Health and Academics

Our goal is to help reduce the prevalence of health problems that impair ACADEMIC SUCCESS.

We strive to address the non-academic barriers to learning.

Healthy Students Learn Better!
Every day in America, children come to school not ready to learn.

"Could someone help me with these? I'm late for math class."

Art by Scott Spencer, NSBA
Be a Leader in Academic Achievement, NSBA, AASA, ACS 1995
CSH History

- **1999 - T.C.A. – 49-1-1001-1006**
  The Coordinated School Health Improvement Act of 1999, Chapter 554 authorized and funded CSH. ($1 million)

- **2001 - Ten CSH district pilot sites established.**

- **2006 - TCA 49-6-1022**
  Expanded CSH statewide with funding for all school systems in Tennessee. ($15 million)

**2007-2008 – Weakly County CSH (9 years)**
“Improve students’ health and their capacity to learn through the support of families, communities, and schools”
- Implements a systemic approach to eliminate gaps and redundancies.
- Utilizes a rigorous approach based on use of accurate data and sound science.
- Works with partners to identify local priorities and implement local solutions for health improvement.
- Focuses on institutionalizing sustainable changes in school systems.
Behaviors Affecting Health and Learning (CDC)

- Unhealthy dietary behaviors
- Inadequate physical activity
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies
- Mental Health issues
- Violence / Bullying
LOOKING BACK...

ANNUAL REPORT 2014-2015
Tennessee Students are at Risk

- **30.3%** of all high school students in the US are overweight or obese. (CDC growth charts)

- **38.5%** of all Tennessee students are overweight or obese. (TN OCSH 2013-2014 BMI data)

- **44.2%** of all Weakley County students are overweight or obese. (TN OCSH 2013-2014 BMI data)

- Only **41%** of Tennessee’s high school students reported they were physically active 60 or more minutes per day on five or more of the past seven days. (2013 TN YRBS survey) **59%** did not.

- **82%** of all Tennessee high school students reported they did not eat 5 or more fruits and vegetables per day. (2013 TN YRBS survey)

- Every year, **14,600** Tennessee youth under age 18 become daily smokers. (National Center for Tobacco-Free Kids)
Weakley County BMI Referrals

- 2012-2013 = 37.9%
- 2012-2013 = 38.5% state
- 2014-2015 = 49% (preliminary data)

- INCREASED by 11.1%
- Limitations:
  - We screened 429 less students this year than in 2012-2013.
  - 2014-2015 has not been analyzed by state yet

- 2011-2012 = 42%
- 2013-2014 = 44.2%
- 2013-2014 = 38.5% state

- INCREASED by 2.2%

- 2012-2013: TN reports 6.3% decline in overweight and obesity among students
- WCS is not seeing a decline.
School Nursing Data

2014-2015 School Year
(August – April)
56,600 Student Visits to School Nurse
95% Returned to Class Rate
9 Nurses in our 11 schools
## School Health Screenings

<table>
<thead>
<tr>
<th>Grades</th>
<th>Screenings Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-K</td>
<td>Vision (Near and Far acuity)</td>
</tr>
<tr>
<td>Kindergarten</td>
<td>Hearing</td>
</tr>
<tr>
<td>Second</td>
<td>Blood Pressure</td>
</tr>
<tr>
<td>Fourth</td>
<td>Height &amp; Weight (BMI)</td>
</tr>
<tr>
<td>Sixth</td>
<td>Scoliosis (6th grade only)</td>
</tr>
<tr>
<td>Eighth</td>
<td>Color Vision (2nd grade only)</td>
</tr>
<tr>
<td>Ninth</td>
<td></td>
</tr>
</tbody>
</table>

We sometimes screen other grades for vision and hearing for RTI and other needed educational evaluations.
School Screening Data

Preliminary Data for 2014-2015
approx. 1,500 Students Screened

Referral Rate
Vision 22%
Hearing 6%
Blood Pressure 1%
*BMI 49%
Scoliosis <1%
Weakley County Backpack Program

Approximately 280 students county-wide in grades PK-12.

Mission Statement
To help alleviate child hunger in Weakley County, Tennessee, by providing hungry children with nutritious and easy to prepare food at times when other resources are not available, such as on the weekend and school vacations.
Community Partnerships

- Weakley County Health Council
- Weakley County Interagency Council
- Weakley County Prevention Coalition
- Weakley County Health Department
- Tobacco Settlement Funds
- Weakley County Health Educator
- Weakley County TN-CEP Coalition
- Lions Club Vision Program
- TennderCare Outreach Program
- Weakley County Backpack Program
- University of Tennessee at Martin Nursing Department, HHP Department, and FCS Department
- Mitchell Transport
- Tennessee Center for Applied Technology
- UT Extension
- The Sideline 24/7
- Doris Owen
- Julie Ann Maddox
- Dr. Donaldson
- Dr. Bynum
- All our area clinics
Meal Delivery Services

Coordinated School Health funds one educational assistant to deliver lunch meals to the Alternative School students from Dresden K-8 cafeteria.
Health and Wellness Classes

- Health Information is based on the TN standards for health and wellness classes.
- Oasis Medical Clinic of Martin offers abstinence based sexual integrity program for middle and high school health and wellness classes called Aspire. This is available for teachers that request this resource. 195 hours
- The goal of this program is to empower each student with knowledge and power to make right choices and to protect their minds and bodies for a happier and healthier future.
Health and Wellness Classes

Collaborated with Mrs. Lorna Benson to secure a LifeSkills Training grant for our Middle School students for 2016-2017.

- Self management skills, Social skills, and Drug and Violence Resistance skills
Physical Activity

- Martin Middle School received the Blue Cross Blue Shield Foundation’s SPARK grant for this year. The school received $9,000 in equipment and $1,000 check to spend in the areas of health and wellness.

- **CSH Playground Updates ($5,500 per school)**
  - Greenfield, Gleason, and Dresden Elementary playgrounds last school year.
  - Sharon and Martin Elementary playgrounds LAST year
  - Martin Primary playground THIS year

- Encouraged the use of GoNoOdle for brain breaks
  - Resource funded by BCBS.
Physical Activity

Implemented Fall Fitness Challenge targeting High School Students and Staff
5 main community partners at a minimum of 5 hours each

- Promoting Physical Activity, Nutrition, Water Intake, and Prevention of tobacco and alcohol
Health Promotion for Staff

- Promote corporate rate (up to half price) at The Sideline for staff, their spouses, and/or families.

- Negotiated a corporate rate with CrossFit Martin - $35 savings/month and Martin Yoga - 10% off

- 3-4 health challenges instituted by CSH and led by school nurse at each school. Winners received $50 gift certificates.

- Walk Across TN - 18 teams - WCS - 22,847 miles
  - 2 teams were fed lunch

- Registered Dietitian led a Grocery Store Tour and a Nutrition 101 opportunity for staff members and parents.

- Stress management
  - In-service at Greenfield (pilot)
  - Hand and neck massages in our schools
Staff Wellness: In-kind Donations:

Gift certificates for staff =

- Darlin’ Divas, Greenfield
- The Sideline 24/7, Martin
- Styles on Broadway, Martin
- Final Flight, Union City
- CrossFit Martin
- Martin Yoga, LLC, Martin
- Shoe Shack, Martin

- Live Oak, Martin
- Bob’s Pharmacy, Dresden
- Styles and Profiles, Dresden
- Southern Grace, Dresden
- Goob and Aunt B’s Antiques and Hidden Treasures, Greenfield
- Wrens Nest, Greenfield
- Simply Southern, Gleason
- Monograms and More, Martin
Staff In-kind Donations cont:

- Hand massages and supplies = $588
  - 20 hours

- Greenfield Stress Management In-service: ($369 total)
  - Hart Consulting – Stress Management speaker ($131)
  - Beverly Shelby – Tai Chi ($35)
  - Refreshments:
  - Sonic = 50 Route 44 coupons ($115)
  - SubWay= Cookie tray ($18)
  - Fred’s = Water ($9)
  - Goob and Aunt B’s ($15) Minute to Win It prize
  - Four Corners ($46) Minute to Win It prize
Staff Development

- Spoke to new teachers entering the system during Effective Teacher Conference about CSH.

- Nurses conducted one hour in-service at the beginning of the year for teachers in the areas of wellness for new staff.

- Spoke at Administrator’s Meeting regarding:
  - changes in law
  - potential ways to integrate 90 min of PA in High Schools
  - introduced Go NoOdle for Elementary
  - introduced Fall Fitness Challenge for staff and high school students
  - assess the need for a Back to School supply initiative
Parent Involvement

- CSH has parent representatives serving on HST.
- CSH has served as a resource for parents.
  - Screenings
  - Individualized questions
  - Registered Dietitian opportunities
  - Martin Housing Authority - TCAP kick-off session
    - In-kind Beverly Shelby Tai Chi
    - Parents volunteered 28 hours with school health screenings.
- CSH Website - www.weakleycountyschools.com
  - Healthy snack list
  - Healthy party food ideas
Healthy School Teams

- Each school has a Healthy School Team and meets 3-4 times per year.

- Each school team evaluated their school using the School Health Index (SHI) which looks at our 8 modules.

- Each team developed School Health Improvement Goals to be implemented next school year.

- Each school team reviews the Weakley County School’s Wellness Policy.

- CSH fed HST, School Administrator and Secretaries lunch this year.
In-Kind Total for 2014-2015

$161,426.13 to Weakley County Schools for school health in 2014-2015.

(In-kind total contains additional in-kind donations and volunteer hours not individually listed in this report.)

*In-kind services dollar amount was figured using the Tennessee Occupational Wages list found on TN Department of Labor website. TN volunteer service equivalent of $20.13 was used for volunteers and was provided by the state CSH office. In-kind donations & equipment was figured by the dollar amount donated.
Physically active for at least 30 minutes five times a week,
Eating more fruits, vegetables, and whole grains
Eating less sugar, salt, and processed foods,
Either never use or quit using tobacco products

Hope to incorporate these principals into existing programs and create new programs