School Health Teams and The School Health Index

Elissa B. Nolan
School Health Coordinator
Steps to a HealthierNY
NYS Department of Health
518-474-1222
ebn01@health.state.ny.us

Coordinated School Health
- An organized set of policies, procedures and activities designed to protect and promote the health, safety, and well-being of students and staff
- Based on systems, not programs

Coordinated School Health (CSH)

CSH Essential Elements
- Appointed Health Coordinator
- District School Health Council
- Healthy School Teams
- Healthy School Assessment
  - School Health Index

Teams
- District wide
  - School Health Advisory Council (SHAC)
- School based
  - Healthy School Team

Or other health-related teams, committees, councils

School Health Advisory Council
- Acts collectively to provide advice to the school system on aspects of the school health program
- District wide
- Representatives from each school and component area
- Community representatives
Healthy School Team
- Critical to the planning, implementation and evaluating of effective school health programming that fits and benefits the unique school setting
- Diverse membership, representative of components
- Communicates with District School Health Advisory Council

School Health Index (SHI)
A Self-Assessment and Planning Guide

SHI Purpose
- Enables schools to identify strengths and weaknesses of health promotion policies and programs
- Enables schools to develop an action plan for improving student health
- Engages teachers, parents, students, and the community in promoting health enhancing behaviors and better health

SHI Format
- Completed by school health teams
- Two separate versions
  - Elementary School
  - Middle School / High School
- Self-Assessment: 8 modules to follow the Coordinated School Health Program model
- Planning: Planning for Improvement section

SHI Health Topics
- Physical education and physical activity
- Healthy eating
- Tobacco use prevention
- Unintentional injuries and violence prevention (safety)
- Asthma

Making a Difference
- Moved healthier options to front of lunch line
- Increased time for physical education
- Started staff and student walking clubs
- Added healthy choices to vending machines
- Offered access to gym outside of school hours
- Created school health team
What SHI Is & What SHI Is NOT

- Self-assessment and planning tool
- Research or evaluation tool
- Community-organizing and educational process
- Tool to audit or punish school staff

What SHI Is & What SHI Is NOT

- Identifies low-cost or no-cost changes
- Requires expensive changes
- Focused, reasonable, and user-friendly experience
- Long, bureaucratic, and painful process

SHI Online

http://apps.nccd.cdc.gov/shi/default.aspx

Question Coding

CC = cross-cutting
PA = physical activity
N = nutrition
T = tobacco use prevention
S = safety (unintentional injury & violence prevention
A = asthma
Customized SHI

Module 5
Strategies for Planning Questions

For EACH module:

- Use scores to identify strengths and areas for improvement
- List several recommendations to address each area for improvement
- Rank each recommendation in terms of importance, cost, time, commitment, and feasibility

SHI Planning Process

Value to LWP Development

SHI Action Plan

- Identify highest ranking 2 - 3 actions per module
- Select manageable number of actions
- Choose both short- and long-term actions
- Complete action plan (action, tasks, person responsible, timeline)

Aligns with recommended approach:

- Assess
- Identify areas of need
- Develop policy
- Implement
- Evaluate
- Revise and update

What's your role?

- Join School Health Advisory Council or Healthy School Team
  - What you can offer:
    - Demonstrated interest in youth
    - Awareness of the community
    - Professional ability
    - Willingness to devote time
    - Credibility

Other ideas?
Value added

Focus on policies, programs and activities that promote wellness in the school environment

If schools do not deal with student health by design...

They will deal with it by default

School Health Teams and The School Health Index

Questions/Comments?

Elissa B. Nolan
School Health Coordinator
Steps to a HealthierNY
NYS Department of Health
518-474-1222
ebn01@health.state.ny.us