

What's New in School Health?

Data and Research

Preparing for a possible pandemic: better safe than sorry

Experts believe that the hot summer months may help curtail the spread of H1N1 (swine flu), but warn that the virus may come back full force in the fall. Are your schools ready for a possible pandemic? The Centers for Disease Control and Prevention (CDC) and the U.S. Department of Education have created several resources to provide the latest data on the situation and help schools prepare for and manage a pandemic. [NSBA's School Health Programs](#) is regularly updating its website to include these resources and any new data on H1N1. To see the latest update, [click here](#).

Policy and Guidance

New policymaker toolkit to encourage leadership and partnerships for creating healthier schools and communities

[Leadership for Healthy Communities](#), a national program of the Robert Wood Johnson Foundation, recently launched a new *Action Strategies Toolkit: A Guide for Local and State Leaders Working to Create Healthy Communities and Prevent Childhood Obesity*. This online tool is a collection of "best practice" policy options and resources for school and community policymakers to improve healthy eating and physical activity environments in their schools and communities. The toolkit includes strategies for schools such as entering into joint-use agreements with municipal entities, creating school gardens and farm-to-school programs, starting a Safe Routes to School program, and more. The toolkit can be accessed on the [Leadership for Healthy Communities website](#).

Practice

Why should schools use a coordinated school health approach?

A Coordinated School Health Program (CSHP) is an integrated, systemic model for organizing and implementing health-related policies and practices. This comprehensive model is composed of eight components addressing various aspects of school health such as nutrition services, health education, physical education, health services and family and community involvement. NSBA's School Health Programs is currently funded by the CDC's Division of Adolescent and School Health (DASH) to provide information and technical assistance on CSHP to school policymakers and to DASH-funded state and local education agencies (SEAs). To view a list of these SEAs and their work in CSHP, please [click here](#). To learn more about CSHP, visit the [CDC DASH website](#) or view the NSBA School Health Programs "[Coordinated School Health Programs 101](#)" packet.

What's Happening at NSBA's School Health Programs?

NEW Promising District Practices website

NSBA's School Health Programs recently launched a new *Promising District Practices* website to highlight local school district success stories in addressing a variety of school health issues. The site features a searchable database of local school district stories in developing, implementing, and evaluating policies and practices that address health risk behaviors and health promotion issues. Districts that have stories to tell about how they have established successful school health policies and practices are invited to submit them to NSBA via the site's [online submission form](#) for possible publication. To explore the *Promising District Practices* site, please [click here](#).

Food allergy policy guidance for schools

The CDC has reported that food allergy in people under the age of 18 increased by 18 percent between 1997 and 2007. Food allergy reactions can range from mild to life-threatening. When dealing with this problem, schools are faced with many questions such as: 'Should we ban certain foods?' and 'How do we respond to a food allergy emergency?' To help answer these and many other food allergy policy questions and to help school officials effectively manage and prevent food allergy reactions in students and staff, NSBA's School Health Programs, with support from the CDC and in collaboration with the [Food Allergy & Anaphylaxis Network](#) and state school boards associations, is developing policy guidance for schools. So stay tuned for news on the guide's development. To access links to several food allergy resources, [click here](#).

Announcements and Upcoming Events

- June 1-7 is [Sun Safety Week](#). Summer is a great time to teach children and teenagers about the dangers of too much [sun exposure](#).
- According to the CDC, in 2006, an estimated 5,259 young people aged 13-24 were diagnosed with HIV/AIDS, representing about 14% of the persons diagnosed that year. June 27th is [National HIV Testing Day](#). This day presents a great opportunity to increase [HIV/AIDS](#) awareness among students.
- [The National Center for Safe Routes to School](#) is now accepting applications for the 2009 James L. Oberstar Safe Routes to School (SRTS) Award. This award will recognize outstanding achievement by a school or community in conducting a SRTS program while overcoming challenges in implementing and/or sustaining the program. The deadline for applications is **July 15, 2009**. To access the award application and criteria, please visit the [Safe Routes to School Oberstar Award website](#).
- The application process for the Environmental Protection Agency's (EPA) *Indoor Air Quality Tools for Schools* (IAQ TfS) Awards is now open. The EPA offers three awards through a competitive process, in which schools and school districts are recognized for their commitment to improving children's health by promoting good indoor air quality (IAQ). Winners will be honored at the EPA's 10th Annual [IAQ TfS National Symposium](#), to be held January 14-16, 2010. The deadline to apply for the competitive awards is **Wednesday, September 30, 2009**. To learn more about the program, apply for an award, or recommend an applicant for one of the awards, [click here](#).

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 bi-monthly 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), the Robert Wood Johnson Foundation (RWJF), and supported by NSBA.

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Disclaimer: The information included in this e-newsletter does not necessarily represent the official views of the NSBA, CDC, and RWJF, 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.

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