

FLORIDA HEALTHY SCHOOLS

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CONSORTIUM MEMBERS WORK TOGETHER TO SUPPORT SCHOOL HEALTH AND WELLNESS

The School Health and Education Consortium (SHEC) sponsored by the Coordinated School Health Program (CSHP) of the Florida Departments of Education and Health has been in existence for over ten years. Membership is comprised of representatives from the eight components of the Coordinated School Health model. The members represent organizations such as: American Heart Association, American Cancer Society, American Lung Association, Alliance for a Healthier Generation, Florida Dental Association, MORE Health, Blue Cross and Blue Shield of Florida, Florida Parent Teacher Association, Moffit Cancer Center, Florida Dairy Council, Tropicana, Florida Association of School Psychologists, Florida School Health Association, Florida Association of School Nurses, Florida Alliance for Health, Physical Education, Recreation, Dance and Sport, Florida Optometric Association, Florida Pediatric Society, STEP's to a Healthier America of Pinellas and Hillsborough, Florida Food Service Association, Florida Action for Healthy Kids and

Winter Park Health Foundation, along with school board members from Leon and Monroe counties and school district and state level education and health partners. Members of the consortium are advocates for school health and wellness who combine their expertise, influence and resources to advocate for policy and environmental changes to create healthy, positive learning environments that ultimately lead to academic success.

The group has identified two initiatives for the current year. First, in order for schools to be successful in implementing and sustaining health and wellness activities or programs there must be administrative support. In response, the SHEC has created criteria for recognition of school districts that meet the highest standards in district infrastructure, and in the eight areas identified in a coordinated approach



to school health and wellness. The criterion will also serve as a needs assessment for school districts to utilize to determine their assets, and barriers related to district level infrastructure to support school health and wellness and the eight component areas. The tool can be utilized similarly to the School Health Index, which provides an opportunity to assess school level supports. The tool is in the final stages of pilot testing and is expected to be released in Fall 2007.

The second initiative is to develop a plan to support the provision of comprehensive school health education in the current environment of competing priorities. Comprehensive school health includes: con

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cepts of community health; consumer health; environmental health; family life, including an awareness of the benefits of sexual abstinence as the expected standard and the consequences of teenage pregnancy; mental and emotional health; injury prevention and safety; nutrition; personal health; the prevention and control of disease; and substance use and abuse.

The SHEC demonstrates the power of partnership that can be replicated on the district level, through school health advisory committees (SHACs) and on the school level, through healthy school teams.

A FRESH MESSAGE ABOUT FRUITS AND VEGETABLES

Change can be good. The National Fruit & Vegetable Program, which replaced the 5 A Day for Better Health Program, thinks so. They've decided their health initiative needed a face-lift. Research indicated confusion among consumers about the fruit and vegetable message: How many servings do you need? What is a serving? How do you fit more into a day?



The new Dietary Guidelines for Americans, released in January of

2005, didn't help to clarify the 5 A Day message. These new guidelines recommended 2 to 6 ½ cups a day (That's the equivalent of 4-13 servings). Wait, what's happening here? Well, consumer research indicated that *cups* is a more understandable and motivating tool to visualize the amount of fruits and vegetables they should eat.

Change needed to happen.

How does the National Fruit & Vegetable Program plan to promote their new message? They have started a **Fruits & Veggies: More Matters™** Health Initiative. The main message here is encouragement for you and your family to eat more fruits and veggies at every eating occasion. The next question is, how do you do this? Just look at a couple of websites, and all the information is at your fingertips.

www.fruitsandveggiesmorematters.org/ replaces the 5aday.org website. This revamped, savvy website contains a plethora of resources. Not sure how to store your tomatoes? Visit their database on nutrition, storage, and handling of fruits and vegetables. Want to sneak more vegetables into your casseroles? Check out their Meal Planning section.

Wondering how this new message can be translated to our Florida youth? The "Get Kids Involved" section has kid-friendly recipes and learning games for students. My favorite is a list of healthy vending and fundraising options for

those school fundraisers! Many Florida companies are featured. For more information on relaying this important message, check out the Center for Disease Control and Prevention's site at

www.fruitsandveggiesmatter.gov/, where you'll find fruits and vegetables of the month and a section for health professionals.

I think I've decided change is good!

Kari King, RD, MHSE

Healthy School Coordinator

Coordinated School Health Program

Florida Department of Education



STATE AGENCIES COLLABORATE TO DEVELOP COMPREHENSIVE DATA SOURCE

An interdepartmental workgroup comprised of six state agencies is collaborating to produce a "state of the art" child and adolescent data profile. Participating agencies include; the Department of Health (DOH), Department of Education (DOE), the Agency for Health Care Administration (ACHA), Department of Children and Families (DCF), Department of Juvenile Justice (DJJ), and Department of Highway Safety and Motor Vehicles (DHSMV).

The workgroup is in the final stages of creating a comprehensive, internet based, county level profile of children in Pre-K to high school age groups. The purpose of the profile is to make data related to the health and well-being

of Florida's young people readily available to community leaders and the general public. This will encourage communities to take a more holistic look at children and adolescents and the context in which they live. The profile will provide information from cross-cutting areas such as youth risk behaviors, injuries and violence, social-emotional development, school and social environment, and access to care.

The longitudinal data, some of it going back as far as 10 years, will be made available through the existing DOH **Community Health Assessment Resource Tool Set (CHARTS)** website,

www.FloridaCHARTS.com, and will join other profiles currently in place and in development. CHARTS is used for targeting resources and applying for public and private funds to address relevant local issues. Currently, communities have to access many different websites to tease-out information specifically about the child or adolescent population or call each agency for more specific information. This new data source will provide quick access to valuable data. The comprehensive data profiles will facilitate the efforts of communities and the general public, as they strive to develop programs to serve the needs of children and adolescents.

The release of this exciting new profile is anticipated to be Fall 2007.



Escambia County Health Department School Health Division Research Initiative Documents the Value of School Health Services

The Escambia County Health Department School Health Division has contracted with Florida Atlantic University (FAU) Christine E. Lynn College of Nursing Quantum Foundation Center for Innovation in School and Community Well Being, for a research initiative. Funding for this research initiative is a collaborative effort between the Escambia County Health Department (ECHD) and the Escambia County Partnership for Public Health.

Prior to 2006, the ECHD School Health Program consisted of a limited number of school nurses, health support technicians and volunteer school nurses who collaborated to meet the individual student health needs in Escambia County. Beginning in 2006, the Escambia County School Health Program was expanded to include a Registered Nurse and Health Support Technician Team at each regular-education public school in Escambia County.

The premise is that school health is public health, and this focus will improve the health of the children, their families and the community. Having the double layer of School Health staff allows the nurse to oversee the basic care provided through the school health room primarily rendered by the Health Support Technician, while freeing the school nurse to design and implement specific health programs to meet the unique needs of students and community.

The research initiative will provide an assessment of the program as it existed before 2006, develop baseline data for use in an evaluation of initial effectiveness of the program, make recommendations for amended measures and create methodology for effective continual self analysis. Dr. Charlotte Barry and Dr. Shirley Gordon came to Escambia County in December of 2006 for a technical assistance visit. They visited several school sites to see the School Health staff in action, and received an overview of the School Health Program along with its history. The School Health program provided baseline data that was previously collected.

Drs. Barry and Gordon will develop an evaluation plan for the Escambia County School Health Program that will include outcomes, process objectives, outcome objectives, and impact objectives. They will conduct an analysis of available data and provide the department with recommendations on possible amended performance measures. FAU will also develop and provide a methodology for the Escambia County School Health Program to conduct an ongoing self evaluation for measuring effectiveness.

Submitted by Karen Capps, RN, BS, NCSN, Director School Health Division, Escambia County Health Department

Calendar of Upcoming Events in 2007:

July 13-15	Florida Parent Teacher Association www.floridapta.org	Innisbrook
October 3-5	Prevention Conference www.preventioninflorida.org	Orlando
October 29-30	Attendance Symposium http://sss.usf.edu/attendancesymposium/2007/index.html	St. Petersburg
Nov. 1-4	FAHPERDS www.fahperd.org/	St. Petersburg
November 7-10	Florida Association of School Psychologists http://www.fasp.org/	Daytona

If you would like your upcoming events posted in the summer newsletter, please send the information to carol_vickers@doh.state.fl.us by September 7th, 2007.

Florida's Coordinated School Health Program

Your CSHP Staff Contacts

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Healthy Florida Schools Through
Coordinated School Health



E-mail your success stories and upcoming events to carol_vickers@doh.state.fl.us



Wellness is not the absence of disease but rather it is complete physical, emotional and social wellbeing that increases the ability to reach one's personal potential.

Project GYM (Getting Youth Moving): A Youth Wellness Initiative Turns \$1000 Award into \$250,000!



In June 2006, the Florida Department of Health released a series of \$1,000 mini-grants to youth-based organizations throughout Florida. Youth that attended the Youth Empowered Ambassador for Health (YEAH!) Summit had the opportunity to apply for funds that could assist them in implementing an original project that related to one of the following goals:

- Reduce barriers to healthy eating or physical activity in the community.
- Increase the number of schools that promote healthy eating and physical activity.
- Increase the number of

neighborhoods that are designed to support safe play.

The **Community Problem Solvers** of Flagler Palm Coast High School, through a youth wellness initiative called **Project GYM** (Getting Youth Moving), applied and received the \$1000 award. Since that time they have increased project funds to approximately \$250,000 through grants and other matching funds.

Project GYM has established a Youth Wellness Center at Bunnell Elementary School called *The Jungle Gym*. *The Jungle Gym* is a youth room equipped with youth sized Nautilus equipment as well as treadmills, bikes and a stretching station. The jungle-themed room encourages youth to enter and explore the opportunities to participate in physical activity alongside peers. Certified physical education teachers and fitness professionals will staff the room to en-

sure proper technique and safe supervision. Plans are already underway for a second facility.

Project GYM is an example of the Florida Department of Health's Youth Empowered Ambassadors for Health (YEAH!) initiative as well as **CmPS** (Community Problem Solving curriculum).

Flagler County Schools have shown commitment to projects that increase rigorous and relevant academics, while building relationships among students, staff, schools, and community. When **Project GYM** students graduated this May, Bunnell Elementary School continued to work to complete the subsequent phases of the building, as well as develop innovative programming to get youth moving!

Submitted by Katie Rainka, DOH YEAH Coordinator