

Healthier Students are Better Learners:

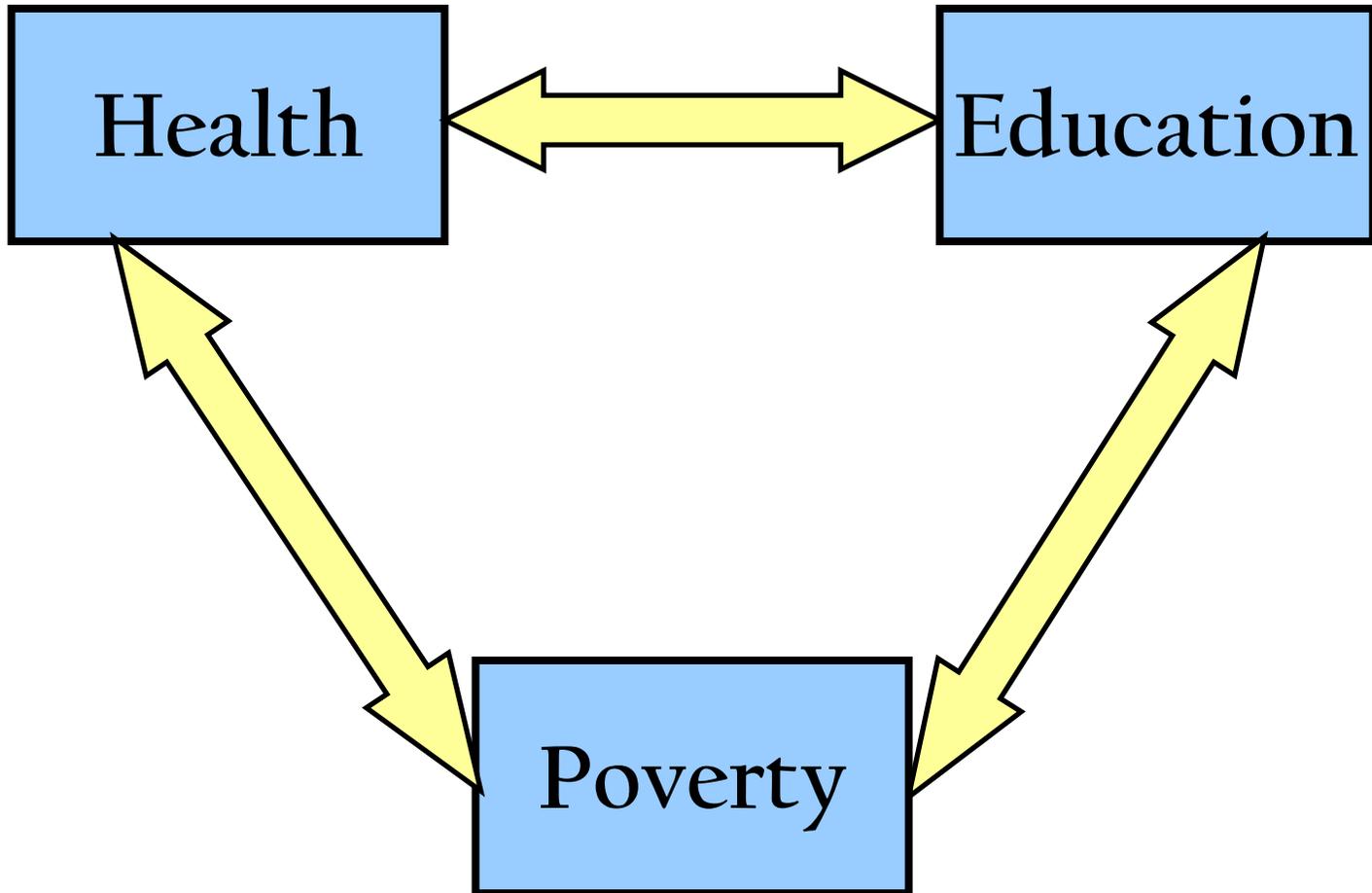
Promoting Collaboration

Charles E. Basch

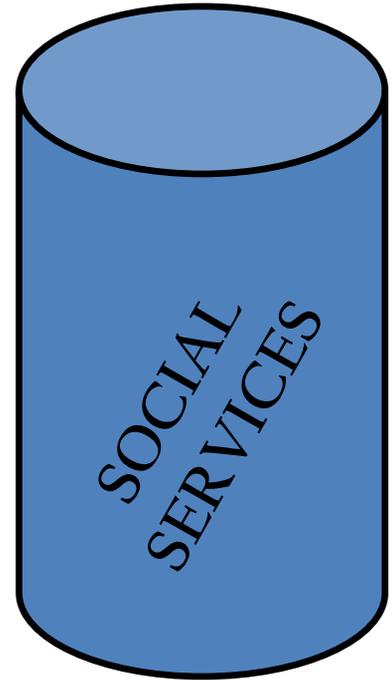
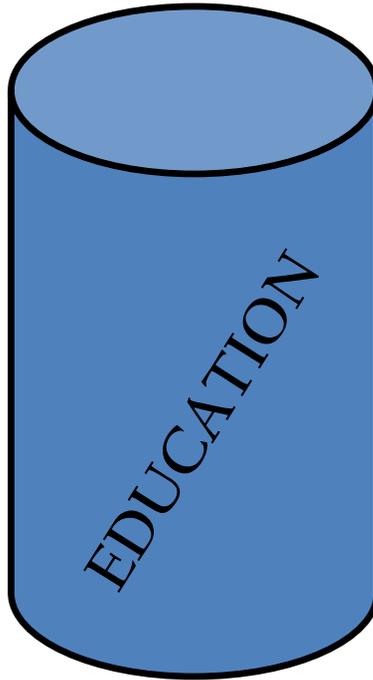
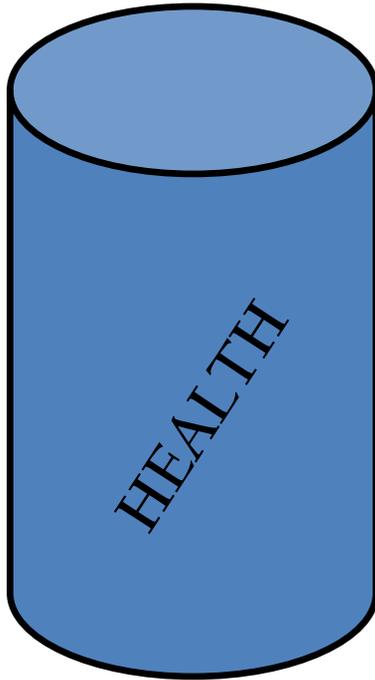
Strategies to Close the Educational Achievement Gap

- ▶ Standards and accountability
- ▶ Revising school financing
- ▶ Teacher preparation
- ▶ Rigorous curricula
- ▶ Charter schools
- ▶ **Reducing educationally relevant health disparities**

Reciprocal Relationships



Our Children Are Ill Served by the Silo Approach



Limited Returns on Investments of Social Resources

- Insufficient financial investments
- Efforts are not *strategically planned*
- Poor quality programs
- Efforts are not *effectively coordinated*

Overview

- What “Should” Collaboration Achieve?
 - Strategically planned, high quality, and effectively coordinated efforts
 - Synergistic and multiplicative effects
- Elements of Effective Coordination and Collaboration
- Leadership from National Education Agencies
- Strategies for Supporting Collaborative School Health Efforts
- Role for Colleges of Education

What “Should” Collaboration Achieve?

- Efficient use of scarce resources (\$ and time)
- Strategically planned efforts
- High quality programs
- Efforts are effectively coordinated (collaborative)

Strategically Planned

- Maximize yield from investments
- School-specific priorities
- Ongoing process
- Community involvement

Criteria for Selecting Strategic Priorities

- Extent of health disparities
- Causal effects on educational outcomes
- Feasibility of school-based programs and policies

Examples of School Health Priorities Warranting Consideration as Priorities in the U.S.

7 Priority, Educationally Relevant Health Factors

- 1) Vision
- 2) Asthma
- 3) Teen pregnancy
- 4) Aggression and violence
- 5) Physical activity
- 6) Breakfast
- 7) ADHD

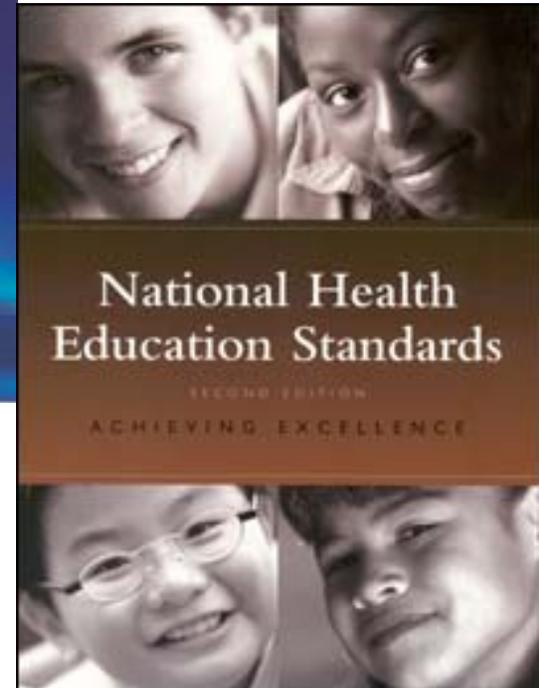
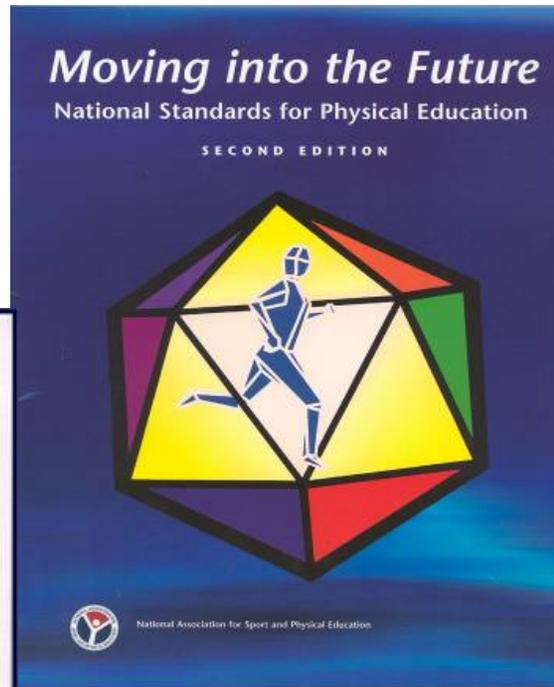
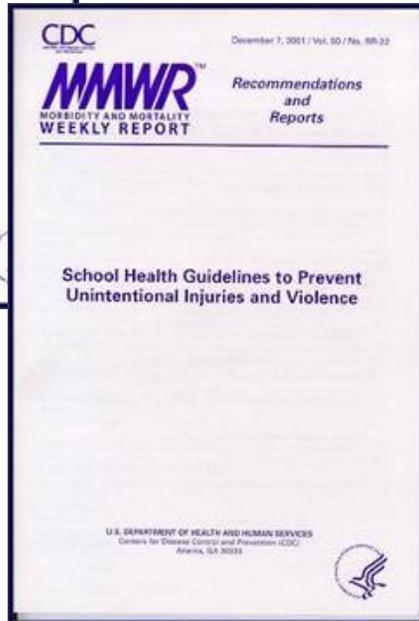
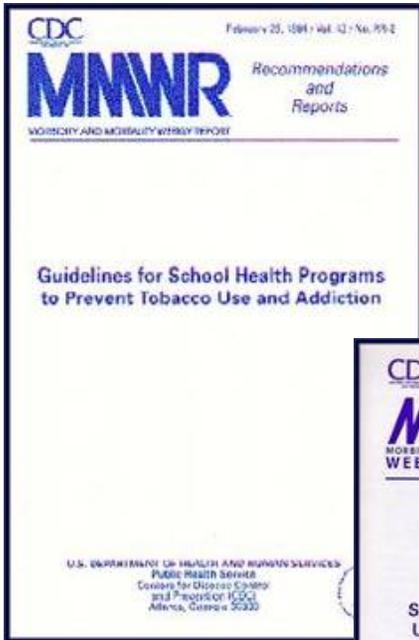
High Prevalence

- Visual problems: ~20% of youth
- Asthma: ~14% of youth <18
- Teen pregnancy: 1 in 3 teens
- Violence: 28% of adolescents bullied at school
- Physical activity: ~2 in 3 don't get enough
- Breakfast: ~20% of youth skip it
- Hyperactivity: ~8% of youth 6–17 diagnosed

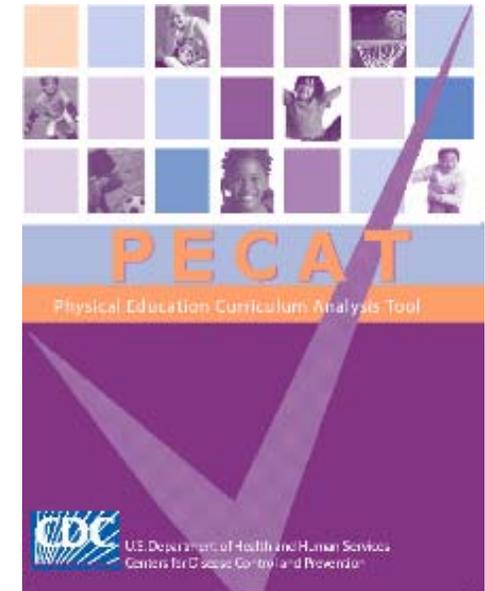
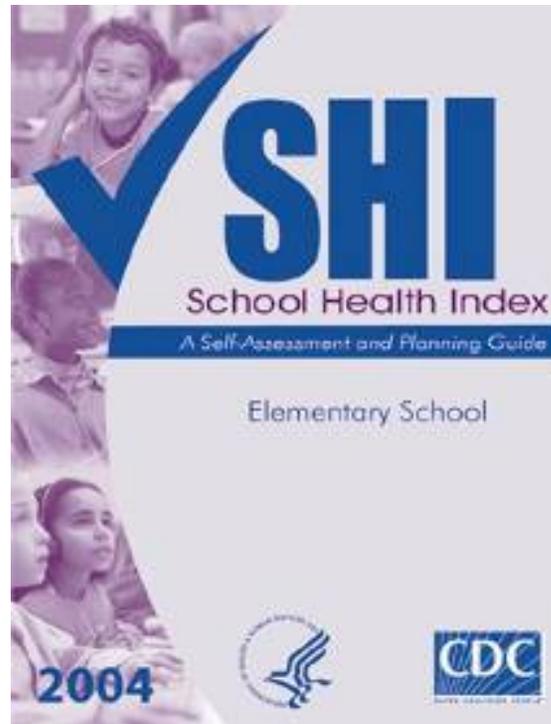
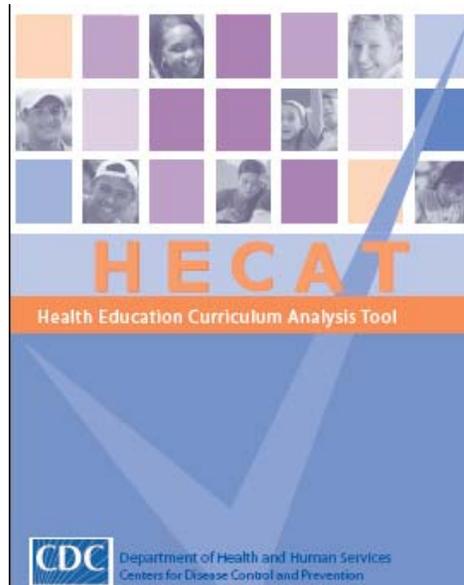
Synergistic Effects

- ▶ Reducing multiple impediments to motivation and ability to learn (e.g., breakfast, physical activity, sleep) would be not only additive but also *synergistic*
- ▶ School health programs must focus on *multiple* educationally relevant health disparities

High Quality, Evidence-Based



High Quality, Evidence-Based



High Quality, Evidence-Based



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Using NREPP 

Find Interventions 

NREPP News 

Welcome to the National Registry of Evidence-based Programs and Practices (NREPP), a service of the Substance Abuse and Mental Health Services Administration (SAMHSA).

NREPP is a searchable database of interventions for the prevention and treatment of mental and substance use disorders. SAMHSA has developed this resource to help people, agencies, and organizations implement programs and practices in their communities.



A program of the U.S.
Department of Health and
Human Services Substance
Abuse & Mental Health
Services Administration

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Effective Coordination (Collaboration)

- Different people
- Playing different roles
- Working toward a common set of priorities
using high quality (evidence-based) programs

A Coordinated School Health Program



Elements of Effective Coordination and Collaboration

- School health coordinator
- School health council
- Community involvement and support
- Program integration
- Coordinated services for individual students
 - Without follow up services are often ineffective

Elements of Effective Coordination and Collaboration

- School health coordinator -- Conductor
 - What is the “big picture”
 - What are all the elements of the overall program?
 - How do these elements fit together?
 - What are the opportunities for
 - Collaboration?
 - Linkage with community resources?
 - Opportunities for reinforcing activities?

Elements of Effective Coordination and Collaboration

- School health coordinator
- School health council – A leadership TEAM
 - Establishing priorities is a political process based on
 - Epidemiology, but also based on
 - Resources available and
 - Local preferences and values

Elements of Effective Coordination and Collaboration

- School health coordinator
- School health council
- Community involvement and support
 - One of the best ways to help ensure that programs will be implemented and maintained

Elements of Effective Coordination and Collaboration

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- Community involvement and support
- Program integration
 - Health topics can be integrate into the academic curriculum in ways that will engage students in both

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Leadership from National Education Agencies

- A national school health strategic plan

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- Incentives for involvement

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- Identify and integrate overlapping efforts (policies and funding)

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- Adopt specific policies to promote collaboration
- Develop a research agenda to improve understanding about cultivating collaboration

Leadership from National Education Agencies

- A national school health strategic plan
- Incentives for involvement
- Human capital grant programs
- Identify and integrate overlapping efforts
- Adopt specific policies to promote collaboration
- Develop a research agenda to improve understanding about cultivating collaboration
- Ensure that scarce curricular time is devoted to health education in ways that addresses multiple problems efficiently

Strategies for Supporting Collaborative School Health Efforts

- Communication
- Policy mandates and accountability
- Financial support and incentives
- Guidance, technical assistance, and professional development
- Data collection and implementation research

Strategies for Supporting Collaborative School Health Efforts

- Communication
 - School health is part of the fundamental mission
 - Leading agencies support school health as a priority
 - Parents want schools to address health needs of youth

Strategies for Supporting Collaborative School Health Efforts

- Communication
- Policy mandates and accountability
 - Are collaboratively established health goals part of annual mandated school improvement plans?

Strategies for Supporting Collaborative School Health Efforts

- Communication
- Policy mandates and accountability
- Financial support and incentives
 - What are the incentives for stakeholders to collaborate versus compete for scarce resources?
 - Current approaches to funding, policy, program, training and evaluation focus on a categorical versus youth development orientation

Guidance, Technical Assistance, and Professional Development

- Intensive efforts to disseminate up-to-date, evidence-based guidance to teachers, administrators, and policy makers
- Provide ongoing follow-up consultation and support
- Support school health learning communities
- Train school health coordinators for schools serving populations with greatest needs

Data Collection and Research

- Develop and implement a national research agenda to put what we already know into practice and demonstrate its value for improving educational outcomes
- Conduct research on:
 - motivations and skills of school leaders and teachers
 - the kinds of evidence valued by legislators
- Include educational outcomes as key measures in evaluations of school health interventions for young people
- Document the extent and nature of current investments in support of school health programs

Role for Colleges of Education

- Integrate health topics and evidence-based school health strategies into professional preparation programs for teachers and administrators
- Form school—university partnerships to facilitate implementation of school health programs and policies
- Lead efforts to develop and implement a national research and development agenda on the impact of high quality, strategically planned, and effectively coordinated school health programs

Healthier Students are Better Learners:

Concept to Practice

What Can School Health Programs do to Address
Top Priority Problems?

What Can Schools Do?

- Visual Problems:
 - Vision screening
 - Outreach to parents and teachers
 - On-site provision of services
- Asthma
 - Case management
 - Elimination of environmental triggers
 - Education for students with asthma
 - Safe opportunities for physical activity

What Can Schools Do?

- Teen Pregnancy:
 - Effective, skills-based sex education
 - Social and emotional learning
 - Contraceptive services for sexually active youth
 - Health and social services for teen moms

What Can Schools Do?

- Aggression and Violence:
 - Supportive social climate
 - Safe physical environment
 - Effective, skills-based health education
 - Social and emotional learning
 - Counseling, psychological, and social services

What Can Schools Do?

- Physical Activity:
 - Standards-based physical education
 - Recess and in-class movement
 - Intramural and after-school programs
 - Support for walking and biking to school
- Breakfast
 - Universal school breakfast program
 - Allowing students to eat in classroom

What Can Schools Do?

- Inattention and Hyperactivity
 - Assessment, evaluation, diagnosing, and monitoring
 - Organize classrooms to minimize distractions
 - Improving teacher–student relationship
 - Behavioral interventions
 - Academic interventions
 - Outreach and partnership with parents

