover how to assess your school's current environment, create a simple and practical wellness plan, implement it with team support, and bask in the glory of your success!!

Dual Outcome Nutrition Education: Increase Healthy Choices and Narrow the Achievement Gap

Program Summaries by Topic

Healthy Kids ... Healthy Lives ... Healthy Futures


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Objectives

- identify systemic strategies for nutrition education that increases consumption of fruits and vegetables and physical activity.
- identify systemic strategies that increase student connectedness to school.
- understand the link from connectedness to academic achievement.
- analyze their school district for health and education points of intersection to create systemic change.

Summary

Health educators are struggling along with districts to find time for health in low income schools today. This session will provide an example of a successful systemic intervention that not only increases the consumption of fruits and vegetables, but also has become a noted academic feature for the schools. School gardens have provided the nexus for health and academics. Participants will leave with a tool to analyze potential intersections for health and academic education in their schools.



Healthy Kids, Healthy Schools: The Alliance for a Healthier Generation Making a Difference


Katherine Wilbur, Dennis Deck

Objectives

- describe how the Alliance for a Healthier Generation's Healthy Schools Program components of health education, physical education/physical activity, systems and policy, school meals, competitive foods and beverages, school employee wellness and before and after school programs relate to youth obesity prevention and promotion of healthy kids and healthy schools.
- explain the resources and recommendations from the Alliance.
- examine the initial data on the efficacy on the Alliance program and factors impacting positive change in schools.
- analyze Success Stories and discuss and generate effective strategies for a comprehensive approach to school health.

Summary

The interactive session will highlight: 1) The Alliance Healthy Schools Program, including health education, physical education/activity, policy, school meals/competitive foods and beverages, and employee wellness and the common links to youth obesity prevention. 2) Data on the efficacy of the Alliance program and factors impacting positive changes in schools. 3) Strategies for effective practices and resources for successful school health programs.



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Research Presentation - **School Stores: The Untapped Opportunity to Successfully Implement Local School Wellness Policies in One School District**


BA Laris, Karin Coyle, Leah Robin, Terry O'Toole, Jill Kidd

Objectives

- describe the role of school stores in the sale of competitive foods on high school campuses.
- identify challenges to implementing nutritional guidelines in school stores.
- describe two strategies to support wellness policy and fundraising goals.

Summary

This study examines the role of school stores in the high school competitive food environment and in supporting the implementation of local wellness policies. School stores typically sell competitive snack foods to students to raise funds for clubs or activities. Strategies can be implemented to support both the fundraising and wellness goals of a district.



Research Presentation - **Association of Sleep Duration with Obesity Among US High School Students**

Richard Lowry

Objectives

- describe patterns of sleep duration among demographic subgroups of US high school students.
- describe associations of sleep duration with obesity among US high school students.
- discuss the implications of these findings for efforts to promote healthy weight among youth.

Summary

Increasing attention is being focused on shortened sleep duration as a potential modifiable risk factor that may lead to obesity in children and adolescents. Using data from the 2007 national Youth Risk Behavior Survey, this study examined patterns of sleep duration among a representative sample of US high school students, and the associations of sleep duration with obesity (BMI \geq 95th percentile).

Physical Activity

Physical Activity Guidelines for Youth: How Much and How Often?

Sarah Lee, Janet Fulton

Objectives

- state and describe the Physical Activity Guidelines for America's youth.
- develop 3 key messages to help promote the youth physical activity guidelines.
- identify and describe ways that youth populations can meet or exceed the guidelines.

Summary

Multiple physical activity recommendations have been developed over the last decade. Recently, the U.S. Department of Health and Human Services developed Physical Activity Guidelines for Americans. Come learn about the process of developing these guidelines for youth populations and methods for developing and disseminating clear and consistent messages about the guidelines.



Research Presentation - Strategies for Assessing Physical Activity of 3rd-5th Graders in a Low-Income, Urban Community

Robert McDermott, Co-authors: Rita DeBate, Marissa Zwald, John Trainor, Emily Koby, Carol Bryant

Objectives

- assess baseline levels of physical activity and sedentary behaviors 8-10 year-old schoolchildren.
- describe the relationship between enjoyment and physical activity.
- identify leverage points to increase physical activity in urban, low-income communities.
- describe the two subscales of the PACES-R and how they can be used for evaluation and research.

Summary

This presentation identifies methods for measuring self-reported physical activity behavior in 3rd-5th graders, including modifications to existing instruments and data collection procedures that facilitate reliable and valid data collection; presents baseline data; reports on neighborhood characteristics that impede or foster physical activity participation; and provides a plan to leverage findings to create a responsive school-community partnership intervention.

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Professional Preparation

Mind, Brain, and Education: Sorting Truth from Myth

Debra Christopher

Objectives

- identify current beliefs related to best practices in teaching and learning.
- examine a set of critical findings in the field of neuroeducation.
- discuss the application of the findings to our work as school health professionals.

Summary

Achieving our collective mission - to protect and promote the health of children and youth - requires the process of teaching and learning. In this session, participants will explore findings from the literature on neuroeducation (mind, brain and education). Categories of neuroeducation findings will be examined, including those which are: 1) well-established; 2) probably accurate; 3) speculation; and 4) “neuromyth.” Suggested instructional practices will be shared.

Involving Higher Education in the Future of the Health Education Assessment Project

Nancy Hudson, Tami Benham Deal

Objectives

- articulate how the new innovations in the Health Education Assessment Project can support higher education faculty in aligning pre-service and in-service programs in school health education and implement a research agenda.
- provide strategies for the HEAP to engage higher education faculty in more relevant and impactful ways.
- develop strategies to improve collaboration between IHE and SEAs.

Summary

The purpose of this workshop is to: • Update participants on the activities of the HEAP and demonstrate the components of the HEAP’s web-based system, • engage the audience in brainstorming ways to involve higher education faculty in the HEAP to align pre-service and in-service in health education and assessment and develop a national research agenda for measuring student health literacy.

Editors’ Insights: Strategies for Reviewing for the *Journal of School Health* and other Peer-Reviewed Journals

Kelli McCormack Brown, Sherry Everett Jones, Denise Seabert, Suzanne Sneed

Program Summaries by Topic

Healthy Kids ... Healthy Lives ... Healthy Futures

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Objectives

- understanding the criteria peer reviewers use to evaluate manuscripts.

Summary

The quality of peer reviews for the *Journal of School Health* is critical to the reputation and credibility of school health professionals. Editors from the *Journal of School Health* will provide guidance and suggest strategies on how to evaluate components of a manuscript and how to provide constructive feedback to authors. The session will also provide valuable insights to authors writing for publication.

Writing for Publication in Peer Reviewed Journals: Avoiding the Pitfalls

Joseph Dake, Roberta Ogletree, Kelli McCormack Brown

Objectives

- identify the most common errors when writing and submitting a manuscript in a peer-reviewed journal.
- describe strategies for increasing the likelihood of getting published in health education journals.
- demonstrate the ability to find weaknesses in presented manuscripts.

Summary

Contributing to the body of professional literature is one of the ways that health educators help to advance the field. This session will help educate participants in how to avoid the most common problems when writing for publication in health education journals. The session will include interactive activities to involve the participants in acting in the role of the editor.

Health Educator Job Analysis

Linda Lysoby, Mal Goldsmith, Kelly Wilson

Objectives

- describe the process of a nationwide job analysis of health educators in all settings. Evaluate the implications of the preliminary results of the job analysis specific to the health educator in the school setting.
- identify the standards and competencies of a new advanced- level health educator credential.

Summary

This presentation describes the process of a nationwide job analysis of health educators in all settings. The preliminary results will be evaluated specific to the school setting. The

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standards and competencies of a new advanced- level health educator credential offered by the National Commission for Health Education Credentialing will also be discussed.

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School Environment

Research Presentation - **Indoor Air Quality Management Programs and School Policies and Practices that Improve Indoor Air Quality**

Sherry Everett Jones, Alisa Smith, Lani Wheeler, Tim McManus

Objectives

- understand the association between having a formal IAQ program and policies and practices implemented at schools.

Summary

This study examined whether schools that report having an indoor air quality management program (IAQ program) were more likely than those without a program to report policies and practices that promote superior indoor air quality.

Sexuality Education

Getting It Right, Getting it Done: Why Science Matters in Teen Pregnancy Prevention, Sexual Health Education, and Risk Prevention

Tom Klaus, Barbara Huberman

Objectives

- develop an understanding of the meaning of “science-based approaches” relative to the field of teen pregnancy prevention.
- learn to differentiate science-based approaches, science-based programs, and promising programs in teen pregnancy prevention, STI, and HIV/AIDS prevention.
- develop an understanding of why a commitment to using science-based approaches is critical to the implementation of SBAs.
- identify several compelling arguments for advocating for science-based approaches in sexual health education.
- gain the knowledge and motivation to begin to use science-based approaches at levels and in all aspects of their work.
- learn about the CDC’s “Promoting Science-Based Approaches” project and emerging opportunities through local efforts to become involved in a significant national movement.

Summary

Why does science matter? This workshop tackles that question as it relates to the use of science-based curricula and programs to prevent teen pregnancy, STIs, and HIV/AIDS. Participants will receive a compendium of 26 teen pregnancy prevention curriculum and programs that have been proven to be effective in reducing adolescent sexual risk behaviors. Participants will also learn about an extraordinary national initiative to promote science-based approaches in teen pregnancy prevention that is changing the conversation across the United States.

Adolescent Perceptions of Abstinent and Virginal Behaviors

Dianne Kerr, Amy Thompson

Objectives

- describe studies of adolescent perceptions of abstinent and virginal behaviors.
- discuss changing attitudes towards a variety of sexual behaviors over time.
- discuss the difficulty in classifying sexual behaviors as abstinent and virginal.
- discuss the implications of frank discussion of sexual behaviors for STI and pregnancy prevention.
- describe new federal initiatives for sexuality education.

Summary

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Several studies have documented the fact that young adults have differing views of both the definitions and what constitutes the concepts of abstinence and virginity. A literature review of these studies will be presented. In an interactive activity, participants will be asked to classify sexual behaviors into abstinent and virginal categories, attempt to achieve consensus, and discuss the difficulty in doing so. A discussion of implications for sexuality educators in frankly addressing these behaviors in order to prevent STIs and unintended pregnancy will conclude the presentation.

Just Say Don't kNOw:

The Status of Sexuality Education in Texas Public Secondary Schools

Kelly Wilson, David Wiley

Objectives

- identify five negative trends/themes in sexuality education in Texas public secondary schools.
- describe three examples of gender stereotyping in sexuality education materials in Texas public secondary schools.
- list four misleading/incorrect statements about condom efficacy presented to students in Texas public secondary schools.
- identify three reasons materials used in Texas public secondary schools have an impact on sexuality education in the U.S.

Summary

Presentation and audience participation will provide participants an understanding of the trends in sexuality education teaching resources used in Texas. Results from this study show districts may not provide information beyond abstinence, use only the textbook, ignore sexuality completely, provide worst case scenarios, down play condom effectiveness, and scare and shame students. The “Texas impact” and suggestions for improvement in sexuality education will be included.

Are You Cultured: Thinking Locally, Acting Globally to Build Relevant Skills in the Sex Ed Classroom

Kurt Conklin, Joy Robinson-Lynch

Objectives

- define ‘culture’ to include a wide range of local conditions.
- describe the impact of culture on sexual decision making.
- identify strategies for addressing sexual health disparities at the local school-district level.
- adapt classroom sexual health lessons so that they better align with local school-district cultures.

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Summary

Explore the relationship between sexual health disparities (eg, HIV infection rates, adolescent pregnancy rates) and the concept of 'culture'. Inspired by a recent training institute for middle and high school health teachers in Massachusetts, this session will give you opportunities to identify a broad range of cultural components and other conditions that influence youth sexual behaviors at the local school district level. Using experiential methods, presenters will give you opportunities to adapt sample classroom lessons to better align with local cultures and conditions.

The Future of Sexuality Education in America's Public Schools

Monica Rodriguez, Co-author: Nora Gelperin

Objectives

- describe at least 2 policy recommendations that have been made by colleagues in the field regarding the future of sexuality education in public schools.
- describe at least 2 implementation recommendations that have been made by colleagues in the field regarding the future of sexuality education in public schools.

Summary

Since July 2007, national, state, and local organizations that advocate for comprehensive sexuality education have been engaged in an on-going, multi-part strategic planning process regarding the future of sex education. This workshop is designed to both inform participants of the discussion and recommendations to date as well as to solicit their feedback and ideas.

Sex in School: Challenges and Successes of Implementing Science-Based/Abstinence-Plus Teen Pregnancy Prevention in Pennsylvania Middle Schools

Jennifer May

Objectives

- understand limitations and successes of implementing science-based abstinence-plus pregnancy prevention programs at the middle school level.
- explore methods to overcome challenges through brainstorming and small group work.
- suggest strategies to sustain and improve upon these programs at the middle school level.

Summary

The Pennsylvania Coalition to Prevent Teen Pregnancy, in collaboration with the Pennsylvania Department of Education and the Centers for Disease Control (CDC), piloted a progressive teen pregnancy prevention program in PA middle schools. Four chosen school

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districts reviewed and chose a science-based abstinence-plus curricula to implement at their middle school level. Tumultuous and rewarding are only two antonyms associated with this pilot year. This session will explore the challenges and successes of implementing science-based abstinence-plus curricula in public middle schools.

School-Based Health Centers and Pregnancy Prevention: Rising to the Challenge

Melinda Gonzales, Claudia Imes

Objectives

- identify 3 challenges associated with providing reproductive health services in school-based health centers (SBHC).
- discuss 3 ways SBHCs can reduce barriers to reproductive health care for adolescents.
- describe 3 strategies to expand reproductive health services in SBHCs.

Summary

When able to provide comprehensive reproductive health services, school-based health centers (SBHC) present one strategy for addressing high school drop-out rates through medical service provision. This presentation will address the state of Colorado SBHCs with regards to reproductive health services (including contraception), challenges associated with providing family planning services, and strategies to garner support for pregnancy prevention programming in SBHCs.

Rights. Respect. Responsibility.: A New Vision for Adolescent Sexual Health

Barbara Huberman, Tom Klaus

Objectives

- understand how the 3Rs is informed by and reflects the lessons learned from European approaches to adolescent sexual health.
- learn how the 3Rs is being successfully replicated throughout the United States.
- learn how to advocate for a 3Rs approach to adolescent reproductive health in their organizations and communities.

Summary

From lessons learned on its European Study Tour, Advocates for Youth has championed the new 3Rs: Rights. Respect. Responsibility, as a new paradigm for adolescent sexual health that has been catching on throughout the United States. This session tells the story of the new 3Rs and illustrates how the vision is catching around the U.S.

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The Significance of Developing Culturally Relevant Resources to Impact Youth

Julienne Nakano

Objectives

- identify the importance of developing culturally relevant resources to impact youth.
- understand the importance of creating and maintaining partnerships with your program.
- understand how living with HIV affects the family.

Summary

The Hawaii Department of Education spearheaded an effort to reach its unique culture with a locally produced HIV prevention video. Participants will view the 20-minute video "HIV in Hawaii: Local People, Local Stories" and engage in a supplementary lesson from the Positive Prevention curriculum. Each attendee of this session will receive a FREE copy of "HIV in Hawaii."

Research Presentation - Public Support for Sexuality Education in One South Florida County

Elissa Howard-Barr, Michele Moore, Josephine Weiss

Objectives

- define the three types of sexuality education programs.
- explain in detail one type of effective methodology used to collect local data from community residents.
- describe the findings documenting support for increased sexuality education in one south Florida county in great need.
- discuss the potential benefit in using local data to bring about community change.

Summary

Methodology and findings will be presented documenting support for sexuality education in one South Florida County where HIV rates among African Americans are among highest in the nation. Participants will be actively engaged in discovering the potential benefit of using local data to bring about community change and implement a Best-Practices curriculum.

Research Presentation - Rural Adolescent Oral Sex Risk Behaviors

Joseph Dake, James Price, Britney Ward

Objectives

- identify the prevalence of oral sexual activity in rural middle school and high school adolescents.
- describe the relationship between oral sex and other high risk behaviors.

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- discuss the implications for adolescent sex education programs.

Summary

This study assessed oral sex behaviors of rural middle and high school adolescents and their attendant health risk behaviors through a random survey of 874 middle/high school students (response rate 98%). 5% of middle and 12% of high school students reporting not having sexual intercourse engaged in oral sex. Results were significant for oral sex and other high risk behaviors.

Research Presentation - Conducting a Parent Intervention Pilot Study in Urban Schools: Lessons Learned, Experience Gained

J. Terry Parker, Kim Miller

Objectives

- describe the Parents Matter! Program, a family prevention program designed to enhance protective parenting practices and promote parent-child discussions about sexuality and sexual risk reduction.
- describe a parent intervention feasibility study conducted in urban schools with parents of 4th and 5th graders.
- identify barriers, challenges, successes and lessons learned in conducting a sexual risk prevention intervention for parents in schools.

Summary

This presentation will describe the results of a five-site school based feasibility study of the Parents Matter! Program, and will highlight the barriers, challenges, successes and lessons learned. This study provides strong evidence that a sexual risk prevention intervention for parents can be conducted successfully in America's schools.

Teaching Technique - Using the ABC System of Cognitive, Emotional, and Behavioral Self-Management to Help Students Make Healthier Choices Regarding Sex and Relationships in Their Lives

Ray Mathis

Objectives

- explain the important role that a) having an external locus of control, b) irrational thoughts that students have about themselves, others, relationships, and sex c) and generating a dysfunctional amount of emotion in the form of anxiety, guilt and shame, depression and loneliness can play in mistakes that people often make in relationships, especially regarding sex.

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- explain how teaching students to have U.S.A. or unconditional self-acceptance, can free them to access and to make the healthiest possible choices regarding relationships.
- teach students to identify irrational thoughts and how to correct such thinking by providing a step-by-step process by which to approach life situations involving relationships.
- develop a defensive game plan against the automatic irrational thoughts and emotions that cause people to make mistakes regarding relationships and sex.

Summary

Even the best comprehensive sex education class neglects to teach students how to defend against automatic irrational beliefs they might have about themselves, others, relationships and sex that cause them to make mistakes at crucial moments. The ABC System is the defensive game plan that's been missing from sex education.



Teaching Technique - **Common Words-Uncommon Perceptions: Strategies for Sexuality Language**

Susan Clark, Rebecca Brey

Objectives

- identify at least one term they think of when they seeing the word SEX.
- identify at least one reason other participants may think of the word SEX differently than they do.
- differentiate between the four categories of language used in sexual conversations.
- identify at least three terms that are used for the same anatomical reproductive/sexual structure.
- write acronym words for at least two sexuality terms.
- identify why they are reluctant to use correct anatomical terminology.

Summary

The ability to understand specific sexuality terms, say words related to sexuality concepts, or discuss sexuality issues is imperative to teaching sexuality. The three sexuality “word” techniques presented in this program can help increase familiarity and comfort using sexuality terms when identifying sexuality concepts, reproductive anatomy, and physiological functioning.

Technology

Enabling Student Health Information Exchange


Pete Grogg, David Lohrmann, Ahmed Youssefagha

Objectives

- identify the benefits of electronic immunization record exchange between local schools and state registries.
- explain how electronic health information exchange networks can enhance efficiency of the collection and sharing of student health data among relevant stakeholders, such as families, health care providers, state education and health agencies and other school systems.
- appraise the impact of effective health information exchange in their professional setting.

Summary

Managing, exchanging, and accessing student immunization information remains a challenge for schools, health care providers and state agencies. Current information systems do not efficiently enable sharing of immunization information between school administration systems, health care practice management systems, electronic health records, and state immunization registries. Program presents how emerging health technologies are leveraged to enable effective exchange of immunization data.



Second Chance: Colorado's New Web-Based Alternative to Suspension Program


Laurie Schneider, Grace Linn

Objectives

- describe key sections of the online program for use by youth and administrators in schools and community settings.
- consider the appropriateness of online alternative to suspension programs for youth in their own schools.

Summary

This session will provide an overview of a new online alternative to suspension program for school and community tobacco policy violators. Presenters will provide an overview of the development process and guide participants through youth and administrator portions of the Second Chance website.



Digital Kids, Digital Lives, Digital Futures: Are the Young and Wired Still Inspired?

Debra Christopher, Natalie Boyer, Nicolas Christopher, Jonathan Boyer

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Objectives

- identify the distinctions between digital natives (those born after 1980) and digital immigrants (born before 1980).
- examine the data related to preferred modes of communicating, gathering and processing information and interacting for digital natives.
- discuss the implications of new technologies for teaching and learning.
- consider alternative instructional techniques and strategies for reaching the digital native with health messages.

Summary

Participants will examine the distinctions between digital natives (born after 1980) and digital immigrants (born before 1980) and explore the implications for teaching/learning. The facilitators—two digital natives (teens) and two digital immigrants (their moms)—will share current data as well as common struggles and breakthroughs in supporting learning and healthy behaviors in a digital environment. They may even LOL.



Apps, Tags, and Friends: Using Online Social Networking to Improve Health Literacy


Tami Benham-Deal, Larry Deal

Objectives

- describe how a skill-based approach to health education can lead to critical health literacy.
- discuss how online networking sites can be used to teach, practice and assess essential health skills that lead to critical health literacy.

Summary

Join us as we enter the culture of online social networking and the adolescent! Learn how skills-based health education is designed to improve students' critical health literacy and how it can incorporate the world of "apps", "tags", and "friends" to help adolescents develop the skills they will need to navigate the health challenges of today and the future.



Using Podcasts to Help Students, Faculty, and Staff Manage Stress

Millie Naquin, Diane Cole, Dee Hurtt

Objectives

- discuss different types of podcast learning.
- identify what types of sessions can be implemented to help faculty and staff manage stress.
- describe procedures for creating podcasts.
- discuss ways that faculty and staff can listen to the podcasts.

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Summary

Podcast learning can be used with students and staff to reduce stress. Seven auditory podcast sessions were recorded to help individuals better manage their stress. In classes, students learned about each technique and then practiced each one for seven days on their own. Students could listen to the podcasts via an MP3, MP4 or I-Pod player, Blackboard or a CD.

Sexual Health 2.0: Roles for the Web in School-Based STI/HIV Risk Reduction Education

Richard Goldsworthy, Kimberly McBride, Peter Honebein

Objectives

- describe potential roles for web tools and activities within school-based STI/HIV prevention curricula.
- identify adoption and implementation benefits and issues for these roles.
- describe several freely available, innovative web-based STI/HIV lessons and activities, including the development and evaluation of a web-augmented curriculum.
- evaluate the acceptability and utility of web resources, technologies and activities for supporting multiple target audiences, including students, parents, and teachers.
- assess the relevance of web-based prevention technologies for local educational contexts as well as for program development and for facilitating prevention efforts.

Summary

A comprehensive framework for considering technology integration will be introduced. Participants will engage in surveying and critically assessing web-based strategies and tools for enhancing school STI/HIV education efforts, including strategies to increase stakeholder communication and freely available tools and curricula to augment or replace existing educational efforts. Challenges of various strategies and tools will be assessed and opportunities discussed.

Teaching Technique - Is MySpace a Safe Space? Sexuality and Internet Safety for Teens

Michelle Scarpulla

Objectives

- describe at least two trends related to the online habits of teens.
- identify at least two benefits and two concerns about social networking websites for teen health and wellness.
- explain at least three strategies school health professionals can utilize to encourage teens to engage in safer online behaviors.

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- list at least three resources for school health professionals about internet safety for teens.

Summary

This dynamic and interactive workshop will help even the most novice educator learn the basics about the online world that teens inhabit, including instant messaging, texting and social networking Web sites. Participants will leave with a broader appreciation for the role of technology in teens' lives today and concrete strategies for ways to teach young people "safe surfing."

Teaching Technique - Facilitation of Sensitive Material with Senteo Technology

Terri O'Leary, Jane Deeker

Objectives

- facilitate sensitive material using Senteo technology.

Summary

Participants will be actively engaged in the use of Senteo technology and learn how to create, administer, and evaluate assessments. These assessments can give immediate feedback of attitudes about sensitive topics in order to improve instruction. This session allows participants to gain knowledge and feel confident in using this innovative technology to improve instruction in all areas of health education.

Teaching Technique - Integrating Web Adventures into Your Classroom Health Lessons

Lynn Lauterbach, Leslie Miller

Objectives

- use a free, research-based, data-proven technology approach incorporating web adventures to teach students about infectious disease and drug and alcohol use and abuse.
- access and use the free online activities to support the objectives taught in the web adventures.

Summary

Three FREE web adventure games teaching health content will be demonstrated. These highly engaging, technology based programs support your classroom teaching of the cause and prevention of infectious disease, the impact of alcohol on the circulatory, digestive, and nervous systems, and the impact of drugs of abuse on the body. Support materials are provided for each program.

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Violence and Injury Prevention

Lessons Learned: Revising the National Health and Safety Standards for Early Care and Education Programs


Amy Cory

Objectives

- describe the purpose and rationale for revising the national health and safety standards for early care and education programs.
- discuss the process by which the standards were revised.
- delineate standards which resulted in major revisions as well as newly created standards in each of the 10 subject-specific areas: child abuse, child development, children with special needs, environmental quality, general health, infectious disease, injury prevention, nutrition, organization and administration, and staff health.
- explain the use of the newly revised national health and safety standards in early care and education programs.

Summary

Maintaining health and safety of children in out-of-home child care is of primary importance to families and educators in early care and education settings. The purpose of this conference session is to familiarize the participants with the major revisions to the national health and safety performance standards for early care and education programs.



Understanding And Responding To Self-Injury

Jennifer Koch

Objectives

- recognize and respond effectively to direct and indirect disclosures of self-injury by a student.
- differentiate between self-injury and suicide attempts.
- provide a more detailed assessment of self-injury.
- understand the common functions self-injury serves for students and how it is treated.

Summary

Mental health and medical professionals alike are confronted daily with students in school based health centers that engage in self injurious behavior. This workshop will focus on increasing awareness of self injury and the functions it serves. Responding to direct and indirect disclosures of self injury to improve your assessment skills and gaining a deeper understanding of some basic Do's and Don'ts. We will discuss the psychology and biology of trauma as it relates to the 3 symptom clusters of PTSD and self injury. Assessing the difference between suicide attempts and self injury.

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Eyes on Bullying

Ron Slaby

Objectives

- understand the extent, seriousness, and dynamics of bullying.
- recognize and respond early and effectively to behaviors that can lead to bullying.
- use new, effective strategies for controlling bullying.

Summary

This conference session will examine the extent, seriousness, and dynamics of bullying through the Eyes on Bullying Toolkit. Participants will gain knowledge on recognizing and responding early and effectively to behaviors that can lead to bullying, as well as learn about new, effective strategies for controlling bullying.

Research Presentation - A Successful Statewide School-Based Bullying Prevention Model: The Impact of a Cooperative Children's Health Promotion Initiative

Matthew Masiello, Jennifer Saylor

Objectives

- identify the impact of collaborative efforts to reduce social and health consequences of school-based bullying.
- describe the components of a successful, evidence-based bullying prevention program.

Summary

A regional, managed care-based, private and charitable foundation has supported programs aimed at improving community health. In 2006, this foundation launched an unprecedented, five-year, \$100 million children's health promotion initiative. This study identifies the impact of collaborative efforts to reduce social and health consequences of school-based bullying in Pennsylvania through the initiative.

Research Presentation - The Association of Survey Mode with Perceived Privacy and Anonymity and Reporting of Risk Behaviors Among 9th and 10th Grade Students

Danice Eaton; Co-authors: Nancy Brener, Laura Kann, Maxine Denniston, Katherine Flint, Tonja Kyle, Alice Roberts, James Ross

Objectives

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- describe the effect of survey mode on high school students' perceptions of privacy and anonymity.
- describe the effect of survey mode on reporting of health risk behaviors by high school students.
- identify the recommended mode for administering school-based surveys of health risk behaviors.

Summary

This study examined whether student perceptions of privacy and anonymity and the prevalence of self-reported risk behaviors varied by survey mode (paper-and-pencil vs. web). While only a few risk behaviors varied by mode, student perceptions of privacy and anonymity were compromised on the web survey. To protect students' privacy, web surveys are not recommended when administered in the school setting.



Teaching Technique - When Friends Cut Themselves

Brittany Rosen, Kelly Wilson, Ashley Sauls Andreano

Objectives

- integrate a lesson plan that incorporates multiple teaching strategies and addresses the following components: (1) What are cutting and other self-harming behaviors, (2) Why do people cut and/or self-harm themselves, and (3) How do you deal with a friend that cuts or self-harms?

Summary

Cutting and/or self-harm is a topic not well-addressed by educators in the school setting. This lesson includes information/resources to be used in the classroom addressing: (1) What is cutting and other self-harming behaviors [worksheet resource], (2) Why do people cut and/or self-harm themselves [case study/stories, worksheet resource], and (3) How do you deal with a friend that cuts and/or self-harms?