Thinking Outside the Box: Coordinated School Health Without Dedicated Funding

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Hello!

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Today’s Messages:

1. Partnerships
2. Process
3. Sustainability
To Start!

- Thank you to Julane Hill!
  - NDE Coordinated School Health Director
Nebraska CSH Timeline

- 1988- CSH model introduced.
- 1995- NDE loses PE/Health Consultant
- 2003- NDE hires CSH Director
- 2004- NDE trains on CSH and SHI
- 2006- CSH and NE Public Health State Plan
- 2007- State Board approves CSH Policy Creation
- 2009- NDE and NAFH Staff trained in Seattle
- 2009- Team Nutrition Funding
- 2010- NDE CSH Policy Approved
- 2010- 2011- CSH Institute Process Pilot
- 2012- NE CSH Institute Process Defined
NDE CSH Policy (2010)

- The Board encourages:
  - Each school district/school develop, adopt, and implement a plan for CSH.
  - Each school district establish a School Health Councils and School Health Teams
  - Each district/school designate a School Health Coordinator
How we make it work!
How we make it work!
Making CSH work for schools!

- Four Institute-Based Trainings
  - Modeled from Oregon
    - Thank you Jess Bogli!

- **Institute One**: 2 Day Training
- **Institute Two**: 1 Day Training
- **Institute Three**: 2 Day Training
- **Institute Four**: 2 Day Training
  - 7 days of intense education, assessment, planning and team building
Institute One (2 Days)

- Why CSH?
- Process for CSH
  - School Approach
  - Community Approach
- School Health Advisory Councils
- Effective Practices
Institute Two (1 Day)

- CDC School Health Index
- Effective Practices
Institute Three (2 Days)

- Continued Action Planning
- Policy Approaches
- Effective Practices
- CSH Reunion
Institute Four (2 Days)

- Sustainability
- Next Steps
- Celebration
CSH Institute Outcomes

- **Schools have done:**
  - Revised tobacco-use prevention policy
  - Daily PE provided in schools
  - Increased minutes for recess
  - Revised Wellness Policies
  - Policy change for healthy food and fundraising
  - After-school program require 30 PA minutes
  - Wellness infused in the school improvement process
  - Healthy food offerings
  - Worksite wellness offerings
  - Establish a school coordinator
CSH Institute Outcomes

- Inclusion of all eight components:
  - Healthy School Environment: Bullying policies
  - PE/PA: Daily PE provided and increased recess time
  - Health Education: Aligning to state and national standards
  - Health Services: Sponsorship of immunization clinics
  - Staff Wellness: Health screenings for staff
  - School Meals/Nutrition: School breakfast programming
  - Counseling/Psychological and Mental Health Services: Suicide awareness education and prevention
  - Partnerships: Joint Use Agreements
What does the future hold?

- Sustainable approaches:
  - Funding
  - State legislation (LB 1020)
  - Local health department approach
    - West Central District Health Department
  - State Plans- Partners N Health
    - [www.partnersnhealth.org](http://www.partnersnhealth.org)
Thank You!

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