

Is student health the missing piece in school reform?

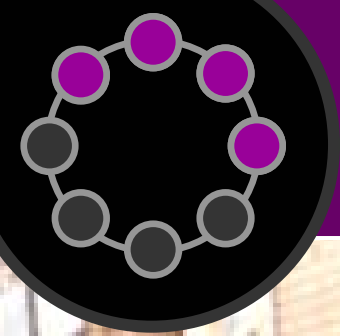


It is difficult for students to be successful in school if they are:

- depressed
- tired
- being bullied
- stressed
- sick
- using alcohol or other drugs
- hungry
- abused

# Components of a coordinated school health program





## FAMILY & COMMUNITY INVOLVEMENT

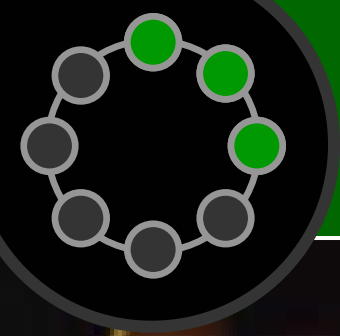


### Community activities that link to the classroom:

- Positively impact academic achievement
- Reduce school suspension rates
- Improve school-related behaviors

— Nettles, 1991

— Allen, Philliber, Herring,  
and Kupermine, 1997

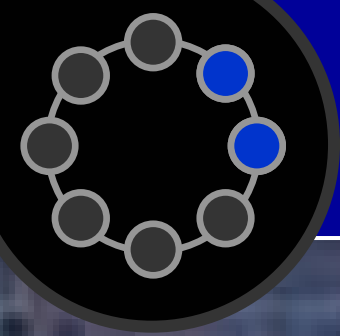


# COMPREHENSIVE SCHOOL HEALTH EDUCATION



- Reading and math scores of third and fourth grade students who received comprehensive health education were significantly higher than those who did not received comprehensive health education

— *Schoener, Guerrero,  
and Whitney, 1988*

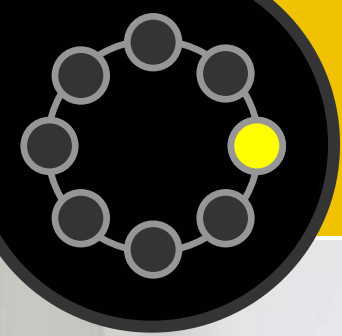


# PHYSICAL EDUCATION



- Physical activity is positively associated with academic performance

— *Dwyer, Blizzard, and Dean, 1996*



## SCHOOL HEALTH SERVICES

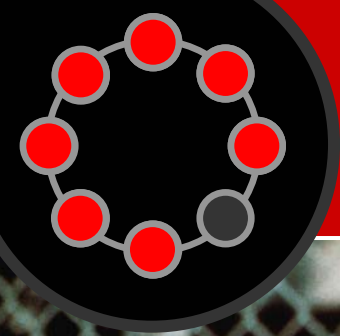


Schools with school-based health centers report:

- Increased school attendance
- Decreased drop-outs and suspensions
- Higher graduation rates

— *McCord, Klein, Foy,  
and Fothergill, 1993*

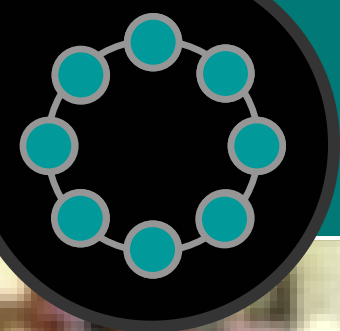
— *Walters, 1996*



A comprehensive intervention that combines teacher training, parent education, and social competency training for children had long-term positive impacts including:

- Enhanced greater commitment and attachment to school
- Less school misbehavior
- Better academic achievement

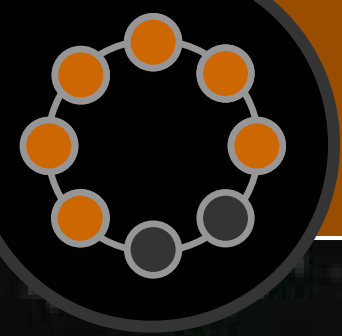
— *Hawkins, Catalano, Kosterman, Abbott, and Hill, 1999*



## School breakfast programs:

- increase learning and academic achievement
- improve student attention to academic tasks
- reduce visits to the school nurse
- decrease behavioral problems

— *Murphy, Pagano, Nachmani,  
Sperling, Kane, and Kleinman, 1998*



## HEALTHY SCHOOL ENVIRONMENT



- The physical condition of a school is statistically related to student academic achievement
- An improvement in the school's condition by one category, say from poor to fair, is associated with a 5.5 point improvement in average achievement scores

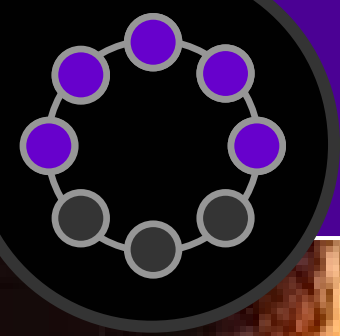
— Berner, 1993



Teachers who participated in a health promotion program focusing on exercise, stress management, and nutrition reported:

- Increased participation in exercise and lower weight
- Better ability to handle job stress
- A higher level of general well-being

— Blair, Collingwood, Reynolds, Smith, Hagan, and Sterling, 1984



# SCHOOL-SITE HEALTH PROMOTION FOR STAFF



Students benefit from having healthy teachers because:

- Teachers are more energetic
- Teachers are absent less often
- The school climate is more optimistic

— *Symons, Cummings,  
and Olds, 1994*

QUESTION:

What does  
this all  
mean?



# ANSWERS!

*Coordinated school health programs can impact students' academic achievement and increase healthy behaviors.*

# ANSWERS!

*Coordinated school health programs empower students with the knowledge, skills, and judgment to help them make smart choices in life.*

ANSWERS!

*Healthy children make better students, and better students make healthy communities.*