

COORDINATED SCHOOL HEALTH PROGRAMS

Help is available!

The Coordinated School Health (CSH) initiative at the Kentucky Department of Education (KDE) and the Kentucky Department for Public Health (KDPH) is funded by a grant from the CDC Division of Adolescent and School Health for improving Health and Educational Outcomes of Young People. The CSH strategic plan includes these goals:

Goal 1

To increase the capacity of schools, districts and communities to promote and support healthy behaviors and choices in school-aged youth through CSHPs.

Goal 2

To increase the capacity of schools, districts and communities to reduce health disparities among school aged youth at disproportionate risk for chronic diseases, HIV, sexually transmitted infections and unintended pregnancy.

We are available to provide the following to schools, districts and their community partners:

- Professional development
- Technical assistance
- Resources
- Data related to CSH



For additional resources, visit
<http://www.education.ky.gov/KDE/Administrative+Resources/Coordinated+School+Health/>
<http://chfs.ky.gov/dph/mch/cfhi/Coordinated/20School/20Health.htm>

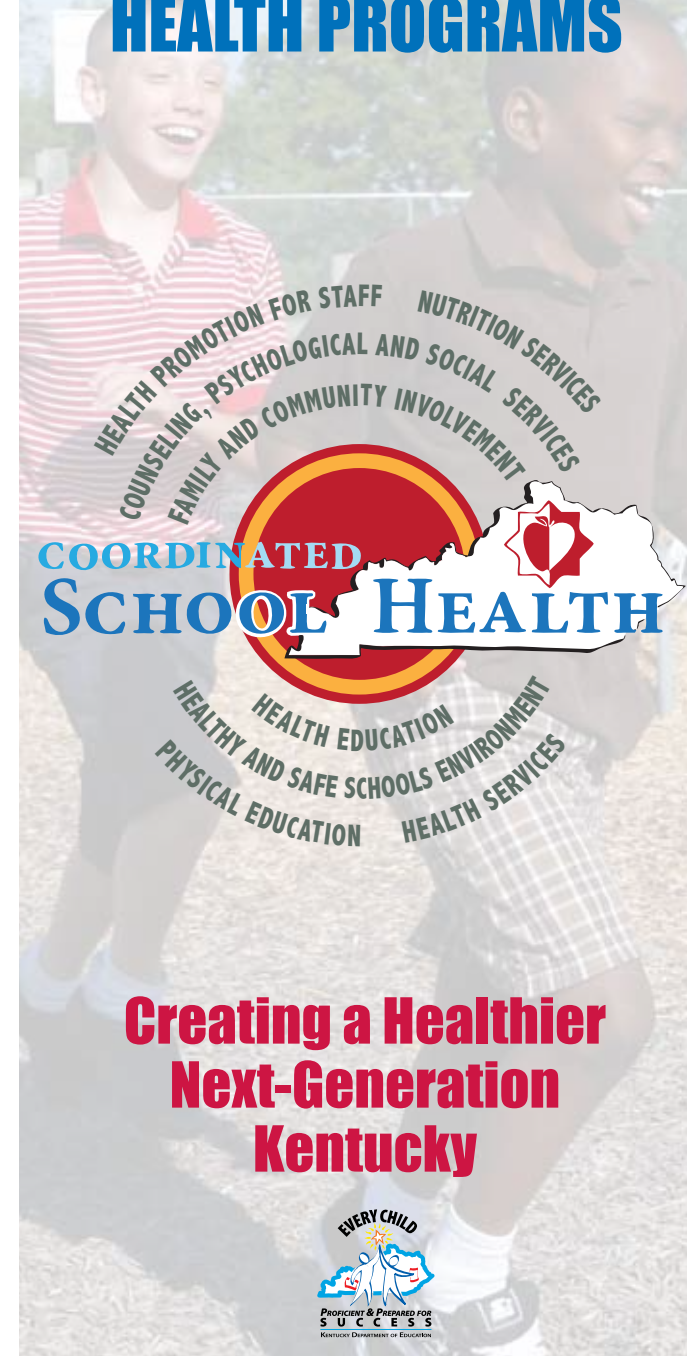
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COORDINATED SCHOOL HEALTH PROGRAMS



Creating a Healthier Next-Generation Kentucky



The Kentucky Department of Education's mission is to prepare all Kentucky students for next-generation learning, work and citizenship by engaging schools, districts, families and communities through excellent leadership, service and support.

What is a Coordinated School Health Program (CSHP)?

A CSHP is an organized set of programs, policies and activities. This coordinated model consists of assessing the school environment, having a school health or wellness team and developing an action plan. The group works together on these components:

- Health education
- Physical education
- Nutrition services
- Health services
- Counseling & social psychological services
- Healthy and safe school environment
- Family & community involvement
- Health promotion for staff

PL/CS Program Review

Under KRS 158.6455, the Kentucky accountability system includes program reviews for the arts and humanities, practical living and career studies (PL/CS) and writing programs. Program reviews are:

- An on-going, year-round, reflective process
- A tool to enable schools to identify their strengths and areas of growth



The PLCS Program Review has multiple references to the CSH model and specifically identifies CSH committees as part of the school culture. The PL/CS Program Review will help schools develop a sustainable CSHP.

The Link Between Health and Academic Achievement

Academic success is an excellent indicator for the overall well-being of youth and a primary predictor and determinant of adult health outcomes. Leading national education organizations recognize the relationship between health and education, as well as the need to embed health into the educational environment for all students.*

Students with higher grades are significantly less likely to have engaged in behaviors such as:*

- Carried a weapon
- Current cigarette use
- Current alcohol use
- Ever had sexual intercourse
- Did not eat for 24 hours to lose weight or to keep from gaining weight
- Watched television 3 or more hours per day.

*<http://www.cdc.gov/HealthyYouth/health-and-academics/index.htm>

Why do Schools Need CSHPs?

Six priority health-risk behaviors of youth contribute to the leading causes of illness and death by our youth. These six priority health-risk behaviors are monitored in Kentucky by the Centers for Disease Control and Prevention (CDC) through the Youth Risk Behavior Survey (YRBS). These behaviors are all preventable.

- Alcohol & drug use
- Injury & violence (including suicide)
- Tobacco use
- Unhealthy dietary behaviors
- Physical inactivity
- Sexual risk behaviors

YRBS data can be used to describe risk behaviors, create awareness, set program goals, develop programs and policies and as a data source for grant writing.

When schools, families and the community work together to support positive youth development, risk behaviors are reduced and student's health and academic achievement are promoted. CSHPs provide the frame-work for creating these essential linkages.

How to Create Your CSHP

A CSHP coordinates multiple programs within schools and communities and fosters the development of supportive families and communities. To create a successful CSHP, schools should:

- Obtain support from key decision makers in school administration
- Create a school health or wellness team that includes school faculty and staff, community members, parents and families, businesses, faith-based organizations, local health departments, youth, etc.
- Assess school health policies and programs using the School Health Index (<http://apps.nccd.cdc.gov/shi/default.aspx>) or similar tools
- Use assessment findings to set goals and strategies to improve school health policies and programs for the CSHP
- Integrate school health goals and strategies into comprehensive school/district improvement plans (CSIP/CDIP)

