

Healthier Students are Better Learners: *Needs and Resources for Creating Healthy Environments in Rural Florida School Districts*

Resources shared during the NEFEC Board Workshop – July 2016

Healthier Students are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap

Charles E. Basch - Journal of School Health, 2011

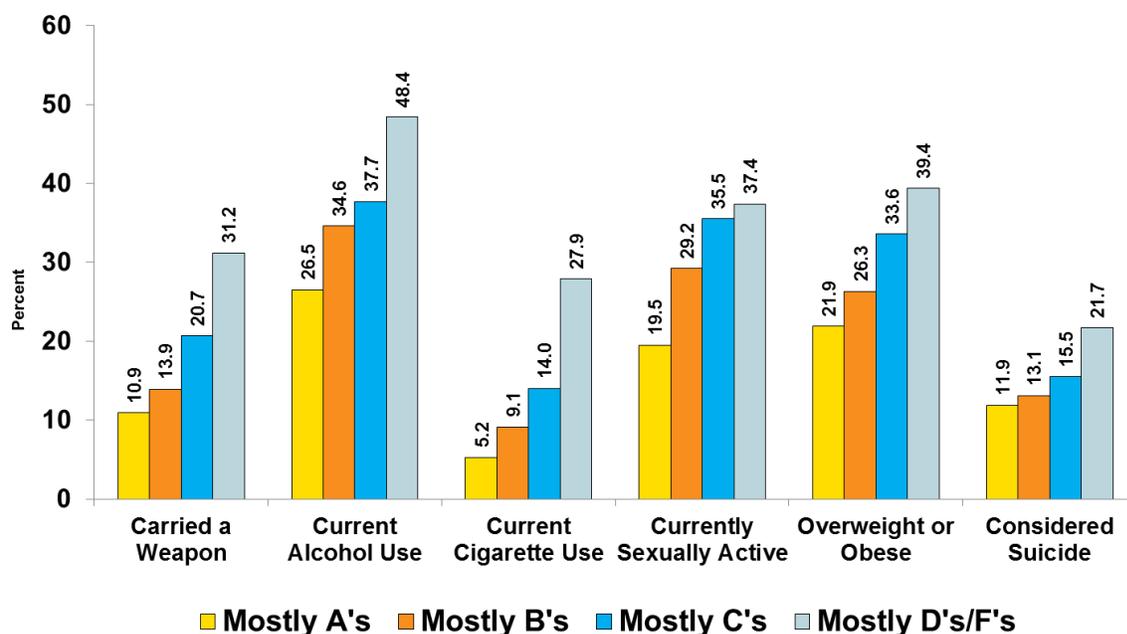
- <http://onlinelibrary.wiley.com/doi/10.1111/j.1746-1561.2011.00632.x/full>

Data Resources

Florida Youth Surveys

- **Florida Youth Tobacco Survey (FYTS):** Annual survey of students grades 6-12 conducted at the state-level each odd-numbered year and at county-level each even-numbered year.
 - <http://www.floridahealth.gov/statistics-and-data/survey-data/fl-youth-tobacco-survey/index.html>
- **Florida Youth Substance Abuse Survey (FYSAS):** Annual survey of students grades 6-12 conducted at the state-level each odd-numbered year and at county-level each even-numbered year.
 - <http://www.myflfamilies.com/service-programs/substance-abuse/fysas>
- **Middle School Health Behavior Survey (MSHBS):** Biennial survey of students grades 6-8 conducted at the state-level each odd-numbered year.
 - <http://www.floridahealth.gov/statistics-and-data/survey-data/middle-school-health-behavior-survey/index.html>
- **Youth Risk Behavior Survey (YRBS):** Biennial survey of students grades 9-12 conducted at the state-level each odd-numbered year.
 - <http://www.floridahealth.gov/statistics-and-data/survey-data/youth-risk-behavior-survey/>

Select Risk Behaviors by Self-Reported Grades, YRBS* 2015



*Youth Risk Behavior Survey

School-aged Child and Adolescent Profile: A county-level profile report available from FloridaCHARTS.com that includes various indicators from several different data sources.

- <http://www.floridacharts.com/charts/SpecReport.aspx?RepID=7245&tn=31>

School Environmental Safety Incident Reporting (SESIR): The School Environmental Safety Incident Reporting (SESIR) System currently collects data on 26 incidents of crime, violence, and disruptive behaviors that occur on school grounds, on school transportation, and at off-campus, school-sponsored events, during any 24-hour period, 365 days per year.

- <http://www.fldoe.org/schools/safe-healthy-schools/safe-schools/sesir-discipline-data/discipline-incident-data/statewide-report-on-school-safety-disc.stml>

Health-Topic Specific Resources

Vision: Two state funded vision programs provide vision services to eligible (uninsured) public school students who have failed a school-based vision screening and are in need of follow-up and possible corrective lenses

- <http://www.floridahealth.gov/programs-and-services/childrens-health/school-health/vision.html>

Asthma: The Florida Asthma Coalition's Asthma-Friendly Schools Recognition provides an opportunity and framework for schools to follow to create an Asthma-Friendly School environment. Mentors across the state are ready to help schools through the application process.

- <http://floridaasthmacoalition.com/schools-and-child-care/asthma-friendly-school-recognition/>

Physical Activity Resources:

- **Comprehensive School Physical Activity Program (CSPAP):** A CSPAP is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime.
 - <https://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>
- **HealthierUS Schools Challenge: Smarter Lunchrooms:** This a voluntary certification initiative recognizing those schools that have created healthier school environments through promotion of nutrition and physical activity. The Florida Departments of Education, Agriculture and Consumer Services, Children and Families, and Health are working together to increase the number of schools earning this recognition in school year 2016-2017.
 - <http://www.fns.usda.gov/hussc/application-materials>
- **Action for Healthy Kids: Brain Breaks, Instant Recess and Energizers:** Evidence-based programs, tips, and tools for integrating physical activity into the school day.
 - <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- **The Morning Mile™:** An example of a before-school opportunity for physical activity.
 - <http://morningmile.com>

Breakfast: School breakfast programs have been shown to improve students' nutritional intake, decrease behavioral problems and tardiness, improve cognitive performance and academic achievement, and reduce chronic food insecurity.

- **United States Department of Agriculture (USDA) - School Breakfast Program (SBP): Energize Your Day with School Breakfast Toolkit:** A collection of digital resources that SBP operators and other stakeholders may use to establish or expand the breakfast service within their school.
 - <http://www.fns.usda.gov/sbp/toolkit>
- **USDA Team Nutrition: School Breakfast Materials:** Order free materials including posters, workbooks, and curriculum for your School Breakfast Program activities.
 - <http://www.fns.usda.gov/tn/sbp-materials>
- **Action for Healthy Kids Breakfast Resources:** This site provides various resources including flyers, webinars, models, success stories, communication tools, and grant opportunities that help make the case for and support school breakfast programs.
 - <http://www.actionforhealthykids.org/what-we-do/breakfast-for-healthy-kids>

Teen Pregnancy: Teen pregnancy is one of the Centers for Disease Control and Prevention's (CDC's) top seven priorities, a "winnable battle" in public health, and of paramount importance to health and quality of life for youth.

- **Preventing Teen Pregnancy in Northeast Florida**
 - http://nefhealthystart.org/wordpress/wp-content/uploads/2015/05/Preventing_Teen_Pregnancy.pdf
- **Teenage Parent Programs in Florida School Districts: A Resource Manual**
 - <http://www.fldoe.org/core/fileparse.php/5576/urlt/ADA-Teenage-Parent-Program-TAP-FINAL.pdf>
- **U.S. Department of Health and Human Services: Teen Pregnancy Prevention Resource Center: Evidence-Based Programs**
 - http://www.hhs.gov/ash/oah/oah-initiatives/teen_pregnancy/db/

Aggression and Violence Resources: The Florida Department of Education: Office of Safe Schools serves to promote and support safe learning environments by addressing issues of student safety and academic success on state, district, and school levels.

- **Bullying Prevention**
 - <http://www.fldoe.org/schools/safe-healthy-schools/safe-schools/bullying-prevention.stml>
- **Teen Dating Violence Prevention**
 - <http://www.fldoe.org/schools/safe-healthy-schools/safe-schools/related-topics/teen-dating-violence-prevention.stml>

Inattention and Hyperactivity

- **U.S. Department of Education: Attention Deficit Hyperactivity Disorder (ADHD)**
 - <http://www2.ed.gov/rschstat/research/pubs/adhd/index.html>
- **CDC Facts about ADHD**
 - <http://www.cdc.gov/ncbddd/adhd/facts.html>

Florida Healthy District Award

The Florida Healthy School District Award is provided by the Florida Coordinated School Health Partnership (CSHP) in cooperation with Florida Action for Healthy Kids, Florida Association of District Superintendents and Florida Healthy Kids Corporation. Experts from state agencies, school districts, and community partners created the Healthy District Self-Assessment Tool to assist districts in achieving the highest standards in infrastructure and the eight component areas of the Centers for Disease Control and Prevention's (CDC) Coordinated School Health model. The self-assessment is based on district infrastructure, policy, programs and practices identified from national and state guidelines, best practices, and Florida statutes.

Healthy District Self-Assessment Tool: The tool is first and foremost a self-assessment and planning tool that will help districts determine where they are currently and what they might be able to do to remove health related barriers to learning and work toward recognition as a Florida Healthy District.

- <http://safehealthyschoolsfl.org/Page.aspx/Index/Completing-Assessment>

Healthy District Online Training: This interactive training will help you renew, refresh and reinvigorate your team's efforts to improve the health and wellness of students and staff in your district. It provides an opportunity for district wellness policy committees and School Health Advisory Committees (SHACs) to create a solid foundation to implement CSH and enhance their wellness efforts.

- <http://www.healthydistrict.com/training/>

2016 Florida Healthy School Districts

