CDC SCHOOL HEALTH PROGRAM UPDATE

CDC HEALTHY SCHOOLS

National Center for Chronic Disease Prevention and Health Promotion

DIVISION OF POPULATION HEALTH, CDC HEALTHY SCHOOLS
CDC Healthy Schools Priorities

Shared priorities between health and education:
- 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:
- Quality of health education in schools
- Evidence-based guidelines and recommendations for school programs and policy
- Tools and resources for educators and administrators
- Training and professional development
School Health Activities

CDC Healthy Schools conducts the following activities to prevent chronic disease and promote the health of children and adolescents:

- Funding and support
- Research synthesis and translation
- Evaluation
- Professional development and training
- Cross-cutting collaboration
- Health communications and promotion
State Public Health Actions (1305): School Health

- **Basic Plus** (All 50 states plus 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)
Challenges

- Lack of supportive policies and practices
- Lack of champions
- Lack of leadership buy-in and support
- Competing priorities and other demands
- Insufficient staff and partner resources
- Professional development
  - Inadequate funding
  - Lack of staff release time
- Limited personnel to coordinate/implement activities
Outcomes

- Strong performance on improving the school nutrition environment
- Achieved broad reach with physical activity and physical education professional development and technical assistance
- Gains made in increasing the number and percentage of LEAs equipped to identify and address students with chronic health conditions
- States and LEAs are in a good position to continue to build on improving student health
State grantees will support the implementation and evaluation of evidenced-based strategies and activities to:

- prevent obesity and reduce the risk of children and adolescents developing chronic disease in adulthood, and
- manage chronic health conditions prevalent in student populations including poor health, asthma, food allergies, seizure disorders, diabetes and other disease, disabilities or conditions.
DP18-1801: Healthy Schools States

Alaska, Arizona, Arkansas, Colorado, Illinois, Kentucky, Louisiana, Massachusetts, Minnesota, Missouri, Nebraska, New Mexico, North Carolina, Oklahoma, Oregon, Tennessee and Washington
CDC-funded National Non-Governmental Organizations

Physical Education and Physical Activity

- National Network of Public Health Institutes
- SHAPE America

School Nutrition Environment and Services

- The Alliance for a Healthier Generation
New Resources from National Association of Chronic Disease Directors (NACDD)

- **SHARING SUCCESS**
  - A Step-by-Step Guide for Communicating School Health Achievements

- **Healthy School, Healthy Staff, Healthy Students**
  - A Guide to Improving School Employee Wellness

National Center for Chronic Disease Prevention and Health Promotion

DIVISION OF POPULATION HEALTH, SCHOOL HEALTH BRANCH
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
COLLABORATIVE ACTIVITIES
Sleep

https://www.cdc.gov/sleep/index.html
E-cigarettes: Not Safe for Students

Information and resources available at:
Virtual Healthy School Enhancements

Virtual Healthy School Resource List

Health Education
- Characteristics of an Effective Health Education Curriculum
- Health Education in Schools: The Importance of Establishing Healthy Behaviors in our Nation's Youth [PDF - 132 KB]
- HECAT [PDF - 240KB]
- National Health Education Standards
- SHAPE America: Appropriate Practices in School-Based Health Education

Physical Education & Physical Activity
- Active Living Research
- Mind, Body and Mind
- Physical Education and Physical Activity
- Fuel Up to Play 60: Funding General Information
- Active Schools
Health Communication and Promotions

Nutrition**  Physical Education & Physical Activity**  Obesity Prevention **  Managing Chronic Health Conditions**School Health Services

- Bi-weekly Partner eBlasts
- GovDelivery Notices
- Social Media
- Websites
- Blog Posts
- Infographics
- Web Buttons/Badges
- Podcasts