

Health is Academic



Mission of Public Education

⌘ To give every child the opportunity to become a:

- ☑ Healthy
- ☑ Educated
- ☑ Productive
- ☑ Citizen

Austin ISD



- ⌘ 2009 Enrollment: 82,181 students
- ⌘ 108 campuses
- ⌘ Free and Reduced Lunch: 64.9%
- ⌘ African American: 12.1%
- ⌘ Hispanic: 58%
- ⌘ White: 26.4%
- ⌘ Asian: 3.3%
- ⌘ Native American: .2%

Partnerships and Collaborations

- ⌘ Texas PTA
- ⌘ Texas Action for Healthy Kids
- ⌘ Texas Education Agency
- ⌘ Texas Department of State Health Services
- ⌘ Texas Department of Agriculture
- ⌘ Texas Comptroller's Office
- ⌘ Partnership for a Healthy Texas
- ⌘ State Legislators!

Physically Fit Students More Likely to Do Well In School...

---Texas Education Agency March 9, 2009

- ⌘ State-wide study 2.4 million Texas students/ 6,532 schools
- ⌘ 78% 4th graders in healthy fitness zone
- ⌘ 20% high school seniors in healthy fitness zone
- ⌘ Schools rated Exemplary, about 80% in fitness zone
- ⌘ Schools rated Academically Unacceptable, 40% in fitness zone

...less likely to be disciplinary problems



- ⌘ Higher levels of fitness associated with better attendance, fewer disciplinary incidents
 - ⊗ (drugs, alcohol, violence, truancy)
- ⌘ Counties with higher levels of fitness tended to have high passing rates on the TAKS tests
 - ⊗ Dallas Morning News
 - ⊗ "Poorer school districts have more out of shape kids"

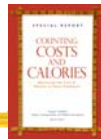
Obesity is Expensive

"The Cost of Obesity: Squeezing Texas Employers"

---Texas Comptroller March 2007

- ⌘ 2005: 27% of Texas adults were obese
 - ☒ Up from 12.3% in 1990
- ⌘ 2005: obesity cost Texas businesses \$3.3 billion
 - ☒ health care, absenteeism, decreased productivity, disability
- ⌘ Since 2001: health insurance premiums up 68.2%
 - ☒ obesity major factor rising costs and skyrocketing premiums

Obesity is Expensive



- ⌘ Obese children and adolescents have 50-75% chance becoming obese adults
- ⌘ 2007: 32% of Texas school age children overweight/obese
- ⌘ Cost to average size school district in Texas for lost funds due to increased absenteeism estimated at \$95,000
 - ☒ Obese students miss average 9 days/year

Junk Food is Bad Business



- ⌘ Affects viability of school meal programs
 - ☒ Revenue lost to vending/competitive food sales in Texas averages \$200 million annually
- ⌘ Competitive food sales cost parents and schools money
 - ☒ 2002 Austin ISD students spent \$504,000 in school snack vending machines, district kept \$90,000

Texas School Health Law and Policy

---2001 through 2009



⌘ School Health Advisory Councils

- ☑ Majority parents, parent chair or co-chair, annual report

⌘ Coordinated School Health Program

- ☑ Nutrition, Physical Education, Classroom, Family

⌘ Texas Public School Nutrition Policy

- ☑ FMNV, Competitive Foods, Portion Size, Content

Texas School Health Law and Policy Federal Policy

⌘ Local District Wellness Policy

- ☑ Nutrition Education/Guidelines
- ☑ Physical Activity
- ☑ School based wellness activities
- ☑ Implementation
- ☑ Student-Parent-Public Involvement

⌘ FITNESSGRAM

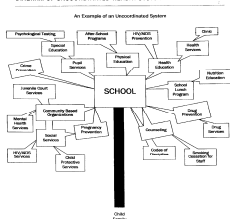
⌘ Campus Improvement Plan

- ☑ Goals-objectives based on fitness assessment, academics, attendance, demographics, coordinated school health implementation

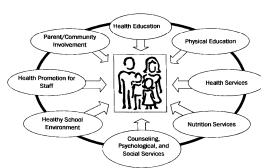


School Health Models

DIAGRAM OF UNCOORDINATED HEALTH SYSTEM



Coordinated School Health Program Model



Integrated School Health Model



Elements for Successful Parent-Community Involvement

- ⌘ Leadership
 - ☑ School Board, Superintendent, Principal, Teachers
- ⌘ Guiding Documents
 - ☑ Mission Statement, Strategic Plan, Community Relations, Wellness Policy, State Law and Policy
- ⌘ Framework
 - ☑ District School Health Advisory Council
 - ☑ School Health Coordinator

Framework-SHAC



- ⌘ Parents-Community
 - ☑ PTA-PTO
 - ☑ Student
 - ☑ Clergy
 - ☑ Medical
 - ☑ Emergency Services
 - ☑ Non-profit
 - ☑ Local Business
 - ☑ Civic Leaders
- ⌘ School District
 - ☑ School Board
 - ☑ Principal
 - ☑ Teacher
 - ☑ Food Service
 - ☑ PE Department
 - ☑ Counseling
 - ☑ School Nurse

SHAC Sub-committees



Guiding Documents –District/ State Law and Policy

- ☒ Mission-Beliefs
 - ☒ School Board
- ☒ Strategic Plan
 - ☒ Superintendent
- ☒ Community Relations
 - ☒ Principals
- ☒ District Job Descriptions
 - ☒ Counselors-Nurses
- ☒ District Level Committees
 - ☒ PTA-DAC
- ☒ District Support Systems
 - ☒ PSS-Title 1 §
 - ☒ CIS
 - ☒ School-Community Liaison
 - ☒ CATCH-CSH

SHAC Accomplishments



- ☒ Fit, Healthy, Ready to Learn Initiative
- ☒ Training TN Changing the Scene Tool Kit
- ☒ TPSNP-AISD Nutrition Policy No FMNV K-12
- ☒ Fit City Snack Vending Contract Guidelines



SHAC Accomplishments



- ☑ Local Wellness Policy...
- ☑ Healthy Beverage Contract
- ☑ CATCH Program
- ☑ Shade Structures
- ☑ Menus and More



Family and Community Outreach Initiative

SHAC - CATCH - Parent Support Specialist – PTA

- ⌘ Asset Mapping: use what exists
- ⌘ Build on mutual goals



- ☑ Foster district-wide strategies:
- ☑ Create a framework for family and community involvement in your school (build school capacity)
- ☑ Engage family and community leaders
- ☑ Improve children's health > academic success > social outcomes



National Resources



- ⌘ CDC: www.cdc.gov/HealthyYouth/
- ⌘ Action for Healthy Kids: www.actionforhealthykids.org
- ⌘ USDA Team Nutrition: www.fns.usda.gov/tn/
- ⌘ National PTA: www.pta.org/healthylifestyles
- ⌘ CATCH (Coordinated Approach to Child Health): www.catchinfo.org



State Resources



- ⌘ SHAC: www.dshs.state.tx.us/schoolhealth/sdhac.shtm
- ⌘ TX Department of Agriculture: www.squaremeals.org
- ⌘ TX Education Agency: www.tea.state.tx.us/curriculum/hpe//
- ⌘ TX Comptroller: www.window.state.tx.us/specialrpt/obesitycost/
- ⌘ Texas PTA: www.txpta.org/programs/healthy-lifestyles

District Resources



- ⌘ Austin ISD SHAC www.austinisd.org/schools/shac
- ⌘ El Paso ISD: http://www.episd.org/_programs/shac
- ⌘ Fort Bend ISD: <http://www.fortbend.k12.tx.us/shac/default.cfm>
- ⌘ Fort Worth ISD: <http://itweb.fortworthisd.net/hpe/SHAC/SHAC.htm>
- ⌘ Northside ISD: <http://www.nisd.net/instruction/shac/>

On Line Power Point



- ⌘ SHAC Family and Community Involvement: Connecting the Dots
- ⌘ <http://icohere-presentations.com/Presentations/NDC2009/HKHSSummit09/CareyDabney/player.html>
- ⌘ Carey Dabney at dabney@texas.net
