

80th Annual School Health Conference

The mission of the American School Health Association is to protect and promote the health of children and youth by supporting coordinated school health programs as a foundation for school success.

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ASHA Registration	Millennium Hotel - North Tower
Wednesday, October 11	10 am - 7 pm
Thursday, October 12	7 am - 6 pm
Friday, October 13	7 am - 5:30 pm
Saturday, October 14	7 am - 5 pm

About ASHA

ASHA Mission and Goals

Mission

The mission of the American School Health Association is to protect and promote the health of children and youth by supporting coordinated school health programs as a foundation for school success.

Goals

To provide national leadership and achieve its mission, ASHA has adopted five goals:

Interdisciplinary Collaboration. Promote interdisciplinary collaboration among all who work to protect and improve the health, safety and well-being of children, youth, families and communities.

Professional Development. Provide professional development opportunities for all those associated with school health programs.

Advocacy. Provide advocacy for building and strengthening effective school health programs.

Research. Encourage quality research to strengthen school health programs.

Resources. To fulfill these initiatives, ASHA must acquire human, fiscal and material resources.

Getting Involved in ASHA

During the 2005 ASHA Annual School Health Conference, all Sections and Councils have meetings scheduled. These meetings are open to all interested ASHA members; you don't have to belong to the Section or Council to attend.

Discover what these groups are doing to address topics that concern you. Dates and times for these meetings are listed in the program. Those interested in serving on ASHA standing committees should contact the committee chair or another Association elected officer to express an interest. All committee meetings are open to any ASHA member but only appointed or elected committee members may vote.

Meetings are listed on the "Meetings Summary" pages of this booklet.

ASHA Needs YOU!

ASHA provides leadership, advocacy and support for and through the participation of its members. You can participate by joining one of two councils.

Sections and Councils provide leadership to the association by developing resolutions, sponsoring sessions and providing advocacy in school health. For information about who to contact at the conference, please stop by Member-To-Member Information Table.

Section membership provides you with opportunities to network with peers who have affiliated with a particular discipline within the Association. As a member you can belong to one of five sections.

- Health Coordinator
- Health Educator
- Mental and Social Health Professionals
- Physician Section
- School Nurse Section

Council memberships provide you with the chance to work with other members on special interest, issue-focused topics in school health. As a member you can belong to two of 11 councils. Those who wish to join additional councils may do so for an additional \$10 per addition per year.

- Administrative Support for School Health
- Alcohol, Tobacco and Other Drugs
- Early Childhood Education and Services
- Food and Nutrition
- Health Behaviors
- Injury and Violence Prevention
- International Health
- Physical Education and Physical Activities
- Research
- School Health Instruction and Curriculum
- Sexuality Education and Reproductive Health

Each Council will be participating in The "Issues Networking" Luncheon, Thursday, October 20, 12:15 - 2 pm. Join your colleagues for a FREE lunch.

ASHA Web Site

A good way to get to know ASHA better is by visiting the ASHA web site at: www.ashaweb.org

Online you will find the following sections:

- ASHA and School Health
- Membership
- Members-Only
- Conferences
- Corporate Support
- Publications
- Advocacy & Resolutions
- Initiatives and Projects
- Links

Registration / Information

Registration for the ASHA 79th Annual School Health Conference will be open:

Wednesday, October 19, 10 am - 7 pm
Thursday, October 20, 7 am - 5:30 pm
Friday, October 21, 7 am - 5:30 pm
Saturday, October 22, 7:30 am - 5:30 pm

The Registration Desk is located in the Convention Center of the Hilton Burbank Airport and Convention Center.

ASHA staff members and volunteers will be available to assist participants and presenters during the conference. Assistance will be available during the hours listed.

Meal Functions

Tickets for the All ASHA Luncheon, Saturday, October 22, 12:45 - 2 pm, (\$28 professional; \$15 student) and the ASHA Night Out - Friday Night Out In Filmville, Friday, October 21, (\$15) are for sale at the ASHA Conference Registration Desk. Please purchase your tickets to ensure your place.

The "Issues Networking" Luncheon, Thursday, October 20, 12:15 - 2 pm, is FREE.

Conference Location

Hilton Burbank Airport and Convention Center
2500 N. Hollywood Way
Burbank, CA 91505
800/840-6450

Message Board

For messages, please consult the bulletin board located in the ASHA Registration Area. Attendees are encouraged to post messages and other materials open to all conference participants. The Hilton Burbank Airport and Convention Center prohibits the posting of fliers in the hotel's corridors and doors.

Welcome First Timers!

Association officers, members, and staff want to welcome all first-time meeting participants.

Find out more about your Association by attending the First-Timers Welcome, Wednesday, October 19, 5 - 6 pm, in the Academy Four room.

This is an excellent opportunity to learn about ASHA goals, programs, and services. Questions about the agenda and programs of the conference also will be addressed. Welcome to ASHA!

Continuing Education

Pick up your Continuing Education booklet at the ASHA registration desk.

There is a charge of \$20 for continuing education. The fee is all-inclusive and covers the following disciplines:

CHES, the American School Health Association is a designated provider by the National Commission for Health Education Credentialing, Inc.

Nursing, the American School Health Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

NCBDE, individuals seeking re-certification from the National Certification Board for Diabetes Educators can use continuing education contact hours received through ASHA's accreditation status with the American Nurses Credentialing Center's Commission on Accreditation. Please purchase a nursing continuing education booklet.

Certificate of Participation. Please purchase a CHES booklet.

CME, this activity has been reviewed and is accepted for prescribed credits by the American Academy of Family Physicians.

Counselor, approved by the National Board for Certified Counselors, Inc.

RD and DT, R, this program has been approved by the Commission on Dietetic Registration.

Not all conference sessions have been approved for all types of CE. Approved programs are indicated in your discipline's CE packet. For those of you in need of a Certificate of Participation, please complete the CHES Continuing Education Tally Form.

It is possible to receive more than one type of continuing education. To do so, you will need to fill out a Tally Sheet for each type of Continuing Education and an Evaluation must accompany each session attended for credit. Turn the tally in with all evaluations.

General Information

A Guide to Conference Sessions

Sponsored Session: A theoretical or applied presentation sponsored by an ASHA Section, Council, Constituent, Partner, Standing Committee or Task Force. (No Research Papers.)

Concurrent Session: A theoretical or applied presentation conducted by individuals, groups or organizations outside the ASHA organizational structure. (No Research Papers.)

Roundtable Discussion: Informal presentations using group discussion without use of audiovisual equipment.

Poster Session: A static display promoting informal discussion between presenters and colleagues through charts, graphs, diagrams, photographs and text summaries.

Teaching Technique: Original teaching ideas that demonstrate classroom practicality.

Pre/Post Conference Workshop: A professional, practice-oriented presentation, emphasizing skill development, conducted in a one-half day session immediately before or after the conference. A special registration fee is charged for these sessions.

Complimentary DVD

ASHA Conference attendees will receive the DVD *Alcohol: True Stories* hosted by Matt Damon and the booklet *Words Can Work: When Talking About Alcohol* compliments of MetLife Foundation and Family Health Productions.

Alcohol: True Stories hosted by Matt Damon (20-minutes) Four young people tell how alcohol affected their lives. Explores reasons young people drink. Includes guide for leading discussion with groups of young people and parents. Recommended for Grades 5 & up, parents and other caregivers. A Harvard Medical School evaluation of this DVD found that it meets the US Dept of Education's criteria as a Program With Promise. *Words Can Work: When Talking About Alcohol* by Jeanne Blake (44pp) Seven families tell how they discuss alcohol, including binge drinking, drunk driving, decision making and more. Experts from Harvard Medical School offer strategies - and the words - parents can use in similar situations.

For information on these resources and more go to:
<http://wordscanwork.com/products/productsservices.html>

Morning Walks

Meet at the ASHA Registration Area every morning at 6:30 am to participate in the morning walks and receive a free pedometer from Walk4Life! These morning walks are being sponsored by Walk4Life, and hosted by JoAnne Owens-Nauslar, Walk4Life and Steve Stork, Chair of ASHA Physical Education and Physical Activity Council. You have the option to participate on Thursday, Friday and/or Saturday. For every day that you walk, you will be able to track your steps and receive \$3.00 off towards the purchase of a Walk4Life pedometer. If you participate all three days, your coupons will entitle you to a FREE pedometer.

Night Out

If you wish to visit Universal Studio City Walk and / or the Hollywood Walk of Fame, Friday night is the night to go. ASHA's Night Out is an on-your-own group activity. There will be a buddy sign-up sheet at the Member-to-Member Table for those of you who want to team up with other attendees. The \$15 fee is for bus transportation which will save you a bundle of cash on cab fare. Tickets are on a first-come, first-served basis, please check the message board at ASHA's registration for availability.

Complimentary Hotel Shuttle

The hotel offers shuttle service to Media Center Mall & Empire Shopping Center. Stop by the Concierge for information and a schedule.

Airport Shuttle

Super Shuttle to LAX, please call 800/224-7767 or 800-BlueVan to advance book your pick-up at the Hilton. Our group code is 5HUK or ASHA. This entitles you to \$2 off the shuttle service or for groups of two to four people, Sedan Service for \$65.

Exhibitors

Booth	Company	Booth	Company
1	Heinemann Classroom	30	The Gideons International
2	JUICE PLUS +	31	USDA, Food & Nutrition Service
3	Peaceful Playground	32	KidsHealth
4	Dairy Council of California	33	UTPA Border Health Office
5	American Nurses Foundation	34	Skillastics / Sandy Spin Slade, Inc.
6	sanofi pasteur	35	Remuda Ranch Programs for Anorexia & Bulimia
7	ILSI RF Center for Health Promotion	36	Alcoholics Anonymous
8	Frederic Thomas Publishing	37	Butler Wick & Company, Inc.
9	Rocky Mountain Center for Health Promotion & Education	38	Channing Bete
10	Probotics America	39	The Spark Programs
11	Statewide School Health Services Center	40	CDC - Division of Adolescent & School Health
12	Blackwell Publishing	41	American Diabetes Association
13	The Children's Health Market	42	ETR Associates
14	Fitwize 4 Kids	43	The Prevention Researcher
15	Discovery Education	44	Comprehensive Health Education Foundation
17	FlagHouse	45	National Runaway Switchboard
18	Positive Prevention	46	School Nurse Supply
19	GrowthCharts4Kidz, Ltd.	47	DHS - Immunization Branch
20	RYP Sports, Inc.	48	YummyDesigns
21	ToucanEd	49	Glenview Health Systems
22	College of Health & Social Services, New Mexico State University	50	Michigan Model School Health
23	Nasco	51	Glencoe/McGraw Hill
24	International Food Information Council Foundation		Take One Tables
25	Human Kinetics		California Division of the American Cancer Society
26	National Institute on Drug Abuse		Indiana University, Dept. of Applied Health Science
27	Walk4Life		National Association of State School Nurse Consultants
28	National Library of Medicine		TobaccoFree.org
29	UC Division of Agriculture and Natural Resources		The HEAR ME Project, Select Media

The presence of any vendor's or private corporation's materials displayed at this conference is in no way a statement of endorsement by the American School Health Association, the American Nurses Credentialing Center's Commission on Accreditation, the National Commission for Health Education Credentialing, Inc. or the American Academy of Family Physicians.

Exhibit Dates / Hours

Academy One - Three

Make sure you free up some time to visit the Exhibit Hall (*Academy One / Two / Three*). Representatives from nearly 50 suppliers of health education and health services products and materials are on hand to showcase their products and answer your questions. Stop in today!

Thursday, October 20

11:45 am - 2 pm

5:30 - 8 pm

Poster Sessions are in the Exhibit Hall from 5:45 - 8 pm.

Between 5:30 - 8 pm, time has been set aside for the Exhibitors' Showcase. Refreshments are sponsored by the **College of Health and Social Services, New Mexico State University**, and **Blackwell Publishing**.

Friday, October 21

7 - 9 am

11 am - 2 pm

Conference Exhibitors

Booth #1

Heinemann Classroom

Heinemann-Raintree Classroom is a leading publisher of supplementary nonfiction books for grades PreK - 8. The books correlate closely with national and state curriculum standards and span all subject, including health and science. The firm also publishes hundreds of titles in Spanish. Heinemann-Raintree Classroom books contain: color photographs and illustrations, strong text-to-picture matches, grade-level appropriate content and key nonfiction features.

Booth #2

JUICE PLUS +

JUICE PLUS +, whole food-based nutrition in a capsule.

Booth #3

Peaceful Playground

Peaceful Playground is a research-based physical activity program that has been shown to increase children's activity levels to permanent games and activities are painted on the playground.

Booth #4

Dairy Council of California

Order FREE nutrition education materials! Find out how the new dietary guidelines and My Pyramid can easily integrate into core curricular areas. Programs are flexible and include parent resources. Drop by and discuss how your school's Dairy Council of CA representative can support your nutrition education efforts.

Booth #5

American Nurses Foundation

The Food-Safe Schools Project was initiated at ANF in collaboration with the National Nursing Coalition for School Health. Funded by a cooperative agreement with CDC/DASH, Project Director Elaine Brainerd is also editor of *Food-Safe Schools: Handbook for School Nurses - Prevention, Detection & Management of Foodborne Illnesses*. Handbooks will be available.

Booth #6

sanofi pasteur

Sanofi Pasteur, Inc., the vaccines business of sanofi-aventis Group, provides pediatric, adult and travel vaccines for diseases such as diphtheria, tetanus, pertussis, polio, Haemophilus influenzae type b, influenza, rabies, Japanese encephalitis, typhoid fever, yellow fever and meningococcal disease.

Booth #7

ILSI RF Center for Health Promotion

TAKE 10! is a unique program that is classroom-based and designed to promote frequent short periods of physical activity that are integrated into the core curriculum (language arts, math, science, social studies and general health) in the classroom.

Booth #8

Frederic Thomas Publishing

How safe and healthy are your students? Our fun healthy living books help kids Get Fit, Eat Right, Look Good and Stay Safe. With our Growing & Going™ book series, Frederic Thomas Inc., is committed to providing fun, educational and health promoting content for educators, parents and children.

Booth #9

Rocky Mountain Center for Health Promotion & Education

The Rocky Mountain Center for Health Promotion & Education provides health education training, technical assistance and resources for the benefit of children, youth and their communities.

Booth #10

Robotics America

Robotics America creates customized, lifelike, interactive robots for education and entertainment. These appealing, remote-controlled child-sized characters and their vehicles encourage participation in a variety of education and outreach programs.

Booth #11

Statewide School Health Services Center

"Making the Difference" is a campaign designed by the New York Statewide School Health Service Center to increase the understanding of the role that good health promoted by school nurses plays in supporting academic success. It supports communication and understanding among school administrators and school nurse to assist them in working together to more effectively address the academic needs of their students.

Booth #12

Blackwell Publishing

Blackwell Publishing is the world's leading society publisher, partnering with more than 550 academic and professional societies. Blackwell publishes over 750 journals and 600 text and reference books annually, across a wide range of academic, medical and professional subjects. Form more information on Blackwell Publishing, please visit our booth or www.blackwellpublishing.com or www.blackwell-synergy.com.

Conference Exhibitors

Booth #13

The Children's Health Market

Pre - K - Middle School comprehensive coordinated, fully integrated health education program. All health concepts are reinforced throughout the program in order to provide the greatest opportunity for behavior change.

Booth #14

Fitwize 4 Kids

Fitwize 4 Kids is a kids workout and wellness center for children from 5 1/2 to 16 years of age. We work with weight challenged kids and build self-esteem through workouts and our nutrition seminars twice per month. We also incorporate other activities geared for all kids.

Booth #15

Discovery Education

Combining curriculum resources that address nine critical areas of youth health and prevention education, Discovery Health Connection also includes integrated literacy lessons shown through independent research to increase student reading comprehension an average of 5% greater than for those students whose teacher did not use the service.

Booth #17

FlagHouse

FlagHouse is proud to present CATCH™ a Coordinated Approach To Child Health, which is a proven Elementary Physical Education and Health Curriculum designed to promote healthy habits for children. FlagHouse - The Solution You Need. The Source You Trust.

Booth #18

Positive Prevention

Positive Prevention, a source for curriculum and materials for HIV prevention.

Booth #19

GrowthCharts4Kidz, Ltd.

GrowthCharts4Kidz supports and advocates a holistic approach to tackling childhood obesity, based on a three-pronged strategy of healthier food choices, increased physical activity combined with regular Body Mass Index (BMI) screening. Using our **bmi4kidz™** products, we can assist with the screening aspect, helping to measure and store (BMI) trend information for the children in your care - and then plotting and printing it directly onto the official CDC growth charts. Stop by booth # 19 for a free copy of **bmi4kidz-Lite™**, our specially adapted version for parents and children to use at home.

Booth #20

RYP Sports, Inc.

The mission of RYP Sports is to encourage you to get out and Raise Your Pulse by participation in regular physical activity. We offer a variety of pedometers and other products to motivate you and help you track your progress.

Booth #21

ToucanEd

ToucanEd Inc. is a health education, training, publishing and consulting firm, founded by Kathleen Middleton, MS, CHES. ToucanEd Inc. develops and distributes curricula, pamphlets, training guides, videos, posters and interactive CD-Roms. ToucanEd Inc. also works with clients to publish custom materials that meet specific program needs in a timely, cost-effective manner. For information, visit: www.toucaned.com.

Booth #22

College of Health & Social Services, New Mexico State University

The college offers four accredited baccalaureate degree programs (Bachelor of Community Health; Bachelor of Science in Nursing; Bachelor of Social Work; Bachelor of Science in Environmental and Occupational Health), as well as three accredited graduate programs (Master of Public Health in Community Health Education; Master of Science in Nursing; and Master of Social Work). We also offer a Web-based Bachelor of Human and Community Services.

Booth #23

Nasco

Featuring teaching aids for dieticians in hospitals, schools, food service, weight loss programs and industry. Nasco offers nutritional games, teaching aids, multimedia programs, computer software, life/form food replicas, videotapes, cookbooks and food scales.

Booth #24

International Food Information Council Foundation

International Food Information Council (IFIC) Foundation is a nonprofit organization that serves as an information and education resource on food safety and nutrition issues for health professionals, journalists, educators, government officials and other opinion leaders who communicate with the public. Subscribe to our free bi-monthly newsletter, *Food Insight* and visit our website at: <http://ific.org>.

Booth #25

Human Kinetics

Human Kinetics is the information leader in physical activity, providing quality texts and resources for K-12 and college educators as well as professionals in related fields. Human Kinetics publishes the World of Wellness (WOW!) Health Education series, a comprehensive health education program for grades K-5.

Booth #26

National Institute on Drug Abuse

The National Institute on Drug Abuse supports research on the causes, prevention and treatment of all aspects of drug abuse including AIDS. The results of the NIDA-funded research offer this country's best hope for solving the medical, social and public health problems of drug abuse and addiction. Publications and research opportunities supporting these efforts will be available at our booth.

Conference Exhibitors

Booth #27

Walk4Life

What's an easy way to lose weight and improve fitness? Walk4Life pedometers! Research shows that regular, moderate activity can contribute to enormous health benefits. Walk4Life pedometers make exercise easy, fun and effective by motivating you to do more. Stop by our booth to learn how Walk4Life can improve your life!

Booth #28

National Library of Medicine

Need to find a research article or a health topic? The National Library of Medicine (NLM) offers free web-based access to PubMed/MEDLINE. Need information for students or families? Check out MedlinePlus, NLM's consumer health web site. Come to our booth for a demonstration.

Booth #29

UC Division of Agriculture and Natural Resources

Look to the University of California, Division of Agriculture and Natural Resources for peer-reviewed and field-tested products that get results. You'll find our innovative educational tools for health care professionals, nutritionist, parents and teachers - including many free, downloadable publications - in our online catalog at <http://anrcatalog.ucdavis.edu> or by calling 800-994-8849.

Booth #30

The Gideons International

White New Testaments bound in gold with Psalms and Proverbs available to all in the medical field free of charge.

Booth #31

USDA, Food & Nutrition Service

Receive information on the link between nutrition and learning, USDA's Team Nutrition and the Federal Child Nutrition Programs.

Booth #32

KidsHealth

KidsHealth creates online, video and print media for parents, kids and teens. KidsHealth.org, the most-visited site devoted to children's health, features separate sections for kids and teens. Each section features age-appropriate information, mini-movies, quizzes, Q&A and much more. Stop by our booth and tell us how we can support your teaching!

Booth #33

UTPA Border Health Office

The WATCH (Weight Assessment Tool for Children) is an innovative tool that can be used to identify potential weight problems in children. The WATCH is a hand-held tool, much like the BMI wheel, that determines a child's BMI as well as the degree of overweight percentile.

Booth #34

Skillastics / Sandy Spin Slade, Inc.

Introducing Skillastics - interactive games that make fitness fun! Approved by the American Council on Exercise, the Skillastics series of games get kids moving, learning and having fun!

Booth #35

Remuda Ranch Programs for Anorexia & Bulimia

Remuda Ranch provides intensive inpatient programs for women and girls suffering from anorexia, bulimia and related issues. Our Biblically-based programs offer hope, help and healing to patients of all faiths. In our non-institutional setting, our treatment team of psychiatric and primary care providers, registered dietitians, masters-level therapist, psychologists and registered nurses, supports residents by providing the tools to live a healthy and productive life.

Booth #36

Alcoholics Anonymous

Alcoholic Anonymous is a worldwide fellowship of sober alcoholics, whose recover is based on Twelve Steps: no dues or fee, self-supporting through voluntary, small contributions of members, accepts no outside funds; not affiliated with any other organization; our primary purpose: To carry the A.A. message to alcoholics who still suffer.

Booth #37

Butler Wick & Company, Inc.

Butler Wick provides ASHA investment advisory service for their various investments funds. In addition, Butler Wick provides 403b plans for a variety of non-profit organizations and individuals.

Booth #38

Channing Bete

Channing Bete Company is a leader in providing health awareness programs and service to help customers achieve their desired health education and awareness outcomes. For over a half a century, we've helped customers communicate practical, on-target messages that help people improve the quality of their lives.

Booth #39

The Spark Programs

SPARK (Sports, Play and active Recreation for Kids): a healthy solution for combating childhood obesity. The research-based physical education/activity programs provide an all-inclusive package of curriculum, staff development, Sportime age-appropriate equipment and lifetime support. Programs include: K-12 Physical Education, Active Recreation/After School, Early Childhood and Lifelong Wellness. Information/consultation is also available for leading institutions towards a coordinated health approach with nutrition and wellness programs. For more information: 800/SPARKPE or www.sparkpe.org.

Conference Exhibitors

Booth #40

CDC - Division of Adolescent & School Health
The CDC Division of Adolescent and School Health Information Service offers resources to help schools prevent the most serious health risks among children and adolescents. Resources include school health program guidelines and data on youth risk behaviors. View demonstrations of the HY-FUND database which describes funding sources for adolescent and school health professionals.

Booth #41

American Diabetes Association
The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. The mission of the Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Booth #42

ETR Associates
ETR Associates, a nonprofit organization publishing health education resources since 1981, produces HealthSmart, a K-12 comprehensive health program that exceeds National Standards. Other resources include pamphlets, books, curricula and videos on such topics such as physical activity, fitness and nutrition; meeting the urgent need for resources reaching children, youth and adults with critical health messages.

Booth #43

The Prevention Researcher
For professionals working with youth on a daily basis, The Prevention Researcher can provide current evidence-based research on a range of youth topics. Each single-themed issue presents a comprehensive overview to youth problems in an understandable way. Visit www.TPRonline.org or call 800/929-2955, ext. 19, for a free issue.

Booth #44

Comprehensive Health Education Foundation
As a developer of the most widely used prevention curricula in the United States, the Comprehensive Health Education Foundation understands how to reach youth and affect their behavior. The newest curricula, FUEL™ - getting youth fired up to fight obesity and CHILL™ - takes on the teen stress crisis.

Booth #45

National Runaway Switchboard
The National Runaway Switchboard has a 34-year history as the US Dept. of Health and Human Service's federally designated national communications systems for runaway and homeless youth and their families. We operate a 24/7 confidential crisis line, serving youth nationwide. Our booth will display free runaway education and prevention materials.

Booth #46

School Nurse Supply
School Nurse Supply offers a full line of first aid and medical products. We are a national company with a 172-page catalog designed to meet all of your health supply needs.

Booth #47

DHS - Immunization Branch
A provider of immunization materials.

Booth #48

Yummy Designs
Yummy Designs nutrition education materials make nutrition fun for students, teachers and staff. Of special interest for school health are: giant Fruit & Vegetable Balloons; Fast-Food ScoreBoard Flip-Books; English-Spanish Nutrition Activity Books. In addition, we offer: nutrition/food card games; flip-panel books; coloring/activity books; nutrition resource book listing many school activities. Call 509/525-2072 or visit our web site at www.yummydesigns.com.

Booth #49

Glenview Health Systems
The Biomeasure Youth accurately measures height, weight and instantly calculates BMI. Results are provided on a printed ticket.

Booth #50

Michigan Model School Health
Michigan Model for Comprehensive School Health Education is a sequential curriculum K-12, that extensively addresses 10 health topics. The curriculum uses a building block approach that is age-appropriate and skill-based. Various teaching methods are used and more than 500 pieces and support materials are provided.

Booth #51

Glencoe/McGraw Hill
Glencoe/McGraw-Hill is the leader in health education. Please stop by our booth to see our textbooks and multimedia for grades 6 - 12.

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Conference Sponsors

President's Diamond Endowment Partner

American Diabetes Association, sponsor of the ASHA Council Issues Networking Luncheon. The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. Founded in 1940, the American Diabetes Association conducts programs in all 50 states and the District of Columbia, reaching hundreds of communities. The mission of the Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Over the last year, more than 350,000 people contacted the Association with questions and concerns, or to seek support or direction regarding diabetes and its management. Visit ADA at booth #41.

Platinum Endowment Partners

The California Division of the American Cancer Society, sponsor of the Administrator's Recognition Day. The California Division of the American Cancer Society supports CA school health programs by working with local school teams. This last year, they granted an award of excellence in school health to deserving CA school districts and are furthering this commitment at the ASHA Conference by honoring the Superintendents and Principals of these district.

Gold Endowment Partners

Glencoe/McGraw Hill, sponsor of the Health Educator of the Year Award and Reception. Glencoe/McGraw-Hill is the leader in health education. Please stop by booth #51 to see their textbooks and multimedia for grades 6 - 12.

Indiana University, Dept. of Applied Health Science, sponsor of the All ASHA Social. The Department of Applied Health Science is committed to preventing disease and promoting health and well being of individuals, families, and communities through research, teaching, and service related to healthy lifestyles. Prevention of health problems has become increasingly important in our society and the Department's mission is futuristic in responding to this growing need. At the undergraduate level we offer a curriculum in five exciting areas including: Dietetics, Health and Safety - Teaching, Human Development/Family Studies, Nutrition Science, Public Health Education, and Safety Management. In addition, we offer a Certificate Program in Safety Management. At the masters level, we offer the Master of Public Health (MPH) degree in Community Health Education as well as the Master of Science degrees in Health Promotion, Human Development/Family Studies, Nutrition Science, Safety Management, and School and College Health Education.

Gold Endowment Partners

Met Life Foundation, Blake Works and Family Health Productions, sponsor of the Alcohol: True Stories - DVD & Words Can Work - booklet, item give-away. Words Can Work provides books, DVDs, videos and other materials that give young people and parents the information – and the words – to talk about the challenges kids face growing up. Some of these DVDs are produced by Family Health Productions, founded by Jeanne Blake. Words Can Work also offers seminars, speaking engagements, and training workshops for parents and other caregivers about talking with kids.

Preventing Chronic Disease Journal, sponsor of Francine Kaufman's keynote presentation. *Preventing Chronic Disease (PCD)* is a free, peer-reviewed online journal published by the Centers for Disease Control and Prevention. It was designed as a forum for researchers and practitioners in chronic disease prevention and health promotion. The journal publishes original research, community case studies, editorials, essays, and book reviews on multidimensional approaches to prevention, screening, surveillance, and population-based interventions for chronic diseases such as heart disease, stroke, cancer, and diabetes. *PCD* encourages authors to submit short audio or video clips, as well as other graphics that bring to life key ideas and concepts conveyed within manuscripts.

School Health Corporation, sponsor of the School Nurse of the Year Award and Reception. School Health Corporation remains family owned and operated. A leading supplier of medical supplies and equipment to school nurses, athletic trainers, and other specialty healthcare professionals. More than 60,000 schools count on us for their medical supply needs. School Health Corporation offer more than just band-aids and thermometers, they offer one-stop shopping on over 7,000 products and are the leader in introducing new technology to our markets. Responsible for the repair and maintenance of the vision and hearing screening instruments and other medical devices they sell. Orders picked, packed and shipped in 24 hours with a 100% satisfaction guarantee.

Comchoice, co-sponsor of John Kuglin's luncheon session. Comchoice's proprietary DVD application, educationally enhanced® DVD, adds standards-based educational content to feature films, documentaries and television shows. Partnering with McREL (Mid-continent Research for Education and Learning) to develop ee DVDs that impart the required skills and knowledge for use in classroom instruction, homeschooling and parent/child interaction. To learn more visit <http://comchoice.com/main.html>

Conference Sponsors

Gold Endowment Partners

Hart Sharp Video, co-sponsor of John Kuglin's luncheon session. Hart Sharp Video was founded in January 2003 by Joe Amodei, John Hart and Jeff Sharp with a mission to develop, acquire, market and distribute feature films and special interest titles into the home video marketplace. Hart Sharp Video, along with Morgan Spurlock and Comchoice, have created a special version of the movie expertly designed for the educational market - the educationally enhanced® Super Size Me DVD. One can now take the award-winning film and use it as a teaching tool for classes, home-schooled children, and for parents alike. Keep checking in with us here and look for more info on this site to see how you can purchase this revolutionary DVD. For now, you can go to www.supersizemestore.com now.

Silver Endowment Partners

American Cancer Society, National Home Office, sponsor of the Health Coordinator Section Reception Banquet. The American Cancer Society (ACS) is a nationwide, community-based voluntary health organization. Headquartered in Atlanta, Georgia, the ACS has state divisions and more than 3,400 local offices. Recognizing and serving the link between coordinated school health and cancer prevention. ACS supports the idea that healthy behaviors begun in childhood and adolescence leads to lifelong habits that reduce the risk of cancer and other diseases.

Blackwell Publishing, sponsor of the Exhibitor Showcase. Blackwell now publishes the American School Health Association's Journal of School Health. Stop by booth #12 to learn more.

National Association of State School Nurse Consultants, sponsor of the Pat Cooper keynote presentation. NASSNC improves the health and learning of our nation's children by: 1) Providing national leadership and advocacy to promote the health and learning of children; 2) Envisioning and proactively influencing the future of school health and school nursing practice; 3) Advocating for quality school nursing services; 4) Providing a support network and sharing information among individual state school nurse consultants; and 5) Impacting public policy related to children's health and education issues through collaborative endeavors with other associations and agencies.

Silver Endowment Partners

University of Florida, sponsor of the Saturday Continental Breakfast. The Department offers academic programs in three areas: Health Education, Pedagogy of Physical Activity, and Adapted Physical Activity. In Health Education, we offer a B.S. degree with specializations in Community Health Education, Worksite Health Promotion, and Health Studies; an M.S. degree with specializations in Community Health Education, Worksite Health Promotion, Health Program Planning and Evaluation, and School Health Education; an accelerated B.S./M.S. degree program in Health Education and Behavior; and a Ph.D. in Health Behavior. In Pedagogy of Physical Activity, we offer a B.S. degree in School Physical Education, and an M.S. specialization in Pedagogy of Physical Activity. In Adapted Physical Activity, we offer an M.S. specialization in Adapted Physical Activity.

Walk4Life, sponsor of the Pedometers used during the ASHA Morning Walk, including discounts on pedometers for attendee participation and General Session door prizes. Walk4Life pedometers! An easy way to lose weight and improve fitness. Research shows that regular, moderate activity can contribute to enormous health benefits. Walk4Life pedometers make exercise easy, fun and effective by motivating you to do more. Stop by booth #27 to learn how Walk4Life can improve your life!

Sustaining Partners

College of Health & Social Services, New Mexico State University, sponsor of the Exhibitor Showcase. The college offers four accredited baccalaureate degree programs (Bachelor of Community Health; Bachelor of Science in Nursing; Bachelor of Social Work; Bachelor of Science in Environmental and Occupational Health), as well as three accredited graduate programs (Master of Public Health in Community Health Education; Master of Science in Nursing; and Master of Social Work). We also offer a web-based Bachelor of Human and Community Services. Stop by Booth #22.

ETR Associates, sponsor of the Administrator Invitee Luncheon. ETR Associates' mission is to enhance the well-being of individuals, families and communities by providing leadership, educational resources, training and research in health promotion with an emphasis on sexuality and health education. Visit ETR at booth #42.

The sponsorship by any vendor's or private corporation's materials displayed at this conference is in no way a statement of endorsement by the American School Health Association, the American Nurses Credentialing Center's Commission on Accreditation, the National Commission for Health Education Credentialing, Inc., or the American Academy of Family Physicians.



ASHA Meetings

Tuesday - October 18

11 am - 1 pm ASHA Executive Committee	<i>Executive Boardroom</i>
1:30 - 5 pm ASHA Board of Directors	<i>Director A / B</i>

Wednesday - October 19

9 am - 1 pm ASHA Board of Directors	<i>Director A / B</i>
2 - 4:30 pm ASHA House of Delegates	<i>Director A / B</i>
5 - 6 pm ASHA First Timers Welcome	<i>Academy Four</i>
5 - 6 pm ASHA Meetings Meeting of Council Chairs Health Educator Section Planning School Nurse Section Planning	<i>Director A / B Parlor 123 Parlor 125</i>

Thursday - October 20

6:30 - 7:30 am Fitness Walk	<i>Meet in ASHA Registration Area</i>
12:15 - 2 pm Council Networking Issues Luncheon	
2 - 3 pm Meeting of Section Chairs	<i>Parlor 129</i>
3:15 - 4:15 pm St. Louis / Burbank LPC	<i>Parlor 123</i>
7 - 8:30 pm ASHA Committee Meetings Articles & By-Laws Awards Editorial Board Finance Committee Nominating Committee Professional Development Committee	<i>Parlor 129 Parlor 127 Director A / B Executive Boardroom Parlor 125 Parlor 123</i>
8 - 11 pm All - ASHA Conference Social Social is sponsored by the Dept. of Applied Health Science, Indiana University.	<i>Academy Four</i>

Awards and More

6 - 7 pm Wednesday, October 19 ASHA President's Welcoming Reception <i>Presider: David K. Lohrmann</i> Music provided by the members of Mariachi Cielo Nuevo, ages 11 through 13, who are current and former students at Middletown Street School in Huntington Park, CA. This talented group of musicians has presented 225 concerts at schools, civic event and professional association conferences from San Diego, CA to Denver, CO. The group plays traditional music representative of California's Mexican cultural heritage.	<i>Celebration</i>
8:30 - 10:30 pm Section Receptions / Section Award presentations	<i>Academy Four / Five / Six</i>

Everyone invited!

7 - 8:30 pm 2005 ASHA Awards Presentation <i>Presider: David K. Lohrmann</i> William A. Howe Award Susan K. Telljohann Distinguished Service Awards Jeffrey K. Clark William Potts-Datema Howard L. Taras	<i>Festival / Gala</i>
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Congratulations!

ASHA Meetings

Friday - October 21

6:30 - 7:30 am Fitness Walk	<i>Meet in ASHA Registration Area</i>
7 - 8 am Section Continental Breakfast	<i>Academy Two</i>
7:30 - 9 am ASHA Section Meetings Health Educators Mental & Social Health Professionals Physicians School Health Coordinators School Nurses	<i>Producer A / B Sunset A / B Executive Boardroom Director A / B Vine A / B</i>
11:30 am - 12:30 pm Advocacy Committee	<i>Executive Boardroom</i>
1:45 - 2:45 pm ASHA House Leadership Council	<i>Executive Boardroom</i>
2 - 5 pm PIPPAH Meeting (<i>invitation only</i>)	<i>Festival</i>
3 - 4 pm New Executive Committee Meeting	<i>Executive Boardroom</i>
5:30 - 6:30 pm ASHA Council Meetings Ethnic & Racial Health Health Coordinators Social Research	<i>Executive Boardroom Vine A / B Sunset A / B</i>
6 - 7:30 pm PIPPAH Dinner	<i>Jubilee</i>
7 pm Friday Night Out in Filmville	

Saturday - October 22

6:30 - 7:30 am Fitness Walk	<i>Meet in ASHA Registration Area</i>
7 - 8 am Continental Breakfast	<i>Academy One</i>
7 - 8 am Past Presidents' Breakfast	<i>Hotel Restaurant</i>
8:30 am - 5 pm PIPPAH Meeting (<i>invitation only</i>)	<i>Festival</i>
8:45 - 11 am ASHA Leadership Training	<i>Gala</i>
11 am - 12:30 pm House of Delegates	<i>Celebration</i>
12 - 1 pm PIPPAH Lunch (<i>invitation only</i>)	<i>Festival</i>
12:45 - 2 pm All ASHA Luncheon	<i>Academy One</i>
2:30 - 5:30 pm ASHA Board of Directors	<i>Celebration</i>



Morning Walks

Attention all walkers!! Everyone interested in a hearty, morning walk are encouraged to meet in the ASHA Registration area at 6:30 am.

Walks will take place Thursday, Friday and Saturday.

Thanks to JoAnne Owens-Nauslar and Steve Stork for coordinating the morning walks.

Come join us as we jump start our mornings!

Meetings of Partners and Other Related Groups

Sunday - October 16

4 - 7 pm *Burbank*
CCSSO HEAP Steering Committee Meeting

7 - 8 pm *Pasadena*
CCSSO HEAP New Person Orientation

8 - 9:30 pm *Hollywood / Glendale*
HEAP Social

Monday - October 17

7:30 am - 5 pm *Hollywood / Glendale*
CCSSO HEAP Breakfast & Meeting

1 - 4 pm *Burbank*
CCSSO HEAP Concurrent Sessions *Pasadena*

3 - 7 pm *Executive Boardroom*
NASSNC Executive Committee

Tuesday - October 18

7:30 am - 5 pm *Hollywood / Glendale*
CCSSO HEAP Breakfast & Meeting

8 am - 5 pm *Producer A / B*
NASSNC Executive Committee

8 - 4 pm *Burbank*
CCSSO HEAP Concurrent Sessions *Pasadena*

Wednesday - October 19

7:30 am - 12 pm *Hollywood / Glendale*
CCSSO HEAP Breakfast & Meeting

8 am - 2 pm *Producer A / B*
NASSNC Executive Committee

9 am - 1 pm *Celebration*
Health Teacher Expert Training

9:30 am - 4 pm *Parlor 127*
CDC / Westat / Rocky Mountain Center

12 - 2 pm *Executive*
Health Literacy Ad Hoc Committee *Boardroom*

12 - 3 pm *Hollywood /*
CCSSO HEAP Steering Committee *Glendale*

1 - 4 pm *Jubilee*
CA Action for Health Kids

4 - 6 pm *Executive*
CNHEO *Boardroom*



Meet With Us In St. Louis

Partners and other groups interested in meeting with ASHA in St. Louis, October 11 - 14, 2006, should contact Mary Bamer Ramsier at 330/678-1601, ext. 127

See you in St. Louis!

Eta Sigma Gamma

Wednesday AM - Friday Noon

ASHA Registration Area

Eta Sigma Gamma Welcome Table

Gammans - please stop by and pick up your Eta Sigma Gamma ribbon! If you are not a member, stop by and talk with us about membership options!!

5:45 - 8 pm *Academy One / Three*
Thursday, October 20
Eta Sigma Gamma Student Poster Session #1

The Talking Drums: HIV/AIDS Prevention Program for African-American Students

*Peter Guirguis, Bryan Campbell,
Joe Stauber, Carrie DeCarli, Ben Reine
Gamma Rho Chapter at Truman State University*

Gift of Life University Challenge

*Katie Reynolds, Meglynn MacDonald
Eta Chapter at Central Michigan University*

Tanning Habits and Consideration of Alternative Tanning Methods of Rural, Northeast Missouri Youth

*Christina Degenhardt, Kimberly Kennett,
Sarah Shelton
Gamma Rho Chapter at Truman State University*

Child Safety: Accidental Poison Prevention in the University Apartment Setting

*Christopher M. Ledingham, Layne Bickley
Alpha Pi Chapter at Texas A&M University*

An Adolescent Smoking Cessation Program for Rural Alternative Education Students

*Nicole Stevens, Laura Kresl,
Jessica Morgan, Jennifer Miller
Gamma Rho Chapter at Truman State University*

Creation of a Health Screening Clinic at Hope's Kitchen

*Emily Forsyth, Christina Degenhardt,
Peter Guirguis
Gamma Rho Chapter at Truman State University*

8 - 9 am *Academy Three*
Friday, October 21
Eta Sigma Gamma Student Poster Session #2

A Survey of First-Year Students' Perceptions of Campus-Wide Risky Sexual Behavior

*Sarah Shelton, Emily Forsyth,
Carrie DeCarli, Samantha Boudria
Gamma Rho Chapter at Truman State University*

Planning and Following Through with a Youth Forum

*Lindsay Sullivan
Gamma Delta Chapter
at Southern Illinois University Edwardsville*

American Red Cross Slips, Trips, Falls Workplace Training Module

*Benjamin Reine, Brian Campbell, Tara Ossesk
Gamma Rho Chapter at Truman State University*

Friday, October 21

8 - 9 am *Academy Three*
Eta Sigma Gamma Student Poster Session #2

Assessing the Health Interests of On-Campus Family Housing Residents at a Central Texas University
*Christopher M. Ledingham, Kaylee Sales,
Ashley Veselka
Alpha Pi Chapter at Texas A&M University*

Creation of a Hospital-Based, Long-Term Care Ombudsman Program
*Emily Krogmann, Maureen Bylina
Gamma Rho Chapter at Truman State University*

Stressful Life Events in Alternative Education Students: A Review of Literature
*Laura Kresl
Gamma Rho Chapter at Truman State University*

Legislative Advocacy: Testifying and Lobbying for Missouri Senate Bill 457
*Emily Krogmann, Maureen Bylina
Gamma Rho Chapter at Truman State University*

12 - 12:55 pm *Parlor 125*
Eta Sigma Gamma Board Meeting

1:10 - 2 pm *Celebration*
Improving Eta Sigma Gamma Chapter Functions: Document Updates and Revisions
Dr. Marianne Frauenknecht & Dr. Jeffrey Clark

2:10 - 3 pm *Celebration*
Tips for Enhancing the Success of Chapter Projects
Dr. Mal Goldsmith

2:10 - 3 pm *Parlor 127*
Integrating Advocacy Strategies into Health Education Professional Preparation Programs
Dr. Keely Rees & Dr. Kathleen Conley

3:10 - 5 pm *Celebration*
Eta Sigma Gamma Annual Business Meeting
Updates from the National Office
Award Presentations

5 - 6:45 pm *Gala*
Eta Sigma Gamma Social
Chapter T-shirt Exchange: 5:15 pm

7 pm
Eta Sigma Gamma Awards Dinner *(By Invitation)*

Pre-Conference Field Trip / Workshops

9 am - 2:30 pm *Meet by Concierge Desk
Pre-Conference Field Trip in the Hotel Lobby*

City of Hope Program & Tour: Progress in Research and Treatment for Childhood Obesity and Diabetes - Update

*Barry Forman, Susan Giarratano Russell,
Paulete Pasciuti*

Participants will meet medical specialists/researchers, tour the City of Hope National Medical Center and Beckman Research Institute and learn about the causes, treatments, current research and future hopes in childhood obesity, diabetes and cancer, and the innovative programs that minimize hospitalization and maximize time at school and in other normal childhood activity (e.g., school re-integration program).

1 - 5 pm
Pre-Conference Workshops

Developing Theoretically-Sound, *Sunset A/B*
Evidence-Based School Health Programs

Tena Hoyle, Susan York, Beverly Samek, Ann Junk

This high-energy, engaging workshop will provide attendees with experiential participation in activities such as carousel brainstorming, illustration analysis with both manipulatives and graphic organizers, simulations and future planning as the presenters explore the utilization of theories of organizational and individual behavior change, prevention concepts and best practice guidelines in the development of sustainable school health programming.

Putting the HECAT to Work! *Burbank /
Pasadena*

*Ginny Ehrlich, Pete Hunt,
Susan Telljohann*

Participants will be trained as trainers to disseminate CDC's Health Education Curriculum Analysis Tool (HECAT) for reviewing health education curricula and training pre-service health educators.

Participants will practice hands-on activities that will orient them to the HECAT, and prepare them to guide curriculum review teams and health educators through the HECAT process. All participants will receive a HECAT and HECAT Training & Facilitation Manual.

This workshop will be especially tailored to the needs of state and local health education coordinators and higher education faculty who train pre-service health educators.



Notes...

Planner / Notes

	Business Meetings	Professional Programs	Social Activities
7 am			
8 am			
9 am			
10 am			
11 am			
12 (noon)			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			

ASHA Sections and Councils

ASHA Section membership provides you with opportunities to network with peers who have affiliated with a particular discipline within the Association. As a member you can belong to one of five sections.

HEALTH COORDINATOR

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HEALTH EDUCATOR

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MENTAL AND SOCIAL HEALTH PROFESSIONALS

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ASHA Council memberships provide you with the chance to work with other members on special interest, issue-focused topics in school health. As a member you can belong to two of 11 councils. Those who wish to join additional councils may do so for an additional \$10 per addition per year.

ADMINISTRATIVE SUPPORT FOR SCHOOL HEALTH

Beth Stevenson, MPH, CHES

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4770 Buford Highway, NE, MS K-29
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ALCOHOL, TOBACCO, AND OTHER DRUGS

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EARLY CHILDHOOD HEALTH EDUCATION AND SERVICES

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FOOD AND NUTRITION

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PHYSICAL EDUCATION AND PHYSICAL ACTIVITIES

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SCHOOL HEALTH INSTRUCTION AND CURRICULUM

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SEXUALITY EDUCATION AND REPRODUCTIVE HEALTH

Kristin A. Adams, PhD, CHES

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Indianapolis, IN 46202
kadams@girls-inc.org

8 - 9 am Concurrent Sessions

Partnering with National Organizations to Strengthen Coordinated School Health Programs *Academy Four* *Gloria Bryan*

Presenters will briefly discuss the merit and usefulness of the CSHP model and describe how CSHP programs are being developed nationally through partnerships between national non-governmental organizations and the US Departments of Education and Health with the goal of reducing health risks among youth.

From Surreal and Beyond: The Story of the 2004 Texas Health Textbook Debate *Academy Five* *David Wiley*

The State Board of Education (SBOE) is charged with ensuring that books being considered for adoption meet the criteria set forth by Texas law. Social conservatives on the SBOE wanted health textbooks to contain information about abstinence only with no mention of contraceptions. With no mention of contraception in student editions of textbooks heated controversy erupted as to whether or not state law was being met. (*Sponsored by the ASHA Sexuality Education and Reproductive Health Council*)

Influencing Local Policymakers to Enact School-Based Policies That Support Healthy Eating *Academy Six* *Victoria Berends, Martin Gonzalez*

California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL) aims to increase healthy eating and physical activity through unique approaches that utilize youth empowerment, policy and environmental change strategies and community-based solutions.

State Policies Regarding Prevention and Management of Diabetes, Asthma and Other Chronic Health Conditions in K-12 Schools *Vine A/B* *James Bogden*

Prevention and management of diabetes, asthma and other chronic health conditions in K-12 schools fall across numerous education policy areas. The presenter will summarize existing policies on several topics and explore issues with the audience. Key recommendations of a new evidence-based school health policy guide will be discussed and other useful policy development resources will be highlighted.

8 - 9 am Concurrent Sessions (*continued*)

CDC's School Health Index: Like You've Never Seen It Before! *Director A/B* *Anu Pejavara*

The presenter will describe the latest developments to CDC's *School Health Index: A Self-Assessment and Planning Guide* (SHI). In 2005, a new enhanced online version of the SHI was released, a Training Manual was developed, and asthma was added to the SHI. Participants will have the opportunity to share experiences and ideas on how to maximize the impact the SHI can have in their school community.

Delta H.O.P.E. – A Model Program Incorporating Physical Activity and Health in the Elementary Classroom *Producer A/B* *Shannon Williams*

The presenter will describe the Delta H.O.P.E. project to increase student knowledge in nutrition and general health as well as to increase the physical activity levels of the elementary school-aged students. A complete overview of the process and outcome evaluation results for the program will be provided. (*Commercial Session sponsored by ILSI RF Center for Health Promotion.*)

My HECAT: Choosing the Right Curricula for YOUR School *Hollywood/Glendale* *Kari Gloppen*

This session will outline the *Consumer Guide to Health Education Curricula*, and demonstrate how it can be used to assist schools and communities in identifying high-quality, pre-packaged health education curricula. The presenter will lead discussions around how to make best use of the *Consumer Guide*, as well as solicit comments and suggestions to improve the tool.

Strong Minds, Strong Bodies: A Girls Inc. Approach *Pasadena* *Kristin Adams, Bernice Humphrey*

Presenters will provide information on developing a program that will increase girls' ability to have strong minds and strong bodies through skill-building, education and increased family support. Many challenges confront a girl striving to achieve her full potential. Success depends on several factors: family support, community involvement, school experiences, after-school opportunities, societal messages, and knowledge, skills and attitudes of herself.

Thursday - October 20

8 - 9 am

Burbank

Teaching Technique Forum

Risky Business:

Exploring Adolescent Risk-Taking Behaviors

Tammy Wyatt, Fred Peterson

Participants will be actively involved throughout the entire session. Each participant will be read a series of 12 character names and descriptions/definitions and be asked to independently rank order each character from most important to least important, based upon their own definition of importance. Once each participant has his/her own rankings, the audience will be divided into groups of 4-5 individuals. Using discussion only (not voting), each group will come up with a consensus ranking. Then each group will present their consensus ranking as well as their reasons for the order of importance. While each group presents the rankings, the results will be placed on a chalkboard or poster board allowing for group comparisons. After each group has presented the consensus rankings, the audience will discuss and compare the group results. Lastly, items for discussion will be addressed to draw closure to this activity.

8 - 9 am

Sunset A/B

Research Council Symposium on Youth Inhalant Use

Inhalant Use Among 6th, 7th and 8th Graders:

Exploring Whom, What, Why and How

Jason Siegel, Eusebio Alvaro,

William Crano, Neil Patel, Cindy Gilbert

Inhalant use is a deadly and growing problem. This panel will present three papers: 1) a literature review on past inhalant research; 2) results from over a dozen inhalant focus groups and survey research conducted with 6th, 7th and 8th graders in Arizona and California; and 3) results from a secondary analysis investigating which variables are most predictive of inhalant use. Based on these results, recommendations for inhalant prevention and detection will be provided.

9:15 - 10:15 am

Concurrent Sessions

New Issues for CDC's

Academy Four

Tobacco-Use Prevention Guidelines

Linda Crosssett, Mary Vernon-Smiley

CDC's *Guidelines for School Health Programs to Prevent Tobacco Use and Addiction* are being updated and expanded to include recent research and practice. Highlights will be presented from two new areas of the revised guidelines: 1) involvement of school nurses, counselors, and school-linked health care providers, and 2) linkage of school- and community-based tobacco prevention policies and programs.

Nursing, Zero To 5:

Academy Five

Making A Bigger Impact In A Smaller Population

Sandy Landry, Carole Mintzer

The Children and Families Commission of Orange County with their Tobacco Tax Legislation funding have begun a School Readiness Nurse expansion program adding 27.5 full-time equivalents to the nurses currently working with the zero to five children and their families in Orange County, Calif., in an effort to improve their quality of life and their potential for academic success. Presenters will discuss the rationale, implementation pitfalls and successes, program goals and objectives and beginning evaluative data collection outcomes. *(Sponsored by the ASHA School Nurse Section and the Early Childhood Health Education and Services Council.)*

Advocacy and Activities:

Academy Six

Little Steps with Super Results

JoAnne Owens-Nauslar

This session will focus on ways to turn "A few good steps" into new and outrageous activities. . . by leaps and bounds. From "extreme community makeovers" to "activity 4 a day" events, we must do activities that bring attention to the inactivity epidemic. Including families, media stakeholders and policy makers in this process is paramount to any residual outcome. Some steps provide bigger challenges. Walk in and share. *(Commercial Session sponsored by Walk4Life, Inc.)*

Strength in Partnership:

Vine A/B

Promoting Healthy Lifestyles in Elementary School

Evelyn Montanez, Blanca Battino,

Elizabeth Jarpe, co-author: Mary McCord

Presenters will demonstrate how a large inner-city elementary school, medical institution and mental health program united and collaborated to benefit an entire school community. The model promotes effective health/mental health preventative services, enhances physical fitness and establishes a method for coordinating and monitoring services. Participants will receive a recipe for incorporating an ecological/holistic model for improving the overall well-being of students, parents and staff.

9:15 - 10:15 am
Concurrent Sessions *(continued)*

Influencing the Attitude and Behaviors of Food Service Staff to Benefit Student Health
Director A/B
Ty Oehrtman, Judi Schott

School cooks can make or break a food service program. How many times have you encountered a cook resistant to making healthy changes? This session will describe proven methods and strategies for influencing attitudes and behaviors of school cooks. This session will help you make school cooks your allies in promoting good nutrition in children. *(Sponsored by the ASHA Food & Nutrition Council.)*

Zerobesity: Texas's Comprehensive Approach to Childhood Obesity Prevention
Producer A/B
Dennis Smith, Mike Hill, Anita Wheeler

The Texas Division of the American Cancer Society and the 22 member organizations of the Texas Action for Health Kids Alliance have worked together on a comprehensive fitness and nutrition education initiative to prevent childhood obesity. This effort is known as Zerobesity. Presenters will describe the planning phase of Zerobesity, including its design, component parts and current application.

HealthTeacher: State of the Art Curricula and Resources for Disease Prevention and other Critical Health Issues
Hollywood / Glendale
JoEllen Tarallo-Falk, Anita Davis

Presenters will demonstrate how the HealthTeacher curriculum can be used as a resource for instruction of concepts, knowledge and skills important for the reduction of chronic illness in schools (K-12) or other educational settings. Print and online resources embedded in the HealthTeacher curriculum will be used.

CATCH Me Learning To Be Healthy
Pasadena
Peter Cribb

CATCH is a coordinated school health program that builds an alliance of parents, teachers, nutrition personnel and community partners to teach children and their families how to be healthy for a lifetime. CATCH components – Go for Health Classroom Curriculum, CATCH PE, Eat Smart School Nutrition and family Home Team activities – reinforce positive healthy behaviors throughout a child's day, making it clear that good health and learning go hand in hand. *(Commercial Session sponsored by Flaghouse, Inc.)*

9:15 - 10:15 am
Teaching Technique Forum

Burbank

Caging the Invader:
A Cancer Prevention Curriculum for Secondary Students
Rob Inrig, T. Gregory Hislop

Presenters will describe an innovative, short curriculum for high school students on cancer prevention and early detection. Several short drama vignettes on video are incorporated within the teaching materials to provoke interest and questioning around attitudes of behavior change, thus facilitating the teachable moment.

Building Personal Strengths: A Bully Prevention Program for Middle and Secondary Students
Rob Inrig

The presenter will describe a curriculum for students in grades 6 - 12 on bully prevention which assists students to discover and own their personal strengths. Rather than focusing on protective structures, this program overviews the importance of protective character and choice.

Thursday - October 20

9:15 - 10:15 am
Research Council Presentations
on Adolescent Sexual Behavior *Sunset A/B*

Youth's Emotions Towards Abstinence and Sexually Abstinent Behavior: Results from an Abstinence Education Program Evaluation
Kelly Wilson, Vicki Dooly

With an increased interest in the evaluation of abstinence education programs, this presentation will examine the relationships between middle school youth's emotions towards abstinence and sexually abstinent behavior. Adolescents are middle school participants in an abstinence-education program in Texas that focuses on the avoidance of risky behaviors from a health perspective.

Students' Perceptions of Early Sexuality Education: A Qualitative Analysis

Roberta Ogletree, Barbara Shiplett

Sexuality education remains a critical issue within the coordinated school health program. This study analyzed relationships among common themes in college students' essays about the sexuality education they received as children/young adults. Results will encourage looking "outside the box" for strategies to improve parents' comfort level with sexuality education; to offset the negative influence of peer education; to enhance young adolescents' search for accurate information; and develop a coordinated school/ community approach to sexuality education.

9:15 - 10: 15 am
Research Council Presentations *Sunset A/B*
on Adolescent Sexual Behavior (*continued*)

An Integrated Micro-Level Theory of Adolescent Sexual Risk Behavior: The Unified Theory Underlying the Development of Linking Lives

Patricia Dittus, Vincent Guilamo-Ramos, James Jaccard, Bernardo Gonzalez, Eileen Casillas

A unified theory of adolescent risk behavior guided the development of Linking Lives, a school-based HIV prevention program for parents of middle school students. Based on the analysis of a pre-intervention assessment of the target population, intervention messages for parents were developed to reflect the most influential constructs on adolescents' sexual behavior. All model components were useful in understanding adolescents' intentions to engage in sexual behavior.



Exhibits

Make sure you free up some time to visit the Exhibit Hall (*Academy One / Two / Three*). Representatives from 40 suppliers of health education and health services products and materials are on hand to showcase their products and answer your questions. Stop in today!

Exhibit Dates / Hours

Thursday, October 20

11:45 am - 2 pm

5:30 - 8 pm

Poster Sessions are in the Exhibit Hall from 5:45 - 8 pm.

Between 5:30 - 8 pm, time has been set aside for the the Exhibitors' Showcase. Refreshments are sponsored by the **College of Health and Social Services, New Mexico State University, and Blackwell Publishing.**

Friday, October 21

7 - 9 am

11 am - 2 pm

10:30 - 11:45 am

General Session

Junior Ballroom

The Road from Overweight to Type 2 Diabetes in Youth

Francine Kaufman

Francine Kaufman, MD, author of *DIABESITY: The Obesity-Diabetes Epidemic That Threatens America and What We Must Do to Stop It*, will make an impassioned call to action in her keynote address titled "The Road from Overweight to Type 2 Diabetes in Youth."

Dr. Kaufman is an internationally-known authority on diabetes and obesity. She is Head, Center for Diabetes, Endocrinology and Metabolism at Childrens Hospital Los Angeles, and Professor of Pediatrics at the Keck School of Medicine, University of Southern California.

Dr. Kaufman, past president (2002-2003) of the American Diabetes Association, blends cutting-edge science with personal stories of those affected. She will detail the steps individuals, schools and families can make to combat this epidemic.

The author of more than 150 medical articles, Dr. Kaufman has developed many important clinical innovations and is also a tireless public advocate. She has developed innovative programs for overweight and diabetic children and their families, served for more than 20 years as medical director of a summer camp for diabetic children, and was instrumental in banning the sale of soda in the LA Unified School District.

Her many honors include the 2003 Woman of Valor Award from the American Diabetes Association. Dr. Kaufman has appeared on the "Today Show" and has been featured in numerous publications such as *LA Times*, *USA Today*, *Wall Street Journal*, *Esquire*, *Parade* and *The New York Times*.

Dr. Kaufman lives in Los Angeles with her husband, Neal Kaufman, MD, MPH, and is the mother of two sons, Adam and Jonah.

This General Session is sponsored by ***Preventing Chronic Disease (PCD)***, a journal of the Centers for Disease Control and Prevention (CDC).



Notes...

Thursday - October 20

12:15 - 2 pm

Networking Lunch and Council Meetings

Choose your area of interest, and join your colleagues for a FREE lunch and the opportunity to share ideas at this "Issues Networking Luncheon."

These open forums are hosted by the various ASHA Councils.

Administrative Support Issues	<i>Executive Boardroom</i>	Injury and Violence Prevention Issues	<i>Hollywood</i>
Alcohol, Tobacco, and Other Drug Abuse Prevention Issues	<i>Parlor 123</i>	International Health Issues	<i>Parlor 127</i>
Early Childhood Health Education and Services Issues	<i>Parlor 125</i>	Physical Education and Activity Issues	<i>Jubilee</i>
Food and Nutrition Issues	<i>Academy Five</i>	School Health Curriculum and Instruction Issues	<i>Jubilee</i>
Influencing Health Behavior Issues	<i>Academy Four</i>	Sexuality Education and Reproductive Health Issues	<i>Academy Six</i>

The "Issues Networking Luncheon" is sponsored by the **American Diabetes Association** .

2 - 3 pm

Concurrent Sessions

"Obesity Screening - Best Practice Guidelines" - Plus a Hands-On Workshop Using a PC to Produce CDC Growth Charts
Academy Six
Neil McBride, Willard J Blankenship

Presenters will provide participants with guidelines on the correct methods used to accurately measure the stature (height) and weight of school-aged children and will comprise both a presentation and a hands-on workshop. The hands-on workshop will enable attendees to use a computer software program that has been specifically designed to assist school nurses carry out BMI screenings. Attendees will receive a free evaluation copy of the software and a complimentary copy of bmi4kidz-Lite™, the companion program aimed at helping families to monitor progress between screenings.
(Commercial Session sponsored by BMI4Kidz.)

Integrating Electronic Media Into Your Prevention Efforts
Vine A/B
William Gonzalez

Prevention education and outreach with successful outcomes requires a multiplicity of approaches with media tailored to the targeted populations. Presenters will describe the scope of these media and detail easier and more effective ways to enhance prevention programs through the incorporation of population-tailored media. *(Commercial Session sponsored by Channing Bete Company.)*

2 - 3 pm

Concurrent Sessions

The National Health Educator Competencies Update Project (CUP): A Comparison of the "Old and New" Models: Implications for School Health Educators
Director A/B
Larry Olsen, Gary Gilmore, Alyson Taub, Co-author: David Connell

Competencies and Subcompetencies from all three levels within the model will be presented and explained. Emphasis will be on discussing the implications and applications of the model particularly as they affect in-service training, professional preparation, credentialing and professional development of school health educators. *(Sponsored by the ASHA Health Educator Section.)*

Got Shots? A Kit to Help You Slip ... Vaccination Messages in Secondary Schools
Producer A/B
Lynda Boyer-Chu

Are you curious about protecting adolescents from vaccine-preventable diseases? Here's "everything you wanted to know ... and how to get it done without really sweating." Participants will receive an overview of the current and "coming soon" recommendations, and learn about a Kit that includes a User's Guide, a CD with useful forms and templates and a few eye-popping posters to hang in secondary schools. *(Sponsored by the ASHA School Nurse Section.)*

2 - 3 pm
Concurrent Sessions (*continued*)

Making Success Irresistible: *Pasadena*
Motivating Learners At All Levels
*Debra Christopher, Craig Christopher,
Nicolas Christopher*

The most well-intended prevention program will fail unless the learners are motivated to act. Adult and student learners require a learning environment that includes relevant content, high challenge, and low threat if the intention is to move the learner to action. Facilitators will share research-based motivation strategies from three perspectives – that of student, school leader and trainer/staff developer.

Getting Results: A Resource *Burbank*
for Effective School-Based Prevention
Joy Osterhout

The presenter will describe the process and lessons learned in promoting research-based prevention strategies in California schools. The presenter will suggest ways to adapt the process to other regions. Participants will be actively involved through a "Getting Results Trivia Game," answers to which are derived from California's Getting Results publications, and by applying criteria of effectiveness to a research article.

2 - 3 pm *Hollywood / Glendale*
Teaching Technique Forum

The Carbohydrate Quandry (Web Document-Based Question): Preventing Obesity Through an Interdisciplinary WebQuest
Owen Donovan

Participants will examine and explore this interdisciplinary WebQuest as a teaching idea. Through examination and discussion participants will be able to use this WebQuest resource in their own classrooms, school districts or colleges to promote National Health Education Standards and skills, performance in English and on writing tests, all of which are related in this case to the prevention of obesity and obesity related disease.

2 - 3 pm *Sunset A/B*
Research Council Presentations
on Creating Change in the School

Students Taking Charge: A Pilot Program to Teach High School Students Effective Methods of Advocacy
Elizabeth Walker, Vanessa Cavallaro

High school students can be powerful advocates for healthy changes in their schools. However, students are not taught techniques that guide them in effective advocacy. Utilizing Students Taking Charge (STC), a toolkit containing a version of the Centers for Disease Control and Prevention's School Health Index (SHI) adapted specifically for students, student leaders can participate in the process of evaluating and addressing Physical Activity and Nutrition programs and policy gaps in their high school. Using this information, high school students can create realistic and targeted approaches for changes in their schools.

Diffusing the Innovation of Obesity Prevention: Evaluation of a Workshop for School Health Teams
*James Broadbear, Mark Temple,
Kristin Lagally, David Thomas,
co-author: Sharon Mills*

The Physical Education, Obesity Prevention, and Lifestyle Enhancement (PEOPLE) Program connects university faculty with K-12 school teams to promote physical activity, healthy nutrition and family involvement. The purpose of this study was to evaluate the effectiveness of a two-day workshop for school health teams designed to encourage systemic change. Results indicate that multi-disciplinary teams benefit from working together to develop plans for improving physical activity, healthy nutrition and family involvement. Restructuring of current systems is possible.

Thursday - October 20

3:15 - 4:15 pm
Concurrent Sessions

A Framework and Protocols for Health Promoting Schools *Academy Four*

Lawrence St Leger, Martha Perry

This session will involve discussion and debate on the recently developed *Framework and Protocols for Health Promoting Schools*. This work has been auspiced by the International Union of Health Promotion and Education (IUHPE) with support from WHO and CDC to facilitate more effective school health activities in all countries. The Framework and Protocols are solidly grounded in the evidence of effective school health and will be presented before an interactive discussion occurs.

Physical Activity and Students with Asthma *Academy Five*

Lani Wheeler, Stephen Stork

Most students with asthma have exercise-induced asthma. This session will review the NAEPP tip sheet for physical educators, coaches and trainers on Breathing Difficulties Related to Physical Activity for Students with Asthma and explore how school team members can use it to prevent and manage exercise-induced asthma at school. Participants will discuss sample case studies and share successful experiences. (Sponsored by the ASHA Physical Education and Physical Activities Council.)

Developing a Comprehensive BMI Screening Program *Academy Six*

George Ziolkowski, Ann Johnson

The East Penn School District was the first district in the country to undertake the challenge of increasing community awareness of childhood obesity through establishing a BMI screening program with parental notification. Following four years of experience, the district offers practical advice and guidelines for those seeking to develop an obesity prevention program in their district, community center, or clinic.

Making Health Come Alive! *Vine A/B*

Ellen Larson

Active Learning stimulates learning and growth by directly involving students in their own learning. By allowing students to take responsibility for their own learning through direct participation in meaningful activities, students tend to be more motivated and engaged learners. This interactive session will provide participants with the opportunity to personally experience a variety of interactive learning activities related to the CDC youth risk factors.

3:15 - 4:15 pm
Concurrent Sessions (continued)

Integrating Skin Cancer Prevention Measures Into School Venues *Director A/B*

Beverly Berkin, Jeff Ashley, Andrew Manthe

The session features three skin cancer prevention specialists who have expertise regarding integrating sun-protection practices into school sites. Discover the core facts that demonstrate the imperative for addressing sun-safety at school. The presenters will describe various skin cancer prevention educational and policy resources now available for use in schools. Come and learn specific strategies to make your school sun safe.

Evaluating Comprehensive School Health Education Curriculum: Methodological and Practical Challenge *Producer A/B*

Lisa Russell; co-authors: William Kane, Karin Coyle, Jill Glassman, Nancy Shanfeld

This presentation will identify practical and scientific issues and proposed solutions in implementing a longitudinal evaluation of a comprehensive school health education program. Special attention will be given to school site selection and securing participation for longitudinal studies. Solutions to these issues identified utilizing a literature review and the advice of an external expert advisory panel.

School Policy Change Through Partnerships with Public Health *Hollywood/Glendale*

Ruth Abad

This session will focus on Washington State's success in bringing together a broad group of school, public health and other organizations dedicated to school nutrition and physical activity to influence policy change appropriate to their communities.

Healthy School Solutions – A School Friendly Thematic Approach to Implementing a Coordinated Physical Education, Nutrition, Health & Wellness Program *Pasadena*

Jim DeLine

Implementing successful coordinated school health programs focuses on synthesis: improving the health and well-being of the school community by aligning all the parts toward a common goal. We offer a thematic multi-disciplinary approach which integrates core academic disciplines across all grade levels. Students learn to be healthy for a lifetime by experiencing nutrition, physical education, and wellness messages coordinated schoolwide. (Commercial Session sponsored by Sportime, SparkPE.)

3:15 - 4:15 pm *Sunset A/B*
Research Symposium on Weight Management

Mental Health:
The Key to Successful Weight Management
Gordon Wrobel

This session provides a review of current research and policy efforts related to the promotion of healthy eating and the treatment of obesity and diabetes. Special attention is given to the mental health issues that often co-exist with both obesity and diabetes. Treating obesity and diabetes without giving attention to co-morbid mental health issues often results in intervention failure. Strategies for intervention that include mental health components are shared in detail. A summary of food industry efforts will be provided including strategies aimed particularly at young children. This resource rich session will provide sources for health professionals to stay current with the trends in prevention and intervention.

3:15 - 4:15 pm *Burbank*
Teaching Technique Forum

Putting Pizazz Into Your Nutrition Curriculum:
Meeting the Needs of Diverse Learners
Tracy Caravella, Marcie Wycoff-Horn

Through an interactive learning experience, program participants will be engaged in classroom activities that promote healthy nutrition behaviors. Focusing on the theory of multiple intelligence, this session will assist educators in meeting the needs of their diverse learners. The teaching strategies that will be presented will also be connected to the National Health Standards.

4:30 - 5:30 pm
Concurrent Sessions

Oral Sex and Young Teens: *Academy Four*
The New 3rd Base?
Nora Gelperin

This session is designed to provide teachers, counselors, nurses and youth-serving agency staff with the opportunity to clarify their values about young teens engaging in oral sex and strategize ways to tackle this difficult issue. Participants will be encouraged to "take off their adult glasses" and examine oral sex from the developmental perspective of a young teen. Activities to help young people recognize the risks of engaging in oral sex will be demonstrated. (*Sponsored by the ASHA Sexuality Education and Reproductive Health Council.*)

The National Initiative to Improve *Academy Five*
Adolescent Health: Improving the Lives
of Adolescents Through Collaboration
Angeli Achrekar, Claire Brindis, Missy Fleming
Co-authors: Trina Anglin, Sweena Aulakh,
Kari Gloppen

The National Initiative to Improve Adolescent Health builds an adolescent health infrastructure at the national, state and community levels. This session will describe factors that influence the health and well-being of adolescents; share interdisciplinary approaches to protect and promote their health and academic success; and present ways for leveraging partners and resources to address adolescent health in schools.

Making a Difference for Students *Academy Six*
Through Coordinated School Health Programs (CSHP)
Anu Pejvara; Elizabeth Haller

Presenters will provide an overview of the CSHP model and CDC's Ten Strategies for Promoting Physical Activity, Healthy Eating and a Tobacco-free Lifestyle. Presenters will facilitate activities that give participants the opportunity to apply these resources to current school health issues such as obesity and diabetes. Activities will assist participants in identifying linkages among the CSHP components, discuss ways to leverage these linkages to effect change in the school health environment, share current practices and identify potential challenges. Participants will identify practical steps that can be taken to engage partners and ensure a coordinated approach to improving the health of youth by addressing obesity and diabetes in the school.

Thursday - October 20

4:30 - 5:30 pm

Concurrent Sessions (*continued*)

Preparing School Health Educators:
A Paradigm Shift *Vine A/B*

Susan Telljohann, Pete Hunt

Over the past few decades, there has been tremendous change in the focus of preparing school health education majors. In the 1980s, school health teacher preparation programs focused coursework on content. In the 1990s, pre-service teachers were taught how to teach K-12 students skills. Although these skills are important, they are not sufficient in helping students adopt health-promoting behaviors. Presenters will provide support for a paradigm shift for teacher preparation programs and health instruction toward training health teachers how to prioritize what they teach to help students adopt or maintain health-promoting behaviors.

What Brain Research Says
to the Health and Physical Education Teacher *Director A/B*

Raleigh Philp

This session is designed to familiarize health and physical education teachers with recent developments in neuroscience and how to apply brain compatible teaching strategies to their classrooms. The topics will include: What scientists are finding out about the brain; how exercise affects the brain; what the research says about the adolescent brain; how to manage the learning states of students; how emotion and stress affect learning; how gender impacts learning.

How to Talk to Kids about Health *Producer A/B*

Alison Esser, Richard Elder, Laura Hatch

School health officials working to improve the health of children require innovative resources to assist them in this undertaking. This session will introduce Kidnetic.com and the *Leader's Guide* as unique educational tools designed to promote healthy eating and physical activity among kids ages 9-12, and present new research about kids' feelings toward health and how educators can reach this audience.

(Commercial Session sponsored by the International Food Information Council Foundation.)

Expanded Strategic Plan
for Developing School Health Services in Massachusetts *Hollywood / Glendale*

Anne Sheetz

This session will include the progression of implementing an eight-point strategic plan for developing school health services in Massachusetts: 1) setting standards; 2) reviewing statutes and regulations; 3) providing continuing education; 4) credentialing school health personnel; 5) exploring new models for care; 6) developing a school health data system; 7) exploring reimbursement; 8) implementing CQI, evaluation and research.

4:30 - 5:30 pm

Concurrent Sessions (*continued*)

Schools at Work: *Pasadena*

Reducing Obesity While Increasing Achievement

Christi Kay, Diane Allensworth

Reducing obesity is a public health priority with educational implications. This session will describe how some schools are striving for continuous improvement in physical activity and nutrition programming to reduce obesity and improve academic achievement.

4:30 - 5:30 pm

Teaching Technique

Burbank

Life With Tobacco

Angela Baran, Denise Seabert

This presentation will provide participants the opportunity to step into a simulation of the life of a smoker. Students are usually told about the effects of smoking and sometimes can see the effects of smoking if someone around them smokes. How do students learn how smoking can affect them personally? This activity requires students to think about the decisions and consequences they may face if they choose to smoke. "Life With Tobacco" will help students gain insight into their own life should they choose to smoke.

4:30 - 5:30 pm *Sunset A/B*
Research Council Presentations
on Breathing Easy: Asthma and Tobacco Use Prevention

Development and Evaluation of a School-Based Teen Asthma Intervention Program, Power Breathing
Winston Liao, Mary Brasler

As part of a national initiative to reduce the impact of asthma on children and adolescents, the Centers for Disease Control and Prevention (CDC) supported evaluation of a teen-focused intervention. The purpose of this study was to evaluate the effectiveness of the asthma intervention program, Power Breathing. Results indicated that Power Breathing was an effective asthma intervention and its implementation and evaluation could be successfully done in a school-based setting and using a rigorous study design.

The Use of Tobacco and Other Inhaled Substances Among High School Students with Asthma
Sherry Jones, Sarah Merkle, Lani Wheeler, Linda Crossett

Asthma is a leading cause of morbidity among adolescents and the use of inhaled substances such as cigarettes, marijuana and inhalants can exacerbate asthma symptoms. Data from the 2003 national Youth Risk Behavior Survey were used to examine the relationship between asthma and inhaled substances among high school students in the United States. Results of the analysis suggest many students with asthma are using tobacco and other inhaled substances. Substance use prevention programs and cessations services may be especially important for this group of youth.

Influence of State Resource Allocation Decision on the Status of School Tobacco Programs
Phyllis Gingiss, Melynda Boerm

As part of the Texas Tobacco Prevention Initiative sponsored by the Texas Department of State Health Services (DHSHS), school-based tobacco prevention and control programs have been funded in study areas since School Year (SY) 2000. Prior to funding initiation in SY2004, budget constraints necessitated discontinuation of future funding to schools in designated geographic areas. Principals from funded schools more frequently had a person identified to lead the program and the presence of a district advocate. Overall, previously funded schools approached the profiles of those never funded. The need for planning for tobacco program maintenance after funding is discontinued is essential. Recommendations will be provided.

5:45 - 8 pm *Academy One / Three*
Poster Board Presentations

Family Involvement in a School-Based Substance Abuse Prevention Program
Carolyn Cox

In this substance abuse prevention program (STARS for Families) targeted to at-risk middle school students and their families, the school nurse provided one-on-one consultations with students, and the at-risk coordinator implemented take-home activities for parents to complete with their children.

The Friendly PEERSuasion Team:
A School-Community Prevention Partnership
Carolyn Cox

A Community Prevention Coalition and a local Middle School At-Risk Program collaborated to train middle school students to provide peer-to-peer, substance abuse prevention presentations at school and in the community. Presentations were made by the Friendly PEERSuasion Team to area elementary and secondary students, and at least half of the target audience expressed intentions to avoid substance abuse.

Creating a Better Tomorrow: Lessons Learned from Year 1 of Substance Abuse Prevention Program
Ralph Wood, Winnie Sibley, Kitty Morrison, Laura McMillan

Community coalitions can be a power tool in prevention of adolescent substance abuse prevention. The purpose of this poster is to discuss the lessons learned in the first year of implementing the Coalition for a Better Tomorrow.

Evaluating the Effectiveness of Using Cinemaeducation in the Health Education Classroom
Keri Diez, Frank Pleban, Ralph Wood, Russel Miller

Utilizing cinemaeducation as a teaching strategy will be examined in several college health classrooms. Data will be analyzed using qualitative research methods.

The Home Media Environment and Childhood Overweight: Qualitative Research with Children and their Parents
Carrie Heitzler, Jim Hersey, Amy Jordan, Jude McDivitt

The purpose of this study was to investigate the forces that shape children's media use pattern and explore the incentives and barriers to reducing time spent with media.

Family Mealtime: Eating Together to Decrease Childhood Obesity and Increase Academic Performance – Building Family Connectedness
Frank Pleban, Keri Diez, Ralph Wood

The purpose of this poster presentation is to address the benefits of family mealtime in building family connectedness related to helping to decrease or prevent childhood obesity and increase academic performance.

Thursday - October 20

5:45 - 8 pm *Academy One / Three*
Poster Board Presentations (continued)

Children's and Parents' Perspectives on School Lunch Patterns and Preferences

Ameena Batada

The purpose of this study was to investigate parents awareness of selected school lunch patterns and preferences among elementary school children in an urban, public school sample.

Partnering with Parents for Healthy Children

Leslie Goldman, Joanne De Simone Eichel, Freya Kaufman

Partnering with Parents for Healthy Children offers relevant, dynamic and culturally sensitive educational experiences to empower parents and caregivers of children in the New York City public schools to play an important role in health promotion and obesity and diabetes prevention for their children and families, and to support student learning about health at home.

An Examination of Parent, Teacher and Student Perceptions Regarding Childhood Obesity

Marilyn Massey-Stokes, Karen Meaney

The purpose of this study was to explore parent, teacher and student perceptions about childhood obesity and healthy lifestyles, including barriers to achieving healthy lifestyles and what families, schools and communities can do to help prevent childhood obesity.

Pre-Service Teachers' Attitudes Toward Role Modeling Health Behaviors Compared to Their Actual Health Behaviors Practiced

Denise Seabert,

Primary Investigator: Todd Santabarbara, Ryan Erbe

This study examined the relationship between pre-service elementary teachers' attitudes toward role modeling health behaviors and actual health behaviors practiced. Results confirmed that while elementary teachers believe role modeling health behaviors to their students is important, they only practice certain health behaviors at recommended levels. Implications for teacher preparation programs and recommendations for further study will be presented.

Identifying the 7 Areas of Responsibility Within Health Education Programs

Kelly Wilson, Carolyn Cox

Participants will be exposed to a national organization (NCHEC) and their 7 Areas of Responsibility. This activity provides the opportunity to be exposed to standards for professional preparation as well as community organizations. Learn how organizations execute the responsibilities and competencies set forth by NCHEC.

Evaluating Criteria Used by "Lists of Effective Programs"

Deborah Wood, Angela Amarillas

The present study analyzed and charted the current criteria used by leading agencies to determine "science-based evidence of effectiveness" of school-based health education programs in terms of the following categories: 1) Coherence of Research to Program, 2) Analysis of Program Implementation and Context, 3) Research Design, 4) Evidence of Effectiveness, and 5) Other Research Criteria.

Evaluation of a First and Second Grade Nutrition Education Program: Healthy Choices, Healthy Me!

Trina Robertson, Barbara Dietsch

Healthy Choices, Healthy Me! is a nutrition education program for first and second grade students. A two-year evaluation and results determining the program's effectiveness will be highlighted.

Pre-Teen Health Assessment Tool (PHAT)

Alicia Lewis, Co-author: A. Rafiroiu

The Pre-Teen Health Assessment Tool (PHAT) was developed to help understand the impact of community factors on childhood obesity. The instrument was tested for validity with elementary school children. Results from the instrument development process will be presented along with a proposed model that integrates elements for childhood obesity prevention in the community. (Sponsored by the ASHA Health Coordinators Section.)

Nutrition Friendly Schools and Communities: Lessons Learned

Stephanie Vecchiarelli, Sue LaVaccare, Aurora Cerda

The Nutrition Friendly Schools and Communities (NFSC) model focuses on changing the school environment to support healthy eating and physical activity. Representatives from study schools will discuss specific details about implementation on their campus including development of the NFSC committee, conducting self-evaluations, changes to the school environment, barriers and facilitators as well as plans for sustainability.

Environmental Support and Nutrition Practices In Elementary School Students: A Case Study

Jennifer Kimbrough

This poster reports the current habits of elementary school children in two urban public schools, relative to nutrition and physical activity. This report additionally details the current status of nutrition and physical activity instruction in these schools, environmental supports for healthful eating practices and the relationship between student eating practices and the school environment.

5:45 - 8 pm

Academy One / Three

Poster Board Presentations (*continued*)

Using A Michiganized Version of the Centers For Disease Control's School Health Index to Improve The Physical Activity and Nutrition Environments in 47 Michigan Public Schools

Nicholas Drzal

Forty-seven schools were awarded mini-grants to make changes in their school environment (1999-2004). The most common changes were increased opportunities for student physical activity, improved school meals, healthier vending options, staff wellness and classroom nutrition education.

Health Literacy:

Attitudes and Opinion of Elementary School Children

Stephen Brown, David Birch, James Teufel, Madeleine Boyer, David Midland

The purpose of this study was to explore where children go for health information, what they consider credible information, whether they are interested in learning about health and whether they believe that they can use such information to live a healthy life.

Learn 2 B Healthy

Kelly Bryant, Jessica Taylor

Fifteen percent of school-aged children exceed the upper range of healthy weights for their age groups. This program consists of nutrition/physical activity lessons taught weekly by a health educator that strives to reach students at an early age to introduce, implement and reinforce values of nutrition and physical activity.

Cost-Effectiveness of a School-Based Prevention Program

Li Wang

A three-year, after-school obesity prevention program known as MCG FitKid Project started its implementation in the fall of 2003 in nine elementary schools in Augusta, Georgia. The objective of this study was to assess the cost-effectiveness of the first-year intervention compared to a control scenario.

Overweight, High Blood Pressure, and Diabetes Risk Among K-9th Graders at a Native American School

Cindy Wolff, Sabrina Chun Hoang, Diana Flannery

The purpose of this study was to examine the relationship between diet and physical activity as related to the prevalence of overweight, Acanthoid nigricans and hypertension among K-9th grade students.

Resource Needs of Nutrition Education Programs Serving Low-Income, Culturally Diverse Students

Jacquelyn Russum, Nancy Brown

This poster session will share the results of a statewide survey to determine the material and training resources used, needed and developed by California Nutrition Network awardees working with low-income, culturally diverse students.

Obesity, It's A HUGE Issue: A Look at Wisconsin Youth

Marcie Wycoff-Horn, Tracy Caravella, Brian Weaver

The purpose of this session is to identify current Wisconsin youth behaviors related to obesity and to help participants learn how Wisconsin school health educators are addressing these health issues.

Fitness Ambassadors

Cathy Jaynes

The Fitness Ambassador program is for primary and middle schools to establish daily vigorous physical activity as part of a comprehensive health and physical activity program. The program allows students to provide input into their daily physical activity, to build leadership skills and to have fun.

Shasta County Schools Get More!

New PE Equipment, New School Polices, Statewide Recognition and Healthier Kids

Chantele Sahli, Jeff Mushkin

Presenters will describe the efforts and results of the Shasta County Schools and its public health partners to fight obesity that resulted in significant program and environmental change.

Relationships Among Dietary and Physical Activity Behaviors of Students in Grades 1-4

Millie Naquin, Diane Cole, Wynn Gillan

This study examined relationships between dietary and physical activity behaviors of students in grades 1-4. Results indicate the need for early interventions starting in first grade and continuing through each grade level.

Youth Walking Clubs and Biometric Monitoring: Preliminary Findings from an NHLBI Enhanced Dissemination and Utilization Center (EDUC)

Robin Lovejoy; co-author: Faith Yingling

The purpose of this project was to reduce the prevalence of cardiovascular disease (CVD) risk factors by identifying the impacts of regular physical activity on growth and development through the use of youth walking clubs and biometric monitoring.

Patterns of Beverage Consumption by Young Adults – A Factor in the Development of Obesity?

Pamela Terry, Susan Moore

It is important to determine factors that contribute to the energy imbalance which leads to excessive weight gain. Focusing on young adults' consumption of beverages which are energy dense and have a high glycemic index provides needed information for program planning and risk reduction.

Using Exercise as a Primary Prevention Strategy for Maladaptive Risk-Taking in Adolescents

Meredith Hodgkinson, Fred Peterson

This session will review studies that employed exercise and recommend curricula based on current literature and risk-taking theories such as Zuckerman's Sensation Seeking Model.

Thursday - October 20

5:45 - 8 pm *Academy One / Three*
Poster Board Presentations (*continued*)

Utilizing Social Cognitive Theory to Design Childhood Obesity Prevention Interventions

Donald Wagner, Manoj Sharma

A study of 159 fifth-grade students found that social cognitive theory offers a useful framework for designing obesity prevention interventions. This session engages participants in designing theory-based obesity prevention interventions.

Supersizing Sexuality Education: An International Comparison of Spain and the United States

Jean Henry, Warren McNab, Mal Goldsmith

This poster session compares and contrasts school-based sexuality education programs in the United States and Spain. Comparative information will include historical perspectives, basic values, government policies and basic outcome measures.

Program Maturation of Abstinence-Only Programs in Texas

*Kelly Wilson, Catherine Raspberry,
Buzz Pruitt, Patricia Goodson, Eric Buhi*

As part of a multi-phase, multi-method evaluation of Title V-funded abstinence-only programs in Texas, a qualitative study was conducted to investigate indicators of "program maturity" and related influential factors in eight on-going abstinence education programs.

A Gender-Based Examination of Violence and Aggression Perceptions Among Adolescents: An Interactive Qualitative Analysis

Tammy Wyatt, Fred Peterson

The purpose of this study was to examine gender difference and similarities associated with adolescent perceptions of violence and aggression. By examining and understanding adolescent perception, school administrators, teachers and parents are better able to create a safe and healthy school environment.

Gender Difference in Body Size, Dieting and Ideal Body Size Selections among Low-income African American Children

Sharon Thompson, Daniel J. Bailey

This study examined low-income, African American children's body size, dieting and selection of ideal female body size. Study findings indicated that low-income, African American children are disproportionately at risk for obesity as compared to other ethnic/income groups. Thus, this segment of the population should be addressed when planning for obesity prevention.

The Talking Drums: HIV/AIDS Prevention Program for African-American Students

*Peter Guirguis, Bryan Campbell, Joe Stauber,
Carrie DeCarli, Ben Reine
Gamma Rho Chapter at Truman State University*

Gift of Life University Challenge

*Katie Reynolds, Meglynn MacDonald
Eta Chapter at Central Michigan University*

Tanning Habits and Consideration of Alternative Tanning Methods of Rural, Northeast Missouri Youth

*Christina Degenhardt, Kimberly Kennett,
Sarah Shelton
Gamma Rho Chapter at Truman State University*

Child Safety: Accidental Poison Prevention in the University Apartment Setting

*Christopher Ledingham, Layne Bickley
Alpha Pi Chapter at Texas A&M University*

An Adolescent Smoking Cessation Program for Rural, Alternative Education Students

*Nicole Stevens, Laura Kresl,
Jessica Morgan, Jennifer Miller
Gamma Rho Chapter at Truman State University*

Creation of a Health Screening Clinic at Hope's Kitchen

*Emily Forsyth, Christina Degenhardt,
Peter Guirguis
Gamma Rho Chapter at Truman State University*



6:30 - 7:30 am *Meet in ASHA*
Fitness Walk *Registration Area*

7 - 7:30 am *Academy One - Three*
Section Continental Breakfast
Co-sponsored by the Department of Health Education and Behavior, University of Florida.

7 - 9 am *Academy One - Three*
Exhibits

7:30 - 9 am
ASHA Section Meetings

Health Educators *Producer A / B*
Mental & Social Health Professionals *Sunset A / B*
Physicians *Executive Boardroom*
School Health Coordinators *Director A / B*
School Nurses *Vine A / B*



Last Chance To Visit Exhibits

It's Friday, and if you have not been to the Exhibit Hall, make sure you free up some time to stop in and see what is going on

Representatives from 50 suppliers of health education and health services products and materials are on hand to showcase their products and answer your questions.

Exhibit Dates / Hours

Thursday, October 20
11:45 am - 2 pm
5:30 - 8 pm
Between 5:30 - 8 pm, Poster Sessions are in the Exhibit Area (*Academy One / Two / Three*).

The Refreshment break is sponsored by the **College of Health and Social Services, New Mexico State University** and **Blackwell Publishing**.

Friday, October 21
7 - 9 am
11 am - 2 pm

9 - 10 am
Concurrent Sessions

Great Expectations or Mission Impossible? *Academy Four*
How Does the Media Influence Healthy Lifestyle Choices?
Pamela Terry, Marcia Berke

In America, many adolescents suffer from eating disorders trying to fit what the media has identified as physically attractive. This session will address the connection between poor lifestyle choices and the perceived inability to achieve the media-defined perfect body.

The Columbia University TeenScreen *Academy Five*
Program: Mental Health Screening for Youth
Mia Fasolo

The presenter will describe the Columbia University TeenScreen Program, a national public health initiative that works in collaboration with schools and communities to implement voluntary, confidential early identification and prevention screening programs. Participants will learn how the screening process works and will explore strategies to bring the program to their community.

Addressing Adolescent Youth Gambling *Academy Six*
in Delaware Through Comprehensive
School Health Education Programs
George Meldrum, Janet Arns Ray

The purpose of this Delaware project is to demonstrate the correlation of gambling and other at-risk behaviors, to outline how the data has been used to develop comprehensive school health curriculum and show how that curriculum has been formatted to promote use in the classroom. Presenters will demonstrate how this curriculum can be accessed in the classroom to help teachers more effectively deliver gambling prevention lesson plans.

School-Based Health Center Models *Hollywood/Glendale*
and Methods for Preventing and Managing Child
and Adolescent Overweight in Schools
Elaine Gustafson, Barbara Ford

Members of the National Assembly on School-Based Health Care's Training and TA Panel will review the contents of their web-based toolkit of obesity related resources including community collaboration, baseline assessment and monitoring, cognitive behavioral therapy techniques and applications, and effective SBHC model programs.

Fruit and Vegetable Innovation *Pasadena*
in School Foodservice
Sherry Terry

The Eat Your Colors Every Day Salad Bar and Salad Options Project was designed to increase student consumption of fresh produce by implementing, enhancing and expanding salad bars and a variety of salad options in schools. Thousands of Florida students are eating more fruits and vegetables due to the models developed and tested over a two-year period in Florida school districts.

Friday - October 21

9 - 10 am

Concurrent Sessions *(continued)*

Psychiatric Aspects of Student Obesity *Burbank*
William Dikel

This presentation provides an overview of the psychiatric disorders (e.g., Clinical Depression) whose symptoms contribute to obesity. The presenter also will review the poor nutritional habits that can produce psychiatric symptoms that lead to obesity in vulnerable students. Effective methods of screening, identification, referral and school-based interventions for students who present with evidence of these problems also will be reviewed.

9 - 10 am

Sunset A/B

Research Council Symposium
 on 2005 Updates from the CDC

School Health Research: 2005 Updates from CDC

*Laura Kann, Lisa Barrios,
 Leah Robin, Jo Anne Grunbaum*

This session will begin with a description of the latest Youth Risk Behavior Surveillance System activities including results from the 2005 survey the psychometric studies conducted during the spring of 2004, and plans for the 3rd iteration of the School Health Policies and Program Study. We will then provide a brief update on Healthy Passages - DASH's longitudinal study of youth.

The second presenter will describe the latest plans for program evaluation of DASH-funded projects, evaluation research projects that are underway, cost effectiveness analyses of school health programs, and evaluation of a new parenting intervention - Linking Lives.

The third presenter will describe the latest Tools for Schools including the new Guidance for Effective Programs and Curriculum Analysis Tools. In addition, plans for updating and creating new CDC guidelines for school health programs and associated products will be described.



ASHA Welcomes School Administrators

9 - 10 am

Orientation and Meeting with
 Dr. Jack O'Connell, California
 Superintendent of Public Instruction

Celebration / Festival / Gala Rooms

10:10 - 11:20

Dr. Pat Cooper's Keynote Presentation

Junior Ballroom

11:30 - 12:30

Attend a Session of Your Choice

12:30 pm

Lunch

Jubilee

10:10 - 11:20 am

General Session - 2005 John P. McGovern Lectureship

Junior Ballroom

Coordinated School Health: Making the Vision the Mission

Pat Cooper

Pat Cooper, EdD, Superintendent of the McComb School District in Mississippi, will share his successful efforts to implement effective school health programs during his keynote address titled "Coordinated School Health: Making the Vision the Mission."

A nationally recognized consultant and lecturer on systemic education reform and comprehensive school health and inclusion issues, Dr. Cooper's work in Mississippi has resulted in documented gains in student attendance, test scores and teacher productivity as well as reducing dropout, suspension and expulsion rates.

According to Dr. Cooper, "Simply providing access to education will not solve anybody's problems if the nation's schools are overwhelmed. We must work together to take action for children's nutrition, fitness and overall health, to create healthy, safe, supportive schools where teachers can teach and children can learn."

Dr. Cooper will share how he was able to secure funding and other resources for CSHP as well as how the McComb School District was able to document student education and health outcomes.

Dr. Cooper has in his 34th year of public education service. He has served as a classroom teacher of emotionally disturbed students, principal, university faculty member and as assistant state superintendent in the Louisiana Department of Education. In addition, he was executive director of the National School Health Education Coalition (NaSHEC) and served as a senior education program consultant for the Kennedy Institute in Washington, DC.

In Mississippi, Dr. Cooper serves as President of the Mississippi Alliance for School Health (MISH), and is on the Governor's Health Committee which works with the National Governors Association in developing a national network on school/health partnerships.

This General Session is sponsored by the McGovern Fund and the National Association of State School Nurse Consultants.

ASHA's Council on Administrative Support for School Health would like to thank the Coordinated School Health Division of Los Angeles Unified School District and their students for collating the Administrator Packets.



Notes...

Friday - October 21

11:30 am - 12:30 pm
Concurrent Sessions

The Whole Child and Coordinated School Health: *Junior Ballroom*

There Is Life After Test . . . and Before
Pat Cooper

The success started with McComb School District addressing the needs of the whole child and then working towards the larger system change for the district and community. The goal was to change a generation of students in spite of poverty, illiteracy, unhealthy environments and the violence all around them. Eight years later, it seems to be happening. We have different children as demonstrated by much more positive behavioral and academic data. The common denominator for this success are Maslow's hierarchy of needs, coordinated school health and empowered staff and a believing community.

Successful School-Based Solutions to the Obesity Crisis *Academy Four*

Julie Frank, Courtney Sjoersdsma

The presenters will review school-based projects that have demonstrated positive effects on the physical activity levels of students – in and out of physical education classes. A particular focus will be on the elementary school interventions (SPARK, Sports, Play, and Active Recreation for Kids) and before and after-school (Active Recreation). Barriers to establishing activity infrastructure, implementation and institutionalization will be discussed and strategies provided. Attendees may also enjoy some activity surprises!

The Coordinated School Health Process – Lessons Learned in California *Academy Five*

Jeri Day, Debra Herr, Ann Knicklebein, Robin Sinks

This session will profile progress made in coordinated school health by a rural, a suburban and an urban California School Health Coordinator Leadership Institute team. Participants will analyze how to apply the model to their own district's obesity prevention initiatives using a simple tool, and will have access to state and local professionals who are making it work in California.

Protect Your Sex Ed Program with Parents! *Academy Six*

Barb Flis, Laurie Bechhofer

Schools choose to offer abstinence-only or no sex education programs because they perceive that parents in their community don't support comprehensive sex education. In fact, the vast majority of parents are proponents of comprehensive programs. In this session, participants will hear Michigan success stories involving parents as advocates and leave with concrete strategies for identifying and supporting parent champions. *(Sponsored by the ASHA Sexuality Education and Reproductive Health Council.)*

11:30 am - 12:30 pm
Concurrent Sessions *(continued)*

California's SB 19 Pupil Nutrition Act: Lessons and Recommendations *Director A/B*

*William McCarthy, Carol Hiort-Lorenzen,
Wanda Grant, Barbara Dietsch,
Thalida Em Arpawong*

This session will address the new state laws restricting sales of soda beverages and high-sugar, high-fat intake snack foods in California schools. Presenters will review lessons learned from school districts' early implementation of the new law and provide practical tips for bringing school food service into compliance with the law.

Obesity: Targeting the Enemy with Health Promotion *Producer A/B*

Susan Baldwin

The program will examine how a school district planned, advocated, implemented and evaluated a school-site faculty and staff health promotion program targeted toward reducing obesity, hypertension and diabetes.

Creating a Nutrition Learning Community *Hollywood/Glendale*

*Chris Boynton, Debra Israel,
Sarah Miller, Co-author: Anaa Reese*

A health coordinator, teacher, after school coordinator; public health nutritionist and food service representative will discuss how they planted and are growing a nutrition learning community in their schools and district. With funding from multiple sources they have created a unique community involving K-12 students, parents and schools in learning about and making healthier eating and lifestyle choices.

Into the Classroom, Through the Cafeteria and Beyond the Corridors ... Policy at Work in Schools *Pasadena*

Nancy Puckett, Melissa Martin

The school environment includes numerous aspects of the school, including the school community, its partners, the curriculum, facilities and much more. Presenters will share their experiences in developing a School Wellness Policy.

Coordinated School Health Programs: A School Nurse's Story *Burbank*

Lucinda Mejdell-Awbrey

This program will explain the process of developing a School Health Advisory Council and describe the evolution of the council only serving School Health Services. The perspective of a school nurse will provide how it can evolve into a coordinated School Health Program. The program will challenge school health partners to move in this direction in their districts/schools while discussing the key components of Coordinated School Health Program and why they are needed for program success.

11:30 am - 12:30 pm
Concurrent Sessions (*continued*)

Pupil Personnel Staff, *Vine A/B*
Your Partners in Coordinate School Health

Jerry O'Day, John DiCecco

This presentation will highlight the Los Angeles Unified School partnership with Center for Disease Control and Prevention in implementing a district-wide Coordinated School Health Model. Several structures to effectively involve pupil service staff as effective partners in Coordinated School Health will be shared. National Association of School Psychologists work in promoting inter-disciplinary role of pupil service staff will be shared.

11:30 am - 12:30 pm *Sunset A/B*
Research Council Presentations on Assessment
of School Activity Regarding Nutrition and Physical Activity

Lessons Learned: Implementation of the School Health Index in Three Mid-Western Middle School Settings

Michelle Miller, Catherine Sherwood-Puzzello

The School Health Index (SHI) guides implementation of coordinated school-based programs to encourage healthy eating, physical activity and in reducing adolescent obesity-related health problems. Participants involved in this study included administrators, teachers, parents, community members, and students. Results indicate that the SHI is a good assessment tool to help schools evaluate their health programs, however, those who implement the SHI need to be sensitive to the diversity which exists in schools and be able to adapt to the needs of schools so the most comprehensive data can be collected.

Implementation of the School Health Index in Three Middle School Settings: Results and Recommendations

Catherine Sherwood-Puzzello, Michelle Miller

This study reviewed the SHI guides implementation of coordinated school-based programs to encourage healthy eating and physical activity and reducing the number of adolescents who have obesity-related health. The results from the eight modules have implications for the design and intervention of programs that promote physical activity, healthier eating in schools resulting in students' improved health and readiness to learn.

What Are Schools Doing to Impact the Obesity Epidemic? A Policies and Practices Report Card for Michigan Schools

*Amos Aduroja, Marianne Frauenknecht,
Kim Kovalchick*

Schools have begun to enact policies and practices that may significantly change dietary and activity behaviors among students and staff. The purpose of this study was to report the status of policies and practices related to health education, physical education and nutrition in Michigan schools. Recommendations to reduce obesity in schools will be provided.

12:30 - 1:45 pm
Lunch - On Your Own

Last Chance
to Visit the Exhibits

1:45 - 2:45 pm
Concurrent Sessions

Fine Tuning Our Advocacy *Academy Four*
for School Health: Timely Messages
for School Administrators
Jacquelyn Sowers

What are some important things to keep in mind when preparing to persuade school administrators and board members of the need for school health curriculum and services? This session will explore a dozen things to be ready for and identify some timely advocacy approaches. (*Sponsored by the ASHA Council on Administrative Support for School Health.*)

Success Stories: Partnerships *Academy Five*
to Promote Integration of HIV, STD
and Teen Pregnancy Prevention
Sharon Murray

Learn how strategic partnerships between state education and health agencies have resulted in improved efforts to integrate HIV, STD and teen pregnancy prevention programs at the state and local levels.

New Approaches to Cardiovascular *Academy Six*
Risk Management: Obesity and Smoking
Elbert Glover

The Endocannabinoid System (ECS) is a physiological system believed to play an important role in regulating body weight, lipid metabolism and tobacco dependence. Increased ESC activity is associated with excessive food intake in obesity as well as chronic tobacco use. This session will review the latest research and treatment options for managing the two major cardiovascular risk factors: obesity and tobacco use.

Getting To Tobacco Free Schools: *Vine A/B*
Collecting and Using Personal Testimony
to Promote Policy

Jane Pritzl, David Wattenbarger

This session is intended to appeal to policy advocates and policy implementors. With a focus on tobacco-free school policies, this session will help the advocate in utilizing testimony to increase school health policies and help the administrator learn more about tobacco-free schools. Video clips from key informant interviews with school administrators, school board members and school enforcement officers will be presented.

Friday - October 21

1:45 - 2:45 pm
Concurrent Sessions (*continued*)

Diabetes Self-Management, Motivational Training for Native Americans in Montana/Wyoming *Director A/B*
Sandra Klarenbeek

The rate of diabetes among Native American tribes is significantly higher than other populations. This program will look at the factors contributing to this high rate of diabetes, and the barriers or challenges to intervention and self-management. Motivational training strategies to increase skills in working effectively to assist people with diabetes to better manage their condition will be modeled.

Do More-Watch Less – Or, Get a Life and Turn off that TV! *Producer A/B*
Nancy Gelbard

Television viewing is strongly linked to obesity in adolescents. *Do More-Watch Less!* is a cutting-edge toolkit to encourage “tweens” to incorporate more screen-free activities while reducing the time they spend on TV, Internet and video games. Participants will have the opportunity to try out segments of the toolkit while learning more about the connection between screen time and weight.

Nutrition and Physical Activity Environments: Promising Practices in Secondary Schools *Hollywood/Glendale*
Margaret Aumann, Mary Lussier

What does it take to get healthy food choices and physical activity opportunities into middle and high schools? Come learn how schools have worked within their communities to Link Education, Activity and Food: LEAF! This session highlights strategies used by some California schools to develop and apply nutrition and physical activity policies, including challenges faced and “promising practices” discovered.

The Physical Education Curriculum Analysis Tool: Its Use and Application *Pasadena*
Sarah Lee

The purpose of the Physical Education Curriculum Analysis Tool (PECAT) is to allow users to thoroughly analyse a written physical education curriculum and create a curriculum improvement plan. Session participants will learn about the development and field testing of the PECAT. Participants will also participate in the scoring process in small groups that resemble curriculum / PECAT committees.

1:45 - 2:45 pm *Burbank*
Teachng Technique

Food, Fitness & Fun: Using Nursing Students to Implement a Collaborative Education Project in Schools
Penny Leake, Julie Goedken,
co-author: Brenda Ranum

This project involved an intensive, interactive educational program in the schools and provides nutrition education to all children. It was a collaborative project between Luther College Department of Nursing, the Winneshiek County Public Health Nursing Service, the Iowa State University Extension service, and four parochial schools in our county. Activities and lessons that were individually developed for each school and each grade level will be shared.

1:45 - 2:45 pm *Sunset A/B*
Research Council Presentations on Adolescent Risk Behaviors

The Association of Survey Setting and Mode with Self-Reported Health Risk Behaviors Among High School Students
Nancy Brener

Results from risk behavior surveys among adolescents often vary considerably. Methodological studies are needed to understand the disparate results. The purpose of this study was to examine whether the prevalence of self-reported health risk behaviors among high school students varied by survey setting (school vs. home) and mode (paper and pencil vs. computer). Students completing questionnaires at school report higher levels of risk behavior than students completing the same questionnaires at home. Mode effects were weaker. Further research is needed to explain why setting and mode are associated with self-reported risk behaviors.

Association of Missing School with Health Risk Behaviors Among High School Students
Danice Eaton

School absenteeism is associated with increased likelihood of risk behaviors. The strength of this association might vary depending on whether the student had permission for the absence. The purpose of this study was to examine whether missing school with and without permission is associated with health risk behaviors among high school students. Missing school, both with and without permission, is associated with risk behaviors. Students who miss school without permission are about twice as likely to engage in risk behaviors as students who miss school with permission.

Suicidal Ideation and Attempted Suicide In Adolescents: Does Obesity Matter?

Bilesha Perera, Jo Beth McCarthy-Jean, Noy Kay
The purpose of this study was to explore the relationships between obesity and suicidal ideation and attempted suicide among students in grades 9 -12.

3 - 4 pm
Concurrent Sessions

From School Health Council to School Board: Lessons Learned in Addressing Obesity Prevention at the Local Level
Academy Four
Terry O'Toole

Participants will analyze background information (news media articles, TV reports) and highlights from a local School Health Council's meetings that led to the recommendations to their School Board on addressing childhood obesity. An outline of the lessons learned by the School Health Council will be examined. *(Sponsored by the ASHA Food and Nutrition Council.)*

What Are Schools Doing When it Comes to Sex Education?
Academy Five
Laurie Bechhofer, Barb Flis

There has been much debate regarding the status of school-based HIV/STD and sex education, particularly with the infusion of federal abstinence-until-marriage dollars. Presenters will describe the process and results of a 2005 statewide study of Michigan schools and discuss the value of conducting similar surveys to inform program and policy decisions. *(Sponsored by the ASHA Sexuality Education and Reproductive Health Council.)*

Getting to Wellness: Effective and Practical Approaches for Establishing Local Wellness Policies
Academy Six

Brenda Greene, Nora Howley, William Potts-Datema
In response to the growing problem and health consequences of overweight children and adolescents, the reauthorized Child Nutrition Act of 2004 requires local school districts that receive federal school meals funding to adopt a "wellness policy." This session will give key stakeholders practical approaches to working with and influencing school policymakers in developing an effective wellness policy. *(Sponsored by the ASHA Council on Administrative Support for School Health.)*

Multidisciplinary Approaches to Obesity Prevention Throughout the Middle School
Vine A/B
Christine Blaber, Leslie Hergert

Learn about what early adolescents, their parents, and teachers know, think, and feel about nutrition and physical activity. Explore ways to incorporate this information into several disciplines, while meeting the curriculum standards of the disciplines. Learn about available resources for teaching young adolescents about nutrition and physical activity and create recommendations for new curriculum resource to meet local needs.

3 - 4 pm
Concurrent Sessions *(continued)*

Health Behavior of School-Aged Children in Thailand and The People's Republic of China
Director A/B

Nattiporn Nokkaew, Nan Jiang, Kaigang Li, Noy Kay
Participants will learn about the health behavior of school-aged children in Thailand and The People's Republic of China (China) relative to: health and well-being, fitness, family and peer relationship, school environment, smoking and alcohol use and violence. Participants will learn about school health education curriculum in both countries.

Development and Implementation of the LAUSD Soda Ban and Junk Food Ban
Producer A/B

Stephanie Vecchiarelli
There has been a proliferation of district and school nutrition policies aimed at altering the school food environment to improve the dietary behaviors of students. The Los Angeles Unified School District (LAUSD) implemented two comprehensive nutrition policies in 2004. Through interviews, questionnaires and observations, this study documented the development and implementation of the LAUSD "soda ban" and "junk food" ban.

Harnessing The Power of Youth: Stopping Bullying and Violence In Our Schools
Hollywood/Glendale

Rick Phillips, John Linney
Too many young people experience bullying, cruelty and violence based on their body types in schools. This cruelty contributes to health issues such as eating disorders, depression and self-mutilation. Using a strength-based approach, this session will provide an effective research-based strategy that engages, empowers and equips students to build healthy and caring school climates that support positive youth development.

Issues Surrounding Body Mass Index Screening and Surveillance in Schools
Pasadena

Mary McKenna, Sarah Lee
Is your school jurisdiction considering collecting Body Mass Index (BMI) data and sending it home? Come learn about the issues surrounding BMI screening and surveillance, and alternative strategies for addressing overweight among children. Participants will discuss newly developed strategies, and discuss the roles schools can play in addressing the issue of overweight without collecting BMI data.

Friday - October 21

3 - 4 pm
Coordinated School Health Forum

Burbank

Making CSHP Work for Schools:
Florida's Partners Projects in Action
Kari King

Florida CSHP Partners Projects works with 56 schools in 20 districts, providing financial and technical assistance in forming their Healthy School Teams. Schools spotlight the following four target components from the CSHP model: health and physical education, staff wellness, family involvement, and healthy school nutrition. The presentation will provide a hands-on review of support materials and innovative school strategies.

Coordinated School Health:
An Orange County Perspective
Rob Bachmann

The session will provide a look at efforts to promote, support and implement coordinated school health on a countywide level. Experiences, both challenges and successes will be shared. Appeal to a wide audience, both those who are just getting started and those who are further along. The session will be interactive and discussion and sharing of ideas will be encouraged.

There's No Place Like Kansas
*Melissa Brooks, Darrel Lang
Allison Koonce, Brandon Skidmore*

In the past 2 ½ years, Kansas has worked on "grass root" programs to improve on the overweight issues with our youth in local schools and districts. With the induction of the Kansas CSHP Program along with the K-CHAMP Program at the State Level, several local success stories have begun to emerge and we would like to share those with you!

Thank You

Pan-Educational Institute
Independence, Missouri
Mr. David Sullivan

For your generous
donation of a
Pentium 166 Laptop Computer
for the
ASHA Member-Get-A-Member Campaign

3 - 4 pm
Research Council Presentation
on Child and Adolescent Nutrition and Physical Activity

Sunset A/B

Eating and Exercise Behavior
in Preadolescents: Parental Influence
Deborah Norton

The purpose of this study was to assess the influence of potential psychosocial and behavioral determinants of eating and exercise beliefs and behaviors of 100 preadolescent and parent pairs. This study illustrates the multidimensional nature of the determinants of eating and exercise behavior in preadolescents, including the sociocultural factors and possibly modifiable correlates.

Weight Management Patterns and Consumption of Fruits
and Vegetables Among US High School Students
Richard Lowry, Mary McKenna

The purpose of this study was to examine associations of fruit and vegetable consumption with weight management. Although consumption of fruits and vegetables is associated with the most common weight management patterns, especially those involving exercise, most students trying to control their weight consume insufficient fruits and vegetables.

Battling the Bulge – Strategies to Improve
the Implementation of School Health Programs
Kelly Reed

The purpose of this study was to examine whether a teacher's personal health beliefs toward physical activity and healthy eating contribute to their intention to implement the program. Results indicate that teachers' personal health beliefs toward physical activity, nutrition and tobacco use do account for additional variance in teachers' intentions to implement CATCH. This finding substantiates the need for staff health promotion programs and other environmental changes that accommodate improved physical activity and nutrition at the school as a worksite.

4:15 - 5:15 pm
Concurrent Sessions

New Resources to Support *Academy Four*
Making the Connection: Health and Student Achievement
Sharon Murray

Making the Connection: Health and Student Achievement (MTC) is a valuable tool for education and health personnel to make the case for coordinated school health programs with state and local decision-makers, parents, teachers and administrators. Learn about new resources developed to complement this presentation.

Changing California's Course *Academy Five*
on Childhood Obesity
*Caroline Roberts, Nancy Gelbard,
Jeri Day, Dianne Wilson-Graham*

Examples of California leadership's innovative education and public health initiatives related to the childhood obesity epidemic will be discussed. Central themes include improving nutrition/health education, increasing the quality and quantity of physical education and activity and environmental changes through policies that support healthy eating and exercise both on school campuses and in the community. Participant contributions will be encouraged.

Collaborating for School Wellness Policies *Academy Six*
*Julie Fort, Dana Carr,
Sarah M. Lee, Alicia Moag-Stahlberg*

The 2004 Child Nutrition Reauthorization Law requires local school districts to develop school wellness policies by school year 2006-2007. The US Departments of Agriculture and Education, CDC and Action for Healthy Kids will present collaborative efforts to help school districts develop school wellness policies that will include a review of the requirements, resources, tools, and sample State and local policies.

Use the Principles of Social Marketing - *Vine A/B*
SUPERSIZE YOUR IMPACT
Susan Spalt

This hands-on presentation will give participants information about how to use the principles of social marketing in a variety of school health areas. Issues related to school nutrition and obesity will be emphasized. The presentation will focus on manageable ways to use social marketing in real-life school situations. Interactive teaching techniques, mini-lectures, paired and group discussions will be used. *(Sponsored by the ASHA Health Coordinators Section.)*

4:15 - 5:15 pm
Concurrent Sessions *(continued)*

PE as A 15-cent Hamburger: *Director A/B*
Would You Like to Supersize That?
Steve Stork

Supersizing isn't only about choices, it's about value. PE is a good value only when it guides children toward becoming physically active for a lifetime. This session will explore analogous practices in nutrition and physical education, and suggest alternatives that provide both value and benefits. Find out how rewards, relays and exercise for punishment relate to baked potatoes, buffets and broccoli. *(Sponsored by the ASHA Physical Education and Physical Activities Council.)*

Exploring the Role of the School Nurse *Producer A/B*
in Promoting Student Achievement
Mary Capparelli

Exploring the Role of the School Nurse in Promoting Student Achievement is an initiative designed by the New York Statewide School Health Services Center to increase communication and understanding among school administrators and school nurses about the relationship between academic success and healthy behavior. The initiative further explores ways to more effectively address the academic needs of students through positive role models by the school nurse in promoting healthy behaviors and strengthening academic achievement.

Addressing Homophobia *Hollywood/Glendale*
in Elementary School
Nora Gelperin

Participants will discuss general issues related to sexual orientation and homophobia in order to raise people's awareness about the impact of homophobia on the Pennington School community. A facilitator will lead in-depth dialogues and interactive exercises related to this topic. Participants will gain insight into how homophobia hurts people of all sexual orientations and ways to combat it on the micro and macro levels in their lives.

An Innovative Oral Health Screening Project: *Pasadena*
Kansas School and Local Public Health Department
Nurses Leading the Way!
Christine Tuck, Dawn McGlesson

This session utilizing a fluorescent laser dental device demonstration will discuss the purpose and outcomes of an innovative oral health screening conducted during the 2003-2005 school years. The purpose of this project was to determine if school nurses and local public health department nurses can conduct effective oral health screening. Descriptive analysis of the data and efficacy of the non-invasive laser fluorescent dental device has been identified and will be discussed.

Friday - October 21

4:15 - 5:15 pm
Teaching Technique Forum

Burbank

Eat Out: Be Wise!

Diane Cole, Millie Naquin

Participants will be involved in an interactive activity simulating various fast food restaurants. Participants will be assigned to a "restaurant," where they will select a meal and evaluate the nutritional healthfulness of their choices. Participants will discuss their choices and share how alternative meal selections may be more healthful and address the US Dietary Guidelines 2005.

Conference Supporters

The following companies and organizations donated a variety of items to share with conference participants. We would like to acknowledge their contribution and thank them for their generosity

California Dried Plum Board

<http://www.cdpb.org/>

Concord Records

<http://www.concordrecords.com/>

Glo Germ Company

<http://www.glogerm.com/>

Harcourt School Publishers

<http://www.harcourtschool.com/index.html>

Klein Buendel

<http://www.kleinbuendel.com/healthinfo/index.php>

Sunkist Product - whole fruit

<http://www.sunkist.com>

Sun Safety Alliance

<http://www.sunsafetyalliance.org/>

Treetop - 100% Flat Fruit

<http://www.treetop.com>

Walk4Life

<http://walk4life.com>

Thank You!

4:15 - 5:15 pm
Late-Breaking Research Presentations

Sunset A/B

Innovative Approaches to Developing Childhood Obesity Prevention Programs: Lessons Learned from the Commonwealth of the Northern Mariana Islands (CNMI)

Mozhdeh Bruss, Quitagua, Rosa Palacios

The purpose of this study was to present a model that uses stakeholder approach and formative evaluation methods to develop a childhood obesity intervention program that is scientifically-based and culturally relevant.

Effect of Changing Perception of Risk Associated with Alcohol Use on Marijuana Use Among Youth and Adolescents

Randi Alter, David Lohrmann, Robert Green

Prior research has shown significant declines in gateway drug use among participants in a school/community substance abuse prevention intervention in a Midwestern suburban school district. Findings of this study suggest that involvement with other drugs, such as alcohol, is a significant risk factor for marijuana use. Implication for future research examining poly-drug use among youth will be discussed.

Knowledge and Attitudes of Pre-Service Elementary Teachers Towards Emergency Care in the School Setting

Tiffany Brown, Jeffery Clark

The purpose of this study was to investigate pre-service teachers' knowledge of and attitude toward emergency care in the school setting. Results indicated emergency care training has limited influence on pre-service teachers' attitudes and willingness to provide care.



Notes...



6:30 - 7:30 am
Fitness Walk

Meet in the ASHA
Registration Area

7:30 - 9 am
Continental Breakfast

Academy Two / Three

Enjoy a light breakfast, and join the discussion at one of the various Roundtable Presentations.

8:45 - 11 am
Leadership Training



Notes...

7:30 - 9 am
Roundtable Presentations

Academy One

(1) On Non-Language Teaching Method Promoting Preschoolers Physical Fitness and Organism Development
Zuo Cheng, XingLiang

Non-Language Teaching Method refers to all non-linguistic signals consciously used and all behavior conveying information in the course of teaching. The results prove that the non-language teaching methods are useful for promoting preschoolers' physical fitness and mentality. Kindergarten teachers should be aware of the theory, and apply it audaciously for promoting all of preschooler's physical fitness and mentality.

(2) Fruits and Vegetables Go to School ... California's New Harvest of The Month Tool Kit

Susan Magrann

The Harvest of the Month Tool Kit, developed by the California Department of Health Services' Cancer Prevention and Nutrition Section, provides strategies and resources that promote increased consumption of California-grown fruits and vegetables by students. The Kit includes a monthly newsletter for educators, linkages to health and academic content standards, menu slicks, press releases templates and parent newsletters (English and Spanish).

(3) "Ants On a Log" - A Collaboration Between Hawai'i's Leading Health Insurance Provider, Department of Education and University of Hawai'i to Provide Standards-Based Nutrition Curriculum and Teacher Training

A. Ku'u lei Serna, Beth Pateman, Lynn Shoji

Hawai'i's Department of Education and the University of Hawai'i teamed up with Hawai'i's leading health service provider, HMSA, to design and disseminate a standards-based nutrition curriculum for grades K-3. Learn how these organizations provided in-service and pre-service teachers with culturally relevant and interdisciplinary nutrition lessons, teaching aides and training at no cost.

(4) Short-Term Travel/Study Programs for Junior and Senior High School Students: How To Manage Safety, Risk Management and Legal Liability

Nicholas Iammarino, Thomas O'Rourke

Presenters will identify key safety, risk management and legal issues and describe ways to design specific actions that may be implemented. Issues covered include acknowledgment of risk; release of responsibility; institutional, instructor and student responsibilities; student self-assessments; medical/travel insurance; and strategies for safe travel. Other considerations include dealing with students with disabilities, student conduct and the FERPA/Buckley amendment.

Saturday - October 22

7:30 - 9 am

Academy One

Roundtable Presentations

(5) Engaging Pediatricians to Collaborate Within the Coordinated School Health Context *Lori Morawski, Madra Guinn-Jones*

Presenters will focus on the American Academy of Pediatrics current school health initiatives on asthma and obesity which includes increasing the awareness of including pediatricians into new and existing school health programs. Strategies for improving communication between physicians, parents and school nurses, physical education teachers, health educators and school site administrators will be described and tools to help facilitate collaboration will be provided.

(6) Best Kept Secret: Technology Health Education *Victor Aeby, Rick Barnes*

Due to changes in state policies and federal mandates in North Carolina, all teachers including health educators are expected to utilize technology to teach reading in their classes. Differences in teacher perceptions of those policies and mandates may account for gaps in teacher knowledge, importance and attitudes toward computer technology and application in the classroom. A significant gap for some teachers may be the difficulty in applying computer technology in their classrooms due to the lack of knowledge.

(7) Prevention Efforts in Tennessee's CSH Pilot Sites *Connie Givens, Sherry Franks,* *co-author: Elaine Jackson*

This session will provide a brief overview of Tennessee's Coordinated School Health Initiative. Aspects of the outcome evaluation component for Tennessee will be presented. Data collection methods and correlation of the data to current strategies will be discussed. Three of Tennessee's 10 Coordinated School Health Pilot Sites will present success stories from their individual prevention and intervention endeavors.

(8) Child Abuse Reporting Project: Obstacles, Outcomes and Opportunities

Bonnie Bailer, Mary Ann Lague, Kim Clark

This session will provide an overview of the Child Abuse Training for Mandated Reporters conducted by the Children's Assault Treatment Services program at Northridge Hospital Medical Center. The program includes: (1) barriers to mandated reporting identified during focus group interviews; (2) PowerPoint in-service presentation adaptable to state and local regulations; (3) training video; (4) trainer's manual; and (5) web-based instructional program.

(9) Safe Ways to School

Linda Crider, Amanda Hall

Safe Ways to School is a program designed to improve children's health through walking and bicycling. It addresses the conditions that affect children's home-to-school journey; traffic congestion and speed around schools, neighborhood surveillance and police presence. A team approach is used for the promotion of safe walking with assessments and surveys to identify problems, pose solutions and funding sources available for implementation.

(10) Getting Into Public Health Agencies: How to Find A Wealth Of Resources To Support Your School, University or Community Chronic Disease Prevention Program

Joan Ware, Amy Greene

Presenters will attempt to demystify how state public health agencies work and how to tap into the many non-traditional resources available within to support school, university and community chronic disease prevention programs. Participants will receive a list of actions they can consider undertaking with the support of their state public health agency.

(11) Leadership A Question of Time or Money?

Beverly Hine, Janaan Diemer

Through a multimedia presentation and small group discussion we will answer the burning questions of: How are you providing services? Can you do more with the same resources? Where are your strengths and weaknesses? How do you "sell" Coordinated School Health to administration? The participant will learn strategies that worked and didn't work for this 23,000 student district and come away with the start of a plan of their own district or agency.

(12) New Style of Playground Markings Helping to Tackle Obesity in Youth

Melinda Bossenmeyer

Playground games have always been an important part of childhood. In a bid to encourage more children to be active during recess various "playground markings initiatives" around the world have been recently implemented. This session will explore playground marking initiatives in Ireland, England and Australia and review their impact on tackling childhood obesity. Come learn which markings are most conducive to high levels of activity and what scientifically based research indicates about playground markings and children's physical activity levels.

(13) Motivate, Educate, Activate: A Collaborative Effort for a Healthy School Environment

Judith Dzimiera, Carolyn Thompson

This session will focus on Maryland's collaborative effort to affect change for a healthy school environment. The Motivate, Educate, Activate summit brought local leaders in education, nutrition and physical activity together to begin making changes. Each Maryland county developed an action plan. Maryland State Department of Education and Maryland Action for Healthy Kids have partnered to support these teams.

7:30 - 9 am

Academy One

Roundtable Presentations

(14) Downsizing Macomb-One Community's Collaboration To Reduce Obesity in Children

Patricia Steele

Michigan's children are among the most overweight in the nation. Macomb Intermediate School District has partnered with 12 community agencies to sponsor four district initiatives for school-age children related to fitness and nutrition. Learn to use staff development for physical educators, "community conversations" for parents, incentives for food service directors and multiple health promoting strategies for children.

(15) Benefits of Scholarship Application for Faculty and Students Faculty: A New Perspective

Susan Russell, Kathleen Miner, Kathleen Middleton

Presenters will provide guidance on preparing effective scholarship application packages for school and public health, including: the importance of the preparation of scholarship materials; how competencies associated with application preparation are linked with professional practice; how the receipt of an award benefits the individual receiving the award and the faculty, demonstrating evidence of successful teaching, and adding to personal credentials.

(16) Closing the Pre-Service and In-Service Gap for HIV Instruction: Strategies for Collaboration

Sharon Murray

HIV instruction for youth is improved when the gap between pre-service preparation and in-service needs for teachers of HIV education is closed. Learn results from two focus groups held to identify challenges and address strategies for improving state-level communication and coordination between state education agency personnel and teacher preparation faculty.

(17) Nuts and Bolts of Applying for an ASHA Conference Session

Charlotte Burt, Marjorie Cole, Linda Davis-Alldritt, Kathie Johnson, Sandy Landry, Phyllis Lewis, Phyllis Pelt, Gwen Smith;
co-authors: *Beverly Hine, Cheryl Smoot, Candace Hendershot*

This session, presented by the ASHA School Nurse Section Nurse Planners, will review the essential components of applying for an ASHA Conference Session. Participants will leave the session with an application purposefully integrating a collaborative interdisciplinary and interagency evidence-based focus. Participants will apply their areas of expertise and have a contact person to work with to finalize their session application.

(18) Providing a Web-Based Membership Services: The Revival of the Michigan School Health Association

Don Sweeney, Paula Nettleton, Beverly Littner Schroeder

Presenters will discuss the establishment of a web-based organization providing school health educators with current information, consulting services, on-line training opportunities and collaboration with a wide range of health and education experts. This non-traditional approach to a membership organization connects classroom teachers, administrators and service providers with the latest research and data. Through a network of state and national consultants, email advisories and web services, classroom teachers are able to address the issues that are in tomorrow's news.

(19) Medication Administration Guidelines – An Evidence Supported Tool for Guiding and Evaluating Student-Focused Medication Administration Policies and Procedures

Cheryl Smoot

This session will explore the multidisciplinary and interagency process used to develop the Minnesota Medication Administration Guidelines for Schools. The guidelines are intended for school districts, school boards, principals, school nurses and those they delegate to give medications, parents and students themselves. Information will be provided on the strategies and tools to rollout the guidelines and assist school districts as they review, modify and address student-focused policy and procedures for medication administration.

(20) Navajo Coordinated School Health

Darlene Begay, Rethania Yazzie, Tonilisa Nezz, Eli Bighthumb, Mellisa Benally

The health problems faced by the Navajo people are increasing. Prevention efforts for our young people have the potential to improve the health of our next generation. Scientific evidence shows that a coordinated school health approach, emphasizing community and parent involvement is the most effective way to promote health among young people. However for local adaptation, "Corn Plant Model" is used. The corn plant represents Navajo coordinated school health because corn, like our children, are considered sacred and valued as the source to sustain life for Navajo people.

(21) Partnership to Reduce Disparities in Asthma and Obesity in Latino Schools

Guillermo Gomez, Jovita Flores, Dianne Rucinski

Using a community-based participatory research model, presenters will share the assessment and evaluation framework that was developed. The project has four aims: 1) developing a better understanding of the impact of the school environment on a school district's policies influencing this environment, on asthma and obesity; 2) developing a common language between "professionals" and "community members/parents" or shared perspective that will be used to motivate school administrators to take action to improve the school environment; 3) evaluating two different models of community organizing in a school-based setting; and 4) opening lines of communication and working partnerships between schools and community health.

Saturday - October 22

9:15 - 10:45 am
Concurrent Sessions

"Hey Fats!" - Weighing in on Bullying *Academy Four*
Angela Amarillas, Jacquelyn Russum

This presentation will provide current research, coordinated strategies and instructional resources for creating healthy, safe and size-accepting environments in elementary through high school communities.

Going Local: Farm to School *Academy Five*
as a Prevention Strategy

Anupama Joshi, Heather Fenney

This session will provide an overview of the farm to school model, highlighting examples of programs to discuss benefits and challenges of connecting schools with local farmers. Presenters will provide information on how to set up a program, incorporate educational activities, impacts of programs on consumption of healthy foods, supportive policies and resources.

Reducing Risks for Type 2 Diabetes *Academy Six*
in Students and School Staff

Jan Ozias, Anita Wheeler

School nurses can lead a team approach to assessing risk factors for type 2 diabetes and cardiovascular disease among students and, as appropriate, school staff. Presenters will describe a school-community partnership to reduce risks with clinical algorithms for primary care and supportive physical activity and nutrition interventions for high-risk groups through school, after-school community and family settings. *(Sponsored by the ASHA School Nurse Section.)*

Setting Aside Silos: *Vine A/B*
HIV/STD/Teen Pregnancy Prevention in Urban Settings

Judy Gerrity, Brian Litzsey, Tami Schlickman

Presenters will identify steps to providing comprehensive sexuality health education in an urban setting with strong support from state agencies, the health department and CBOs. *(Sponsored by the ASHA Sexuality Education and Reproductive Health Council.)*

9:15 - 10:45 am
Concurrent Sessions *(continued)*

Partnering to Promote the Coordinated *Director A/B*
School Health Program: Los Angeles County Department
of Health Services, Los Angeles County Office of Education,
California Department of Education, local School Districts
and the American Cancer Society

*Gus Dalis, Jeri Day, Margaret Lee,
Lori Ludlow, Cheri Thomas, Robin Sinks*

The program will feature the experiences of a partnership that focuses on the Coordinated School Health Program and will consist of the Los Angeles County Department of Health Services, California Department of Education, Los Angeles County Office of Education, selected school districts in Los Angeles and the American Cancer Society. Presenters have long-standing experience in health education and in particular the Coordinated School Health Program.

Supersized Collaboration: The Leadership *Producer A/B*
Network for Healthy Students and Healthy Schools

Nora Howley, Brenda Greene

The Leadership Network on Healthy Students and Healthy Schools is an undertaking of CCSSO and NSBA with support from CDC-DASH. It brings together education leaders at the state and local level to build partnerships in support of effective school-based HIV prevention programs. This session will share the experiences of the network members and help session participants think about new partnerships for school-based HIV prevention. *(Sponsored by the ASHA Council on Administrative Support for School Health.)*

Sizing up the Neighborhood: *Hollywood/Glendale*
Comparing Child and Adult Overweight Obesity Data
by Geographic Location

Lola Irvin, Cathy Tanaka, Lynn Shoji

With the concern over childhood obesity, reliable data sources are important to establish baselines. The presenters will demonstrate how one state used separate data sets for the child and adult population and analysed the data by community areas. Lastly, this presentation will also link data to application to an external communication plan to inform and engage the community to action.

School Food Plus: Revolutionizing *Pasadena*
the New York City School Health Environment
Through a Collaborative Approach

Kate MacKenzie, Elizabeth Solomon

School Food Plus is a one-of-a-kind initiative which aims to improve the health, eating habits and academic performance of youth within reach of the NYC school meals. A collaboration between non-profit, university, and city agencies, School Food Plus addresses the problem of children's poor nutrition and physical activity from a variety of angles including school-based programming, coalition building and institutional change.

9:15 - 10:45 am
Teaching Technique Forum

Burbank

Granite State FitKids
Charles Cappetta

This session will share the GSKF curriculum revolves around seven one hour sessions presented as part of the fourth grade health education curriculum. It introduces young people to the concepts of physiology, body awareness, the value of exercise, good nutrition, and the effects of tobacco use. The Program is conducted by volunteer health care providers and paid facilitators who, typically, are either teachers or registered nurses. A complete 7 week "train-the-trainer" video series and manual accompanies the program. The curriculum employs a substantial amount of consumable materials, which the students are encouraged to take home to share with their families.

"A" is for Artery:
Demonstrating Artherosclerosis in the Classroom
Angela Sheer, Amanda Clover,
co-author: Natalie Allen

Using four audience volunteers, the progression of atherosclerosis will be demonstrated using economical household items. Each volunteer will represent a different generation in life displaying an artery in the form of plastic tubing and using vegetable shortening to show the cumulative adverse effects poor diet, inactivity and tobacco can have on the heart and blood vessels.

9:15 - 10:45 pm
Student Research Papers 1

Sunset A/B

How Attrition Impacts the Internal
and External Validity of Longitudinal Research
Adam Barry

The purpose of this study was to provide a brief discussion on attrition and its potentially detrimental consequences to the validity of a study; provide an overview of the information required to properly report attrition rates; and evaluate the commonly found attrition reporting procedures in health education and health promotion.

Relation between Weight Status, Gender, Ethnicity, and
SES and the Food and Activity Choices of Adolescents
Heather Curtiss, Kathy Bradley-Klug

This study examined the relationship between the variables weight status (expected weight, overweight), ethnicity, and gender and the dependent variables dietary intake and physical activity behaviors among 199 adolescents in southwest Florida. Implications for the field of school health will be discussed including the development of accommodation plans, the need to collaborate with medical professionals to address overweight and some of its physical and mental health consequences, and ideas for creating environments that encourage health-supporting behaviors.

Congratulations

Congratulations to the recipients of the various ASHA awards presented this week.

William A. Howe Award
Susan K. Telljohann

Distinguished Service Awards
Jeffrey K. Clark
William Potts-Datema
Howard L. Taras

Presidential Citations
Dept. of Applied Health Science,
Indiana University
Peter A. Cortese
Los Angeles Unified School District
Donald B. Sweeney
Robert F. Valois

Outstanding Health Educator Award
Millie J. Shepich

Research Council Award
Carolyn Johnson

Legislator of the Year Awards
Senator Martha M. Escutia
Senator Tom Torlakson

Saturday - October 22

11 am - 12:30 pm
Concurrent Sessions

The Role of Mental Health in the Prevention of Weight-Related Issues
Academy Four
Shelly Russell-Mayhew

The presenter will describe a school-based eating disorder prevention program. Participants will experience relevant portions of programming components used in schools. The value of targeting and strengthening the school community through collaboration and partnerships will be highlighted through the use of classroom based educational resources targeting mental health and body image.

Implementation of HIV/AIDS Prevention Education Programs in California Public Schools
Academy Five
Johanna Chase

The presenter will describe the success of The Los Angeles County Office of Education in collaboration with the Los Angeles County Department of Health Services in implementing the CDC HIV Prevention Initiative, "Advancing HIV Prevention (AHP): New Strategies for a Changing Epidemic."

Contribution of Child Care Health Consultants and Obesity Prevention in Preschool Age Children
Academy Six

Sara Benjamin, Sandra Cianciolo, Jonathan Kotch
Promoting physical activity and nutrition in preschool settings will help ensure that children entering school systems are healthy and active. This presentation will include an overview of national recommendations, curricula and programs, as well as innovative new initiatives that partner Child Care Health Consultants with preschool settings to address the childhood overweight epidemic.

The Healthy Class of 2010: Taking Steps to Eliminate Health Disparities in Urban Schools
Vine A/B
Sekai Turner

This presentation will describe *The Healthy Class of 2010*, a multi-year partnership between the Pittsburgh Public School System and the University of Pittsburgh, Graduate School of Public Health, Center for Minority Health.

11 am - 12:30 pm
Concurrent Sessions (*continued*)

Collaboration Strategies to Create or Revise a Student Nutrition and Physical Fitness Policy for School District's
Director A/B
Trish Bascom, Meyla Ruwin

In a large district, coordination between key stakeholders is fundamental for the development and implementation of new policies. This presentation will assist participants with identifying the stakeholders, review strategies used to develop the Nutrition/Physical Fitness policy including subcommittees created to get buy-in, review sample policies and discuss ways to overcome barriers when developing or modifying policies.

A Statewide Social Marketing Campaign Creating Positive Environmental and Policy Changes in Schools and Communities
Producer A/B
Tanya Garbolino, Desiree Backman

Using the *California Children's 5 a Day—Power Play! Campaign* as an example, this program will discuss how the *Campaign* provides nutrition education materials that meet state education standards and is also having huge success creating healthy environments for children. Come participate in a *Campaign* activity and take away successful approaches to use in your school/community.

Outrageous Teaching Techniques in Health Education in the 21st Century
Hollywood/Glendale
Deborah Tackmann

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, differentiated learning, jars of lard, dice, 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 the classroom. Come and join the fun!
(Sponsored by the ASHA School Health Instruction & Curriculum Council.)

Diabetes & You: An Elementary School Curriculum to Address Type 2 Diabetes
Pasadena
Irene Takeshita, Carl Takeshita

This presentation will demonstrate the *Diabetes & You* curriculum being taught to 4th graders in Hawaii to address the prevention and control of Type2 diabetes through nutrition and physical activity. Presenters also will describe the collaboration between the Department of Education and American Diabetes Association in Hawaii making possible the sharing of this curriculum with students, parents, teachers and health care professionals.

11 am - 12:30 pm
Teaching Technique

Burbank

Extra! Extra! Read All About Health Advocacy!!

Carolyn Cox

Even as a student, you can promote health for yourself and others by being a Health Advocate. Health Advocates choose a health issue that promotes and protects personal, family or community health and then tells others about it while being a good role model. For Health Advocates, the newspaper is a good vehicle to use to get your health message across to other. However, your health message has to be "newsworthy" to get coverage. This session will demonstrate how students can create their own newspaper pitch and letter to editors to demonstrate the ability to advocate for a community health issue



Notes...

11 am - 12:30 pm
Student Research Papers 2

Sunset A/B

Predicting Superintendent Intention to Implement a Coordinated School Health Program: An Application of the Theory of Planned Behavior

Susan Baldwin

Education and health are fundamentally interrelated and should not be divided. Children must be healthy in order to learn. The purposes of this study were to assess superintendent's knowledge of the coordinated school health program model and most importantly, to predict their intentions to implement the model in their district.

Are Adolescents Waiting to Have Sex? Adolescent Sexual Behavior and the Implications for Unintended Pregnancies Among Adolescents

Laurie Legocki, co-authors: Amanda Tanner, Maresa Murray, Michael Reece, Kathleen Baldwin

The current debate surrounding sexuality education in public schools focuses on the idea that a comprehensive approach to sexuality related topics will increase sexual activity among adolescents. As an alternative abstinence-only education programming encourages adolescents to wait until marriage and does not provide them with information about how to protect themselves if they become sexually active. Despite the continued focus on abstinence-only education, adolescents continue to engage in sexual behavior. The incongruence between schools' reliance on abstinence-only sex education and the behaviors that youth are engaging in has the potential to have a significant impact on the overall reproductive health.

Practice Variation Among School Health Personnel

Pam Buchalter, co-authors: Diane Allensworth, Patricia Clark, Collen Dilorio, Gloria Taylor

Current recommendations specify a school nurse to student ratio of 1:750; however only 52.9% of schools nationwide had met this goal by 2000. Therefore, students often receive care from UAP and research is needed to describe the differences in care provided by these two types of providers. The purpose of this study was to compare differences in the clinical decision-making of school nurses and unlicensed assistive personnel (UAP). Differences exist in clinical practice between school nurses and UAP. Data from this study supports the need for full-time school nurses in elementary schools.

12:45 - 2 pm
All ASHA Luncheon

Academy One

The Technology Puzzle 2005:
Understanding and Connecting the Pieces
John R. Kuglin

John R. Kuglin, producer of the educational version of the award-winning documentary **Super Size Me**, will detail his innovative concept to ASHA conference participants at the All-ASHA Luncheon.

Mr. Kuglin is responsible for creating, developing and patenting the "ee DVD" (educationally enhanced DVD) concept that combines educationally sound materials with Hollywood films. A former teacher, Mr. Kuglin was recognized by *District Administrator* magazine as one of the Top 25 Education Technology Advocates in the United States.

Purchase your luncheon ticket today, and don't miss the demonstration of this innovative education tool.

This presentation is sponsored by Comchoice and Hart Sharp Video.



Notes...

2:15 - 3:15 pm
Concurrent Sessions

A Framework and Protocols for Health Promoting Schools - - Part II *Academy Four*
Lawrence St Leger, Martha Perry

This session will involve discussion and debate on the recently developed *Framework and Protocols for Health Promoting Schools*. This work has been auspiced by the International Union of Health Promotion and Education (IUHPE) with support from WHO and CDC to facilitate more effective school health activities in all countries. The Framework and Protocols are solidly grounded in the evidence of effective school health and will be presented before an interactive discussion occurs.

Listen UP! *Vine A/B*
What Kids Say About Food and Fitness
Linda Morse, James McCall

Given the chance, students will tell us what they really think. Presenters will discuss what middle school students really think about school lunches, physical education programs and community sport programs. Let's develop strategies to address their concerns. If we want kids to lead healthy, active lifestyles we ought to LISTEN UP!

Parental and Community Involvement *Director A/B*
in Coordinated School Health Programs
Carmen Head

The Society for Public Health Education (SOPHE) has received a two-year cooperative agreement from the Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health. This session will feature information from a new resource guide highlighting important steps to engaging and sustaining school, parental and community involvement in chronic disease risk factors among youth.

Skillastics - Interactive Games *Producer A/B*
that Get Kids Moving!
Sandy Slade

Sandy Spin Slade, who is considered one of the best basketball handlers in the world today, will guide you through a basketball and fitness workout that is guaranteed to help get kids moving! Sandy has put a unique twist on a popular game, while promoting fitness, which makes it fun for students at all abilities to participate. (*Commercial Session sponsored by Skillastics.*)

Advocacy and Lobbying: *Burbank*
Survival Skills for Today's Health Educators
in Politically Challenging Times
Wendy Sellers

Many health educators feel ill-equipped to educate and advocate for comprehensive school health programs to key stakeholders, policymakers and legislators. The presenter will identify key targets for advocacy efforts and describe concrete strategies and skills for influencing policies and budgets. (*Sponsored by the ASHA Sexuality Education and Reproductive Health Council.*)

2:15 - 3:15 pm
Teaching Technique

Hollywood/Glendale

Making a Difference:
Healthier Achievement Through Nutrition Education
Deborah Souza

Join this interactive workshop to find FREE nutrition education curricula that support academic achievement. Dairy Council of California's flexible grade specific programs lead to student success by providing opportunities to practice important decision-making and problem-solving skills that impact student health. Dairy Council of California has been providing dynamic nutrition education materials to teachers in CA for 85 years.

2:15 - 3:15 pm *Sunset A/B*
Research Council Presentations
on International School Health

Are School-Based Smoking Prevention Programs for Youth Effective in Korea?
Eunok Park

The number of research papers evaluating programs designed to prevent adolescent smoking have been increased in the last thirteen years in Korea. The purpose of this study was to investigate program features, to review study features, and to review results on knowledge about and attitude to smoking and smoking behavior systemically. Several recommendations such as anti-tobacco school policy, tobacco-free environment, program content and delivery method change, and other methodological strategies were made to make an effort to improve effectiveness of smoking prevention programs and to reduce methodological flaws for future studies.

Health Risk Behaviors of Middle School Students
in Ciudad Juárez, Mexico

Enrique Toriello, Larry Olsen,
co-authors: Adriana Pena de la Cruz,
Juan Carlos Zevallos, John Moraros

The Youth Risk Behavior Survey (YRBS) was developed by the Centers for Disease Control (CDC) and is designed to monitor six categories of high-risk health behaviors among youth and young adults. This study represents the seminal effort to assess these risk behaviors among middle school students in Juárez and provides baseline data upon which to assess progress toward the Healthy Border 2012 goals that have been established, and empirical evidence upon which educational programs can be developed to address the risk factors that have been identified.

Saturday - October 22

2:15 - 5:15 pm
Post-Conference Workshop

Academy Five

Beating the Battle of the Bulge, Boobs, Butts and Body Image: Charting the Course for Tweens (8-13 years old)

Kathy Bell, Donna Zazworsky,

Jeannie Fenn, Melissa Pozarowski, Joyce Mann

This workshop will include 4 (four) areas with a focus on self-esteem issues related to obesity, sexuality and body image in pre-adolescent children. Presenters will explain, demonstrate and discuss:

1) Self esteem issues in the pre-adolescent need to be addressed utilizing an age appropriate curriculum. Addressing issues prior to teen years creates more awareness. This program provides methods to manage their psychosocial "battles."

2) What is Diabetes: This 2-part program engages children in a hands-on learning session about the types of diabetes and prevention techniques for Type 2 diabetes. Each child receives a glucose meter, checks their blood sugar and is given a 3 day assignment to engage a family member in testing blood sugars.

3) "The Evil Diana Betes" is an educational play providing an interactive dialogue that engages school-aged children in learning about diabetes. Older children present this peer based teaching to younger children. Be prepared for fun, creativity and culturally relevant learning!

4) Case studies: a) Diabetes prevention; b) Youth Sexuality, Hygiene, Body Image.

2:15 - 5:15 pm
Post-Conference Workshop

Academy Six

Comprehensive, Interdisciplinary Responses to School Bullying

Christine Blaber, Leslie Hergert

This interactive workshop will address the complex issue of school bullying. Facilitators will explore the scope of bullying and the role of school staff in responding. The workshop will address building a comprehensive approach to bullying; roles for school administrators, educators, and health services staff; interdisciplinary curriculum connections; policy issues; and resources and strategies for use at the local level.

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Abstracts of Research Presentations

Thursday, October 20
8 - 9 am
Research Council Symposium
on Youth Inhalant Use

Inhalant Use Among 6th, 7th and 8th Graders:
Exploring Whom, What, Why and How
*Jason Siegel, Eusebio Alvaro, William Crano,
Neil Patel, Cindy Gilbert*

Inhalant use is a deadly and growing problem. This panel will consist of five researchers presenting three different papers, 1) a literature review on past inhalant research, 2) results from over a dozen inhalant focus groups and survey research conducted with 6th, 7th and 8th graders in Arizona and California, and 3) results from a secondary analysis investigating which variables are most predictive of inhalant use. The literature review to be presented represents an exhaustive search of literature focusing on the characteristics and correlates of inhalant use. The next research paper is a combination of results from focus groups conducted in Tucson and South Central, as well as survey data collected from middle school students. Both the focus groups and the survey research examine perceptions of inhalants users, perceived physical and social outcomes associated with using inhalants, the sources most trusted for information on the physical and the social harms and the perceived differences between marijuana and inhalant use. Lastly, the secondary analysis paper develops a picture of the young adolescent who uses inhalants or who intends to do so. Logistic regression analysis, initially using a set of theory-relevant variables, was used to differentiate these groups. After a series of iterations, the analysis revealed that several variables were significant predictors of young adolescents' future intention to use inhalants. We then modeled the probability of intent to use inhalants in the future with these variables. Based on these results, recommendations for inhalant prevention and detection will be provided.

Thursday, October 20
9:15 - 10:15 am
Research Council Presentation
on Adolescent Sexual Behavior

Youth's Emotions Towards Abstinence
and Sexually Abstinent Behavior: Results from an
Abstinence Education Program Evaluation
Kelly Wilson, Vicki J. Dooly

Summary: With an increased interest in the evaluation of abstinence education programs, during this presentation the relationships between middle school youth's emotions toward abstinence and sexually abstinent behavior will be examined. Adolescents are middle school participants in an abstinence-education program in Texas that focuses on the avoidance of risky behaviors from a health perspective. Purpose: The purpose of this study was to compare sexually active and abstinent youth who participate in an abstinence education

program. Youth sexual behavior were compared with their emotions toward abstinence (their feelings regarding abstinence). Significance: School health involves issues of sexuality education within all components. One specific component of interest is youth's emotions toward abstinence and its influence on sexual behavior. Procedures: This study consisted of a pre-post survey design in the school year 2004-2005. Youth completed a survey measuring a variety of intrapersonal and interpersonal factors related to sexual abstinence. Emotion-based questions asked on the youth survey were analyzed using descriptive statistics, ANOVA and effect size correlations. Findings: Results for this study show the significant differences among sexually active and middle school youth regarding their emotions toward abstinence. Conclusion: This study presents an opportunity for health educators to gain knowledge of the relationship between middle school youth's emotions toward abstinence and sexually active or abstinent behavior. The characteristics of abstinence education are of great interest among professionals in school health and sexuality education.

Students' Perceptions of Early Sexuality Education:
A Qualitative Analysis

Roberta Ogletree, Barbara Shiplett

Purpose: The purpose of this study was to analyze relationships among common themes in college students' essays about the sexuality education they received as children/young adults. Significance: Sexuality education remains a critical issue within the coordinated school health program. Results of this study will inform the coordinated school health team's efforts to provide quality sexuality education in the school and community. Procedures: Students enrolled in a college level human sexuality course (n=189) from 1996-2004 wrote anonymous essays about the sexuality education they received as children and adolescents. Data from the essays were organized using a four-stage coding process as outlined by Strauss & Corbin. Essays were outlined using words or phrases to reference the content (descriptive coding). Data were conceptually organized into discrete categories (open coding). Relationships among the categories were determined (axial coding). Relationships among themes were described (selective coding). Findings: Inadequate sexuality education was the overarching theme. One-dimensional messages provided in an atmosphere of embarrassment and discomfort created barriers to using formal sources of education. Many students felt compelled to learn on their own by reading, watching "soft porn," talking with peers or engaging in sexual experimentation often resulting in a theme of "regret." Conclusions: Members of the coordinated school health team must look "outside the box" for strategies to improve parents' comfort level with sexuality education; to offset the negative influence of peer education; to enhance young adolescents' search for accurate information; and to develop a coordinated school/community approach to sexuality education.

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An Integrated Micro-Level Theory of Adolescent Sexual Risk Behavior: The Unified Theory Underlying the Development of Linking Lives

*Patricia Dittus, Vincent Guilamo-Ramos,
James Jaccard, Bernardo Gonzalez, Eileen Casillas*

Purpose: The purpose of this study was to develop a school-based HIV prevention program (Linking Lives) for parents of middle school students using a unified theory of adolescent risk behavior. **Significance:** Based on the analysis of a pre-intervention assessment of the target population, intervention messages for parents were developed to reflect the most influential constructs on adolescents' sexual behavior.

Procedures: Data were collected in 2003 from Latino and African American middle school students (N = 668) in inner-city neighborhoods and were analyzed using structural equation modeling techniques. **Findings:** Intentions to engage in sexual behavior were associated with reports of initiation of sexual intercourse (OR = 4.9; 95% CI = 3.22 to 6.23). Higher self esteem (b = -.08, p < .01); the belief that engaging in sexual intercourse would result in a bad reputation (b = -.12, p < .01); and self-efficacy for refusal were associated with less intention to have sex (b = -.23, p < .01). Peer norms (b = .26, p < .001); beliefs about the advantages of having sexual intercourse (b = .10, p < .01); self-efficacy for finding a willing partner (b = 0.9, p < .01); and the emotional reaction of happiness when thinking about having sex were associated with a higher level of intention to have sex (b = .33, p < .001). **Conclusions:** All model components were useful in understanding adolescents' intentions to engage in sexual behavior.

Thursday, October 20

2 - 3 pm

Research Council Presentations
on Creating Change in the School

Students Taking Charge: A Pilot Program to Teach High School Students Effective Methods of Advocacy

*Elizabeth Walker, Vanessa Cavallaro
co-authors: Zachariah Baker, Melissa Giamanco*

Purpose: The purpose of this study was to teach students how to advocate within their schools for healthy changes. **Significance:** High school students can be powerful advocates for healthy changes in their schools. However, students are not taught techniques that guide them in effective advocacy. Using Students Taking Charge (STC), a toolkit containing a version of the Centers for Disease Control and Prevention's School Health Index (SHI) adapted specifically for students, student leaders can participate in the process of evaluating and addressing Physical Activity and Nutrition (PAN) programs and policy gaps in their high school. Using this information, high school students can create realistic and targeted approaches for changes in their schools.

Procedures: Six high school student groups in Massachusetts received small grants to pilot the STC toolkit. Using the

toolkit, student groups surveyed their student body to gather evidence and student body support for possible changes, used the adapted SHI to assess current policies and practices in their school. From this information, they created policies and programs to address gaps. **Findings:** Student groups focused on collaborating with food service directors and the student body to choose healthful vending items and purchase salad bars for cafeterias, creating greater opportunities for physical activity through extracurricular activities, and creating programs to disseminate health education materials and engage peer support groups to address topics related to PAN and eating disorders. Students also incorporated systematic student body input into future school health and PAN programs and policies in the six different schools. **Conclusions:** Using the STC toolkit taught students to effectively advocate school administrators and staff for significant healthy changes in their schools.

Diffusing the Innovation of Obesity Prevention:
Evaluation of a Workshop for School Health Teams

*James Broadbear, Mark Temple,
Kristin Lagally, David Thomas,
co-author: Sharon M. Mills*

Purpose: The purpose of this study was to evaluate the effectiveness of a two-day workshop for school health teams designed to encourage systemic change. **Significance:** The Physical Education, Obesity Prevention and Lifestyle Enhancement (PEOPLE) Program connects university faculty with K-12 school teams to promote physical activity, healthy nutrition, and family involvement. The university faculty secured funding that was provided to 10 schools. Multi-disciplinary teams attended a two-day workshop in August, 2004 and created action plans to be implemented in 2004-05. Diffusion theory guided the development of these action plans with the goal that current systems would be restructured rather than just improved. **Procedures:** Participants in the study were 29 people representing 10 schools. An instrument was developed to measure attainment of workshop objectives. Data were collected at the end of each day of the workshop. Descriptive statistics were used to summarize the data. Additionally, action plans were reviewed to ascertain how well current practices were restructured. **Findings:** Most participants reported the workshop was highly effective at creating vision/mission statements (74%), objectives (64%), action items (73%), evaluation plans (80%), and budgets (68%). Analysis of the action plans revealed that action items and budgets reflected a high level of restructuring but provided weak justification of the need for restructuring. **Conclusions:** Multi-disciplinary teams benefit from working together to develop plans for improving physical activity, healthy nutrition, and family involvement. Restructuring of current systems is possible.

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Thursday, October 20
3:15 - 4:15 pm
Research Council Symposium on Weight Management

Mental Health:
The Key to Successful Weight Management
Gordon Wrobel

Purpose: Researcher will provide a review of current research and policy efforts related to the promotion of healthy eating and the treatment of obesity and diabetes. Procedures: Special attention is given to the mental health issues that often co-exist with both obesity and diabetes. Treating obesity and diabetes without giving attention to co-morbid mental health issues often results in intervention failure. Strategies for intervention that include mental health components are shared in detail. A summary of food industry efforts will be provided including strategies aimed particularly at young children. Conclusion: This resource rich session will provide sources for health professionals to stay current with the trends in prevention and intervention.

Thursday, October 20
4:30 - 5:30 pm
Research Council Presentations
on Breathing Easy: Asthma and Tobacco Use Prevention

Development and Evaluation of a School-Based,
Teen Asthma Intervention Program, Power Breathing
Winston Liao, Mary Brasler

Purpose: The purpose of this study was to evaluate the effectiveness of the asthma intervention program, Power Breathing. Significance: As part of a national initiative to reduce the impact of asthma on children and adolescents, the Centers for Disease Control and Prevention (CDC) supported an effort to evaluate a teen-focused intervention, Power Breathing. Developed in 1997, Power Breathing was designed by adolescent-health experts and teens to empower teenagers to learn about asthma in a peer-friendly environment and achieve effective asthma management. It has been pretest, modified, and retested in several pilot studies. Procedures: This evaluation employed a quasi-experimental design that used matched comparison schools, pre-/post-testing, and mixed-mode data collection. Students were surveyed in school at baseline (Session 1), post-program (Session 3), and follow-up (three months after Session 3). Qualitative data were also collected from school nurses, teachers, and program facilitators to assess the programmatic aspects of the intervention. Findings: Intervention students showed greater increase in knowledge ($p=.014$), more improvement in attitudes about asthma ($p=.004$), and greater improvement in quality of life ($p=.011$) from baseline to post-program than control students. Significantly more intervention students than control students demonstrated improvement in asthma management behavior, i.e., use of peak flow meter ($p=.004$) at follow-up. Very positive responses were obtained from the participating students,

school nurses, teachers, and program facilitators regarding program performance, fidelity, and quality. Conclusions: For the students studied, Power Breathing was an effective asthma intervention program and its implementation and evaluation could be successfully done in a school-based setting and a rigorous study design could be used to assess the program effects.

The Use of Tobacco and Other Inhaled Substances
Among High School Students with Asthma

*Sherry Jones, Sarah Merkle,
Lani Wheeler, Linda Crossett*

Purpose: Using data from the 2003 national Youth Risk Behavior Survey, the purpose of this study was to examine the relationship between asthma and inhaled substances among US high school students. Significance: Asthma is a leading cause of morbidity among adolescents and the use of inhaled substances such as cigarettes, marijuana, and inhalants can exacerbate asthma symptoms. Procedures: Logistic regression analyses controlling for sex, grade, and race/ethnicity were used to examine differences in inhaled substance use among students who reported current asthma and students who reported having an asthma episode or attack during the 12 months preceding the survey. Findings: Overall, substance use among students with asthma is high. Students reporting current asthma were significantly more likely than students without current asthma to report that they had ever used marijuana (47% vs 41%). Students who reported having an asthma episode or attack during the 12 months preceding the survey were significantly more likely than students who had not had an episode or attack to report lifetime cigarette use (64% vs. 57%), lifetime daily cigarette use (22% vs. 15%), current frequent cigarette use (16% vs. 10%), trying marijuana before age 13 (17% vs. 9%), lifetime inhalant use (20% vs. 12%), and current inhalant use (7% vs. 4%). Conclusions: Results of this analysis suggest many students with asthma are using tobacco and other inhaled substances. Substance use prevention programs and cessations services may be especially important for this group of youth.

Influence of State Resource Allocation Decisions
on the Status of School Tobacco Programs

Phyllis Gingiss, Melynda Boerm

Purpose: The purpose of this study was to examine the implications of funding decisions for SY 2004 related to school tobacco program status in Texas schools. Significance: As part of the Texas Tobacco Prevention Initiative sponsored by the Texas Department of State Health Services (DHS), school-based tobacco prevention and control programs have been funded in study areas since School Year (SY) 2000. Prior to funding initiation in SY2004, budget constraints necessitated discontinuation of future funding to schools in designated geographic areas. Procedure: To examine the implications of funding decisions for SY2004 on school tobacco program status, we compared three groups: schools continuously funded ($n=109$), schools

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previously funded, but discontinued (n=123), and schools never funded (n=70). Overall, 49% of health coordinators and 58% of principals responded to a written questionnaire based on modified editions of the CDC School Health Education Profile Tobacco Module (SHEP-TM). Chi square tests were conducted. Significance levels were set at $p < .05$. Continuously funded schools reported ($p < .05$) more frequently: 1) teaching more tobacco lessons annually; 2) using student-centered, interactive methods such as role-playing, simulations and use of peer educators; 3) using state-recommended curricula; 4) involving families; 5) providing student cessation support programs in schools and the community; and 6) having greater interest in staff development. Conclusion: Principals from funded schools more frequently had a person identified to lead the program and had a district advocate. Overall, previously funded schools approached the profiles of those never funded. The need for planning for tobacco program maintenance after funding is discontinued is essential. Recommendations will be provided.

Friday, October 21
9 - 10 am

Research Council Symposium

School Health Research: 2005 Updates from CDC

*Laura Kann, Lisa Barrios,
Leah Robin, Jo Anne Grunbaum*

Purpose/Significance: The purpose of this session is to describe current findings and future plans for surveillance, evaluation, and research application and synthesis activities being conducted by CDC/DASH and how these activities can be used to improve school health programs. **Procedures:** This session will begin with a description of the latest Youth Risk Behavior Surveillance System activities including results from the 2005 survey the psychometric studies conducted during the spring of 2004, and plans for the 3rd iteration of the School Health Policies and Program Study. We will then provide a brief update on Healthy Passages - DASH's longitudinal study of youth. The second presenter will describe the latest plans for program evaluation of DASH-funded projects, evaluation research projects that are underway, cost effectiveness analyses of school health programs, and evaluation of a new parenting intervention - Linking Lives. The third presenter will describe the latest Tools for Schools including the new Guidance for Effective Programs and Curriculum Analysis Tools. In addition, plans for updating and creating new CDC guidelines for school health programs and associated products will be described. **Conclusion:** These research activities are designed to serve the school health field and support school health programs for youth nationwide. CDC is conducting this research in collaboration with other federal agencies, states, schools and community organizations.

Friday, October 21
11:30 am - 12:30 pm

Research Council Presentations on Assessment of School Activity Regarding Nutrition and Physical Activity

Lessons Learned: Implementation of the School Health Index in Three Midwestern Middle School Settings

Michelle Miller, Catherine Sherwood-Puzzello

Purpose: The purpose of this study was to use The School Health Index (SHI) at three midwestern middle schools to assess health programs. **Significance:** The Centers for Disease Control and Prevention (2002) reports that 14% of adolescents are overweight primarily due to lack of physical activity and good nutrition. The SHI guides implementation of coordinated school-based programs to encourage healthy eating, physical activity, and in reducing adolescent obesity-related health problems. **Procedures:** Involved participants were administrators, teachers, parents, community members, and students. Data collection was done through focus groups. Participants were asked to respond to module questions and provide comments based on their observations. For each module question, both quantitative and qualitative data were recorded. Participants completed planning questions to prioritize policies and programs based on importance, cost, time, commitment and feasibility. **Findings:** The SHI is designed to assess a coordinated school health program in all school settings; however, it does have its own strengths and imitations. It was evident through implementation in the schools, many participants found the SHI procedures and evaluation process easy to understand, others felt the SHI was limited in its scope and some could not provide clear answers to some of the questions. Each school considered the guidelines to conduct the SHI; however, the implementation process of the assessment varied. **Conclusions:** The SHI is a good assessment tool to help schools evaluate their health programs, however, those who implement the SHI need to be sensitive to the diversity that exists in schools and be able to adapt to the needs of schools so the most comprehensive data can be collected.

Implementation of the School Health Index in Three Middle School Settings: Results and Recommendations

Catherine Sherwood-Puzzello, Michelle Miller

Purpose: The purpose of this study was to use the School Health Index (SHI) to assess physical activity and nutrition at three middle schools. **Significance:** The SHI can be used to guide implementation of coordinated school-based programs to encourage healthy eating and physical activity and reduce the number of adolescents who have obesity-related health problems. **Procedures:** The participants were school administrators, teachers, parents, community members, and students. Data collection was done through focus groups. Participants were asked to respond to module questions and provide comments based on their observations. Both quantitative and qualitative data were recorded. The participants also completed three planning questions for each module and used the numerical scores to prioritize

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changes to improve policies and programs based on importance, cost, time, commitment, and feasibility.

Findings: Each module of the SHI was assessed for assets and needs. The results indicated a need for community involvement, professional development, health screenings, and health education materials in classrooms. Strengths were in the areas of school policy, environment, counseling and psychological services. Each school developed recommendations and strategies based on the findings.

Conclusions: The results from the eight modules have implications for the design and intervention of programs that promote physical activity and healthier eating in schools which should result in students' improved health and readiness to learn.

What Are Schools Doing to Impact the Obesity Epidemic? A Policies and Practices Report Card for Michigan Schools

*Amos Aduroja, Marianne Frauenknecht,
Kim Kovalchick*

Purpose: The purpose of this study was to assess the status of policies and practices related to health education, physical education and nutrition in Michigan schools. **Significance:** The Institute of Medicine implores institutions to enact political, educational, social and environmental supports to reduce obesity among youth. In response, schools have begun to enact policies and practices that may significantly change dietary and activity behaviors among students and staff. **Procedures:** Principals and health education teachers from a random, representative sample of 6th through 12th grade Michigan schools responded to surveys distributed in 2000 and 2002. For each year's survey of principals, 324 responded (82% and 80%, respectively); likewise, 318 (79%) teachers responded for both years. The School Health Education Profile (SHEP) *School Principal Questionnaire (SPQ)* and *Lead Health Education Teacher Questionnaire (LHETQ)* were used in 2000 and 2002 to track school policies and practices. The *SPQ* contains 23 and 41 items, respectively; the *LHETQ* contains 20 and 21 items, respectively. From each instrument, three indices were created for health education, physical education and nutrition. Descriptive analyses were conducted to obtain an index "grade" for each school's "report card" and a statewide average.

Findings: Preliminary findings indicated an improvement in policy grades in Michigan between 2000 and 2002 for both instruments. The Michigan report card for 2002 indicated that obesity-related school policies would receive a "B" (83%), with lowest averages in health education (79%) and nutrition (82%), and a higher score for physical education (88%). Recommendations to reduce obesity in schools will be provided.

Friday, October 21

1:45 - 2:45 pm

Research Council Presentations
on Adolescent Risk Behaviors

The Association of Survey Setting and Mode with Self-Reported Health Risk Behaviors Among High School Students

Nancy Brener

Purpose: The purpose of this study was to examine whether the prevalence of self-reported health risk behaviors among high school students varied by survey setting (school vs. home) and mode (paper and pencil vs. computer).

Significance: Results from risk behavior surveys among adolescents often vary considerably. Methodological studies are needed to understand the disparate results.

Procedures: Ninth- and 11th-grade students were assigned randomly to one of four conditions: school paper-and-pencil instrument (PAPI), school computer-assisted self interview (CASI), home PAPI, and home CASI. During spring 2004, 4506 students completed identically worded questionnaires based on the Youth Risk Behavior Survey. Logistic regression analyses controlling for sex, grade, and race/ethnicity examined if reporting of risk behaviors varied by setting and mode. **Findings:** Controlling for demographic variables, setting was associated significantly with reporting of 36 of the 57 risk behaviors examined, and mode was associated significantly with reporting of 13 of the 57 behaviors. For all but one behavior with a significant setting main effect, the odds of reporting the behavior were greater among students completing questionnaires at school vs. at home. For all but one behavior with a significant mode main effect, PAPI mode students had lower odds of reporting the behavior than CASI mode students. **Conclusions:** Students completing questionnaires at school reported higher levels of risk behavior than students completing the same questionnaires at home. Mode effects were weaker. Further research is needed to explain why setting and mode are associated with self-reported risk behaviors.

Association of Missing School with Health Risk Behaviors Among High School Students

Danice Eaton

Purpose: The purpose of this study was to examine whether missing school with and without permission was associated with health risk behaviors among high school students.

Significance: School absenteeism is associated with increased likelihood of engaging in risk behaviors. The strength of this association might vary depending on whether the student had permission for the absence. **Procedures:** During spring 2004, questionnaires based on the Youth Risk Behavior Survey were completed by 4506 9th- and 11th-grade students. Responses to items assessing past 30-day frequency of missing school for any reason and without permission were combined to create a variable coded as missing school on: 0 days, ;Y1 day - with permission (WP), and (;Y1 day without permission (WOP). Logistic regression

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analyses controlling for sex, grade and race/ethnicity were used to examine the association between risk behaviors and missing school. Findings: Controlling for demographic variables, compared to students who missed 0 days of school, students who missed school WP had significantly higher odds of engaging in 22 of 57 risk behaviors examined and students who missed school WOP had significantly higher odds of engaging in 44 of the 57 behaviors. Students who missed school WOP also had approximately twice the odds of engaging in risk behavior compared to students who missed school WP. Conclusions: Missing school, both with and without permission, is associated with engaging in risk behaviors. Students who miss school without permission are about twice as likely to engage in risk behaviors as students who miss school with permission. Schools should recognize absenteeism for any reason as a warning sign for engaging in risk behaviors.

Suicidal Ideation and Attempted Suicide In Adolescents: Does Obesity Matter?

Bilesha Perera, Jo Beth McCarthy-Jean, Noy Kay

Purpose: The purpose of this study was to explore the relationships between obesity and suicidal ideation and attempted suicide among students in grades 9-12. **Significance:** The prevalence rate of obese children has tripled in the last 3 decades, posing a great threat to the well-being of pediatric and adolescent populations in the U.S. Children who are obese are often teased by peers as well as adults, resulting in lower self-esteem and elevated risk for emotional problems including suicidal ideation. **Procedures:** The 2003 national school-based Youth Risk Behavior Survey data was analyzed. A three-stage cluster sampling design was employed to select a nationally representative sample (N=15,214) of students in grades 9-12. Logistic regression and Chi-square statistics were used to analyze data. **Findings:** Being obese (BMI > 29.9 kg/m²) (OR= 1.42, 95% CI= 1.23, 1.64), and female (OR=1.99, 95% CI= 1.81, 2.19) were found to elevate the risk for suicidal ideation. In males, 6% of obese and 4.4% of normal weight range children (BMI: 18.5 kg/m² -24.9 kg/m²) reported attempted suicide at least once during the 12 months prior to the survey (χ^2 (1, N= 4489) = 2.96, p= 0.085), and in females the corresponding figures were 16.6% and 9.7% respectively (χ^2 (1, N= 4583) = 23.38, p < .001). **Conclusion:** Results indicate that obesity is an independent risk factor for suicidal ideation and attempted suicide in students in grades 9-12. The Coordinated School Health Program can be used to identify and implement strategies to lower suicidal risk in children who are obese.

Friday, October 21

3 - 4 pm

Research Council Presentations on Child
and Adolescent Nutrition and Physical Activity

Eating and Exercise Behavior in Preadolescents: Parental Influence

Deborah Norton

Purpose: The purpose of this study was to assess the influence of potential psychosocial and behavioral determinants of eating and exercise on the beliefs and behaviors of 100 preadolescent and parent pairs. **Significance:** Cardiovascular risk factors in children are similar to those of adults. Empirical data indicate that positive lifestyle changes in childhood can reduce cardiovascular disease rates among adults. There has been little research to date that examines the influence of parents eating and exercise beliefs and behaviors and that of their preadolescent children. **Procedures:** Parent and preadolescent eating and exercise behaviors were measured using the Youth Risk Behavior survey recall of selected eating and exercise behaviors. Predictor variables from cognitive, psychosocial, behavioral, and demographic domains were collected through a 45 minute questionnaire completed in class by the students and at home by parents. **Findings:** Parent pairs (N= 100) matched with their fourth and fifth grade students (mean age 9.8 years) in a school district in Northern California. **Results:** Descriptive and correlation analysis revealed that self-efficacy, perceived health and health knowledge of parents correlated with healthier eating and exercise behavior in preadolescents. **Conclusion:** This study illustrates the multidimensional nature of the determinants of eating and exercise behavior in preadolescents, including the sociocultural factors and possibly modifiable correlates.

Weight Management Patterns and Consumption of Fruits and Vegetables Among US High School Students

Richard Lowry, Mary McKenna

Purpose: The purpose of this study was to examine associations between fruit and vegetable consumption and weight management patterns. **Significance:** Consumption of fruits and vegetables, because they are high in water and fiber and have low energy density, may be an effective strategy for weight management. **Procedures:** Data were combined from three nationally representative surveys of US high school students (1999, 2001, and 2003 Youth Risk Behavior Surveys). Patterns were based on three types of weight management behaviors: exercise, a low calorie or reduced fat diet, and unhealthy weight management practices (fasting, diet pills, or vomiting). Logistic regression was used to test associations controlling for race/ethnicity, age, body mass index, and weight management goals. **Findings:** The most common patterns of weight management involved using exercise alone (females, 16.0%; males, 24.2%), combining exercise and diet (females, 30.1%; males, 17.0%), and combining exercise, diet, and unhealthy weight management practices (females, 19.6%; males, 6.7%). Only 21.2% of

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female and 23.8% of male students consumed 5 or more servings/day of fruits and vegetables. Among female students, consumption of 5 or more servings/day of fruits and vegetables was associated with using exercise alone (OR=1.4), combining exercise and diet (OR=1.8), combining exercise, diet, and unhealthy practices (OR=2.2), and combining exercise and unhealthy practices (OR=1.8). Among male students, consumption of fruits and vegetables was associated with all weight management patterns except using diet alone. Conclusions: Although consumption of fruits and vegetables is associated with the most common weight management patterns, especially those involving exercise, most students trying to control their weight consume insufficient fruits and vegetables.

Battling The Bulge - Strategies to Improve the Implementation of School Health Programs

Kelly Reed

Purpose: The purpose of this study was to examine whether a teacher's personal health beliefs toward physical activity and healthy eating contributed to his or her intention to implement the program. Significance: Teachers sometimes do not implement school health programs in their classroom; thus impeding sustainability of the program and health-related outcomes in students. Procedures: From a sample of 310 Texas elementary school teachers, Phase 1 of this sequential, mixed methods study was designed to examine the relationships among the factors predicted to influence teachers' intention to implement the CATCH (Coordinated Approach to Child Health) program. Phase 2 involved interviews with six teachers who do and do not implement the curriculum to better understand the significant findings of the quantitative phase. Findings: Attitude toward the program ($R = 0.23$, $F = 24.82$, $p < 0.001$) and subjective norm were the best predictors of intention ($R = 0.22$, $F = 24.08$, $p < 0.001$), followed by attitude toward healthy behaviors ($R = 0.17$, $F = 17.53$, $p < 0.001$). These three predictors explained 62.0% of the variance in intentions. Qualitative findings supported the quantitative data and revealed a salient issue regarding policy. Conclusions: Teachers' personal health beliefs toward physical activity, nutrition, and tobacco use do account for additional variance in teachers' intentions to implement CATCH. This finding substantiates the need for staff health promotion programs and other environmental changes that accommodate improved physical activity and nutrition at the school as a worksite.

Friday, October 21

4:15 - 5:15 pm

Late-Breaking Research Presentations

Innovative Approaches to Developing Childhood Obesity Prevention Programs: Lessons Learned from the Commonwealth of the Northern Mariana Islands (CNMI)

Mozhdeh Bruss, Jackie Quitagua, Rosa Palacios

Purpose: To present a model that uses stakeholder approach and formative evaluation methods to develop a childhood obesity intervention program that is scientifically-based and culturally relevant. Significance: Lessons learned from this model offer innovative approaches in targeting emerging public health issues in school communities. Procedures: Exploratory study conducted with parents, needs assessment administered to providers and parents, political/social community context was analyzed to ensure program relevance and sustainability, participatory research action was used with program facilitators (school teachers), literature review of the recommendations was conducted, and formative evaluation was used to develop a childhood obesity prevention program that targets parents of 3rd grade students. Findings: Use of exploratory research and needs assessment are critical elements for understanding the depth of a public health problem and potential solutions in a specific community. Use of participatory action research and literature review is necessary in developing scientifically and culturally relevant content. Use of formative evaluation was found important in documenting the processes and improving the quality and delivery of the intervention. Partnership with local collaborators was a critical element of analyzing the political/social context to ensure sustainability. Conclusion: This presentation will identify and highlight the importance of using these techniques in developing childhood obesity prevention programs that are practical, relevant and have utility for different community settings.

Effect of Changing Perception of Risk Associated with Alcohol Use on Marijuana Use Among Youth and Adolescents

Randi Alter, David Lohrmann, Robert Green

Purpose: Prior research has shown significant declines in gateway drug use among participants in a school/community substance abuse prevention intervention in a Midwestern suburban school district. Significance: Evidence suggests that increased alcohol education, policy, and access enforcement efforts in this community contributed to observed decreases in alcohol use. However, marijuana use was not impacted as positively, though marijuana use by students remained at or below national levels. Combined, decreased availability of alcohol and increased availability of marijuana, along with increased perceived harm of alcohol use and decreased perceived harm of marijuana use, may have contributed to increased marijuana use among these students. Methods: To examine this possible relationship, a hierarchical linear regression analysis was performed to determine the relative predictive power of alcohol use,

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perceived risk associated with alcohol use, access to alcohol, and access to marijuana on marijuana use among youth in this Midwestern suburban community. Results: Results revealed that alcohol use was the best predictor of marijuana use in this sample followed by perceived risk of marijuana use, access to marijuana, and access to alcohol. Perceived risk associated with alcohol use did not explain a significant portion of variance in marijuana use. Results suggest that efforts to increase perceptions of risk associated with alcohol use did not affect marijuana use in this community. Conclusions: Findings suggest that involvement with other drugs, such as alcohol, is a significant risk factor for marijuana use. Implication for future research examining poly-drug use among youth will be discussed.

Knowledge and Attitudes of Pre-Service Elementary Teachers Towards Emergency Care in the School Setting

Tiffany Brown, Jeffrey Clark

Purpose: The purpose of this study was to investigate pre-service teachers' knowledge of and attitude toward emergency care in the school setting. Significance: Unintentional injuries are the leading cause of death for children aged 5 - 19 (CDC, 1998). Twenty-two million children are injured each year (CSN, 1997) and approximately one-fourth of these injuries occur on school premises (Danseco, Miller, & Spicer, 2000). Schools must provide nursing services to children who attend school, but ratios of registered nurses to students is higher than the 1:750 established ratio (USDHHS, 2000). Current school teachers believe pre-service teachers should be trained in emergency care in teacher training programs (Gagliardi, et al, 1994; Compton et al, 2003). No research has been conducted to evaluate pre-service teachers' knowledge and attitudes towards emergency care. Procedures: A cross sectional group-comparison survey design was used. A 40-item questionnaire was administered to pre-service elementary teachers at a Midwest university. The questionnaire consisted of questions from "Emergencies in the School Setting: Are Public School Teachers Adequately Trained to Respond?" (Gagliardi et al, 1994) and Urban public school teachers' attitudes and perceptions of the effectiveness of CPR and automated external defibrillators (Compton et al., 2003). Sub-group comparisons were made using bivariate and multivariate analyses of similar demographic, attitude and knowledge questions. Findings: Findings indicated that pre-service teachers have a positive attitude toward emergency care, low levels of knowledge about emergency care, and a low level of willingness to provide emergency care in schools. In addition, when comparing pre-service teachers who had received emergency care training to those who did not, a statistically significant difference was found in the knowledge about emergency care. Conclusion: Emergency care training has limited influence on pre-service teachers' attitudes and willingness to provide care.

Saturday, October 22

9:15 - 10:45 am

Student Research Papers 1

How Attrition Impacts the Internal and External Validity of Longitudinal Research

Adam Barry

Purpose: The purpose of this session is to provide a brief discussion on attrition and its potentially detrimental consequences to the validity of a study; provide an overview of the information required to properly report attrition rates; and evaluate the commonly found attrition reporting procedures in health education and health promotion. Significance: Among the pieces examined where researchers did scrutinize effects of attrition, more than two-thirds documented a negative impact upon their respective study. Procedures: Four prominent journals representative of health education and health promotion were selected. These journals included: *Journal of School Health*, *American Journal of Health Behavior*, *Health Education and Behavior* and *American Journal of Health Education*. Published articles from each journal published between the years of 1999 to 2002 were explored. A final sample size of 60 articles across 4 separate journals was included. Findings: Only 38 of the 60 research articles examined cited sample size at each data collection point. These articles were used to address the frequency in which researchers discussed reasons for attrition among samples, statistically assessed those who dropped out versus those who remained, and whether attrition effects were documented. Among the 38 articles remaining, 61.5% failed to cite reasons for subjects not completing the intervention. Approximately 61.5% of the articles did not account for statistical assessment of individual attrition. Conclusions: Many researchers in the field of health education/promotion fail to adequately address the issue of attrition. In some instances, researchers were found to simply ignore attrition.

Relation Between Weight Status, Gender, Ethnicity and SES and the Food and Activity Choices of Adolescents

Heather Curtiss, Kathy Bradley-Klug

Purpose: The purpose of the study was to examine the relationship between the variables weight status (expected weight, overweight), ethnicity, and gender and the dependent variables dietary intake and physical activity behaviors among 199 adolescents in southwest Florida. Procedures: Multivariate analysis of variance was used to identify differences in dietary intake and physical activity behaviors between weight status groups. Findings: Results indicated that there were group differences in dietary intake behaviors and physical activity behaviors. With respect to dietary intake behaviors, main effects were observed for weight category, gender, and ethnicity. However, follow-up univariate F-tests were not significant. Medium effect sizes were reported for gender differences on milk consumption (males had higher means than females), and for ethnic differences on junk food consumption (African Americans had the highest consumption followed by Caucasians and Latinos, respectively). For

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physical activity behaviors, main effects were observed for gender and ethnicity, but not for weight category. Follow-up univariate F-tests were significant for gender differences on vigorous activity behaviors (males had higher means than females), and for ethnic differences on moderate activity behaviors (Caucasians had the larger mean followed by African Americans and Latinos, respectively). Medium effect sizes were also observed on these pairwise comparisons. Conclusion: Implications for the field of school health will be discussed including the development of accommodation plans, the need to collaborate with medical professionals to address overweight and some of its physical and mental health consequences, and ideas for creating environments that encourage health-supporting behaviors.

Saturday, October 22
11 am - 12:30 pm
Student Research Papers 2

Predicting Superintendent Intention to Implement a Coordinated School Health Program: An Application of the Theory of Planned Behavior *Susan Baldwin*

Purpose: The purposes of this study were to assess Superintendent's knowledge of the coordinated school health program model and most importantly, to predict their intentions to implement the model in their district.

Significance: Education and health are fundamentally interrelated and should not be divided. Children must be healthy in order to learn. The physical and mental health needs of children are increasing, while school-based health programs have become the fatalities of budget cuts (Marx, Wooley & Northrop, 1998). In the challenge to elevate state assessment scores, many new education reform initiatives have emerged. Forgotten in these initiatives is the notion of meeting the basic health needs of children. Long-term change begins in childhood and schools can address health concerns linked to learning by implementing coordinated school health programs. Typically, many schools and districts have some or all elements of a coordinated school health program already in place. It is likely that many components are not well developed or fragmented and operate independently of each other. A coordinated school health program strives to plan, coordinate, manage and evaluate policies, procedures, and activities of the school in an effort to promote student health and learning. Procedures: A dearth of information exists regarding superintendent attitudes, beliefs, knowledge, and decisions related to implementing a coordinated school health program. Current literature rates superintendent lack of support or commitment as the number one barrier to implementing a coordinated school health program. The participants of this study consisted of 501 public school superintendents from a state in the Mid-Atlantic region of the United States. A web-based questionnaire, based on the Theory of Planned Behavior constructs of attitude, subjective norm and perceived behavioral control, was utilized to collect data. Data was analyzed through multiple linear regression analysis.

Are Adolescents Waiting to Have Sex? Adolescent Sexual Behavior and the Implications for Unintended Pregnancies Among Adolescents

*Laurie Legocki, co-authors: Amanda Tanner,
Maresa Murray, Michael Reece, Kathleen Baldwin*

Purpose: The current debate surrounding sexuality education in public schools focuses on the idea that a comprehensive approach to sexuality related topics will increase sexual activity among adolescents. As an alternative abstinence-only education programming encourages adolescents to wait until marriage and does not provide them with information about how to protect themselves if they become sexually active.

Procedures: Data collected from an Internet-based questionnaire from 400 Indiana school teachers, counselors, and nurses were analyzed to determine the primary curriculum for sexuality education. Additionally, the Indiana Youth Risk Behavior Survey (YRBS) data were explored to determine reported sexual activity of adolescents and to examine the rates of condom use among sexually active adolescents.

Findings: The majority of respondents reported that their schools utilize an abstinence-only philosophy (41%) and 13% reported using comprehensive sexuality education in their school. According to the YRBS data for Indiana, almost 50% of high school students reported ever having had sexual intercourse, with 45% reported no condom use during their last sexual experience. Of teen pregnancies in Indiana, 30% are among girls 15 to 17 and 68% are among girls 18 to 19.

Conclusions: Despite the continued focus on abstinence-only education, adolescents continue to engage in sexual behavior. The incongruence between schools' reliance on abstinence-only sex education and the behaviors that youth are engaging in has the potential to have a significant impact on the overall reproductive health.

Practice Variation Among School Health Personnel

*Pam Buchalter, Co-authors: Diane Allensworth,
Patricia Clark, Collen Dilorio, Gloria Taylor*

Purpose: The purpose of this study was to compare differences in the clinical decision-making of school nurses and unlicensed assistive personnel (UAP). Significance: Current recommendations specify a school nurse to student ratio of 1:750; however only 52.9% of schools nationwide had met this goal by 2000. Therefore, students often receive care from UAP and research is needed to describe the differences in care provided by these two types of providers.

Procedures: In spring 2004, 23 elementary schools with a part-time school nurse were randomly selected from a large, urban school district in Georgia. The nurse and UAP from each school (a) collected data on unplanned school health care encounters over two months, and (b) completed a standardized questionnaire of school health care vignettes. An expert school nurse coded the responses to the actual and hypothetical school health care situations to determine the appropriateness of the provider's clinical judgment and the care provided. Findings: For the 1,477 unplanned school health care encounters, school nurses had a significantly higher appropriate score than UAP in the following areas: (a)

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history taken ($p < .001$) (b) physical exam performed ($p < .001$) (c) interventions performed ($p < .001$) and (d) decision outcome made (home or back to class) ($p < .001$). The school nurse also made appropriate decisions on the standardized vignettes significantly more than UAP ($p < .001$).

Conclusion: Differences exist in clinical practice between school nurses and UAP. Data from this study support the need for full-time school nurses in elementary schools.

Saturday, October 22

2:15 - 3:15 pm

Research Council Presentations
on International School Health

Are School-Based Smoking Prevention Programs for Youth Effective in Korea?

Eunok Park

Purpose: The number of research papers evaluating programs designed to prevent adolescent smoking have been increased in the last thirteen years in Korea. The purpose of this study was to systematically investigate program features, to review study features, and to review results on knowledge about and attitude to smoking and smoking behavior. Procedures: Eleven papers were included in this research because they met the three selection criteria. Program contents were described in five components and the type of delivery methods were described as reported in the studies. Methodological features were investigated and effect sizes were computed for the outcome variables. Knowledge was a main content of the program in most of studies and classroom-based instruction was delivered mainly by didactic presentations, video watching, and group discussions in most studies. Significance: School-based smoking programs in Korea have not influenced youth smoking behavior as much as they expected. Methodological and program problems such as selection of an experimental and control group from the same school, lack of random assignment, time to post-test, short duration, and few sessions were discussed.

Conclusion: Several recommendations such as anti-tobacco school policy, tobacco-free environment, program content

and delivery method change, and other methodological strategies were made to make an effort to improve effectiveness of smoking prevention programs and to reduce methodological flaws for future studies.

Health Risk Behaviors of Middle School Students in Ciudad Juárez, Mexico

Enrique Toriello, Larry Olsen;

co-authors: Adriana Pena de la Cruz,

Juan Carlos Zevallos, John Moraros

Background: The Youth Risk Behavior Survey (YRBS) was developed by the Centers for Disease Control and Prevention (CDC) and is designed to monitor six categories of high-risk health behaviors among youth and young adults. Purpose: The purpose of this study was to assess the health risk behaviors of middle school students in Juárez, Chihuahua, Mexico.

Significance: The present study represents the seminal effort to assess these risk behaviors among middle school students in Juárez. Procedures: A pretested Spanish version of the Youth Risk Behavior Survey was distributed to 1702 students in 57 classrooms from 19 randomly selected middle schools in Juárez. Findings: The response rate was 87%. Ages ranged between 11 and 16 years. Over 16% of the participants indicated they were sexually active and of these, 44% indicated they had multiple sexual partners and exhibited other sexual behaviors that put them at risk for unwanted pregnancy and HIV/AIDS; 56% had experimented with smoking and 16% were regular smokers; 55% were classified as overweight or obese; 40% don't engage in regular exercise; 18% manifested suicide ideation; 43% had consumed alcohol and 56% had traveled with an impaired driver; 13% had used illegal drugs; 30% exhibit some form of malnutrition; 32% carry a weapon to school and 52% had sustained some sort of injury as the result of violence. Eighty eight percent indicated they did not use seat belts.

Conclusions: This study provides baseline data upon which to assess progress toward the Healthy Border 2012 goals that have been established, and empirical evidence upon which educational programs can be developed to address the risk factors that have been identified.

Abstracts of Teaching Technique Presentations

Thursday
October 20
8 - 9 am

Risky Business:
Exploring Adolescent Risk-Taking Behaviors
Tammy Wyatt, Fred Peterson

Grade Level: Middle School, High School or College
National Health Standards: 3, 5, 6

Objectives: Upon completion of this session, participants will be able to discuss concepts associated with risk, risk behavior and risk-taking; review different risk behaviors and rank order them according to importance; identify positive alternative risk behaviors to the risk behaviors portrayed; and engage in risk assessment thinking skills.

Summary: Audience members will actively participate throughout the session. Each participant will be read a series of 12 character names and descriptions/definitions and be asked to independently rank order each character from most important to least important, based on their own definition of importance. Once each participant has his/her own rankings, the audience will be divided into groups of 4-5 individuals. Using discussion only (not voting), each group will come up with a consensus ranking. Then each group will present their consensus ranking as well as their reasons for the order of importance. While each group presents the rankings, the results will be placed on a chalkboard or poster board allowing for group comparisons. After each group has presented the consensus rankings, the audience will discuss and compare the group results. Lastly, items for discussion will be addressed to draw closure to this activity

Thursday
October 20
9:15 - 10:15 am

Caging the Invader:
A Cancer Prevention Curriculum for Secondary Students
Rob Inrig, T. Gregory Hislop

Grade Level: 9-12
National Health Standards: 1, 3

Objectives: Upon completion of this session, participants will be able to better understand students' understanding of cancer, its causation and the role of early detection; to recognize the need to engage the student by innovative approaches in order to create the teachable moment; to see the value of using drama vignettes to facilitate a deeper understanding of lifestyle choice and enhance the teachable moment.

Summary: An innovative short curriculum for high school students on cancer prevention and early detection has been developed and evaluated. Several short drama vignettes on video are incorporated within the teaching materials to provoke interest and questioning around attitudes of behavior change, thus facilitating the teachable moment. This initiative has a clear health promotion message.

Building Personal Strengths:
A Bully Prevention Program
for Middle and Secondary Students
Rob Inrig

Grade Level: 9 - 12
National Health Standards: 3, 4, 6

Objectives: Upon completion of this session, participants will be able to better understand the distinction between aggression and assertion; differentiate a victim experience and a victim identity; and better understand individual uniqueness and the strengths inherent in different personality/birth order styles hence valuing difference.

Summary: An innovative short curriculum for students grade 6 - 12 on bully prevention which assists students to discover and own their personal strengths. Rather than focusing on protective structures, this program overviews the importance of protective character and choice. This initiative has a clear health promotion, strength-building message.

Abstracts of Teaching Technique Presentations

Thursday
October 20
2 - 3 pm

The Carbohydrate Quandry (Web Document-Based Question): Preventing Obesity Through an Interdisciplinary WebQuest
Owen Donovan

Grade Level: 9-12
National Health Standards: 2, 4, 7

Objectives: Upon completion of this session, participants will be able to access "The Carbohydrate Quandry" WebQuest on the World Wide Web; use it as a student-centered, standards-based, technology-oriented, task driven, and interdisciplinary learning experience in their health, physical education, English, or undergraduate pedagogy classroom; identify at least three different ways "The Carbohydrate Quandry" WebQuest can be used collaboratively between disciplines of health education, physical education, and English and independently by each respective discipline to achieve student outcomes; identify essential components of a WebQuest and appreciate their value in interdisciplinary learning experiences; demonstrate through group discussion and dialogue, an understanding of innovative ways to engage student interest and use technology in authentic ways to provide meaningful instruction.

Summary: Participants will examine and explore this interdisciplinary WebQuest as a teaching idea. Through examination and discussion participants will be able to use this WebQuest resource in their own classrooms, school districts or colleges to promote National Health Education Standards and skills.

Thursday
October 20
3:15 - 4:15 pm

Putting Pizazz Into Your Nutrition Curriculum: Meeting the Needs of Diverse Learners
Tracy Caravella, Marcie Wycoff-Horn

Grade Level: K - 12
National Health Standards: 1, 3, 4

Objectives: In this session, participants will be able to experience several innovative educational strategies; identify strategies that could be incorporated into a nutrition curriculum to address diversity of learners.

Summary: Through an interactive learning experience, program participants will be engaged in classroom activities that promote healthy nutrition behaviors. Focusing on the theory of multiple intelligences, this session will assist educators in meeting the needs of their diverse learners. The teaching strategies will be connected to the National Health Standards.

Thursday
October 20
4:30 - 5:30 pm

Life With Tobacco
Angela Baran, Denise Seabert

Grade Level: 6-12
National Health Standards: 1, 2, 5

Objectives: Upon completion of this session, participants will be able to identify three ways in which tobacco effects the life of smokers and nonsmokers; and use decision-making skills to evaluate decisions regarding smoking.

Summary: This teaching technique provides participants the opportunity to step into a simulation of the life of a smoker. Students are usually told about the effects of smoking and sometimes can see the effects of smoking if someone around them smokes. How do students learn how smoking can affect them personally? This activity requires students to think about the decisions and consequences they may face if they choose to smoke. This teaching technique will help students gain insight into their own life should they choose to smoke.

Abstracts of Teaching Technique Presentations

Friday
October 21
1:45 - 2:45 pm

Food, Fitness & Fun: Using Nursing Students
to Implement a Collaborative Education Project in Schools
Penny Leake, Julie Goedken

Grade Level: K - 8
National Health Standards: 1, 2, 3

Objectives: Upon completion of this session, participants will be able to demonstrate use of the *Pick a Better Snack* BINGO program in the classroom, and share supporting materials developed for families; demonstrate how the *Mileage Club* program was implemented in schools, and share the effectiveness of the program; demonstrate the interactive web-based program used by nursing students, teachers, principals and collaborating partners to share ideas and resources; share activities used in the classroom to learn about the food pyramid; share a poster developed that focused on food/eating like one entitled: Supersize America (a look at the negative impact of fast food).

Summary: This project involved an intensive, interactive educational program in the schools and provides nutrition education to all children. It was a collaborative project between Luther College Department of Nursing, the Winneshiek County Public Health Nursing Service, the Iowa State University Extension service, and four parochial schools in our county. Activities and lessons that were individually developed for each school and each grade level will be shared.

Friday
October 21
4:15 - 5:15 pm

Eat Out: Be Wise!
Diane Cole, Millie Naquin

Grade Level: 6-8
National Health Standards: 1, 2, 3, 6

Objectives: Upon completion of this session, participants will be able to discuss reasons for the changes in the American diet and the resulting increase in families "eating out"; create "restaurants" in the classroom setting; increase students' knowledge and decision-making skills to make healthier choices when dining out; identify Internet resources to research fast food nutritional information.

Summary: Participants will be involved in an interactive activity simulating various fast food restaurants. Presenter will set up the room prior to the presentation. Participants will be assigned to a "restaurant", where they will select a meal and evaluate the nutritional healthfulness of their choices. Participants will discuss choices and share how alternative meal selections may be more healthful.

Saturday
October 22
9:15 - 10:45 am

Granite State FitKids
Charles Cappetta

Grade Level: 4
National Health Standards: 3, 4, 5

Objectives: Upon completion of this session, participants will have a better understanding of teachings of the "body system workshops and the concepts of a healthier lifestyle" in a classroom setting; integrate curriculum themes of school specialists including PE, Art Music/Media, Guidance and Computer.

Summary: This session will share the GSKF curriculum that consists of seven, one-hour sessions presented as part of the fourth grade health education curriculum. It introduces young people to the concepts of physiology, body awareness, the value of exercise, good nutrition, and the effects of tobacco use. The Program is conducted by volunteer health care providers and paid facilitators who, typically, are either teachers or registered nurses. A complete 7 week "train-the-trainer" video series and manual accompanies the program. The curriculum employs a substantial amount of consumable materials, which the students are encouraged to take home to share with their families.

"A" is for Artery:
Demonstrating Arteriosclerosis in the Classroom
Angela Sheer, Amanda Clover

Grade Level:
National Health Standards: 1, 3

Objectives: Upon completion of this session, participants will be able to demonstrate the effects that poor diet and lack of physical activity may have on the heart and blood vessels; define health literacy and understand the clogged artery experiment as a disease prevention/health promotion strategy.

Summary: Using four audience volunteers, the progression of atherosclerosis will be demonstrated using economical household items. Each volunteer will represent a different generation in life displaying an artery in the form of plastic tubing and using vegetable shortening to show the cumulative adverse effects poor diet, inactivity and tobacco can have on the heart and blood vessels.

Abstracts of Teaching Technique Presentations

Saturday
October 22
11 am - 12:30 pm

Extra! Extra! Read All About Health Advocacy!!
Carolyn Cox

Grade Level: Secondary
National Health Standards: 1, 6, 7

Objectives: Upon completion of this session, participants will be able to list at least 3 ways to make a health-related story newsworthy as evaluated by oral quiz; value proactive newspaper media relations and its effect on health advocacy as evaluated by opinion poll; create and frame a health issue (creating a pitch letter and letter to the editor) in a way that compels media coverage as evaluated by check sheet.

Summary: Even as a student, you can promote health for yourself and others by being a Health Advocate. Health Advocates choose a health issue that promotes and protects personal, family or community health and then tells others about it while being a good role model. For Health Advocates, the newspaper is a good vehicle to use to get your health message across to other. However, your health message has to be "newsworthy" to get coverage. This session will demonstrate how students can create their own newspaper pitch and letter to editors to demonstrate the ability to advocate for a community health issue

Saturday
October 22
2:15 - 3:15 pm

Making a Difference: Healthier Achievement
Through Nutrition Education
Deborah Souza

Grade Level: K - 8
National Health Standards: 2, 3, 5

Objectives: Upon completion of this session, participants will be able to link and reinforce core curricular areas like math, language arts, science and social studies as well as teach students life-long healthy habits with free, innovative nutrition education programs.

Summary: Join this interactive workshop to find FREE nutrition education curricula that support academic achievement. Dairy Council of California's flexible grade specific programs lead to student success by providing opportunities to practice important decision-making and problem-solving skills that impact student health. Dairy Council of California has been providing dynamic nutrition education materials to teachers in CA for 85 years.

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A

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