



HEALTH, LEARNING, AND STUDENT SUCCESS 101

This packet was compiled by the National School Boards Association's School Health Programs to provide school policy makers and other school stakeholders with a foundation for initiating further research, if necessary, on the policy and practice issues surrounding health, learning and student success. It includes excerpts from publications, articles, and more from the NSBA School Health Resource Database as well as bibliographic information, additional resources, and websites.

BACKGROUND

[*Health-Risk Behaviors and Academic Achievement: National YRBS 2009*](#), Centers for Disease Control and Prevention (CDC), 2010

[*Sexual Risk Behaviors and Academic Achievement: National YRBS 2009*](#), CDC, 2010

[*Alcohol and Other Drug Use and Academic Achievement: National YRBS 2009*](#), CDC, 2010

[*Tobacco Use and Academic Achievement: National YRBS 2009*](#), CDC, 2010

[*Unintentional Injury and Violence-Related Behaviors and Academic Achievement: National YRBS 2009*](#), CDC, 2010

[*Physical Inactivity & Unhealthy Weight Control Behaviors and Academic Achievement: National YRBS 2009*](#), CDC, 2010

[*Active Education: Physical Education, Physical Activity and Academic Performance*](#), Active Learning Research, 2009

[*Child Nutrition Fact Sheet: Breakfast for Learning*](#), Food Research & Action Center, 2011

[*Coordinated School Health Programs and Academic Achievement: A Systematic Review of the Literature*](#), American School Health Association, 2007 (Requires registration)

[*What Does "Getting Results" Say About Student Health, Supportive Schools, and Academic Success?*](#) California Department of Education, 2005

[*Disparities in Academic Achievement and Health: The Intersection of Child Education and Health Policy*](#), American Academy of Pediatrics, 2009

[*School Connectedness: Strategies for Increasing Protective Factors Among Youth*](#), CDC, 2009

[*Health is Academic: A Guide to Coordinated School Health Programs*](#), Columbia Teachers College Press, 1998 (Requires purchase)

PROGRAM GUIDANCE AND POLICY DEVELOPMENT TOOLS

[*Social and Emotional Learning \(SEL\) and Student Benefits: Implications for the Safe Schools/Healthy Students Core Elements*](#), Collaborative for Academic, Social and Emotional Learning, 2008

[*Making the Connection: Health and Student Achievement*](#), Society of State Directors of Health, Physical Education and Recreation (The Society), 2002

[*Healthier Students Are Better Learners*](#), Campaign for Educational Equity, 2010

[*The Critical Connection Between Student Health and Academic Achievement: How Schools and Policymakers Can Achieve a Positive Impact*](#), WestEd, 2009

If you would like additional information, please contact a member of the school health staff at (703) 838-6722 or by e-mail at schoolhealth@nsba.org or visit our website at www.nsba.org/schoolhealth.

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