

Healthy Students ... Successful Learners

84th Annual ASHA School Health Conference

October 13 - 16, 2010

Kansas City, Missouri

October **15** / Friday

10:30 – 11:30 am

Concurrent #5

Utilizing the Alliance for a Healthier Generation to Achieve Healthy Students ... Successful Learners


Ty Oehrtman

Learner Objectives

- List three ways the Alliance for a Healthier Generation's Healthy Schools Program supports and enhances existing systems change activities in the school health environment.
- Describe how participation in the Healthy Schools Program provides expanded opportunities for schools to receive financial support for health promotion activities.
- List four different resources brokered by the Healthy Schools Program for member schools
- join the Healthy Schools Program's Network.

Summary

This session will provide an overview of the Alliance for a Healthier Generation's Healthy Schools Program (HSP). You will learn how the HSP supports and enhances Coordinated School Health and other systems change approaches. Attendees will participate in activities and discussion that will describe how HSP resource offerings are used to assess school health environments, develop action plans, and better position schools for funding and national recognition opportunities.



10:30 - 11 am

Health, Fitness, and Academic Achievement

Laura Beckmann, Thomas Loughrey

Learner Objectives

- Describe district-wide steps that can be taken to align the Health & Physical Education program with national and state standards and initiatives.

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- Explain changes that can be made in the school environment to promote the health and well-being of students at every level, staff, and community.
- Describe program initiatives and factors in the school-district's Health and Physical Education program that have demonstrated a relationship with the rate of attendance and the academic achievement of students.
- Illustrate the systems that were adopted to monitor teacher and students.

Summary

This program was designed to provide opportunities to help students, parents, and the community develop healthy nutrition, physical activity, and personal responsibility lifestyle behaviors. It incorporates research and best practice findings, meets specific goals and uses detailed accountability systems. The resulting improvements in academic achievement as activity and fitness levels increased were welcomed findings.

11 - 11:30 am

Designing District-Wide Accountability Systems for Student Achievement

Laura Beckmann, Thomas Loughrey

Learner Objectives

- Describe elements involved in the design of a district-wide data collection and management system to track student achievement on all rubrics and measures of learning in the health and physical education program.
- Explain the types of devices used in the monitoring of specific student performance variables, and for teacher recording of highly specific rubrics designed to promote learning and healthy lifestyle development.
- Describe staff development activities that were implemented to assure that district-wide compliance would be accomplished.

Summary

A description of the extensive student accountability systems adopted in the 12,000 student Ferguson-Florissant School District will be the focus of this technologically-driven presentation. From student Portfolios to teacher use of PDA's for daily monitoring and recording, the data collected feeds directly into the district's computing base, providing high-quality data relating to student achievement.

State Education Agency Strategies for Coordination to Support Learning and Health

Craig Wethington, Marcia Rubin

Learner Objectives

- Distinguish between school health structures and processes.
- Identify strategies to expand agency partnerships to support student learning.
- Recognize at least one way to Integrate education and health data collection processes to inform planning.

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- Seize opportunities to integrate health-related issues to school improvement processes.

Summary

This interactive session will outline Ohio's long-range strategic plan and share strategies for overcoming interdepartmental and intradepartmental barriers and obstacles. It will also highlight the role that ASHA, the Society, the Chronic Disease Directors, and other CDC-funded partners have played in building Ohio's capacity for leadership development and CSH governance reforms.

Signs of Suicide - QPR & SOS Teen Suicide Prevention

Kathleen Welton, Christy Vogt

Co-author: *Jean Brown*

Learner Objective

- Identify the warning signs of suicide, provide active intervention (QPR or ACT), and refer to appropriate resources.

Summary

Teen suicide is the third-leading cause of death among youths aged 15-19 years old nationwide. In Missouri, suicide has risen to the second-leading cause of death supplanting homicide/violence. The strongest risk factors for suicide in youth are depression, substance abuse, and aggressive behavior. QPR stands for Question, Persuade, and Refer -- three simple steps that anyone can learn to help save a life from suicide. SOS: Get into the ACT video helps students recognize the warning signs and seek help for friends.

Amsterdam to Albany:

Can the US Adopt Positive Sexual Health Attitudes and Approaches from Our Friends Across the Sea?

Barbara Huberman, Tom Klaus

Learner Objectives

- Describe at least five differences in approaches to adolescent sexual health between the US and Northern European countries such as the Netherlands, France, and Germany.
- Describe at least three examples of how individuals and organizations in the US have enhanced the more positive Northern European approach to adolescent sexual health.
- Identify at least three steps participants can take to implement more positive, healthy approaches to adolescent sexual health programs and practices.

Summary

This session will explore some of the major differences in approaches to adolescent sexual health in the United States and Northern European countries. Presenters will provide examples of how a positive, healthy approach has been adopted nationally and locally in Europe and had positive impacts on adolescent sexual health.

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Jump Aboard the D-Train: A Model for Dissemination of School Health Tools

Anu Pejavara

Learner Objectives

- Describe the methodology of the Division of Adolescent and School Health (DASH) Training Network, or “D-Train,” and the benefits of using this methodology for dissemination and implementation of school health tools and resources.
- Describe how the evaluation results from the previous years of the DASH Training Network will be used to inform future efforts.
- Discuss how the DASH Training Network model might be applied to other school health initiatives.

Summary

To maximize dissemination and implementation of school health tools, CDC has created the DASH Training Network, or “D-Train.” Evaluation data from this training-of-trainers model will be shared and discussed. The overall process will be outlined to describe how it might be applied to other school health initiatives.

Creating an Asthma Friendly School: Collaboration is the Key

Cheryl De Pinto, Lani Wheeler

Co-author: *Rachel Hess-Mutinda*

Learner Objectives

- Cite at least three examples of successful Asthma Friendly Schools (AFS) Award programs across the country.
- Understand the importance of interdisciplinary collaboration and coordination in developing and implementing an AFS awards program and strategies for engaging and interdisciplinary team.
- Cite resources for promoting AFSs including examples of AFS award criteria and the rationale for each criteria.
- Identify common challenges to developing an AFS Award Program and strategies for addressing these challenges.

Summary

An asthma friendly school (AFS) supports the health and academic success of students with asthma through maximizing asthma management, reducing environmental triggers in the school environment, and providing asthma education. This session will provide resources and tools for developing an AFS award program and developing collaborations needed to implement an AFS award program within the Coordinated School Health Program model.

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What's New! Health and Academic Achievement

Carolyn Fisher, Nancy Brener, Kathryn Foti, Catherine Rasberry

Co-author: *Sarah Lee*

Learner Objectives

- Describe at least two of CDC's new activities related to student health and academic achievement.
- Identify at least two resources that would help educators and school administrators promote health as a means to improving academic achievement.
- Identify at least one action step using the resources to promote health and academic achievement in their school/district/state.

Summary

This session will provide participants with a greater knowledge and awareness of the strong association between student health and academic achievement. The presenters will give an overview of current CDC/DASH projects, engage participants in an active discussion, and elicit suggestions and recommendations for additional resources and action steps.

Teaching Technique

Outrageous Teaching Techniques in Health Education in the 21st Century

Deborah Tackmann

Learner Objectives

- Infuse activities/curriculum that support the National/State Standards.
- Develop/coordinate health courses/activities that are age-appropriate, proactive, and relevant to adolescent issues and needs.
- Teach the necessary life skills that are needed in a quality health education program.
- Understand, demonstrate and be able to infuse: 1) critical thinking skills and strategies that enhance student learning; 2) multiple intelligence strategies that enhance student learning; 3) humor and brain-based learning strategies that enhance learning.
- Implement effective teaching and classroom strategies to enhance classroom climate and performance.
- Creatively design and implement activities that are standards based, infuse a minimum of one effective teaching strategy as well as relevant elements taught in this workshop.

Summary

This high-energy, interactive, and hands-on health session will help you empower students with the knowledge and skills they need to make healthy sexual decisions in the 21st century. Using critical thinking, beach balls, black lights, jars of lard, bags of beans and a plethora of other modalities, participants will have fun while learning how to infuse relevant and up-to-date teaching methods into any classroom. Participate in a plethora of relevant and exemplary "hands-on," thought provoking and interactive lessons demonstrated by the instructors while acquiring the knowledge and skills necessary to improve the "art of teaching" as well as the level of student learning. Come and join in the fun!

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Research Presentations on Advocacy and Collaboration
Presider: Terry O'Toole

The ASCD Healthy School Communities Pilot Project: Evaluation Criteria, Methodology, and Results

Robert Valois, Sean Slade

Co-author: *Theresa Lewallen*

Learner Objectives

- Describe the evaluation criteria utilized in the ASCD HSC pilot project.
- Apply the ASCD HSC pilot project evaluation methodologies to similar school health projects.
- Analyze the results of the ASCD Healthy School Communities pilot project.

Summary

Presentation will describe the ASCD Healthy School Communities Pilot Project, the evaluation methodology, criteria, findings, and conclusions.

Partnering With Schools-A Healthy Living Project

Ann Laughlin, Misty Schwartz, Barbara Synowiecki, Meghan Potthoff, Amy Yager

Co-author: *Ryan Walters*

Learner Objectives

- Understand how local schools, in partnership with a local university, can implement components of a coordinated school health program to address a health need.
- Understand how school administrators, faculty, staff can work with nursing students to implement a health curriculum and other strategies focusing on healthy behaviors.
- Gain knowledge of the benefits/limitations of specific tools used to measure health behaviors/outcomes in school age children.
- Realize future areas for research related to childhood obesity.

Summary

A partnership between Creighton School of Nursing and local schools resulted in a research project focusing on childhood obesity. The project involved nursing students implementing interventions and collecting data in two schools. A coordinated school health program served as the framework for the interventions and included health teaching, parent involvement, and increased physical activity. Results demonstrated that a partnership and project focusing on strategies to address obesity can have a positive impact on health outcomes in children.

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11:45 am – 12:45 pm
Concurrent #6

Game-Based Obesity Prevention - Proving It Works!

Bridget Clementi, Richard Schafer

Co-authors: *Maureen Collins, Melinda Jacobs, Margaret Lancelot, Kristyn Maletta*

Learner Objectives

- Identify unique features of a game-based, e-learning obesity prevention program for implementation in a health education center, school district, or community-based organization.
- Describe the research results of the obesity prevention, game-based e-learning program, Mission Health, to colleagues at a health education center, school district, or community-based organization.
- Apply the research concepts and methods from the game-based e-learning program, Mission Health, in a local setting.

Summary

Learn how Mission Health, a game-based, e-learning program, made significant changes in elementary-age children's knowledge, attitudes, and behaviors in nutrition and physical activity choices. Presenters will share the research methods, outcomes and results, implementation strategies, use of technology, and program content of this successful obesity prevention program that reached over 2100 children.

To The Rescue!

Jim Akers, Lisa Harnacker, Elizabeth Mayes, Juliette Travous

Learner Objectives

- Understand the impact of the components of your pandemic planning.
- Understand the impact of the components in your plan.
- Gain knowledge of possible unforeseen situations and potential solutions.
- Develop effective communication strategies.

Summary

Presenters will relate experiences, successful and not, in the implementation of a suburban Saint Louis school district's Pandemic Plan during the recent H1N1 outbreaks.

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Getting on the Same Page: Creating an Integrated System of Support for Gay, Lesbian, Bisexual, Transgender, and Questioning Youth

Bob Higgins, Laurie Bechhofer, Barbara Flis

Co-author: *Kim Phillips-Knope*

Learner Objectives

- Summarize key research findings indicating that GLBTQ youth are at greater risk for serious health problems, barriers to learning, school failure, and/or dropout.
- Describe the statewide collaborative initiative in Michigan to support GLBTQ youth, including professional development, resource guide distribution, and a state-level think tank.
- Strategize about engaging key stakeholders representing diverse roles, experiences, and disciplines in a statewide multi-faceted approach.
- Access key resources to implement similar strategies in their own spheres of influence.

Summary

Schools have requested information, strategies, and resources to make schools safer for gay, lesbian, bisexual, transgender, and questioning youth (GLBTQ). In this session, participants will examine how Michigan developed a collaborative, multi-faceted initiative to support GLBTQ youth. Participants will strategize how similar initiatives could be developed for their own spheres of influence and will receive a wealth of resources.

Should I Take A Chance? A Gambling/Addictions Unit for High School – A Collaborative Effort

Judy McCormick, Elizabeth Thomas, Cynthia Wolford Symons

Co-authors: *Roberta Gealt, Janet Arns Ray, Sachin Karnik*

Learner Objectives

- Describe the relationship between gambling and other risk factors.
- Identify significant correlations between gambling and other addictions using data.
- Understand the collaborative project among the Delaware Dept. of Education, the Delaware Council on Gambling Problems, Inc., and researchers.
- Use the Delaware Dept. of Education Recommended Curriculum web site for health education units of instruction using backwards design.

Summary

The Delaware Dept. of Education and the Delaware Council on Gambling Problems collaborated to form a unique partnership of prevention, education, and research for a unit of instruction for high school on addictions with an emphasis on gambling. The goal of the unit is to help each student reach positive behavioral intention. This session will review curriculum development, implementation, and research of “Should I Take a Chance?”

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Teaching Technique

Health Advocacy: On the Radio

Carolyn Cox, Megan Temme, Jenna Osseck, Ashley Hartman

Learner Objectives

- Describe the benefits of using a Radio PSA to communicate a persuasive, positive health message.
- Demonstrate the ability to advocate for community health (NHES 8; Grade 6-8; 9-12) through creation of 'hard copy' for a 30-second radio PSA to communicate a convincing and appropriate persuasive health message.

Summary

Participants will demonstrate health advocacy (NHES 8) by creating a convincing, appropriate persuasive health message for a radio public service announcement (PSA). They will select their radio PSA message's appeal and 'call to action,' draft hard copy for their radio PSA in standard format, and evaluate/rate selected PSAs.

Using Anti-Smoking Messages in Songs to Advocate for Healthy Students

Alan Sofalvi, Donna Videto

Learner Objectives

- Identify at least three songs with an anti-smoking message.
- Describe how these songs could be used to teach tobacco prevention in a classroom.
- Describe the role of song messages in creating advocacy-focused lessons for middle school-aged students.
- List at least four strategies for using music to advocate for being tobacco-free and healthy.

Summary

Selected songs from different genres (rock, country, pop, etc.) with an anti-smoking message will be played and discussed. Discussions will center on classroom applications of these songs in a tobacco education unit with a focus on the NHES skill of advocacy.

Research Presentations on Alcohol, Tobacco or Other Drugs

Presider: Nancy Whitehead

School Attendance and Smoking: The Need for Coordinated Monitoring Efforts

Shanta Dube

Co-authors: Daniel Shive, Kevin Davis, James Nonnemaker, Shobhana Rishi

Learner Objectives

- Understand the link between factors important to academic success and health and well-being.
- Learn how school attendance is associated with patterns of smoking.

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Summary

Daily school attendance is a key indicator to consider for addressing both academic success and health behaviors. Children who skip school may suffer from emotional and behavioral problems as well as engage in health risk behaviors, including smoking.

Psychosocial Factors Associated with Recent Alcohol Use Among African American Youth

Rebecca Vidourek, Keith King

Learner Objectives

- Discuss the protective factors that are critical in the prevention of recent alcohol use among African American youth.
- Discuss the association of psychosocial factors and recent alcohol use.
- Describe practical implications of findings for alcohol prevention programming, development, and implementation among African American youth.

Summary

This study examined African American students' (N = 7488) involvement in recent alcohol use and associations with prosocial activities. Results indicated that the odds of alcohol use decreased if students made good grades, participated in school activities, and attended church. Having parents/teachers frequently talk about the dangers of alcohol and set/enforce rules regarding use were associated with decreased alcohol use.

Junior High School Students' Involvement in Recent Substance Use, Risky Behaviors and Pro-Social Behaviors Based on Perceived School Safety

Keith King, Rebecca Vidourek

Learner Objectives

- Discuss the association between perceived school safety and involvement in substance use, risky behaviors, and pro-social behaviors.
- Explain differences in perceived school safety based on demographic variables.
- Discuss specific implications for coordinated school health programs based on the study findings.

Summary

This study examined whether junior high school students' (N = 17,633) recent substance use, risky behaviors and pro-social behaviors differed based on perceived school safety. Results indicated that students felt least safe in the school parking lot/playground. Feeling less safe at school was associated with increased odds for recent substance use and risky behaviors and decreased odds for pro-social behaviors.



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2:30 – 3:30 pm
Concurrent #7

What Next for CSH? Moving from Rhetoric to Sustainable Action

Sean Slade, Robert Valois

Learner Objectives

- Analyze the successes and restrictions of CSH over last two decades in relation to the school improvement process.
- Examine findings from the recent Healthy School Communities evaluation as they relate to the school improvement process.
- Differentiate among the concepts of: Coordinated School Health and Healthy School Communities, in relation to the school improvement process.
- Expand the discussion to examine how health promotion and school improvement can and should work symbiotically.

Summary

CSH has been a well-structured approach to utilizing the resources and personnel for over two decades, however it has had limited success and limited sustainability. This session will highlight recent findings and provide a framework for embedding a CSH philosophy into the school improvement process and aims to answer the question ‘what next for CSH?’

Flash 20/12 -N- Your Super Grill

Dave Sullivan, Michael Toombs

Learner Objectives

- Identify children most in need of dental services.
- Make the connection between good oral hygiene/attendance and subsequent loss of state aid due to missed school days
- Build collaborative ventures that ensured increased opportunity for success

Summary

Flash 20/12 –N- Your Super Grill program reduces oral health disparities among minority, uninsured, and low-income children through a cooperative effort among ArtsTech, Kansas City Missouri School District (KCMSD), Storytellers, Inc., Samuel Rodgers Health Center, and HCF of greater Kansas City. To date, 1000+ students who might otherwise have foregone dental care received services through this hip-hop pop-culture approach.

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Linking Health and Wellness to School District Improvement Plans:

A Success Story

Barbara Donica, Amanda Martinez

Co-author: *Brenda Greene*

Learner Objectives

- Learn about Kentucky's Well-Coordinated School Health System; the what, why, and how of linking health and wellness into an overall school improvement plan; and ways national and state entities can partner to promote health-related capacity-building at the local level.
- Incorporate success stories and lessons learned from the featured Kentucky districts and develop at least one way health and wellness can be integrated into their own school improvement plan.
- Gain resources that are available for school districts to access further information and technical assistance.

Summary

With support from CDC-DASH, NSBA and KDE's Coordinated School Health Initiative, in partnership with KSBA, has provided extensive technical assistance to five Kentucky school district teams consisting of superintendents, board members, school health coordinators, nutrition directors and others on including priority school health activities in each district's comprehensive school improvement plan. The audience will be introduced to Kentucky's Well-Coordinated School Health System (adapted from CDC-DASH expanded model of CSHP) and effective ways to integrate health within an educational system.

Health Communication and School Environments: Addressing Equity and Health Disparities in School Indoor Air Quality and Asthma Programs

Sharon Adams-Taylor, Yasmin Bowers

Co-authors: *Lorene Alba, Kelly Beckwith*

Learner Objectives

- Describe the framework of AASA's IAQ and asthma communications plans.
- Provide an example on how districts use AASA communications resource toward health equity.

Summary

This presentation will describe AASA's IAQ and asthma communications framework and how district- and state-level coalitions use it to address health. Presenters will provide a case study of IAQ and asthma communications that target high-need, under-resourced schools to promote health equity and positive outcomes for children.

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How to Take Districts and Schools Through a Mapping and Alignment Process Using the National Health Education Standards

Jessica Bogli

Learner Objectives

- Implement a Mapping and Alignment process at the local or state level which includes the following components:
 1. Reviewing effective practices in health education
 2. Understanding of the National Health Education Standards
 3. Becoming familiar with the local and state laws and policies related to health curriculum and instruction
 4. Reviewing local or county Youth Risk Behavior Survey Data
 5. Becoming familiar with the HECAT tool to select curricula - Developing a K-12 scope and sequence for the local, district, or state level.

Summary

Many local and state level educators are working to develop health education standards, as well as a usable scope and sequence for implementation of the health education program. Participants will learn a process that will support the implementation of a well-developed K-12 health education scope and sequence process at their school, district, and/or state level. This training-of-trainers model will bring participants through engaging activities that can be adapted for their own needs.

The Challenge of Change: Quality Assurance in School Nursing Practice

Kathleen Maguire

Learner Objectives

- Understand the importance of teamwork and high-performing organizations.
- Understand leadership commitment to achieve quality and safety outcomes within a school/educational setting.
- Confirm the need for standardized quality assurance programs within the educational realm to keep up with rapid changes in health care affecting students and school nurse practice.
- Acknowledge the necessity of effective communication between all stakeholders involving children and school nursing practice.

Summary

Various institutes in medically based organizations such as hospitals and medical centers continually emphasize quality assurance and client safety. However, little is known about the depth of quality and safety improvement efforts within school nurse practice. The school nurse is in the position in creating improvement and understanding within a complex system.

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Teaching Technique

Teaching Strategies for Surviving Middle School Health: Using Effective Graphic Organizers to Cover Health Content

Shawna Shane, Sunnin Keosybounheuang

Learner Objectives

- Acquire new teaching strategies for teaching middle school health.
- Apply health content through the use of various types of Graphic Organizers.
- Explore and discuss different approaches to challenges of teaching middle school health.

Summary

Teaching health education at the middle school level is a challenging, yet rewarding, experience. This presentation will provide various types of Graphic Organizers that can be used at the middle school level to aid students in health content retention. Several different ideas and approaches to teaching this information will be addressed.



Research Presentations on Wellness Policies

President: Judy Murnan

Assessment of School Wellness Policies in a Nationally Representative Sample of School Districts

Nancy Brener

Co-author: Terry O'Toole

Learner Objectives

- List the elements of the federally legislated local school wellness policy requirement.
- Describe the School Wellness Policy Evaluation Tool and its uses.
- Identify areas of strength and weakness in local school wellness policies across the United States.
- Access tools available to assist districts in strengthening their local school wellness policies.

Summary

This presentation will describe the results of a study conducted to determine the percentage of school districts in the United States that met the elements of the federally legislated local school wellness policy requirement. The study was conducted by applying a standardized coding system to an existing dataset. The results indicate areas of strength and weakness in local school wellness policies.

Local Wellness Policies:

Examining the Implementation and Evaluation Activities in Six School Districts

Seraphine Pitt Barnes

Co-authors: Leah Robin, Terrence O'Toole, Nicola Dawkins,

Laura Kettel Khan, Laura Leviton

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Learner Objectives

- Identify the implementation and evaluation activities of six district-wide local wellness policies.

Summary

The federal mandate for local wellness policies has widespread potential impact on the school food and physical activity environment. This presentation describes the content, implementation activities, and evaluation activities of six local wellness policies. Recommendations for school districts to improve implementation and evaluation of local wellness policies will be offered.

Preliminary Findings of a Low-Cost, Classroom-Based Physical Activity Intervention

Heather Erwin, Aaron Beighle

Co-authors: Chuck Morgan, Melody Noland

Learner Objectives

- Identify low-cost, efficient strategies for increasing classroom physical activity for elementary students.

Summary

Schools have been identified as ideal locations for youth physical activity (PA) interventions. However, as the emphasis on standardized testing has increased, time allocated for PA during the school day has decreased. Thus, innovative strategies to increase school PA levels of youth are warranted. This session will summarize preliminary findings of a low-cost, classroom-based PA intervention.



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3:40 – 4:40 pm
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Enhancing Classroom HIV/AIDS and Sexuality Education Experiences for Teachers and Students: A Collaborative Training Model Linking Facts, Skills, and Strategies

Lisa Angermeier, Catherine Sherwood-Laughlin, Jennifer Staab

Co-authors: Denise Seabert, Susan Henry

Learner Objectives

- Identify the beneficial components of a comprehensive two-year, four-day training module that was developed to provide teachers with strategies to enhance the HIV/AIDS and sexuality education experiences in their classrooms.
- Describe the benefits of a collaborative training module that enhances HIV/AIDS and sexuality education in the classroom.
- Learn the components of the training that were beneficial for a school corporation.
- Identify collaborative partners from schools, state agencies, community partners, and university resources that can assist in the development and delivery of a comprehensive HIV/AIDS and sexuality education training module for teachers.

Summary

This session will explore how partnerships are developed to implement an HIV/AIDS and sexuality education training for teachers. The model used for the two-year, four day training utilized community partners from a state education agency, universities, community-based organizations, and teachers and administrators. A unique aspect of this session will be the perspective of one school corporation's response to the trainings.

Incorporating Geocaching into Multiple Settings to Increase Physical Activity

Jane Shirley, Mark Thompson

Learner Objectives

- Identify opportunities for integrating geocaching into events to stimulate physical activity.
- Describe benefits of increasing outdoor physical activity for children and adults.
- Explain the potential of cross-curricular learning with a "new" technology.
- Apply this knowledge in the development of a geocaching experience.

Summary

This session will involve a simulation exploring a pre-set outdoor "scavenger hunt" to experience the fun and potential of using GPS units to foster outdoor activity. Discussion will

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include brainstorming ideas for and examples of programs using this activity for all ages and in diverse school and community settings. Attendees should come prepared to go outside, if weather permits.

Using the Mariner Model to Build a Statewide System of Support for Local Wellness Council Capacity

Melanie Purkey, Don Chapman

Learner Objectives

- Discuss one state's strategy for increasing the functionality of Local Wellness Councils through a layered capacity-building approach involving state, regional, district, and school support teams.
- Examine the applicability of the ASHA publication titled *The Mariner Model – Charting the Course for Health-Promoting School Communities* in building multi-layered capacity to support and expand Local Wellness efforts.
- Compare one state's partnership and structural conditions with their own for possible application of similar multi-layered support teams and funding sources that could be used to increase functionality of Local Wellness Councils.

Summary

The West Virginia Coordinated School-Public Health Partnership is putting a structure in place to provide multi-layered support for Local Wellness Councils. The Partnership (SEA and SHA) has directed existing state-funded regional human resources (various behavior prevention specialists) to form collaborative teams that will provide facilitative leadership to district/school wellness teams based on the "Mariner Model."

Connecting Community Providers, School Nurses, and Parents to a School-Based Screening EMR

Brie Cantrell, Melissa Frerking

Learner Objectives

- Understand the importance of connecting community providers, school nurses, and parents to an EMR on the referral completion process of school-based screenings.
- Develop ways to partner with organizations in their community to increase their referral completion rate.
- Discuss the role of an EMR connected to the health care team in referral completion.
- Understand the impact of community-based screenings on the cost of health care and the impact on connecting community providers, school nurses, and parents on referral completion.

Summary

Health Kids partners with local school districts to provide well-child screenings in the school setting. Data gathered during screenings, along with other health information provided by the

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child's legal guardian, is stored in a longitudinal, electronic medical record (EMR) that can be shared with community providers, school nurses, and parents to close the loop on identified health issues.

Using Differentiated Approaches to Address Diversity in Health Education

Donna Bernert, Elizabeth Fettrow

Learner Objectives

- Identify attributes and principles of differentiated learning and instruction.
- Apply principles of differentiated approaches to health education.

Summary

Differentiated teaching and learning maximizes student achievement and improves the learning environment. Application of this theoretical framework to school health education can enhance proactive planning, diversified delivery, and effective evaluation of health education while improving academic achievement and classroom climate. Participants will learn the attributes of differentiated approaches and apply these approaches to health education practice.

How Do You Spell Relief: O-U-T-R-E-A-C-H

Brenda Sooter, Debbie Nightingale, Lisa Hoffman, Nelda Littwillier, Cindy Foster

Learner Objectives

- Understand the structure and management of a HEC outreach program.
- Develop strategies to intergrade science and health center outreach programs into curriculum.
- Create relationships with HEC to assist them with reaching their health and science standards and district wellness policies standard.
- Develop low-cost health education programs with little or no funding.

Summary

With the increasing budget constraints on school districts, the Kansas Learning Center for Health Education staff will share their RELIEF outreach program strategies. Participants are invited to experience how to implement an outreach program through a cooperative plan between a school or district and a health education center. Participants will be involved in activities - this is a not a sit-in-your-seat session.

Information Literacy Skill-Building in School Nursing Practice

Louise Miller, Marjorie Cole, Barbara Jones, Rebecca Graves

Learner Objectives

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- Define information literacy as it applies to clinical decision-making and evidence-based school nursing practice.
- Apply vetted criteria to judge credibility of information sources.
- Identify key learning skills for teaching evidence-based concepts to practicing school nurses.
- Articulate key points for an effective teaching-learning collaboration between nursing education and health sciences librarians, with support from the state school nurse consultant.

Summary

This presentation demonstrates a collaborative approach used by nurse educators and health sciences librarians to teach skills in information retrieval and use to support evidence-based school nursing practice. Embedded in the context of school health services, strategies related to finding and evaluating credible consumer information resources and using professional databases to support evidence-based clinical decision-making are presented.

Garnering Administrator Support for School Health Programs

JoEllen Tarallo-Falk

Learner Objectives

- Identify strategies to engage administrators in school health programs
- Identify resources available to support advocacy for school health

Summary

This presentation will provide school staff the tools and strategies to actively engage school administrators in supporting the district's school health program. This will be an interactive discussion with role plays. Printed resource materials will be provided to the participants to be used to advocate for school health programming.

Teaching Technique

Picture It! Embracing Cell Phones as a Teaching Tool in the Health Classroom

Elisa Beth McNeill, Kelly Wilson

Learner Objectives

- Identify two or more ways that cell phones can be used as instructional tools in a health education classroom.
- Identify two or more relationships between the dimensions of health and the impact on everyday life experiences.

Summary

Majority of students use phones and they are likely used in your classroom, with or without permission. As educators, we can fight them or embrace the potential phones have for improving student learning and engagement. The presenters will explore multiple ways to

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incorporate phones using an activity that integrates phones to teach dimensions of health, called "Picture-It." Bring your phone!

Research Presentations on Obesity and Nutrition
Presider: Amy Cory

Prevalence of Obesity Among Mississippi Public School Students and the Correlation Between BMI and Academic and Behavioral Performance

Bonnie Harbaugh

Co-authors: Jerome Kolbo, Lei Zhang, Elaine Molaison, Keith Rushing

Learner Objectives

- Understand current trends in the prevalence of obesity among public school students (grades K-12).
- Understand the growing disparities between Black and White students.
- Understand correlations between student BMI and academic and behavioral performance in schools.

Summary

Presented are changes in the prevalence of obesity among public school students in Mississippi between 2005 and 2009; differences by gender, race, and educational level; increasing disparities between Black and White students; correlations between BMI and academic and behavioral performance; a review of recent state-wide educational initiatives in Mississippi; and implications for future policy directives in the state.

Trends in Weight Management Behaviors Among Overweight and Non-Overweight High School Students - United States, 1999-2009

Richard Lowry

Learner Objectives

- Describe secular trends in weight management behaviors among overweight and non-overweight US high school students.
- Describe the prevalence of weight management behaviors among demographic subgroups of US high school students.
- Discuss the implications of these findings for efforts to promote a healthy weight among youth.

Summary

Due to the high prevalence of overweight among US adolescents, it is important to understand current trends in the prevalence of both healthy and unhealthy weight management behaviors. Researchers analyzed data from the Youth Risk Behavior Surveillance System to examine secular trends in weight management behaviors among overweight and non-overweight high school students from 1999 - 2009.

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Availability of Junk Foods in US Secondary Schools

Terrence O'Toole

Co-authors: Nancy Brener, Laura Kann, Richard Lowry, Howell Wechsler

Learner Objectives

- Identify two reasons why the availability of junk foods in US Secondary Schools has changed between 2002 and 2008.
- Discover two reasons why some states are making better progress than others in removing junk foods from the school environment

Summary

School environments that promote consumption of junk foods are associated with poorer diets and higher body mass index among students. Findings from this study indicate that schools across the country are selling less junk food. Still, greater efforts are needed to ensure that all foods and beverages outside of school meal programs meet strong nutrition standards.



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Health Ed Perfect

Thomas Caione

Learner Objectives

- Understand the benefits of a video/print based health curriculum in terms of student interest, student retention and student motivation.
- Understand the benefits of the ease of use of this curriculum for teachers such as the inclusion of pre and post test, unit module assessments, student activities, emergency lesson plans for substitute teachers and student independent studies
- Understand that this curriculum was developed to reflect the newest version of the CDC's National Health Education Standards (NHES), ensuring that students will learn necessary skills to promote personal, family and community health.

Summary

A verbal and PowerPoint presentation of Human Relations Media's Brand New High School Health Curriculum: Essential Health. The full semester course includes 10 modules covering the key topics in health education, 20 videos/DVD, 800 pages of print with teacher prep, activities, fact sheets, emergency lesson plans, independent study instructions all correlated to the national health standards. An easy to use and highly flexible learning tool. *Commercial Session by Human Relations Media.*

Effects of an Environmental Asthma Trigger Home Assessment Program on School Nurse Referred Students

John Kraemer

Learner Objectives

- Understand the importance and impacts of a school nurse referral program of students with asthma to an in-home asthma program.
- Recognize the effectiveness of a tailored, individual, intervention methodology in reducing asthma symptoms in children.
- Recognize how indoor environmental trigger identification and control impacts the use of primary care and emergency care usage in pediatric patients.

Summary

A collaborative asthma intervention program provides school nurses and other health care providers with important information necessary to reduce absenteeism due to asthma and

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improve student performance. The use of such a student-centered intervention strategy improves care giver participation in health protection and improves the quality of life for students affected by asthma.

Developing a Student Wellness Council in a PAR Study to Assess and Enhance School Health

Catherine Ramstette

Co-author: *Amy Bernard*

Learner Objectives

- Describe a Participatory Action Research approach in a school setting.
- Identify processes for establishing, building, and maintaining relationships with key stakeholders.
- Describe at least four activities that student-directed wellness councils may utilize to assess and enhance a school's wellness policy.
- Create a plan for one student-directed activity.

Summary

This session will provide an overview of a Participatory Action Research (PAR) study in one Pre-K through eighth-grade school, and how a student wellness council was created. You will practice two student activities and discuss challenges and opportunities in conducting the activities. You will leave with your own plan for a student-directed activity to assess and enhance a school's wellness policy.

Schools in Public-Private Partnerships for Child Health

Terry Plain

Learner Objectives

- Develop strategies for integrating schools, providers, and community organizations to enhance childhood asthma education and outreach.
- Demonstrate innovative programs in Missouri that build comprehensive community linkages addressing childhood asthma.

Summary

This session features a discussion about building and maintaining private-public partnerships. All participants are invited to share examples of established and new strategies that can enhance the role of schools in child health improvement.

A University School Partnership: Rural Community Capacity Enhancement

Melinda Bier, Jerry Brehmer, Brenda Freed

Co-authors: *Andrea Heuring, Semona Penrod, Melinda Hemmelgarn*

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Learner Objectives

- Articulate the benefits and challenges of using a community capacity enhancement model as the framework for school-based obesity prevention.
- Understand the ways in which the research literature on coordinated school health was supported by the experience of this five-year Healthy and Active collaboration and the ways in which it was not.

Summary

This presentation presents how after-school programs in low SES communities of color can become a viable tool in combating childhood obesity and diabetes. It supports incorporating a wellness component in after-school programming that includes nutrition education, healthy foods, physical activity, staff development, and role modeling of healthy behaviors. It also highlights how A Better World's Healthy Futures Program and staff have developed strategies in their after-school programs that address these issues.



How to Write a Good Abstract: Tips for Getting Yur Research Accepted for a Conference Presentation


Danice Eaton, Sherry Everett Jones, Robert McDermott

Learner Objectives

- Describe a typical conference abstract review process.
- Identify the most common errors when writing an abstract for a conference presentation.
- Examine the strategies for increasing the chance of getting an abstract accepted for presentation.
- Evaluate well-written and poorly-written abstracts from examples provided.

Summary

Presenting research at conferences is one way to advance the field of school health. A well-written research abstract is the key to getting accepted for presentation. This session will educate participants in how to avoid the most common errors when writing abstracts and how to increase the chances the abstract is accepted for presentation. An interactive exercise will be included.



Measuring School Wellness

Elaine Belansky, Bridget Beatty

Learner Objectives

- Understand the challenges and opportunities for planning and measuring change regarding school nutrition and physical activity.

Summary

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Schools and districts around the country are grappling with how to measure implementation of Local Wellness Policies. This session demonstrates a unique partnership between Denver Public Schools and the Rocky Mountain Prevention Research Center, with funding from LiveWell Colorado, that developed a process and piloted a measurement tool for improving school nutrition and physical activity.

Teaching Technique

Planning and Implementing Skills-Based Health Education, PreK-12

Mary Connolly

Learner Objectives

- Plan and implement a PreK-12 skills-based health education unit.

Summary

Envision this moment: students writing and practicing a refusal role-play or designing an advocacy poster, and others developing a resource card. This is skills-based health education in action! Participants learn to use data to target student needs, use formative assessment to improve teaching and learning, select performance indicators to plan a skills-based unit, implement performance assessments, and use summative assessments.

Research Presentations on Sexual or Reproductive Health

President: Jeanie Alter

Outcomes of the Project AIM Middle School Feasibility Study: Lessons Learned from the Real World

J. Terry Parker

Co-author: *Kim Miller*

Learner Objectives

- Describe Project AIM (Adult Identity Mentoring), a CDC-funded, evidence-based youth development intervention for urban middle school students.
- Identify and discuss successes, challenges, and lessons learned from real world implementation of Project AIM in seven urban middle schools.

Summary

This presentation will highlight the outcomes of the Project AIM Middle School Feasibility Study. The presenter will share lessons learned in implementing a youth development approach to preventing sexual risk behaviors among urban middle school students in three CDC-funded local education agencies.

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The Attitudes, Perceptions, and Experiences of Freshmen College Students Regarding Sexual Health Issues

Brittany Rosen, David Wiley, Kelly Wilson

Learner Objectives

- Describe associations of students' self-efficacy in regards to sexual health issues
- Identify relationships between males' and females' differences in attitudes, perceptions, and experiences regarding sexual health issues
- Discuss the implications of these findings for efforts to promote healthy sexual health among youth

Summary

Many young people engage in sexual behaviors that place them at risk for STIs and unintended pregnancy. Factors associated with attitudes, perceptions, and experiences of sexual health issues were assessed in university freshmen students, of whom 97% graduated from a Texas high school.

Risk Behaviors Among Illinois and Chicago High School Students by Sexual Orientation

Glenn Steinhausen, Tracie Smith

Co-author: *Jenifer Cartland*

Learner Objectives

- Identify risk behaviors that gay, lesbian, bisexual or questioning youth participate in more than their heterosexual peers.
- Understand the need for support services at schools for you identifying as gay, lesbian, bisexual or questioning.

Summary

Research has shown that youth who describe themselves as gay, lesbian or bisexual are at an increased risk of a number of negative health outcomes. Using the Illinois and Chicago Youth Risk Behavior Survey risk behaviors among Illinois gay, lesbian, bisexual and unsure high school students will be examined.



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