



Reaching your Goals by Reaching Schools

Children and Adolescents spend nearly half of their waking hours at school. If you're not partnering with schools, you're missing an ideal opportunity to address many health concerns.

SCHOOL HEALTH is about much more than ensuring access to a school nurse and health services. Many adult health disorders and chronic diseases have their roots in early childhood as a result of unhealthy behaviors. School health can help reduce or control:

- Tobacco use
- Diabetes
- Obesity
- Heart disease
- Injury and violence
- Mental health problems
- Asthma

COORDINATED SCHOOL HEALTH

**A Platform for Addressing
Many Public Health Concerns**

- Health Education
- Physical Education
- Health Services
- Nutrition Services
- Mental Health and Social Services
- Healthy and Safe Environment
- Family and Community Involvement
- Staff Wellness

HEALTHIER CHILDREN is a win-win for public health and education, students, families and communities. Healthy, active students are better learners and have higher academic achievement.

STRONG SCHOOL HEALTH PROGRAMS, POLICIES AND PRACTICES

support access to health services at school and help to establish good health behaviors at an early age. They create an environment where all children are given the opportunity to be more physically active and eat healthier regardless of location, ethnicity, income or health status.

REACHING STUDENTS IN SCHOOL

is a key component for achieving success in public health's "winnable battles" and reducing the future burden of chronic disease. Keeping children healthy and in school promotes academic achievement and can reduce school dropout - a leading contributor to lifetime illness, health risk behaviors and poor health status.

Reaching **Across** and Reaching **Out**

SCHOOL HEALTH offers a unique opportunity to **reach across programs** in a health agency to work together towards a common purpose.

WORKING TOGETHER in an **inter-departmental or intra-agency school health work group** maximizes talent, time, resources and connections and helps to advance the goals of multiple public health programs. It facilitates understanding and provides a forum to identify opportunities for collaboration and shared messaging.

BUILDING ON THE EXPERIENCE of school health program staff in the health agency can help to strengthen your program's reach to children and adolescents. Working with schools becomes easier and more successful when it is done as part of an agency-wide coordinated effort.

**TAKE!
ACTION!**

Taking Action to Strengthen **School Health**

CONNECT WITH THE SCHOOL HEALTH PROGRAM STAFF

to find out about current initiatives and discuss opportunities to strengthen your program in the school environment.

ALWAYS KEEP SCHOOLS IN MIND when looking at funding, programming and services for public health.

JOIN OR START an inter-departmental or intra-agency school health group or team to facilitate coordination within the agency and between programs. Ensure that the group represents the broad range of public health programs that can benefit by strengthening their reach to children and adolescents. Educate the group about the eight components of Coordinated School Health.

ADVOCATE FOR SUPPORT FOR SCHOOL HEALTH PROGRAMS within funding streams. Although it is a critical component of reaching children and adolescents, school health programs often have minimal dedicated funding and depend on program support to conduct many activities.

EFFECTIVELY COMMUNICATE your program's goals, objectives and needs relating to schools in a way that new school health partners both within and outside of the agency can relate to.

PROGRAMS THAT CAN BE PART OF YOUR AGENCY'S SCHOOL HEALTH WORKGROUP

- Adolescent Health
- Asthma Control and Self-Management
- Child Nutrition
- Community or School-Based Health Services
- Diabetes Prevention and Control
- Environmental Health
- Healthy Community Initiatives
- Heart Disease and Stroke Prevention
- HIV/AIDS
- Immunization
- Injury and Violence Prevention
- Maternal and Child Health
- Obesity Prevention
- Oral Health
- Suicide Prevention
- Teen Pregnancy Prevention
- Tobacco Prevention and Control
- Vision and Hearing Screening

JOIN THE MOVEMENT!

What's Happening in: _____

NAME OF AGENCY