Tennessee Coordinated School Health

The Power of Public-Private Partnerships to Expand School Health Capacity

Tennessee Public Health Association
September 14th, 2011

Today’s Objectives

• Overview: Coordinated School Health in TN
• CSH: Linking Health to Academics
• OCSH and LEA Partners
• Power of Partnerships – LEA examples
• School Health Progress in TN
Benefits of Coordinated School Health

- Increased effectiveness of each component
- Synergy from collective effort
- Greater focus on the Whole Child
- Reduced duplication and fragmentation
- Links with community resources
- Greater likelihood of sustainability
An unhealthy child cannot learn!

School administrators include health goals into School Improvement Plans and First to the Top plans

School systems adopt having “healthy students” as part of their vision statements

CSH Coordinators provide teacher training and resources to use physical activity and health education to address curriculum standards

Wellness policies are strengthened to include the link between health and academic success
Unlimited Power of Public/Private Partnerships

Expands ability for students/schools to achieve academic success
Expands capacity for schools to support the health of students, parents, staff and community members
Creates a healthier place to live, learn, work, and play
Increases buy-in or ownership of our community
Creates a stronger infrastructure for the community

State OCSH Partners

Tennessee Department of Health

Immunizations
Maternal and Child Health
  Child Health Week
  Asthma
Adolescent and Young Adult Health
Project Diabetes
Eat More Play Well
State OCSH Partners

**Tennessee Department of Health**
- Get Fit Tennessee
- Office of Child Nutrition and Wellness
- Safety and Injury Control Program
- School Nurse Consultant (currently vacant)
- Governor’s Council on Physical Fitness and Health
- Health Statistics
- County Health Councils

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State OCSH Partners

- Action for Healthy Kids
- Alliance for a Healthier Generation
- American Cancer Society
- American Heart Association – Tennessee Chapter
- American School Health Association
- Blue Cross Blue Shield of Tennessee
- Cherokee Health Systems
- Community Anti-Drug Coalitions Across Tennessee (CADCAT)
State OCSH Partners

- East Tennessee State University
- Governor's Council on Health and Physical Fitness
- Governor's Office of State Policy and Planning
- ILSI Research Foundation / Center for Health Promotion Foundation/Center for Health Promotion
- Middle Tennessee State University
- National Association of School-Based Health Centers

State OCSH Partners

- National Association of State Boards of Education (NASBE)
- National Center for Youth Issues
- Rural Health Association of Tennessee
- Safe Routes to Schools Network
- Save the Children
- Southeast United Dairy Industry Association, Inc.
- Stand for Children
- STARS
State OCSH Partners

• State Collaborative On Reform in Education (SCORE)
• TAKE 10!
• TennCare, TENNderCare
• Tennessee Association of Health, Physical Education, Recreation and Dance
• Tennessee Association of School Nurses
• Tennessee Business Roundtable
• Tennessee Chamber of Commerce
• Tennessee Commission on Children and Youth

State OCSH Partners

• Tennessee Department of Mental Health and Developmental Disabilities
• Tennessee Department of Safety
• Tennessee Dietetic Association
• Tennessee Education Association
• Tennessee Obesity Taskforce
• Tennessee Organization of School Superintendents
• Tennessee Parent Teacher Association
State OCSH Partners

- Tennessee Primary Care Association
- Tennessee School Boards Association
- Tennessee School Counselors Association
- UT Extension Services
- Volunteer State Health Plan
- Tennessee School Health Coalition
- Tennessee State Board of Education
- University of Tennessee – Knoxville
- Vanderbilt University

Local CSH Partners
Programs/Resources Partners Provide to Local School Systems

- Student, Staff and Community Health Screenings
- School Clinic Services
- Behavioral Health Services
- Immunizations and Dental Screenings
- Physical Education equipment
- Walking tracks
- Food Services Equipment
- School Gardens
- Before and After School PA and HE activities
- Fitness Centers for students and staff

Programs/Resources Partners Provide to Local School Systems

- School Supplies
- Food Back Pack Programs
- Clothing Programs
- School Health Fairs/Family-Community Nights
- Mentor Programs
- Parenting Classes
- Nutrition and Health Education Classes
- SHAC and HST team members
- Monetary Donations
Eat Well Play More
Coffee County

**Partners:**
- Manchester Recreation Department/City of Manchester
- Manchester City Schools CSH
- Coffee County Schools CSH
- Tullahoma City Schools CSH
- Coffee County Health Council
- Manchester Housing Authority
- Coffee County Mayor’s Office

**Grant Objectives:**
- Establish a county wide health plan
- Plan a day long Health Summit with stakeholders to develop plan
- Establish a website for the Coffee County Health Council that will be a clearinghouse for health information (family physical activity opportunities, farmer’s market locations, transportation, etc...)
Eat Well Play More
Coffee County

Eat Well Play More grant partnership led to obtaining the Project Diabetes grant. The grant administrator is the City of Manchester along with the CSH Coordinators from all three school systems in Coffee County, UT Extension, and the Manchester Housing Authority.

Grant objectives include:
• A community garden
• “Amazing Family Fun Nights”
• A youth fitness room for school aged children at the Recreation Center

Jackson - Madison County Schools

Partners:
Jackson Business and Professional Women’s Association, Chamber of Commerce, Proctor and Gamble, Sam’s Club, Jackson Rotary Club, WTHC Foundation, East Jackson Family Medical Clinic, JCT School Health Clinic, Murray State College, CHAT Health Council, Smiles and Blessings Dental Clinic at JCM, Methodist Lebonheur, The Jackson Sun newspaper, West TN chapter of TSPN, Lions Club, Kiwanis Club, Cigna, BCBS, City of Jackson and Madison County Parks and Recreation Departments,
Jackson - Madison County Schools

WRAP, West TN Cancer Coalition, Arthritis Foundation, Tennessee Tech, Union University, Lambuth University, Lane College, Jackson State Community College, University of Memphis, UT Extension, UT Medical Group, Community Anti Drug Coalition, SNAP, TNCEP, EFNEP, TennderCare, JMC Health Dept., Jackson Madison County General Hospital, Regional Hospital, Women's And Children's Center, Sports Plus, Red Cross, American Heart Association, Alliance for a Healthier Generation, American Cancer Society

Jackson-Madison County Schools

Bradley County Schools
Fit4Life - Project Diabetes Grant

Health Educator- Lake Forrest MS

Nutrition Educator- 5th grade feeders -
Nutrition education classes (6)

“Bruin’s Best” cafeteria selections introduced at LFMS

LFMS Jr. Health Council started

Bradley County Schools
Fit4Life - Project Diabetes Grant

Partnership with Bradley Co. Healthy Community Initiative
-7 PAVED Walking trails

Community health fairs, Couponing class

6 Before and after school “Fit clubs” have been created
Bradley County Fit4Life

School Health Progress in Tennessee!!!
## Coordinated School Health Examples

<table>
<thead>
<tr>
<th>School</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dyer Co/Dyersburg City YMCA</td>
<td>Pioneering Healthier Communities project</td>
</tr>
<tr>
<td>Etowah City Schools</td>
<td>Student fitness center with FTTT activity center inside</td>
</tr>
<tr>
<td>Gibson County Schools</td>
<td>One of 3 CDC evaluated CSH sites in US</td>
</tr>
<tr>
<td>Kingsport City</td>
<td>Healthier US Challenge - 7 schools silver level award winners</td>
</tr>
<tr>
<td>Lenoir City Schools</td>
<td>Health dept provided on-site immunizations on registration day</td>
</tr>
</tbody>
</table>

## Coordinated School Health School System Highlights

<table>
<thead>
<tr>
<th>County</th>
<th>Description</th>
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<tbody>
<tr>
<td>Morgan County</td>
<td>Universal breakfasts for all students</td>
</tr>
<tr>
<td>Oak Ridge City Schools U.S. Dept. of Health and Services Healthy Innovation Schools</td>
<td>Willow Brook Elementary received Awards in the Public Category for their “Mornings In Motion” program.</td>
</tr>
<tr>
<td>Stewart County</td>
<td>Bronze Award Winner - Alliance for a Healthier Generation</td>
</tr>
</tbody>
</table>
Coordinated School Health
School System Highlights

Tipton County  
RD case management/services via LeBonheur for students overweight or diagnosed with Diabetes

Tullahoma City  
All elementary schools are USDA gold award winners

Van Buren  
School dental and EPSDT transport program to Public Health dept.

Coordinated School Health
Unexpected Developments

- Number of schools with school-based clinics increased from 54 in 2008-2009 to 65 in 2009-2010. Number of students served increased from 69,305 to 314,829.

- Over half of all LEAs now provide a Food Back Pack program for students.

- Quick response to H1N1 outbreak.
TN School Health Profiles Data

• Tennessee now ranks 2nd in the nation in the number of schools which do not sell soda or high-calorie fruit juices. The overall percentage rank increased from 26.7% in 2006 to 74% in 2008.

• During the 2008 school year, 64.7% of Tennessee secondary schools did not sell unhealthy food items in vending machines, school stores or snack bars. Tennessee ranks 6th in the nation in this category.

Declining Rates of Obesity in Tennessee’s Children

Eight thousand more Tennessee children were at a healthy weight in 2008-2009 compared to 2007-2008.

Source: Tennessee Coordinated School Health 2008-2009 Executive Summary
Number of Student Health Screenings and Referrals

Over **1.5 million** student screenings were completed during the 2009-2010 academic year and **192,811** referrals were made to health care providers.
TN High School Youth Risk Behavior Data

- Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days:
  
<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
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<tr>
<td>2005</td>
<td>33.7%</td>
</tr>
<tr>
<td>2011</td>
<td>47.2%</td>
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</tbody>
</table>

- Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days:
  
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<tr>
<th>Year</th>
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<tbody>
<tr>
<td>2005</td>
<td>25.7%</td>
</tr>
<tr>
<td>2011</td>
<td>14.2%</td>
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</tbody>
</table>

- Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days:
  
<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>16.3%</td>
</tr>
<tr>
<td>2011</td>
<td>30.2%</td>
</tr>
</tbody>
</table>

- Percentage of students who smoked cigarettes on one or more of the past 30 days:
  
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<thead>
<tr>
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<tbody>
<tr>
<td>2005</td>
<td>26.3%</td>
</tr>
<tr>
<td>2011</td>
<td>21.6%</td>
</tr>
</tbody>
</table>
TN High School Youth Risk Behavior Data

- Percentage of students who smoked cigarettes on 20 of past 30 days:
  
  2005  13.7%
  2011  9.5%

- Percentage of students who had at least one drink of alcohol on one or more of the past 30 days:
  
  2005  41.8%
  2011  33.3%

TN High School Youth Risk Behavior Data

- Percent of students who had five or more drinks of alcohol in a row, on one or more of the past 30 days:
  
  2005  24.9%
  2011  18.6%

- Percent of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months:
  
  2005  26.6%
  2011  16.5%
TN High School Youth Risk Behavior Data

• Percentage of students who attempted suicide one or more times on the past 12 months:

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<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>2005</td>
<td>9.4%</td>
</tr>
<tr>
<td>2011</td>
<td>6.2%</td>
</tr>
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</table>

TENNESSEE:

• The state where school districts have established for CSH an average of 21 community partners, such as county health departments, universities, businesses, hospitals, and non-profit organizations:
TENNESSEE:

- The state where school health coordinators secured over $31 million in funding and in-kind gifts for health programs in schools:

The Power of Partnerships

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead
Tennessee OCSH Contacts

Dr. Rebecca Johns-Wommack  
Executive Director  
Rebecca.Johns-Wommack@tn.gov  
615.253.0065

Sara Smith  
CSH State Coordinator  
Sara.Smith@tn.gov  
615.253.4664

Jerry Swaim  
Fiscal and Data Specialist  
Jerry.Swaim@tn.gov  
615.532.6260

Mark Bloodworth  
HIV Education Consultant  
Mark.Bloodworth@tn.gov  
615.532.9450

Susan Holmes  
Administrative Assistant  
Susan.Holmes@tn.gov  
615.253-4747