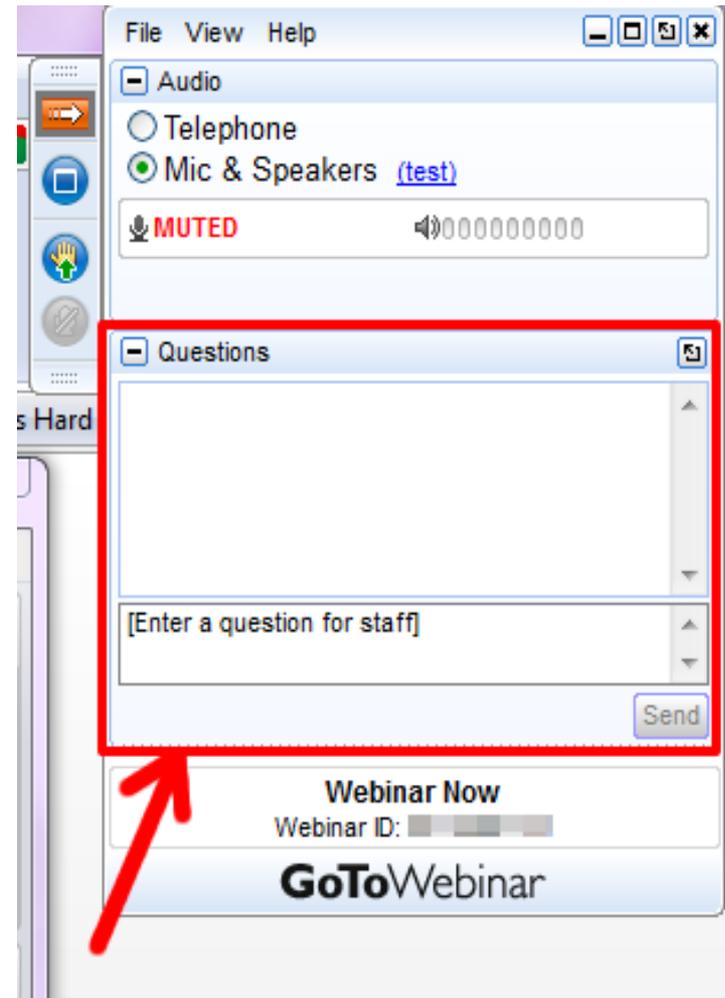


Chronic Disease Prevention & Health Promotion Webinar Series

www.hss.state.ak.us/dph/chronic

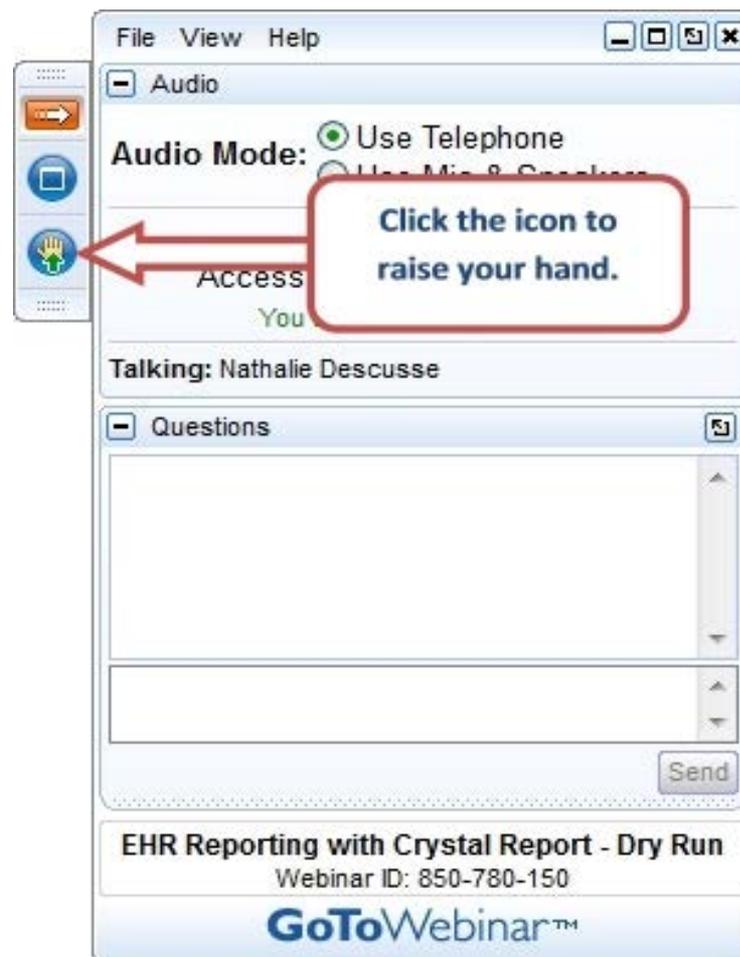
About this Webinar

- Audio for this webinar will come through your computer. Another option is to call this number: (562) 247-8321.
- If you have technical difficulties, please let us know by using the Question function on the GoToWebinar control panel.



About this Webinar

- ❑ You will need a microphone on your computer or you will need to call into the number provided to ask a question out loud.
- ❑ Please hold questions until the end of the presentation.
- ❑ To ask a question, please “raise” your hand by clicking on the **Hand** button in the GoToWebinar control panel.



CDPHP

Health Promotion Chronic Disease Prevention Data/Surveillance





School Health is a Collaborative Process

Wendy Hamilton, School Health Program Manager

What IS School Health?

- Good nutrition
- Physical activity
- Physical education
- Comprehensive health education



What IS School Health?

- Socio/emotional health
 - School counseling
 - Building resiliency
- School nursing



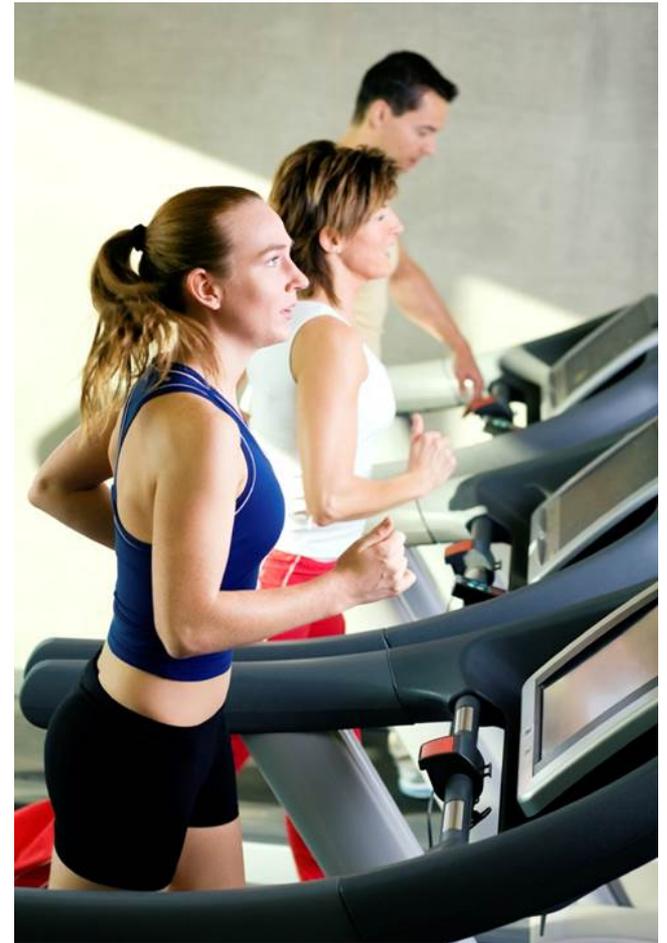
What IS School Health?

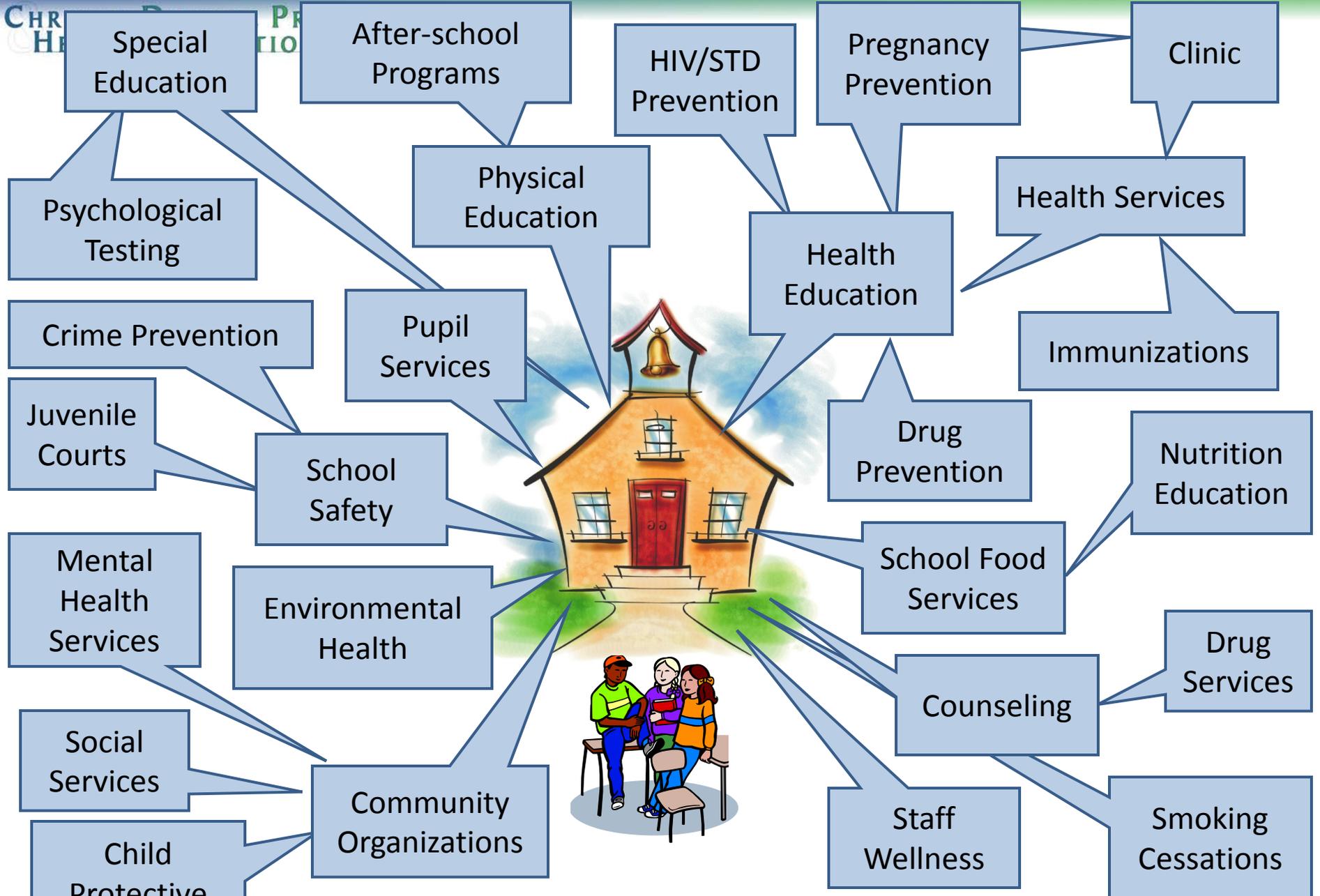
- School safety
- School
Environmental
Health



What IS School Health?

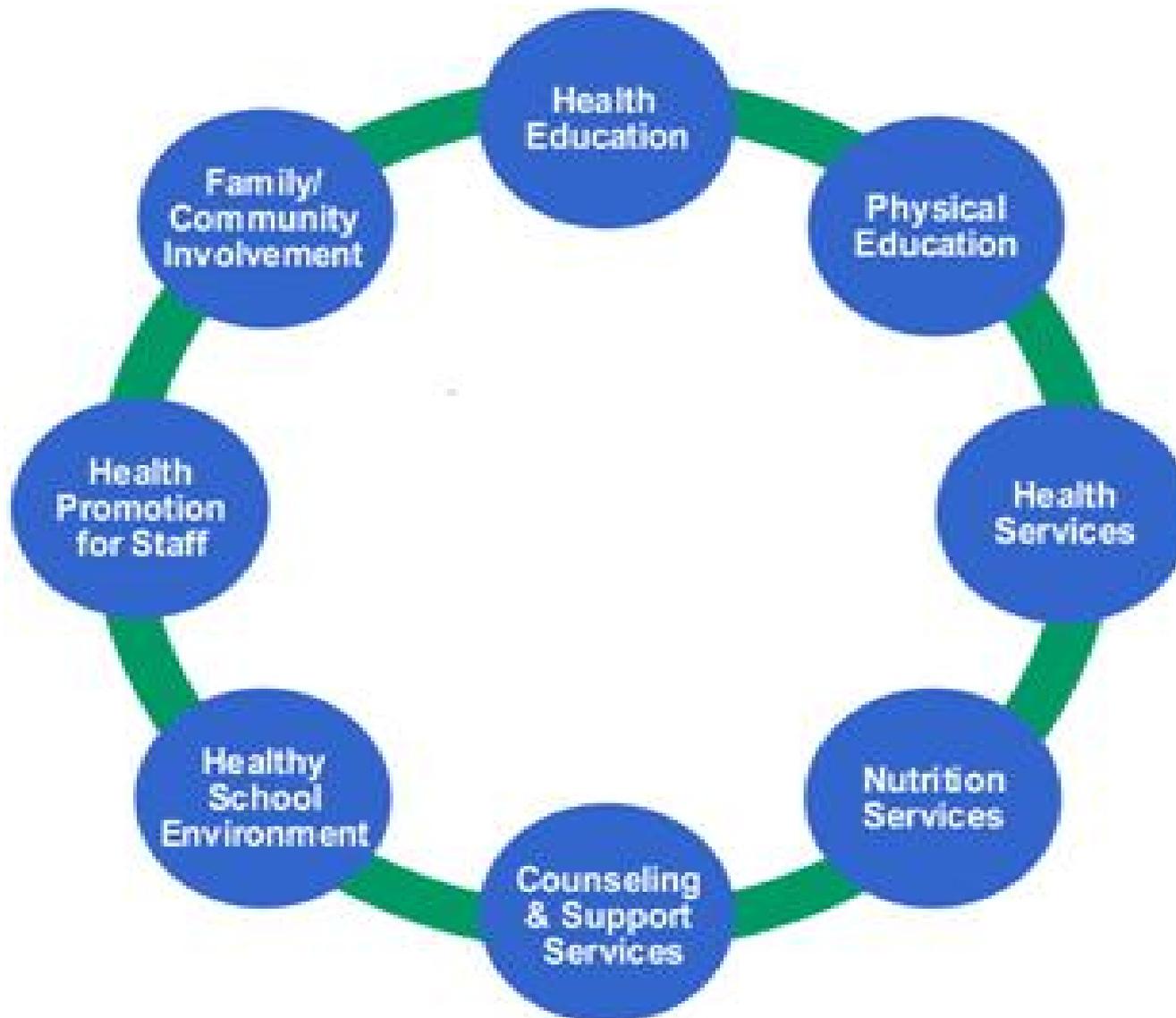
- School employee wellness
- Family engagement
- Community involvement





An Example of a Typical School

Coordinated School Health Model



WSCC Model



Whole School
Whole Community
Whole Child

WSCC Model

- Public health and education serve the same children, often in the same settings
- WSCC focuses on aligning the common goals of both sectors
- A collaborative approach to learning and health
- <http://www.cdc.gov/healthyschools/wscs/index.htm>
- <http://www.ascd.org/about-ascd.aspx>

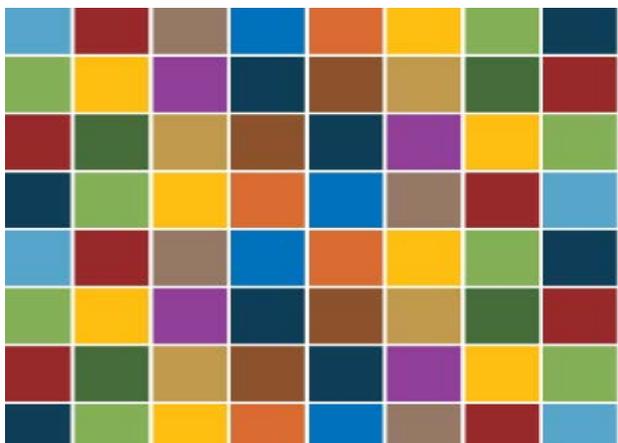
CHRONIC DISEASE PREVENTION & HEALTH PROMOTION



healthy



safe



engaged

supported

challenged



“Clearly, no knowledge is more crucial than knowledge about health.

Without it, no other life goal can be successfully achieved.”

— Boyer, E.L., The Carnegie Foundation for the Advancement of Teaching, 1983

Why is School Health Important?

- Schools are the perfect setting – “learning institutions”
- 95% of US children in school
- The school years, K-12, are the most influential period in their lives
- Healthier students do better academically
- Healthy students grow into healthy adults



Health and Academics are two sides of the same coin.

Academic Achievement

Academic performance

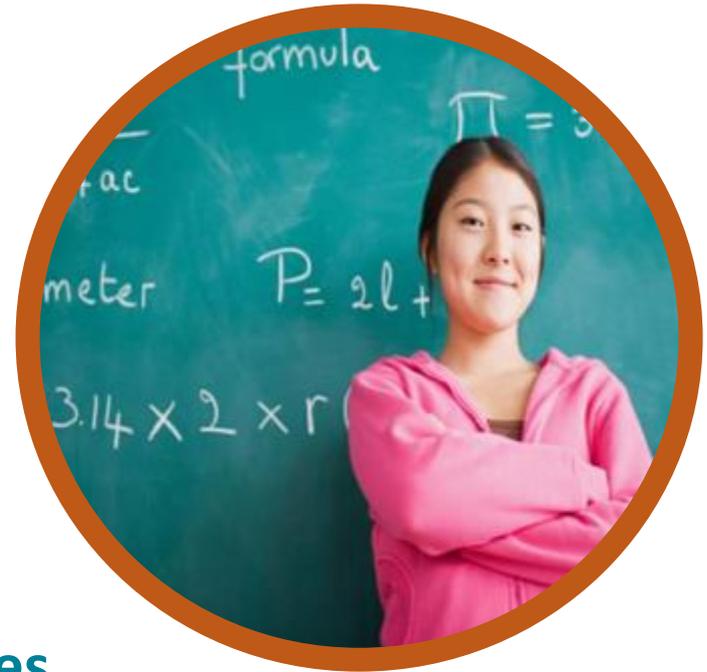
- Class grades
- Standardized tests
- **Higher graduation rates**

Education behavior

- **Better attendance**
- **Lower drop out rates**
- **Fewer behavioral problems**

Students' cognitive skills and attitudes

- Concentration
- Memory
- Mood





active kids learn better

physical activity at school is a win-win for students and teachers

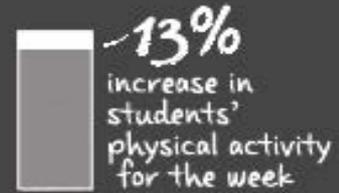
GRADES:



STANDARDIZED TEST SCORES:

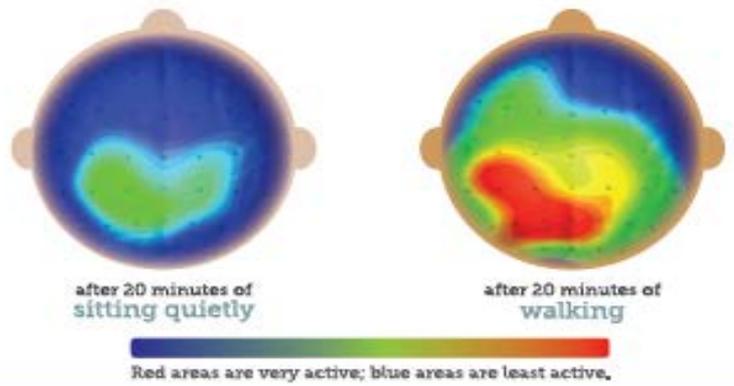


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%



SOURCES: Donnelly LE and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med*, 52(Suppl 1):S36-S42. Homan C.J.L. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*, 159(3):1044-1054. Kamijo K, et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci*, 14(5):1046-1058. Kibbe D.L., et al. (2011). Ten years of TAKE 100: Integrating physical activity with academic concepts in elementary school classrooms. *Prev Med*, 52(Suppl 1):S43-S50. Nelson M.C., and Gordon-Larsen R. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics*, 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.



Alaska School Health Collaborative

- **Department of Education and Early Development:**
 - ✓ Child Nutrition Program
 - ✓ School Counselor Program
 - ✓ Alternative school initiatives
 - ✓ Health education and safety programs

<https://education.alaska.gov/>

Alaska School Health Collaborative

✓ Division of Behavioral Health

- Substance Abuse Prevention and Intervention
- Suicide Prevention

✓ Division of Public Health

- **Section of Chronic Disease Prevention and Health Promotion**
 - ❖ Obesity Prevention and Control Program
 - ❖ Tobacco Prevention and Control Program
 - ❖ Data and surveillance – YRBS, School Health Profiles

Alaska School Health Collaborative

- **Section of Women's, Children's and Family Health**

- ❖ School Nursing/School Health
- ❖ Adolescent Health Program

- **Section of Epidemiology**

- ❖ School Environmental Health

<http://dhss.alaska.gov/dph/Pages/default.aspx>



Welcome

Agenda

Featured Presenters

Scholarships

Registration

Success Stories

Learning Objectives

Continuing Education

Venue

Contact Us



WELCOME



Welcome to the *10th Annual Alaska School Health and Wellness Institute*, to be held Monday-Wednesday, October 26-28, 2015, at the Hotel Captain Cook in Anchorage, Alaska.

The theme, **Healthy Students...Successful Students**, highlights the most important reason to focus on student and school health. Healthy students do better academically; they have lower absenteeism, higher graduation rates and fewer behavioral issues. Too many of our youth struggle with poor nutrition, lack of exercise, substance abuse, trauma, bullying, dating violence and/or feeling isolated or unsafe. Schools play a critical role in helping Alaska youth learn the tools and receive the help they need to create healthy, happy, successful lives.

Alaska School Health and Wellness Institute

Still time to register online OR onsite:

October 26-28 – Capt. Cook Hotel

- Two day full conference
- One day post-conference for specialized trainings
- Multiple topics each year
- Provides CNES, CEUS (UAA)

www.akshwi.com

Alaska School Health and Wellness Institute

Offers multiple scholarship types –

- ✓ Many are able to attend who couldn't otherwise
- ✓ Provides professional development opportunities in best practices to improve the health of their students
- ✓ More school staff across the state working to improve student health

The screenshot shows the website for the Alaska Department of Health and Social Services, Division of Public Health. The page is titled "Alaska School Wellness Policies: Creating Healthier School Environments". It features a navigation menu with options like "Home", "Divisions and Agencies", "Services", "News", and "Contact Us". A sidebar on the left lists "School Health Program" with sub-links for "School Health Profiles", "School Wellness Policies", "Physical Education and Recess", and "Health Education". The main content area includes a description of a local school wellness policy and an image of a young girl in a school cafeteria. A right-hand sidebar titled "Chronic Disease Prevention and Health Promotion" lists various resources like "All Programs", "Contacts", "Home", "Informed Alaskans - Health Maps", "News", "Publications", "Safe and Healthy Me Webinar Series".

Adoption of the SOA Gold Standard Wellness policy will result in:

- An improved nutrition environment
- Improved health education related to nutrition and physical activity
- Quality PE
- Recess and more physical activity opportunities (before, during and after school)



School Health Program

- > School Health Profiles
- > School Wellness Policies
- > Physical Education
- > Recess
- > Health Education

For more information

Wendy Hamilton, School Health Program Manager
Phone: (907) 465-2768
Fax: (907) 465-2770
E-mail: schoolhealth@alaska.gov

School Health Program



A healthy student is a successful student

Our purpose is to raise awareness about the importance of addressing all aspects of a student's health to ensure their best chance at academic success, and to promote policies and practices supporting that purpose.

Chronic Disease Prevention and Health Promotion

- All Programs
- Contacts
- Home
- Informed Alaskans - Health Maps
- News
- Publications
- Safe and Healthy Me Webinar Series

Programs

- Behavioral Risk Factor Surveillance System (BRFSS)
- Cancer Prevention and

Resources

- School Health Program
 - <http://dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/default.aspx>
- SOA Gold Standard Wellness Policy
 - <http://dhss.alaska.gov/dph/Chronic/Documents/Obesity/pubs/>

Stay Informed

- Join the School Health Listserv at:

<http://list.state.ak.us/>

Scroll down the page to **School Health** and click
“Join”

Others available are:

AK_Child_Nutrition_Programs

AK-School-Health-Nurse

AKAdolescentHealth

AKObesity

Contact Information

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Chronic Disease Prevention and Health
Promotion

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