

Resolution 07-01

Washington State Public Health Association Supports Coordinated School Health

WHEREAS more than 95% of young people ages 5-17 are enrolled in school; and¹

WHEREAS, the health of young people, and the adults they will become, is critically linked to the health-related behaviors they chose to adopt; and²

WHEREAS, Healthy People 2010 outlines 467 national health objectives, of which 107 are directed specifically toward adolescents and young adults; and³

WHEREAS rigorous studies have shown that health education in schools can reduce the prevalence of health risk behaviors of young people; and^{4,5,6}

WHEREAS school health programs play a critical role in promoting healthy behaviors of students while enhancing their academic performance; and^{7,8}

WHEREAS in 1987, Lloyd Kolbe and Diane Allensworth first described an “expanded concept” of school health, now called the Coordinated School Health Program Model; and⁹

WHEREAS the Coordinated School Health Program Model provides a framework for school districts and schools to use in organizing and managing school health initiatives¹⁰ and involves the coordination of the following eight components:

1. Healthy School Environment: School buildings and the area surrounding them are safe, secure and free of tobacco and biological and chemical agents that are detrimental to health; physical conditions including noise, lighting, temperature and air quality are conducive to learning; the psychosocial climate and culture of the school promotes academic achievement and overall well-being while preventing violence and bullying; and the school facilitates and actively promotes physical activity, healthy eating and other lifelong health habits;
2. Comprehensive Health Education: A planned, sequential, PreK-12 curriculum that incorporates a variety of topics including personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, tobacco-use prevention and substance abuse prevention;
3. Physical Education: A planned, sequential PreK-12 curriculum that promotes each student’s optimum physical, mental, emotional, and social development, and involves activities and sports that all students enjoy and can pursue throughout their lives;
4. Nutrition Services: Access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students and are provided in pleasant settings with adequate time to eat and socialize. All foods and beverages sold or served at school reflect the U.S. Dietary Guidelines for Americans. Classroom nutrition and health education are provided that foster lifelong habits of healthy eating;
5. Health Services: Services are designed to ensure access or referral to primary health care services, conduct diagnostic screening, manage chronic health conditions, provide emergency care for illness or injury, prevent and control communicable disease and

other health problems and provide educational and confidential counseling opportunities;

6. Counseling and Psychological Services: Professionals such as certified school counselors, psychologists and social workers provide services to improve students' mental, emotional, and social health and remove barriers to students' academic success, through such means as individual and group assessments, interventions, referrals, tobacco cessation programs and consultation with other school staff members.
7. Health Promotion for School Staff: Opportunities are provided for school staff to improve their health status and morale through such activities as health assessments, health education, tobacco cessation and health-related fitness activities so as to reduce health care costs and motivate staff to model a healthy lifestyle to students.
8. Family and Community Involvement: The school health program is enhanced with an integrated school, family and community approach through such means as school health advisory councils, the active solicitation of parent involvement, and the engagement of health-related community resources and services such as after-school recreation programs.¹¹

WHEREAS in 1998 Congress noted the opportunity our schools offer to promote health when it urged the Centers for Disease Control and Prevention to "Expand its support of Coordinated School Health Programs"; and¹²

WHEREAS in 2007 the Washington State Legislature established a goal for all Washington School Districts to create a School Health Advisory Committee (SHAC) by the year 2010;¹³

THEREFORE BE IT RESOLVED that the WSPHA supports the requirement for and implementation of Coordinated School Health Programs in all Washington schools as described by the Centers for Disease Control and Prevention, Division of Adolescent and School Health; and

BE IT FURTHER RESOLVED that the WSPHA encourages all Washington Schools to establish and support school health councils to assist with the oversight, management, planning and evaluation of school health policies and programs; and

BE IT FURTHER RESOLVED that the WSPHA calls on the Washington Superintendent of Public Instruction to make Coordinated School Health a priority for Washington Schools; and

BE IT FURTHER RESOLVED that WSPHA encourages its members to support schools in their efforts to adopt Coordinated School Health Programs by participating on SHAC's, providing technical assistance, and content level expertise where appropriate.

Signed by: Rick Porso, WSPHA President 2006-2007

References:

- ¹ Snyder T, Hoffman C, editors. *Digest of Education Statistics 2001*. Jessup, MD: National Center for Education Statistics, 2002: Table 2 (Pub. #2002130).
- ² Allensworth DD. *Improving the health of youth through Coordinated School Health Programs*. *Promot Educ* 1997;1(4):42-7.
- ³ U.S. Department of Health and Human Services. *Healthy People 2010 2nd ed.* 2 vols. Washington DC: U.S. Government Printing Office, 2000. Available at www.health.gov/healthypeople.
- ⁴ Centers for Disease Control and Prevention. *Reducing Tobacco Use: A Report of the Surgeon General*. Washington, DC: Department of Health and Human Services, 2000. DHHS Pub. No. S/N 017-001-00544-4.
- ⁵ Gormmaker SL, Wiecha J, Sobol AM, Dixit S, Fox MK, Laird N. *Reducing obesity via school-based interdisciplinary intervention among youth: Planet Health*. *Arch Pediatr Adolesc Med* 1999; 153(4):409-18.
- ⁶ Botvin GJ, Baker E, Duenbury L, Botvin EM, Diaz T. *Long-term follow-up results of a randomized drug abuse prevention trial in a white middle-class population*. *JAMA* 1995;273(14):1106-12.
- ⁷ Carter CR, Terry M, Seltz J, Modrak N, Nielsen MB, Bloom G, Quinones R, Coss V. *The Learning Compact Redefined: A Call To Action. Report of the Commission on the Whole Child*, Association for Supervision and Curriculum Development, Available at <http://www.wholechildeducation.org/resources/LearningCompactFullReport.pdf>. 2007.
- ⁸ Symons, CW, Cinelli, B, James, TC, Groff, P. *Bridging Student Health Risks and Academic Achievement Through Comprehensive School Health Programs* *J Sch Health*. 1997; 67(6): 220-227.
- ⁹ Allensworth DD, Kolbe LJ. *The Comprehensive School Health Program: Exploring an Expanded Concept*. *Journal of School Health*. 57(10):409-412, 1987.
- ¹⁰ Centers for Disease Control and Prevention. *Promising Practices in Chronic Disease Prevention and Control: A Public Health Framework for Action*. Atlanta, GA: Department of Health and Human Services, 2003.
- ¹¹ American Public Health Association. *Promoting Public Health and Education Goals through Coordinated School Health Programs*. Policy Number 2004-09. 11/09/2004. pp. 2-3.
- ¹² Centers for Disease Control and Prevention. *Promising Practices in Chronic Disease Prevention and Control: A Public Health Framework for Action*. Atlanta, GA: Department of Health and Human Services, 2003.
- ¹³ Washington State Legislature, 60th Assembly, 2007 Regular Session. *Second Substitute Senate Bill 5093*. Section 5(1). 28A.210 RCW, enacted March 6, 2007.

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Organizations that Support Coordinated School Health:

- Action for Healthy Kids
- Advocates for Youth
- AIDS Alliance for Children, Youth, and Families
- American Academy of Child and Adolescent Psychiatry
- American Academy of Pediatric Dentistry
- American Academy of Pediatrics
- American Alliance for Health, PE, Recreation, and Dance
- American Association for Active Lifestyles and Fitness
- American Association for Health Education
- American Association of School Administrators
- American Cancer Society
- American College of Sports Medicine

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- American Dietetic Association
 - American Federation of Teachers
 - American Lung Association
 - American Medical Association
 - American Nurses Association
 - American Psychological Association
 - American Public Health Association
 - American Public Welfare Association
 - American Red Cross
 - American School Counselors Association
 - American School Health Association
 - Association for Supervision and Curriculum Development
 - Association of Maternal and Child Health Programs
 - Association of State and Territorial Health Officials
 - Association of State and Territorial Public Health Nutrition Directors
 - Communities in Schools, Inc.
 - Council for Exceptional Children
 - Council of Chief State School Officers
 - Council of Great City Schools
 - Council of State Governments
 - Directors of Health Promotion and Education
 - Education-Training-Research Associates
 - Employee Assistance Professionals Association
 - Food Research and Action Center
 - Girls Incorporated
 - Institute for Youth Development
 - Medical Institute
 - National 4-H Council
 - National Alliance of Pupil Service Organizations
 - National Alliance of State and Territorial AIDS Directors
 - National Assembly on School-Based Health Care
 - National Association for Sport and Physical Education
 - National Association of Chronic Disease Directors
 - National Association of Community Health Centers
 - National Association of County and City Health Officials
 - National Association of Elementary School Principals
 - National Association of Governor's Councils on Physical Fitness and Sports
 - National Association of Leadership for Student Assistance Programs
 - National Association of School Nurses
 - National Association of School Psychologists
 - National Association of Secondary School Principals
 - National Association of Social Workers
 - National Association of State Boards of Education

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- National Association of State NET Program Coordinators
 - National Coalition for Parent Involvement in Education
 - National Coalition of Chapter 1 and Title 1 Parents
 - National Coalition of Health Education Organizations
 - National Coalition of STD Directors
 - National Conference of State Legislators
 - National Council of Churches
 - National Council of LaRaza
 - National Education Association
 - National Environmental Health Association
 - National Federation of State High School Associations
 - National Governor's Association
 - National Health and Education Consortium
 - National Middle School Association
 - National Network for Youth
 - National Peer Helpers Association
 - National PTA
 - National Safety Council
 - National School Boards Association
 - National Urban League
 - National Wellness Association
 - President's Council for Physical Fitness and Sports
 - Public Education Network
 - Public Risk Management Association
 - School Nutrition Association
 - Sexuality Information and Education Council of the United States
 - Society for Adolescent Medicine
 - Society for Nutrition Education
 - Society for Public Health Education
 - Society of State Directors of Health, Physical Education, and Recreation
 - State Directors of Child Nutrition
 - United Negro College Fund Special Programs Corporation
 - Wellness Councils of America