



New closed captioned version of NSBA's food allergy webcast

The archived version of the NSBA webcast "Food Allergies and Schools: Keeping Students Safe and Ready to Learn" now includes closed captioning, that is, the webcast text is displayed on the video screen to better serve the hearing impaired. To access the archived webcast, visit <http://www.esgn.tv/> and follow the viewing instructions. There is no charge to view the webcast, and it will be available until at least May 2011. If you wish to access the closed captioned version but it is not automatically displayed on your computer, click on "cc" to the far right of the webcast's video screen.

New video clips give strategies schools can use to address food allergies

The National School Boards Association (NSBA) has posted [seven short video clips](#) that provide effective strategies school leaders have used to manage and prevent food allergy reactions within schools. They include interviews with a superintendent and school board members as well as with students and parents affected by food allergies; a few of the clips were shown during the recent NSBA food allergy webcast mentioned above.

What's New in School Health?

Tobacco Use Prevention

New Surgeon General's Report shows tobacco smoke causes immediate damage

U.S. Surgeon General Regina M. Benjamin has released a new report showing that harm from secondhand smoke can occur immediately, strengthening the case for comprehensive tobacco-free schools policies. The [report](#) examines the specific pathways by which tobacco smoke damages the human body and leads to disease and death.

National Youth Survey results for tobacco use in middle and high school

A new [report](#), published in the Journal of the American Medical Association, presents the results of the [National Youth Tobacco Survey](#) (NYTS) from 2000-2009. Results show that the downward trend in youth tobacco use is slowing – yet another reason to establish tobacco-free schools policies.

Celebrate the Great American Spit Out on February 24

The Great American Spit Out is modeled after the American Cancer Society's [Great American Smokeout](#), and provides an opportunity to encourage spit-tobacco users to quit and for schools and communities to examine what is being done to keep kids 100 percent tobacco-free. A free [toolkit](#) with customizable community activities and resources is available from the Wyoming Department of Health.

Kick Butts Day is March 23

Celebrate [Kick Butts Day](#) and encourage youth to “Stand Out. Speak Up. Seize Control Against Big Tobacco.” A 2011 Kick Butts Day Guide, activity ideas and printable promotional materials are all available on the Campaign for Tobacco-Free Kids' website.

Asthma

Free online training program on helping students manage asthma

The National Education Association, the NEA Health Information Network and the Merck Childhood Asthma Network, Inc. created this one-and-a-half hour free online course to provide teachers and other school staff with information and simple ways to support children with asthma. The course includes an overview of asthma, its potential causes, signs and symptoms; the key elements of asthma control; and suggestions for decreasing environmental triggers. To access the course, [click here](#).

Food Allergy

New food allergy guidelines

On Jan. 4, 2011, President Obama signed into law the new Food Safety Modernization Act, and the long awaited [Food Allergy and Anaphylaxis Management Act \(FAAMA\)](#) was included, calling for voluntary, national guidance materials for managing food allergies in schools. Additionally, on Dec. 6, 2010, the Food Allergy and Anaphylaxis Network (FAAN) endorsed the [“Guidelines for the Diagnosis and Management of Food Allergy in the United States,”](#) which establishes best practices for diagnosis and treatment of food allergies. Ultimately, the Act and the Guidelines will help students obtain a more appropriate and effective food allergy management plan in collaboration with school nurses, teachers, administrators, and others. For more information on addressing food allergies within schools, request our [“Food Allergy and Food Safety 101” Packet](#). Also, NSBA is developing a food allergy policy guide to be published this year, so stay tuned.

Physical Activity

New online physical activity policy tool

The National Association for Sport and Physical Education has developed an online tool to help policymakers learn more about today's physical education and how it contributes to a child's education and to inform decision-making on policies related to physical activity, physical education, and sports. To access this tool, [click here](#).

Nutrition

New web-based toolkit promotes water consumption in schools

2010's [Healthy, Hunger-Free Kids Act](#) introduced a federal requirement that free drinking water be available in schools. The online ["Water in Schools" toolkit](#) from the California Department of Public Health offers facts and resources on safe drinking water as well as specific actions for working toward compliance.

March is National Nutrition Month

[National Nutrition Month](#) is a nutrition education and information campaign focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme is "Eat Right with Color." [Materials](#) and [event ideas for schools](#) are available from the American Dietetic Association.

March 7-11 is National School Breakfast Week

Join the School Nutrition Association this year in promoting awareness about school breakfast programs for [National School Breakfast Week](#). [Materials](#) including toolkits, activities, and marketing items, as well as special menus and information contests and sweepstakes are available online.

Teen Pregnancy

May 4 is the National Day to Prevent Teen Pregnancy

Despite U.S. teen pregnancy rates currently being at a record low, 3 in 10 girls still get pregnant by age 20. Organized by the National Campaign to Prevent Teen and Unplanned Pregnancy, the National Day to Prevent Teen Pregnancy will help youth understand this year's message that "sex has consequences." On the Day, teens nationwide will be asked to visit [StayTeen.org](#) to participate in a number of online activities – including the National Day Quiz. To learn more, [click here](#).

Bullying Prevention

New LGBT youth website

The Centers for Disease Control and Prevention has created a [new website](#) dedicated to issues surrounding lesbian, gay, bisexual and transgender (LGBT) youth. The website describes the bullying and harassment often faced by LGBT youth and the effects these have on their education and health. Recommendations on what schools and parents can do to help LGBT youth feel valued and respected are provided, and the website also includes [various resources](#) for LGBT youth and their friends; for educators and school administrators; as well as for parents and family members.

Health Promotion

Nation's new set of health objectives

The U.S. Department of Health and Human Services has released [Healthy People 2020](#), the nation's new 10-year goals and objectives for health promotion and disease prevention, aligned with a vision for a society in which all people live long, healthy lives. What are the implications of such objectives for schools and how can schools help the nation accomplish them? To find the answer to those questions, also check out [a blog](#) posted on NSBA's Board Buzz.

About This E-Newsletter: Research shows a link between student health and academic achievement. *Health Link* helps state school boards associations provide relevant health information and resources to school leaders striving to keep students healthy and ready to learn. *Health Link* is published bimonthly as a service to state school boards associations.

About NSBA's School Health Programs: NSBA's School Health Programs helps school policymakers make informed decisions by providing relevant and up-to-date information, technical assistance, and professional development on a variety of school health issues. Our work underscores the important connections between school health issues, the well-being and success of our nation's children, and the safe and effective operation of schools. We promote healthy school communities to foster excellence and equity in public education. Our activities are funded by the Centers for Disease Control and Prevention (CDC), and supported by NSBA.

Subscriber Tools

This edition of *Health Link* was delivered to: nsbastaff@nsba.org
[Sign up](#) | [Unsubscribe](#) | [Send feedback](#) | [View email in browser](#) | [Update your profile](#) | [Forward to a friend](#)

Contact Us

Email: schoolhealth@nsba.org
Website: www.nsba.org/schoolhealth

Disclaimer: The information included in this e-newsletter does not necessarily represent the official views of NSBA or CDC, nor does it imply endorsement of any kind. This e-newsletter is not intended for lobbying purposes. Please note that hyperlinks are subject to change or may become inactive over time. NSBA's School Health Programs has no control over the content of links to other websites.



© 2011 National School Boards Association

1680 Duke Street, Alexandria, VA 22314

Phone: (703) 838-6722 | Fax: (703) 683-7590 | [E-mail: info@nsba.org](mailto:info@nsba.org)

[Privacy Policy](#) | [Terms of Use](#)