CDC School Health Program Update and Opportunities to Utilize the WSCC Framework to Support the Every Student Succeeds Act (ESSA)

Holly Hunt, Chief, CDC Healthy Schools, Division of Population Health
Bill Potts-Datema, Chief, Program Services Branch
Division of Adolescent and School Health (DASH)
Overview

- CDC Healthy Schools and DASH Program Activities
- Tools to support implementation of the Whole School Whole Community Whole Child (WSCC) Approach
- Discussion of WSCC within ESSA
CDC’s Morbidity and Mortality Weekly Report (MMWR): Health-related behaviors and academic achievement among high school students, United States, 2015
2015 Health-Related Behaviors and Academic Grades Fact Sheets

Making the Connection: Physical Activity and Sedentary Behaviors and Academic Grades

Making the Connection: Dietary Behaviors and Academic Grades

Making the Connection: Health Risk Behaviors and Academic Grades

Making the Connection: Alcohol and Academic Grades

Making the Connection: Drug Use and Academic Grades

Making the Connection: Youth Violence and Academic Grades

Making the Connection: Sexual Behaviors and Academic Grades
Whole School
Whole Community
Whole Child (WSCC)

www.cdc.gov/healthyyouth/wssc/
Priorities

- Increase quantity and quality of physical education, health education, and physical activity
- Improve the nutritional quality of foods provided in school
- Improve the capacity of schools to manage chronic conditions

CDC’s Role

- Evidence-based guidelines and recommendations
- Tools and resources for educators and administrators
- Funding and support
- Training and professional development
CDC School-based HIV, STD and Teen Pregnancy Prevention

- **Data for action**
  - Youth risk behavior (YRBS)
  - School policies and practices (SHPPS, Profiles)
  - Includes national, state and some local data

- **School health programs**
  - School health curriculum, school-based and school-linked health services, environmental approaches
  - Current 5-year cooperative agreement with 18 state education agencies and 17 local education agencies serves as many as 2 million youth

- **Demonstration and evaluation of innovative approaches**
  - Strategies for highest risk youth, targeted prevention, program-focused research

- **Partnership and communications**
State Public Health Actions
School Health Strategies

- **Basic Plus** (All 50 states and DC)
  - Promote the adoption of food service guidelines/nutrition standards
  - Promote the adoption of physical education/physical activity

- **Enhanced**
  - Creating supportive nutrition environments in schools (All)
  - Implement quality physical education and physical activity in K–12 schools (32 states)
  - Implement policies, processes, and protocols in schools to meet the management and care needs of students with chronic conditions (16 states)
National Collaboration to Support Health, Wellness and Academic Success of School-Age Children (FOA–1601)

ACHIEVING IMPACT:
State Successes in Improving School Nutrition, Physical Education, Physical Activity, and the Management of Chronic Health Conditions in Schools
CDC School-based Surveillance

PS13-1308
35 DASH-Funded State and Local Education Agencies for HIV, STD, and Unintended Pregnancy Prevention

PS13-1308

227 priority districts among the 18 SEA
347 priority schools among the 17 LEA
DASH Program Activities

• Statewide or District-wide
  – Policy assessment and improvement

• Priority Districts or Schools
  – Curriculum assessment and improvement
  – Professional development for teachers, nurses, and other school staff
  – Increase school-based or school-linked health services
  – Institute specific environmental changes to create safe and supportive environments
NGOs Funded Through PS13-1308

Sexual Health Education

Advocates for Youth

Healthy Teen Network
NGOs Funded Through PS13-1308

Safe and Supportive Environments

American Psychological Association

GSA Network
NGOs Funded Through PS13-1308

Sexual Health Services

NCSD
National Coalition of STD Directors
Promoting Sexual Health Through STD Prevention

CAI
Promoting Change and Inspiration since 1979
NGOs Funded Through PS16-1603

Collaboration and Dissemination

Advocates for Youth

NCSD
National Coalition of STD Directors
Promoting Sexual Health Through STD Prevention

School-Based Health Alliance
Redefining Health for Kids and Teens

NACCHO
National Association of County & City Health Officials
Teens Linked to Care (TLC) Project

• Project goal
  • Determine barriers and facilitators to building local capacity to deliver and sustain an integrated substance use and sexual risk behavior prevention program for teens
  
• Partnership with the Conrad N. Hilton Foundation, the CDC Foundation, and the Division of Adolescent and School Health

• Pilot initiative for teens in rural Indiana, Kentucky, and Ohio
Teens Linked to Care (TLC) Project Aims

• Increase youth knowledge and skills to prevent substance use and HIV/STD infection
• Improve youth attitudes and norms in support of substance use prevention and HIV/STD prevention
• Increase youth access to youth-friendly, key health services including substance abuse and HIV testing and treatment
• Increase youth safety at school
• Increase adolescents’ connectedness to school and supportive adults
School Health Index

2017 Elementary School

SHI School Health Index
A Self-Assessment and Planning Guide

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Coordinating Policy, Process, & Practice
Healthy
Safe
Supported
Challenged
Engaged

IMPROVING LEARNING AND IMPROVING HEALTH

Nutrition Environment & Services
Health Services
Counseling, Psychological, & Social Services
Physical Environment
Social & Emotional Climate
Employee Wellness
Family Engagement
Community Involvement
Physical Education & Physical Activity
Health Education
Health Education
Health Education Curriculum Analysis Tool

- Conduct clear, complete and consistent analyses of health education curricula
- Based on
  - National Health Education Standards
  - CDC’s Characteristics of Effective Health Education Curricula
- Select or develop appropriate and effective curricula
- Customizable to meet local needs and requirements
Developing a Scope and Sequence for Sexual Health Education

- Step-by-step process to create or revise a scope and sequence for sexual health education
- Use to build local frameworks that correspond with national, state, and local standards, benchmarks, and requirements
Nutrition Environment and Services
Comprehensive Framework for Addressing the School Nutrition Environment and Services

- Define components of the school nutrition environment
- Highlight resources for each component

www.cdc.gov/healthyschools
Physical Education and Physical Activity
Framework for School-based Physical Education and Physical Activity

- Provides framework
- Cross-cutting resources
- Component specific resources
New Graphics to Promote School-based Physical Education and Physical Activity

Active Students = Better Learners
www.cdc.gov/healthyschools/PEandPA

PHYSICAL EDUCATION is a K-12 academic subject that provides standards-based curricula and instruction that is part of a well-rounded education. Physical education is designed to develop the knowledge and behaviors for physical activity, physical fitness, and motor skills in students. It serves as the foundation for equipping students to be physically active in other areas of the school and beyond.

PHYSICAL ACTIVITY DURING SCHOOL includes classroom physical activity and recess. Classroom physical activity includes any physical activity done in the classrooms (e.g., stretching, jumping, dancing) during the school day. Recess is a regularly scheduled period within the school day for physical activity and play that is monitored by trained staff and volunteers.

PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL provides opportunities for students to be physically active and practice what they have learned in physical education classes. Activities might include walking or biking to and from school, physical activity clubs, intramural programs (sports organized by the school or community in which any child can participate), interscholastic sports (competitive sports between schools), and physical activity in before-school and after-school extended-day programs.

STAFF INVOLVEMENT means that school staff members serve as positive role models for wellness and integrate physical activity into classroom instruction and breaks. It also means that staff members support recess, clubs, intramural programs, and other physical activity offerings. Schools can also provide employee wellness programs to encourage physical activity among school staff.

FAMILY AND COMMUNITY ENGAGEMENT in physical activity means that parents, school staff, and community members work together to increase physical activity opportunities before, during, and after the school day. Family and community members can also work with schools to promote opportunities for physical activity inside and outside of the school building. Community organizations can establish shared-use agreements with schools that allow them to use school facilities for physical activity opportunities or events.
New Resources for Recess in Schools
Resources Coming for Classroom Physical Activity 2018

- Completed environmental scan
- Developing strategies document
- Working with partners to develop other related resources
Health Services
New Resources on Management of Chronic Conditions

Managing Chronic Health Conditions in Schools: The Role of the School Nurse

Addressing the Needs of

Health Insurance for Children: How Schools Can Help

A student’s health strongly affects their school attendance and academic performance.

Chronic Health Conditions and Academic Achievement

Introduction

This brief describes the relationship between certain chronic health conditions and academic achievement, based on a review of the scientific literature. These include attention-deficit hyperactivity disorder, asthma, diabetes, obesity, and chronic health conditions, and food allergies. These are examples of chronic health conditions that are frequently observed among school-aged youth, possibly affect academic achievement, or use significant resources when addressed at school. Academic achievement refers to academic performance, educational behaviors, and cognitive skills. This brief also makes recommendations for future research.

Students and Chronic Health Conditions

About 30% of children in the United States aged 2 to 8 years have a chronic health condition such as asthma, obesity, other physical conditions, and behavior/learning problems. Although it is difficult to estimate and there is not one single source of information for chronic conditions in school-aged children, various studies state that for children aged less than 18 years, about 30% have poor oral health, 7% to 16% have asthma, 4% have food allergies, 0.7% have seizure disorders, and 0.3% have diabetes (Table 1). Students with chronic health conditions may face lower academic achievement, increased disability, lower job opportunities, and limited community interactions as they enter adulthood. Because these youth spend a significant amount of their time in schools, it is important to understand the relationship between chronic health conditions and academic achievement. Previous reports show that students who are able to manage their chronic health conditions tend to have better academic outcomes.

Studies show that some students with chronic health conditions have lower academic achievement than students who do not have such conditions, although this relationship varies by condition and can be influenced by additional factors. In this brief, “academic achievement” refers to academic performance, education-related behavior, and cognitive skills. “Academic performance” refers to class grades, grade point average (GPA), standardized test scores, and graduation rates. “Education-related behavior” includes attendance, dropout rates, and behavior problems. “Cognitive skills” include students’ concentration, language ability, and short-term and long-term memory.

Sources for Information in This Brief

We searched PubMed and Medline for peer-reviewed research on academic achievement and chronic health conditions. This brief summarizes studies published from 1990 through 2014 that focused on school-aged youth (i.e., grades K–12, age 5–19 years), included at least one of the five chronic health conditions (asthma disorder, obesity, diabetes, and attention-deficit hyperactivity disorder).

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health
Developing a Referral System for Sexual Health Services

- Step-by-step process to create or revise a sexual health services referral system
- Companion piece on establishing organizational partnerships to increase access
Sexual Health Services Fact Sheet for Schools

For school districts and education agencies and explains the importance of health care resources and increasing student access to preventive health services.
Teen Health Services Fact Sheet

Explains how parents can help create a trusting relationship by allowing their teen one-on-one time with their healthcare provider.
Family Engagement
Guide for Getting Parents Involved from K–12

Parents for Healthy Schools
A Guide for Getting Parents Involved from K-12

September 2015

PARENT ENGAGEMENT
Strategies for Involving Parents in School Health

Healthy Events and Classroom Celebrations
How Can You Help?
Students may have access to foods and beverages through special events and classroom celebrations during the school day. These foods are not health students, but rather offered to promote healthy eating. How do schools ensure that these foods are healthy? Many schools have adopted policies that limit the types of foods and beverages that are offered during school hours.

- Communicating with parents
- Providing ongoing support
- Promoting healthy behaviors
- Encouraging parents to participate in decision-making

Parent engagement in schools can include parents and school staff working together to support and improve the learning, development, and health of children and adolescents. School staff may already engage parents in a variety of ways that support their academic success, including through parent-teacher conferences, homework, and classroom celebrations. Parent engagement in schools has led to improvements in student achievement and behavioral outcomes. National Center for Education Statistics (NCES) and the National Center for Education Research (NCER) have supported parent engagement initiatives that promote healthy behaviors, including healthy eating and physical activity.
Community Involvement
Virtual Healthy School
How can these resources support expectations of ESSA?
Professional Development
Training Tools for Healthy Schools (TTHS)

- Health Education Curriculum Analysis Tool (HECAT)
- School Health Guidelines
- School Health Index
- Comprehensive School Physical Activity Program (CSPAP)
- Parents for Healthy Schools
New! Professional Development Resources and Training

Guide to Promoting Professional Development

How to Build a Training Cadre
Updates to BAM!

NEW Home Page featuring our Virtual Healthy School

Sun Safety—We’ve updated our Sun Safety page

Comics—Updates to the Immune System page include the brand new “Ask a Scientist” comic series

Epilepsy—We’ve added a new page on Epilepsy.

Dining Decisions is now available on Google Play!
Lesbian, Gay and Bisexual Youth Surveillance Report: 2015 Results

@CDC_DASH

Tweets by @CDC_DASH

Check out @CDCgov's Youth Online Tool. It lets you analyze youth risk data, create maps & other data visualization.

go.usa.gov/5MZb
Thank You!