

# Coordinated School Health: Nebraska Healthy Kids Perform Better



# Major Causes For Most Deaths and Morbidities of Youth

## Six Categories of Risk Behaviors

- Unintentional injuries & violence
- Alcohol use and other drug use
- Sexual behaviors
- Tobacco Use
- Dietary Behaviors
- Physical Inactivity

## Students cannot be successful if they are:

- Hungry
- Tired
- Using alcohol/drugs
- Worried about violence/bullying
- Depressed
- Stressed
- Sick
- Abused

# What Contributes to Students Dropping Out?

Substance abuse

Pregnancy and parenting

Psychological and emotional problems

Frequent suspensions

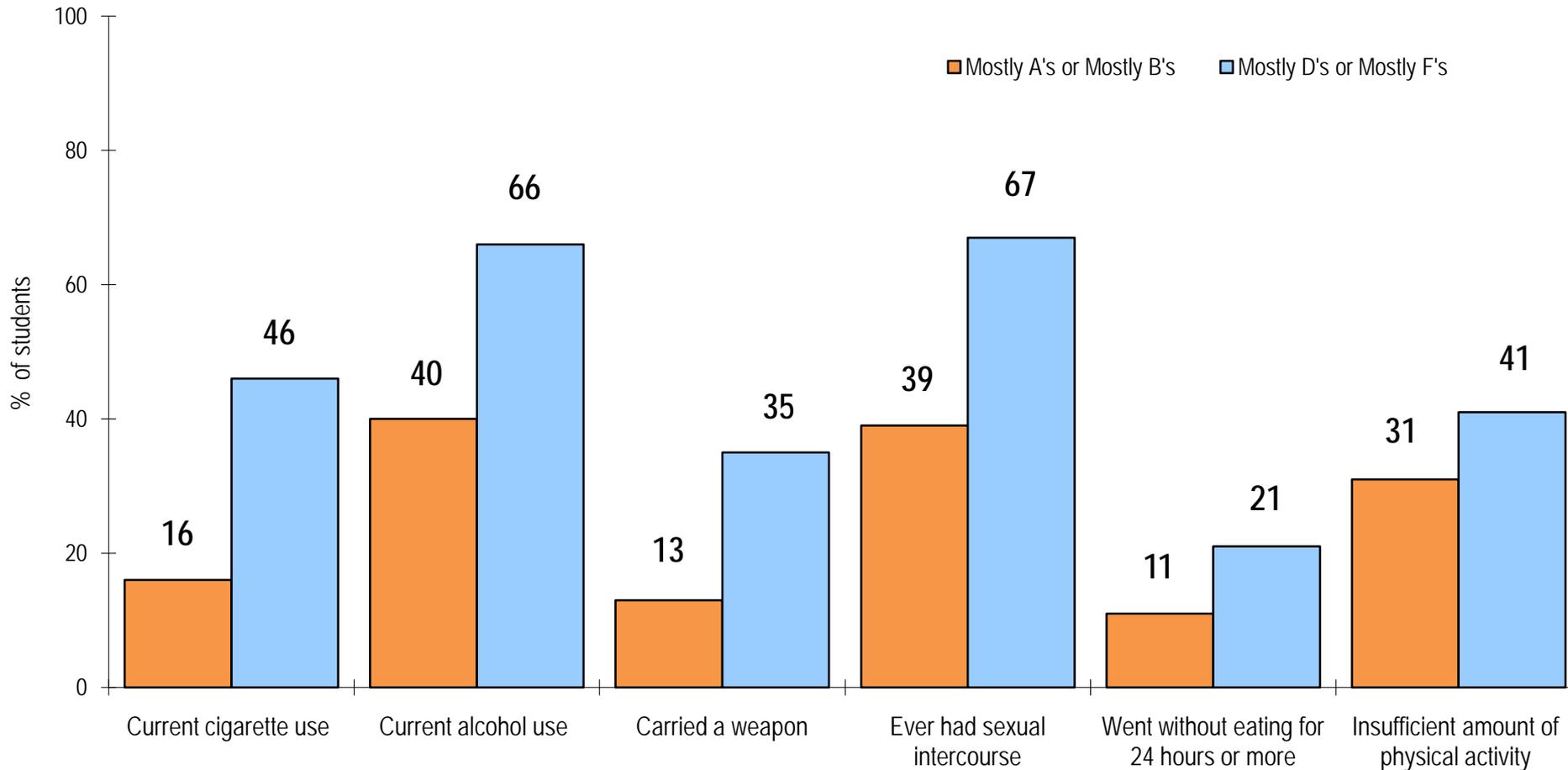
Poor reading and/or math skills

Lack of engagement due to poor instruction,  
unwelcoming environment



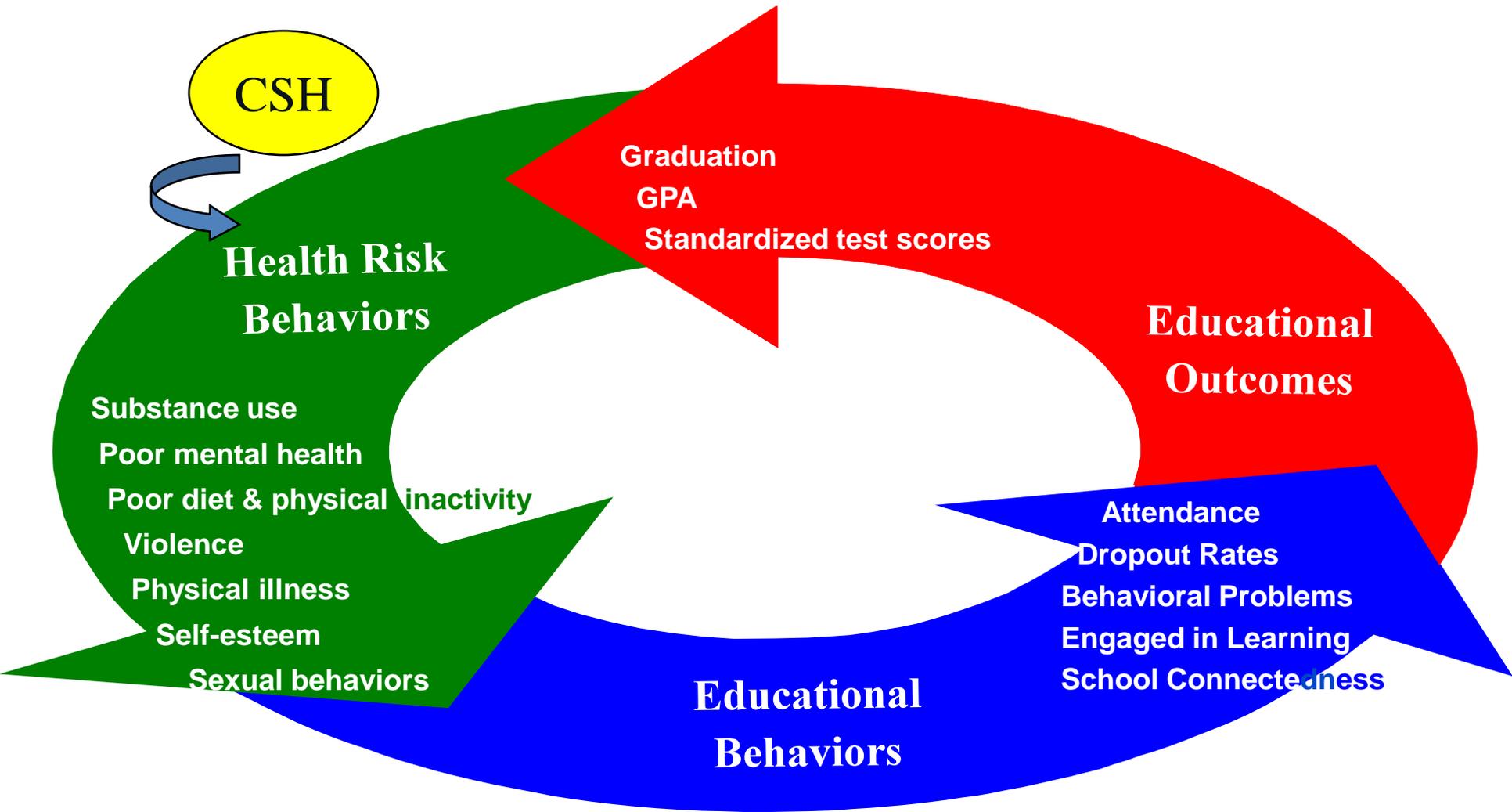
# Health Risk Behaviors and Grades

Percentage of U.S. High School Students Getting Mostly A's or B's and Mostly D's or F's\* Who Engage in Selected Health Risk Behaviors



*\*As reported by students. Source: Unpublished analyses of CDC, National Youth Risk Behavior Survey, 2003*

# The Health-Academic Outcomes Connection



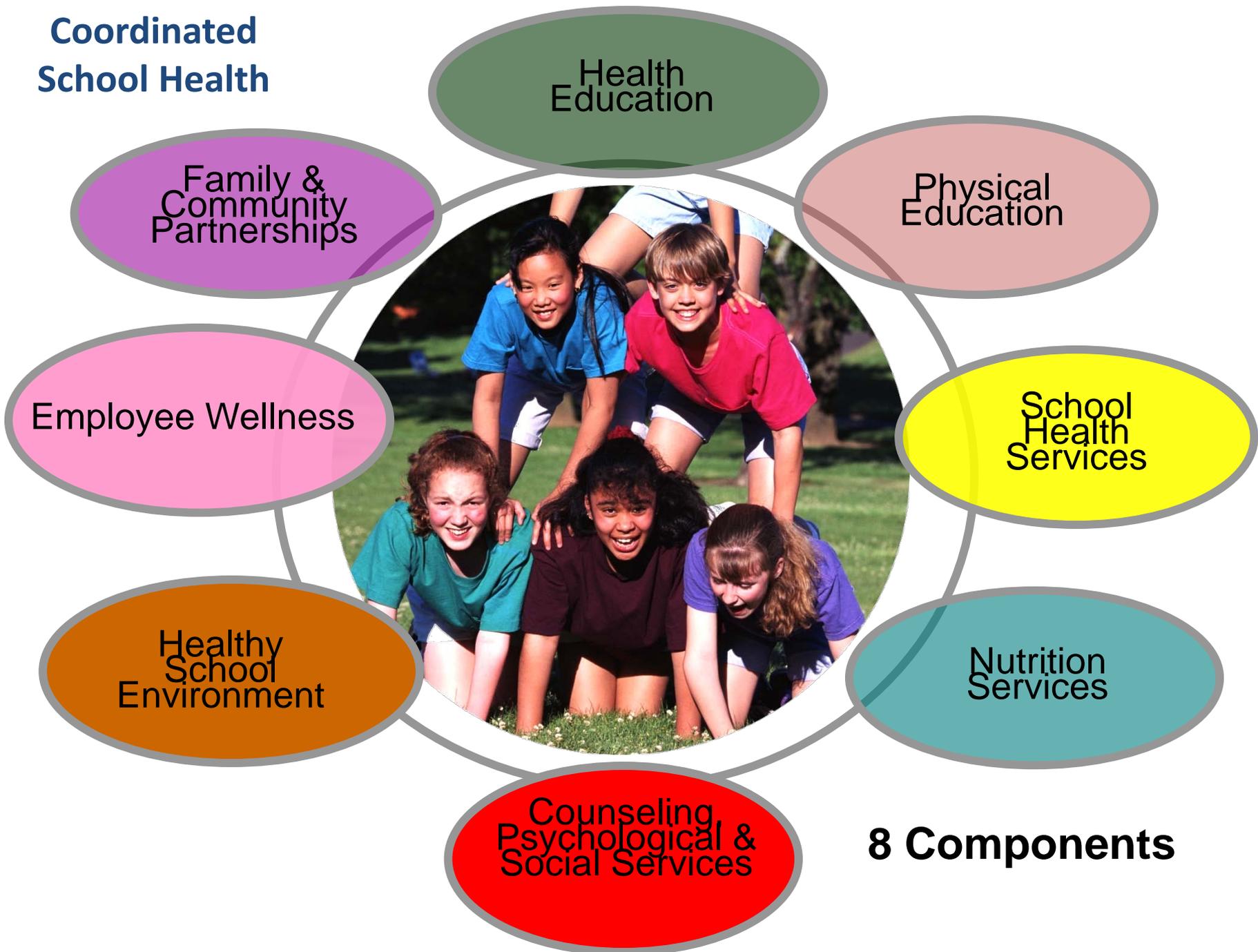
# Coordinated School Health Is:

- A **strategy** to improve health & academic achievement
- A **process** to integrate planned, sequential & school-affiliated strategies, activities, & services designed to promote the optimal physical, emotional & educational development of students.
- A **framework** for managing new & existing health-related programs & services in schools inclusive of parents and community



- **CSH begins with a comprehensive planning process & continues to the implementation of a sustainable infrastructure**
- **CSH is multidisciplinary & accountable to the community**

# Coordinated School Health



# Coordinated School Health in Action

- Increased test scores on standardized tests
- Decrease in suspensions and detentions
- Reduction in expulsions from school
- Reduction in drop-out rates
- Reduction in number of students assigned to SPED classes
- Decrease in teen pregnancy rates
- Decrease in juvenile crime arrests out of school
- Increased graduation rates



# McComb, Mississippi

Standardized

Test by

Subject (Grades 3-6)

Before CSH

After CSH

Reading

32%

46%

Lang. Arts

32%

47%

Mathematics

28%

48%



# Eisenhower Schools, CA

## Before CSH

■ ~~18%~~ free or reduced lunch

■ ~~19.79%~~ minority students

■ Assessment scores (percent at standard)

• ~~40%~~ Reading

• ~~23%~~ Math

• ~~43%~~ Writing

■ ~~No students of color passed the state math assessment~~ before CSH

## After CSH

38%

37%

72%

53%

68%

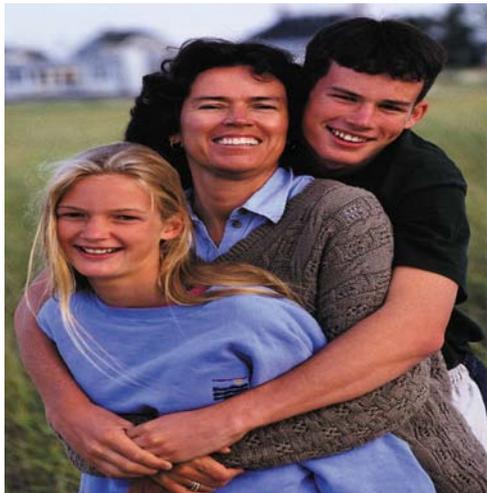
Minority student performance is much more similar to overall school population after CSH

# School & Medical Costs

- A single absence can cost a school district **\$9 to \$20 daily** (NGA Center for Best Practices)
- **Obese children** miss an average of **9 more days** a school year than their healthy weight counterparts (NGA Center for Best Practices)
- Obese children under **Medicaid** cost a state, on average, **\$6,730** each year in medical and pharmaceutical expenditures (average cost for children under Medicaid is **\$2,446**) (NGA Center for Best Practices)
- Total costs for childhood obesity are estimated at **\$11 billion** for children with **private insurance** and **\$3 billion** for children with **Medicaid** annually (NGA Center for Best Practices)

# Coordinated School Health

- improves academic performance, graduation rates, & standardized test scores
- improves social outcomes by decreasing suspensions, detentions, & expulsions from school
- improves students' knowledge, behaviors, attitudes & skills in health



# CSH Statewide Initiative

- CSH Interagency Steering Committee
- CSH Statewide Partnership Workgroup
  - Statewide organizations and coalitions
  - Community organizations and coalitions
  - Schools and Businesses
- Team Nutrition Grant
- Conversations with Chief Medical Officer, Governor, Senator Coash
- Legislative Breakfast
- CSH Institutes: 5 Pilot Schools
- Consolidation of Resources
- Farm to School Initiative



# Why a Policy Statement?

- Emphasis is on the whole child
- Healthy children learn better
- Supports the NDE mission and enhances successful completion of the Race To The Top initiative
- Provides guidance to NDE staff
- Sends a clear message to schools promoting principles, standards and best practices without a mandate
- Solidifies NDE's position on healthy school environments
- Healthy children is a national movement
  - DOE, HHS, CDC, EPA, USDA, DOT, DOJ, HRSA, SAMSHA

***If **schools** do not deal with children's health by design, they deal with it by default.***

***Health is Academic, 1997***