



Comprehensive School Wellness Program

School Safety and Social Wellness Unit

Zach Stover, School Health & Wellness Specialist

AGENDA

1. COMPREHENSIVE SCHOOL WELLNESS PROGRAM
2. CDC WSCC MODEL
3. SCHOOL NURSE SURVEY
4. HOW CAN YOU GET INVOLVED



"I had three 'panic attack' cases today, two first graders and a rookie teacher."

COMPREHENSIVE SCHOOL WELLNESS PROGRAM

Cooperative Agreement with the CDC Healthy Schools Branch
Improve Student Health and Academic Achievement through:

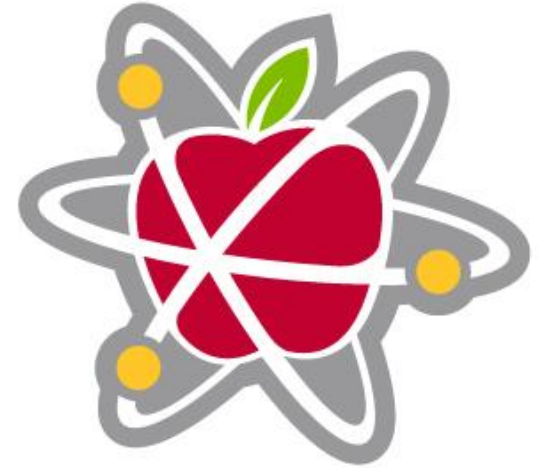
1. Nutrition
2. Physical Activity
3. Management of Chronic Conditions in Schools



COMPREHENSIVE SCHOOL WELLNESS PROGRAM

5 Priority Local Education Agencies

- Vernon Elementary
- Tombstone Unified School District
- Mohave Valley Elementary School District
- Mingus Union High School District
- Destiny School







Arizona School Health & Wellness Coalition

- The Coalition is a collaboration of key school health stakeholders, state and local organizations, community members, parents and individuals whose primary goal is to assist schools in creating healthy school environments and communities.

Family Engagement Events

Engage families, school staff and communities to support and improve the learning, development and health of students.

MEET THE WELLNESS TEAM

			
<p>Miranda Graves</p>	<p>Constance Washington</p>	<p>Elizabeth Holmes</p>	<p>Zach Stover</p>
<p>Project Manager / Principal Investigator</p>	<p>Comprehensive School Wellness Specialist</p>	<p>School Health Specialist (AZ Health Zone)</p>	<p>School Health and Wellness Specialist</p>
<p>Miranda.Graves@azed.gov</p>	<p>Constance.Washington@azed.gov</p>	<p>Elizabeth.Holmes@azdhs.gov</p>	<p>Zach.Stover@azed.gov</p>
<p>Miranda has been at ADE for the past 13 years. She has a diversified experience working in both not-for-profit and corporate sectors across the U.S. Miranda brings over 10 years of experience in minority health disparities, child development, and family engagement where she specializes in coalition building, social marketing, program development, implementation, and infrastructure.</p>	<p>Constance is a native of the Grand Canyon State and is passionate about collaborations that impact change in our school communities. She helps facilitate the Arizona School Health and Wellness Coalition, which is dedicated to creating equity in school health.</p>	<p>Elizabeth works for the AZ Health Zone (SNAP-Ed) at the Arizona Department of Health Services. She brings more than 25 years of experience as a teacher and public health educator developing and implementing tobacco youth programs, the School Health Index assessment, and Local Wellness Policies with an emphasis on nutrition and physical activity.</p>	<p>Zach has been working in School Health since he moved from his home state of Nebraska three years ago. He has experience working with healthcare professionals to develop educational programs for youth. Zach specializes in School Health Services, where he works to positively impact the health of people and communities.</p>

WSCC MODEL

**How familiar are you
with the WSCC Model?**

WSCC MODEL

The Whole School, Whole Community, Whole Child (WSCC) model is the CDC's framework for addressing health in schools.

1. Physical education and activity.
2. Nutrition environment and services.
3. Health education.
4. Social and emotional school climate.
5. Physical environment.
6. Health services.
7. Counseling, psychological and social services.
8. Employee wellness.
9. Community involvement.
10. Family engagement.



WSCC MODEL

Physical Education & Activity:

- Physical education helps students develop motor skills, knowledge, and behaviors.



WSCC MODEL

Nutrition Environment & Services:

- School nutrition services provide students with opportunities to learn about and practice healthy eating.



WSCC MODEL

Health Services:

- School health services provide first aid, emergency care, and assessment of and planning for chronic conditions.



WSCC MODEL

Counseling, Psychological & Social Services:

- These prevention and intervention services support the mental, behavioral, social, and emotional health of students.



WSCC MODEL

Social & Emotional Climate:

- A positive social and emotional school climate is conducive to effective teaching and learning.



WSCC MODEL

Physical Environment:

- A healthy and safe physical school environment promotes learning by ensuring the health and safety of students and staff.



WSCC MODEL

Employee Wellness:

- Fostering the physical and mental health of school employees protects school staff and, by doing so, helps to support students' health and academic success.
- Healthy school employees are more productive and less likely to be absent.



WSCC MODEL

Family Engagement:

- Families and school staff work together to support and improve students' learning, development, and health.



WSCC MODEL

Community Involvement:

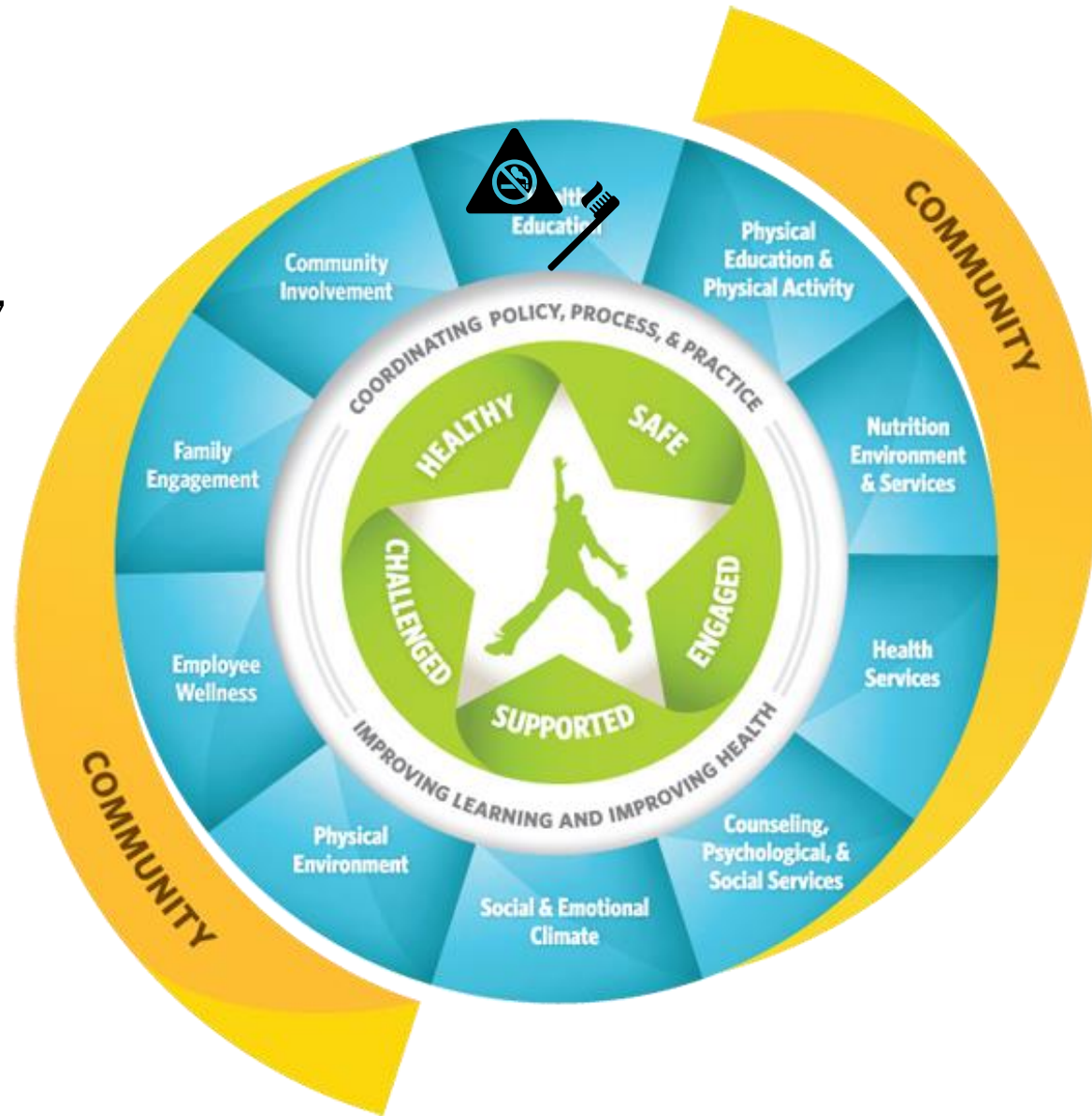
- Community groups and local businesses can create partnerships with schools, share resources, and volunteer to support student learning and health-related activities.



WSCC MODEL

Health Education:

- When provided by qualified, trained teachers, health education helps students acquire the knowledge, attitudes, and skills they need for making healthy decisions.



CHRONIC HEALTH CONDITIONS

- 25% of children in the United States aged 2 to 8 years have a chronic health condition.
- The healthcare needs of children with chronic illness can be complex and continuous and includes both daily management and addressing potential emergencies.
 - Asthma
 - Food Allergies
 - Diabetes
 - Epilepsy
 - Oral Health
 - Obesity



CHRONIC HEALTH CONDITIONS

The Whole School, Whole Community, Whole Child (WSCC) model is the CDC's framework for addressing health in schools.

1. Physical education and activity.
2. Nutrition environment and services.
3. Health education.
4. Social and emotional school climate.
5. Physical environment.
6. Health services.
7. Counseling, psychological and social services.
8. Employee wellness.
9. Community involvement.
10. Family engagement.



CHRONIC HEALTH CONDITIONS

The Whole School, Whole Community, Whole Child (WSCC) model is the CDC's framework for addressing health in schools.

1. Physical education and activity.
2. Nutrition environment and services.
3. Health education.
4. Social and emotional school climate.
5. Physical environment.
- 6. Health services.**
7. Counseling, psychological and social services.
8. Employee wellness.
9. Community involvement.
10. Family engagement.



CHRONIC HEALTH CONDITIONS

Health services

- Provide first aid, emergency care, and assessment of and planning for chronic conditions.
 1. Acute & Emergency Care
 2. Care Coordination
 - 3. Chronic Disease Management**
 4. Family Engagement



CHRONIC HEALTH CONDITIONS

INTEGRATING ACROSS THE WSCC MODEL

Nutrition Environment and Services

Help manage the nutritional needs of students with chronic health conditions, including food allergies and diabetes.

Physical Education & Physical Activity

Encourage all students to participate in physical activity, regardless of ability, unless chronic health conditions prevent it.

CHRONIC HEALTH CONDITIONS

INTEGRATING ACROSS THE WSCC MODEL

Nutrition Environment and Services

Help manage the nutritional needs of students with chronic health conditions, including food allergies and diabetes.

Physical Education & Physical Activity

Encourage all students to participate in physical activity, regardless of ability, unless chronic health conditions prevent it.

Health Services

Train appropriate school staff on how to provide resources that support students with chronic health conditions.

Health Education

Make sure that students get comprehensive health education that includes information on common chronic health conditions.

CHRONIC HEALTH CONDITIONS

INTEGRATING ACROSS THE WSCC MODEL

Nutrition Environment and Services

Help manage the nutritional needs of students with chronic health conditions, including food allergies and diabetes.

Physical Education & Physical Activity

Encourage all students to participate in physical activity, regardless of ability, unless chronic health conditions prevent it.

Health Services

Train appropriate school staff on how to provide resources that support students with chronic health conditions.

Health Education

Make sure that students get comprehensive health education that includes information on common chronic health conditions.

Community Involvement

Connect with out-of-school programs about access to health services and students with chronic health conditions.

Family Engagement

Give parents opportunities to learn about chronic health conditions and school health services.

CHRONIC HEALTH CONDITIONS

INTEGRATING ACROSS THE WSCC MODEL

Nutrition Environment and Services

Help manage the nutritional needs of students with chronic health conditions, including food allergies and diabetes.

Physical Education & Physical Activity

Encourage all students to participate in physical activity, regardless of ability, unless chronic health conditions prevent it.

Health Services

Train appropriate school staff on how to provide resources that support students with chronic health conditions.

Health Education

Make sure that students get comprehensive health education that includes information on common chronic health conditions.

Community Involvement

Connect with out-of-school programs about access to health services and students with chronic health conditions.

Family Engagement

Give parents opportunities to learn about chronic health conditions and school health services.

Employee Wellness

Encourage school staff to model healthy behaviors for students with chronic health conditions.

Physical Environment

Provide a safe physical environment for students with chronic health conditions by ensuring proper cleaning, maintenance, and ventilation and limiting exposure to chemicals and/or pollutants.

CHRONIC HEALTH CONDITIONS

INTEGRATING ACROSS THE WSCC MODEL

Nutrition Environment and Services	Help manage the nutritional needs of students with chronic health conditions, including food allergies and diabetes.
Physical Education & Physical Activity	Encourage all students to participate in physical activity, regardless of ability, unless chronic health conditions prevent it.
Health Services	Train appropriate school staff on how to provide resources that support students with chronic health conditions.
Health Education	Make sure that students get comprehensive health education that includes information on common chronic health conditions.
Community Involvement	Connect with out-of-school programs about access to health services and students with chronic health conditions.
Family Engagement	Give parents opportunities to learn about chronic health conditions and school health services.
Employee Wellness	Encourage school staff to model healthy behaviors for students with chronic health conditions.
Physical Environment	Provide a safe physical environment for students with chronic health conditions by ensuring proper cleaning, maintenance, and ventilation and limiting exposure to chemicals and/or pollutants.
Social & Emotional Climate	Promote a positive school climate where students with chronic health conditions can seek help from trusted adults.
Counseling, Psychological, and Social Services	Help students with chronic health conditions during transitions, such as changes in schools or family structure.

CHRONIC HEALTH CONDITIONS

INTEGRATING ACROSS THE WSCC MODEL

Nutrition Environment and Services	Help manage the nutritional needs of students with chronic health conditions, including food allergies and diabetes.
Physical Education & Physical Activity	Encourage all students to participate in physical activity, regardless of ability, unless chronic health conditions prevent it.
Health Services	Train appropriate school staff on how to provide resources that support students with chronic health conditions.
Health Education	Make sure that students get comprehensive health education that includes information on common chronic health conditions.
Community Involvement	Connect with out-of-school programs about access to health services and students with chronic health conditions.
Family Engagement	Give parents opportunities to learn about chronic health conditions and school health services.
Employee Wellness	Encourage school staff to model healthy behaviors for students with chronic health conditions.
Physical Environment	Provide a safe physical environment for students with chronic health conditions by ensuring proper cleaning, maintenance, and ventilation and limiting exposure to chemicals and/or pollutants.
Social & Emotional Climate	Promote a positive school climate where students with chronic health conditions can seek help from trusted adults.
Counseling, Psychological, and Social Services	Help students with chronic health conditions during transitions, such as changes in schools, family structure or approaching adulthood.

2021 SCHOOL NURSE SURVEY

1. DEMOGRAPHICS
2. SNOA
3. COVID-19
4. CHRONIC HEALTH CONDITIONS
5. PROFESSIONAL DEVELOPMENT

© 2010 by Randy Glasbergen



"I use so much alcohol-based hand sanitizer, my hands had to join a 12-step program!"

2021 SCHOOL NURSE SURVEY

Special Thank You to:
Pat VanMaanen

© 2010 by Randy Glasbergen



**"I use so much alcohol-based hand sanitizer,
my hands had to join a 12-step program!"**

2021 SCHOOL NURSE SURVEY

GOALS

1. Identify and establish connection with school nurses across Arizona.
2. Identify professional development priorities for school nurses in Arizona.
3. Learn of the top five chronic health conditions school nurses face in Arizona
4. Determine ways school nurses wish to be engaged to further the health of school aged children in Arizona.
5. Identify current and anticipated needs school nurses in Arizona have related to COVID-19.



2021 SCHOOL NURSE SURVEY

GOALS

1. Identify and establish connection with school nurses across Arizona.
2. Identify professional development priorities for school nurses in Arizona.
3. Learn of the top five chronic health conditions school nurses face in Arizona
4. Determine ways school nurses wish to be engaged to further the health of school aged children in Arizona.
5. Identify current and anticipated needs school nurses in Arizona have related to COVID-19.

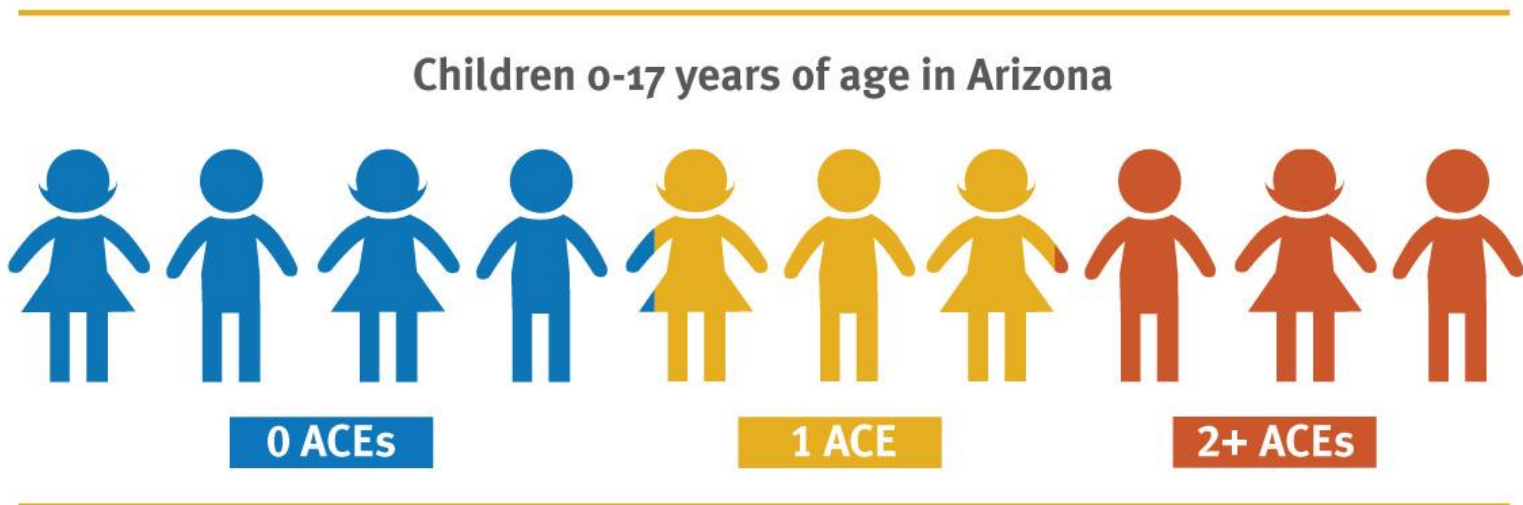
OUTCOME

- Total Responses: 390
- School Nurses: 233 (60%)
- SNOA Members: 100 (26%)



ADVERSE CHILDHOOD EXPERIENCES (ACEs)

18% strongly agree that they can find PD offerings

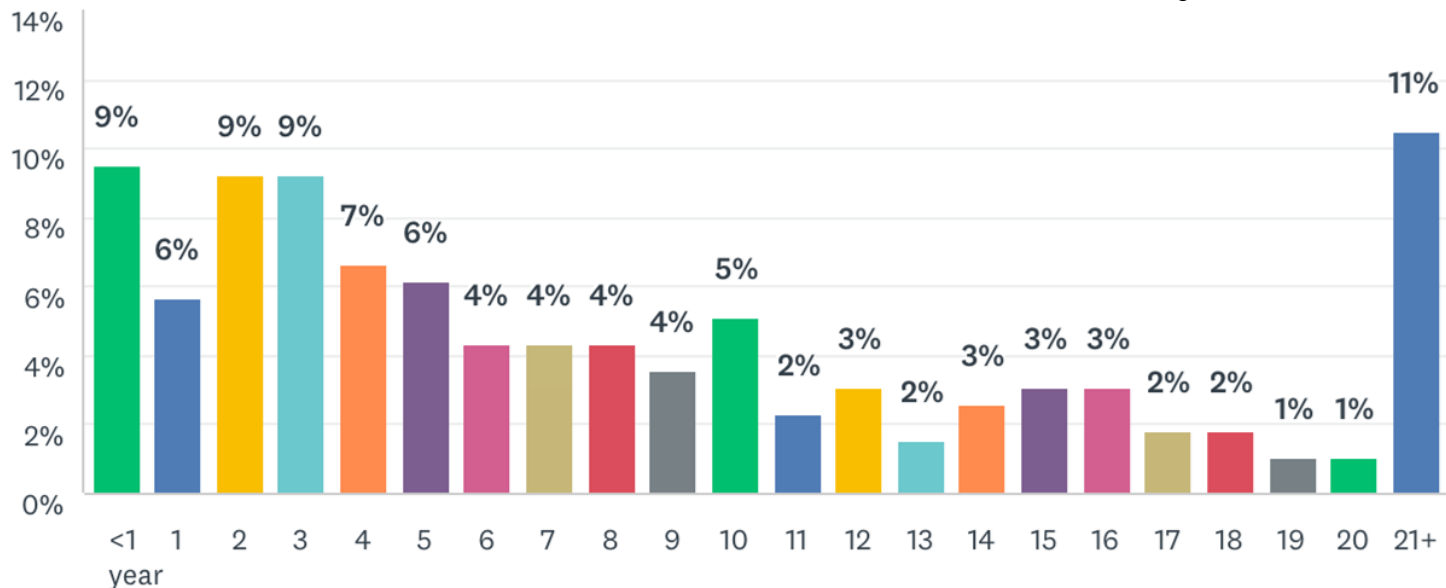


SURVEY DEMOGRAPHICS

- Out of the 390 total responses:
 - **15** counties across Arizona
 - **87%** employed through a public school district
 - **71%** full time staff at an Elementary School
 - **68%** represented Maricopa County

SURVEY DEMOGRAPHICS

- Out of the 390 total survey responses:
 - **15** counties across Arizona
 - **87%** employed through a public school district
 - **71%** full time staff at an Elementary School
 - **68%** represented Maricopa County
 - **46%** have been in their role for less than 5 years



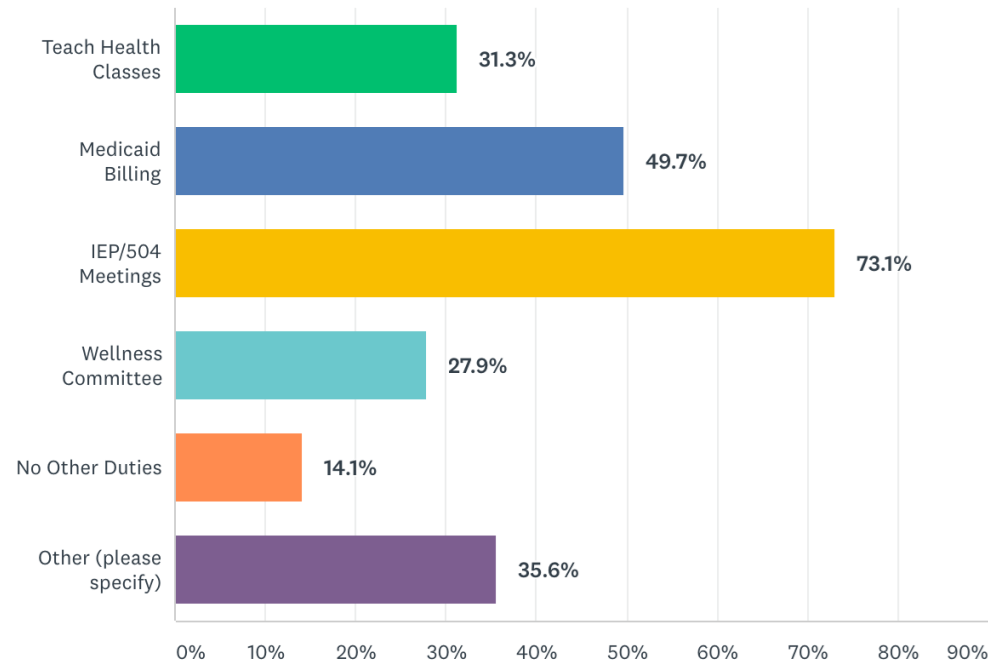
DEMOGRAPHICS

My other duties as a school nurse include:

1. IEP/504 Meetings (73.1%)
2. Medicaid Billing (49.7%)
3. Other (35.6%)
4. Teach Health Classes (31.3%)
5. Wellness Committee (27.9%)
6. No Other Duties (14.1%)

My other duties include (mark all that apply):

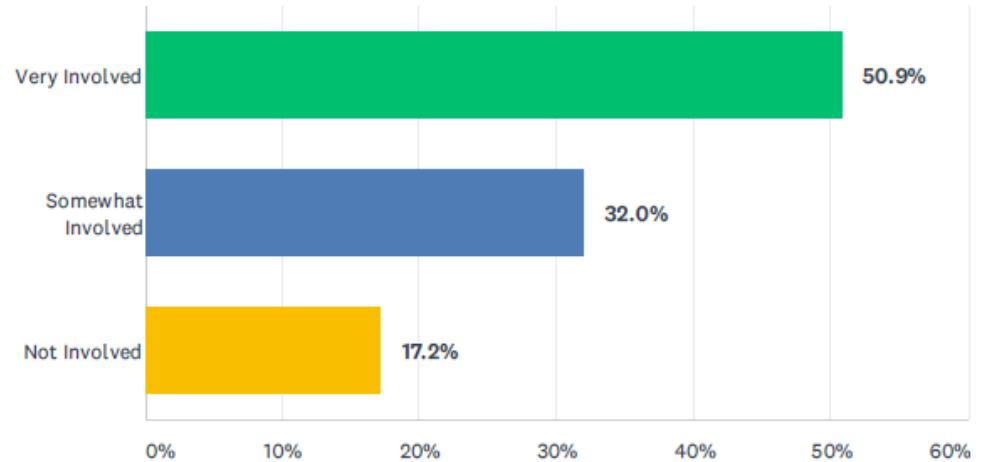
Answered: 390 Skipped: 0



COVID-19

How involved were you in your school/districts COVID-19 planning response efforts?

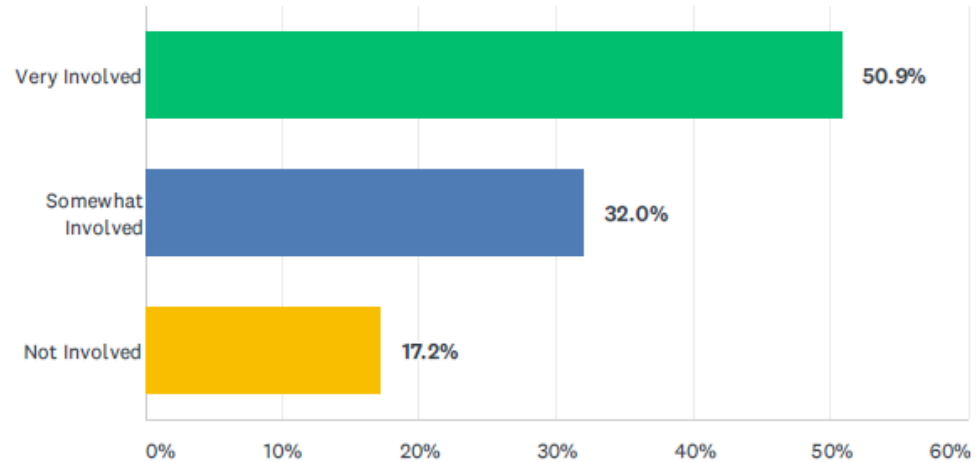
1. Very Involved (51%)
2. Somewhat Involved (32%)
3. Not Involved (17%)



COVID-19

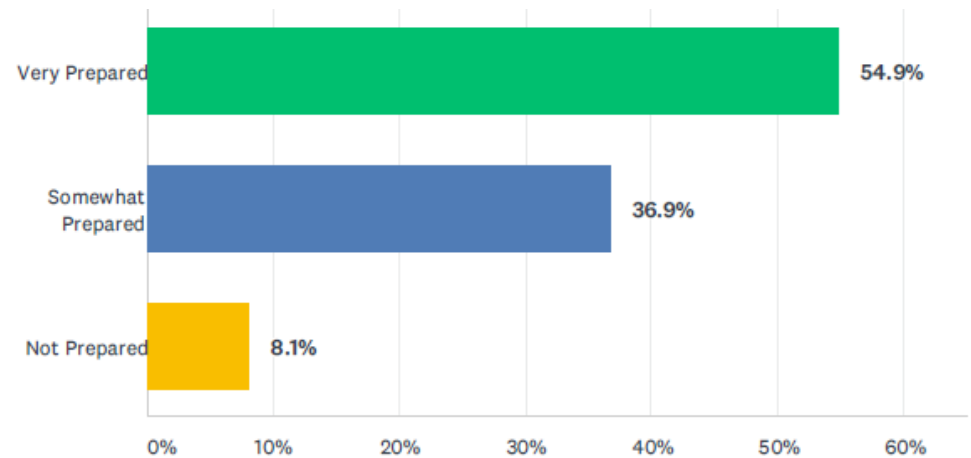
How involved were you in your school/districts COVID-19 planning response efforts?

1. Very Involved (51%)
2. Somewhat Involved (32%)
3. Not Involved (17%)



How prepared do you believe you and your school/district were for the COVID-19 pandemic?

1. Very Prepared (55%)
2. Somewhat Prepared (37%)
3. Not Prepared (8%)



COVID-19

Improve student health and academic achievement

1. Nutrition
2. Physical Activity
3. Management of Chronic Conditions in Schools
4. School Staff (54%)
5. ADE (22%)

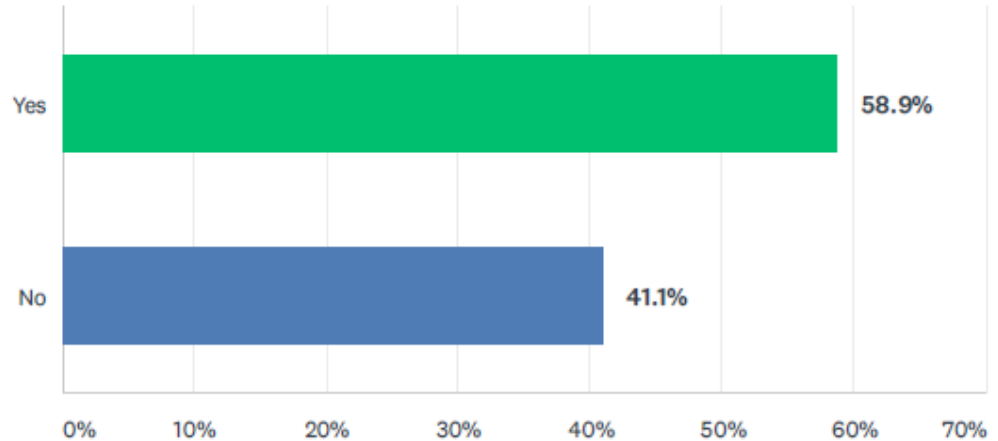
Out of **344** school nurses and health staff, only **75** found ADE to be a helpful resource when addressing COVID-19.

ADE recognizes this gap and is working to develop a platform where school nurses can go to seek out resources and assistance.

COVID-19

If funding is available for pandemic related needs, would you apply to receive funding?

1. Yes (59%)
2. No (41%)



CHRONIC HEALTH CONDITIONS

Rank the Most Frequent
Chronic Health Conditions:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



CHRONIC HEALTH CONDITIONS

Rank the Most Frequent Chronic Health Conditions:

1. Asthma
2. Allergies
3. Mental/Emotional Disorder
4. Diabetes
5. Vision Deficiencies
6. Dental Issues
7. Autism Spectrum Disorders
8. Seizures
9. Obesity
10. Hearing Loss



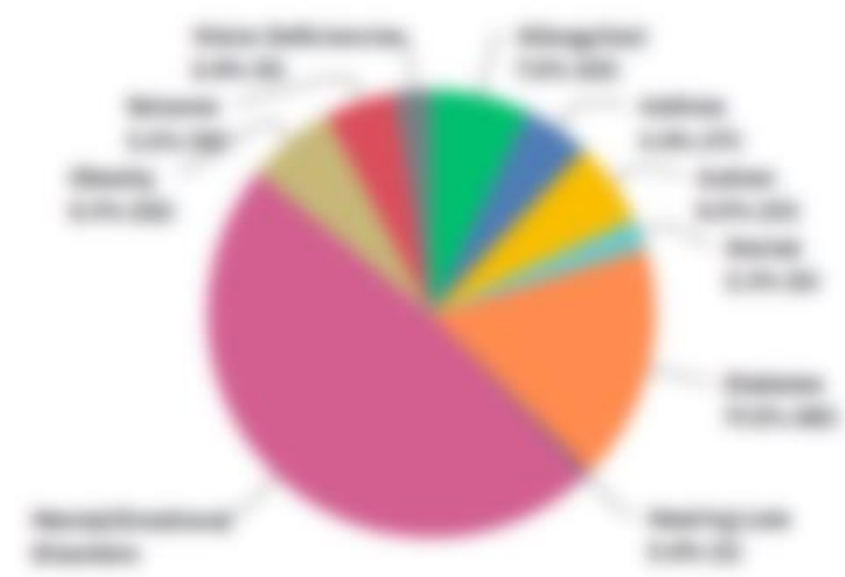
CHRONIC HEALTH CONDITIONS

Rank the Most Frequent Chronic Health Conditions:

1. Asthma
2. Allergies
3. Mental/Emotional Disorder
4. Diabetes
5. Vision Deficiencies
6. Dental Issues
7. Autism Spectrum Disorders
8. Seizures
9. Obesity
10. Hearing Loss

Most Challenging:

- 1.
- 2.
- 3.



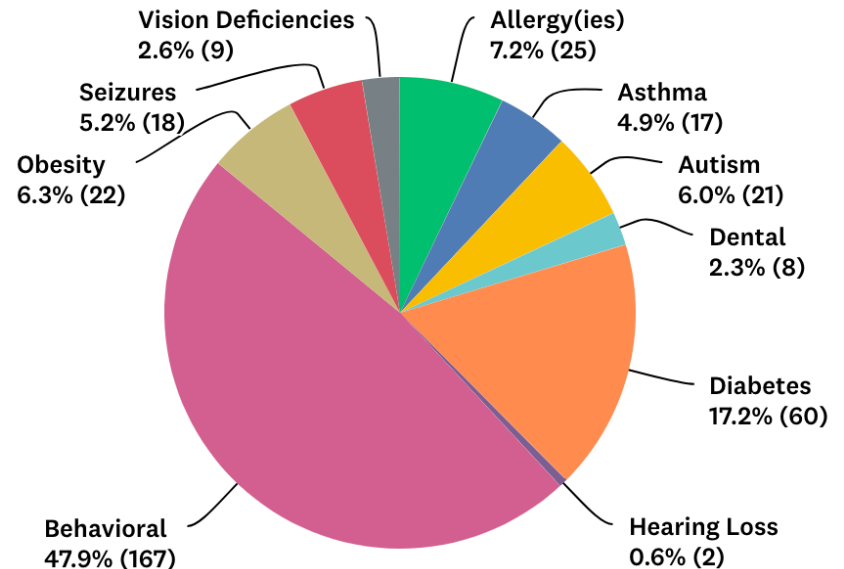
CHRONIC HEALTH CONDITIONS

Rank the Most Frequent Chronic Health Conditions:

1. Asthma
2. Allergies
3. Mental/Emotional Disorder
4. Diabetes
5. Vision Deficiencies
6. Dental Issues
7. Autism Spectrum Disorders
8. Seizures
9. Obesity
10. Hearing Loss

Most Challenging:

1. Mental/Emotional Disorder
2. Diabetes
3. Allergies



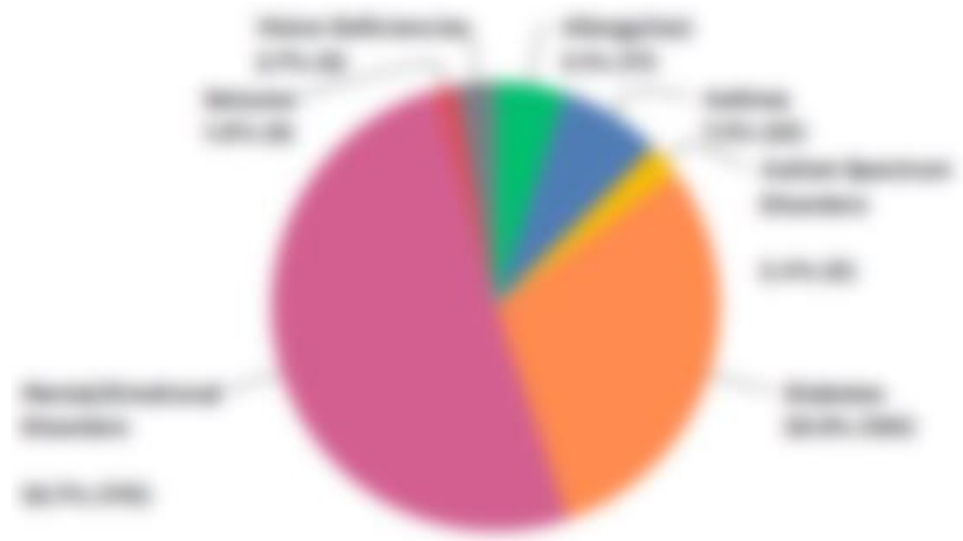
CHRONIC HEALTH CONDITIONS

Rank the Most Frequent Chronic Health Conditions:

1. Asthma
2. Allergies
3. Mental/Emotional Disorder
4. Diabetes
5. Vision Deficiencies
6. Dental Issues
7. Autism Spectrum Disorders
8. Seizures
9. Obesity
10. Hearing Loss

Most Time Consuming:

- 1.
- 2.
- 3.



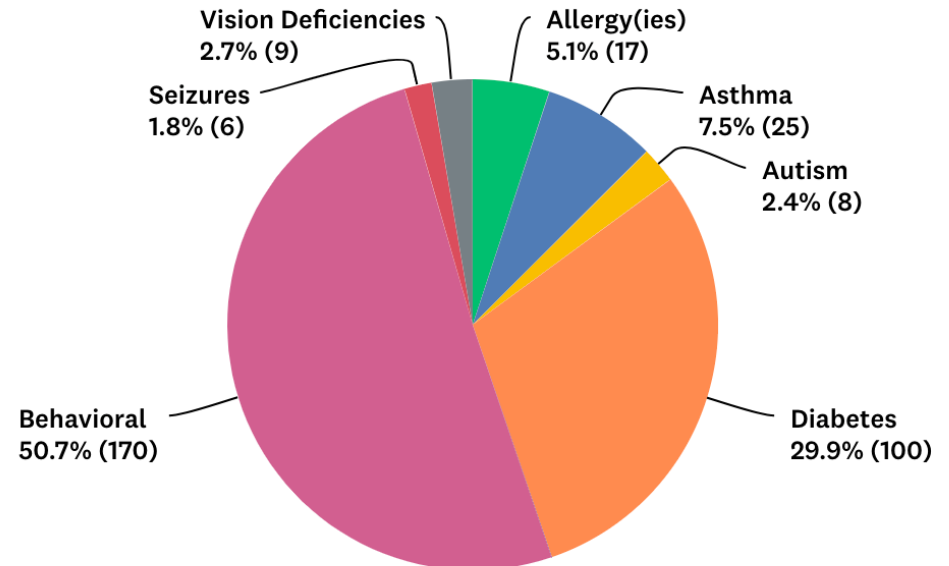
CHRONIC HEALTH CONDITIONS

Rank the Most Frequent Chronic Health Conditions:

1. Asthma
2. Allergies
3. Mental/Emotional Disorder
4. Diabetes
5. Vision Deficiencies
6. Dental Issues
7. Autism Spectrum Disorders
8. Seizures
9. Obesity
10. Hearing Loss

Most Time Consuming:

1. Mental/Emotional Disorder
2. Diabetes
3. Asthma



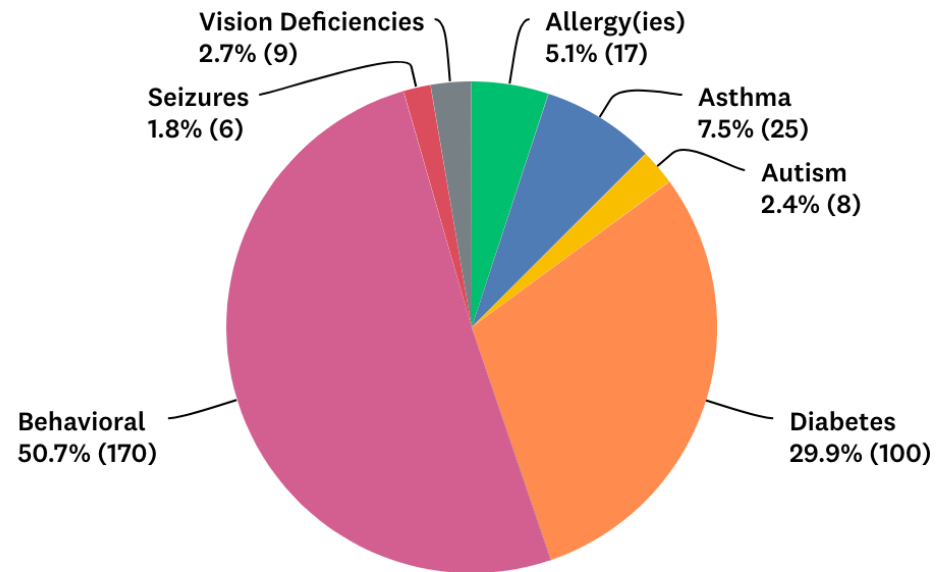
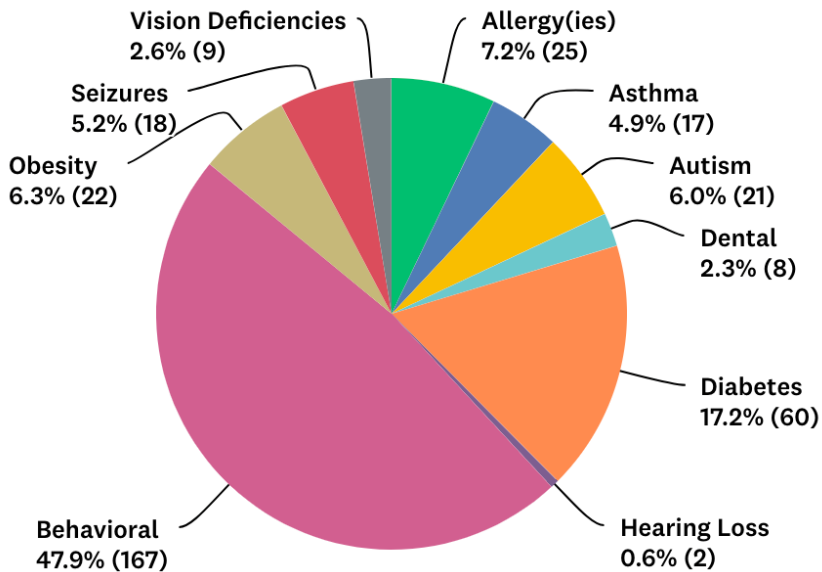
CHRONIC HEALTH CONDITIONS

Most Challenging:

1. Mental/Emotional Disorder
2. Diabetes
3. Allergies

Most Time Consuming:

1. Mental/Emotional Disorder
2. Diabetes
3. Asthma



PROFESSIONAL DEVELOPMENT

18% strongly agree that they can find PD offerings



PROFESSIONAL DEVELOPMENT (PD)

18% strongly agree that they can find PD offerings

29% strongly agree they can find PD offerings in AZ



PROFESSIONAL DEVELOPMENT (PD)

18% strongly agree that they can find PD offerings

29% strongly agree they can find PD offerings in AZ

35% strongly agree to touch base on a monthly basis



PROFESSIONAL DEVELOPMENT (PD)

18% strongly agree that they can find PD offerings

29% strongly agree they can find PD offerings in AZ

35% strongly agree to touch base on a monthly basis

44% strongly agree their employer supports PD



PROFESSIONAL DEVELOPMENT (PD)

18% strongly agree that they can find PD offerings

29% strongly agree they can find PD offerings in AZ

44% strongly agree their employer supports PD

49% strongly agree to attend online, quarterly PD events

62% agreed to touch base on a monthly basis



PROFESSIONAL DEVELOPMENT (PD)

What health related topics are of interest to you:

What professional related topics are of interest to you:

PROFESSIONAL DEVELOPMENT (PD)

What health related topics are of interest to you:

1. Mental/Behavioral Health (71%)
2. Child and Family Support (56%)
3. Chronic Disease Management (55%)
4. Emergency Preparedness (53%)
5. Trauma Informed Care (50%)
6. Asthma Management (49%)

What professional related topics are of interest to you:

PROFESSIONAL DEVELOPMENT (PD)

What health related topics are of interest to you:

1. Mental/Behavioral Health (71%)
2. Child and Family Support (56%)
3. Chronic Disease Management (55%)
4. Emergency Preparedness (53%)
5. Trauma Informed Care (50%)
6. Asthma Management (49%)

What professional related topics are of interest to you:

1. Leadership Skills (43%)
2. Collaboration with Community (41%)
3. Health Policy Development (40%)
4. Advocacy for Nursing Role (38%)
5. Using School Health Data (30%)
6. Wellness Policy (28%)

PROFESSIONAL DEVELOPMENT (PD)

How often do you attend a PD or CEU offering related to your role as a school nurse?

1. Annually (21%)
2. Quarterly (19%)
3. Monthly (19%)

Out of **336** school nurses and health staff, **60** currently participate in a PD or CEU offering on a quarterly or monthly basis.

PROFESSIONAL DEVELOPMENT (PD)

How often do you attend a PD or CEU offering related to your role as a school nurse?

1. Annually (21%)
2. Quarterly (19%)
3. Monthly (19%)

How often would you like to attend a PD or CEU offering related to your role as a school nurse?

1. Quarterly (31%)
2. Monthly (29%)
3. Annually (13%)

Out of **336** school nurses and health staff, **60** currently participate in a PD or CEU offering on a quarterly or monthly basis.

Out of **336** school nurses and health staff, **100** would like to participate in a PD or CEU offering on a quarterly or monthly basis.

PROFESSIONAL DEVELOPMENT (PD)

How often do you attend a PD or CEU offering related to your role as a school nurse?

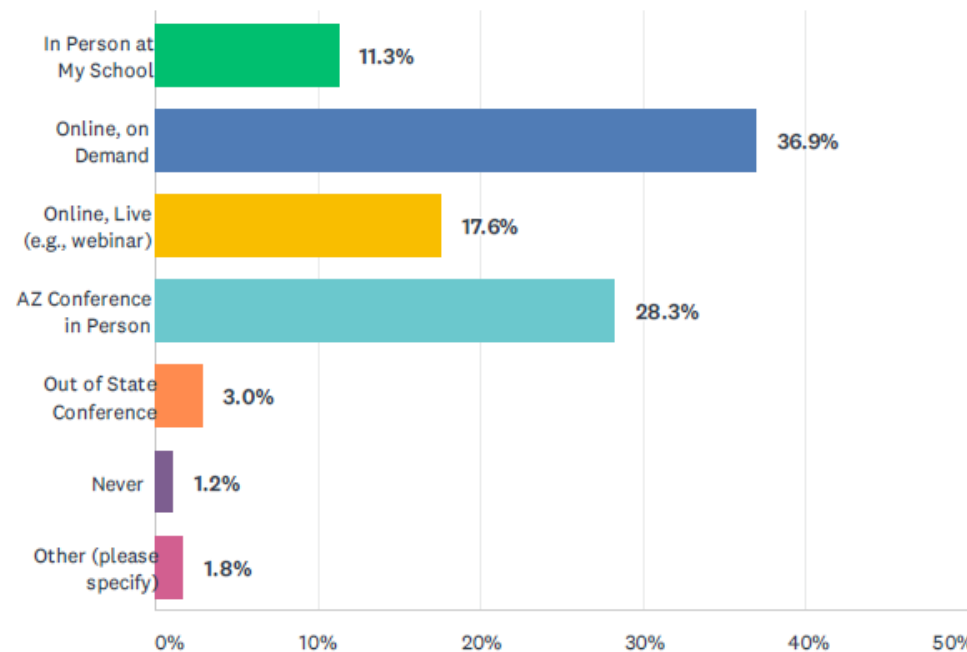
1. Annually (21%)
2. Quarterly (19%)
3. Monthly (19%)

How often would you like to attend a PD or CEU offering related to your role as a school nurse?

1. Quarterly (31%)
2. Monthly (29%)
3. Annually (13%)

How do you prefer to attend PD or CEU offerings related to your role as a school nurse?

1. Online (On demand)
2. AZ Conference (In person)
3. Online (Live; webinar)



HOW CAN YOU GET INVOLVED

We are looking for School Nurses interested in taking on Leadership Roles:

- **Task Force/Advisory Committees**

- Work with ADE to plan and develop future professional development events for school nurses across Arizona.

- **Seizure Action Plan**

- Partnership between ADE and the Mayo Clinic to develop a Statewide Seizure Action Plan for all schools.

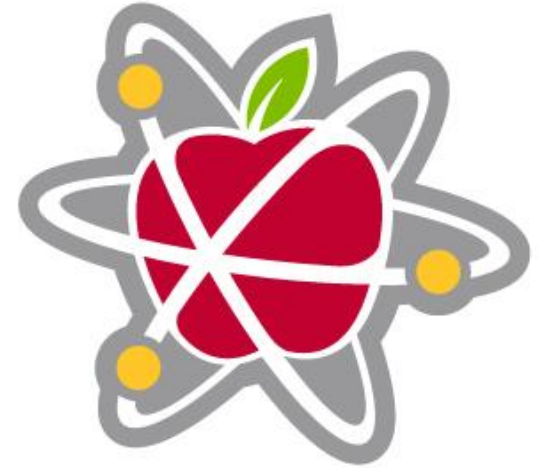
- **Arizona Alliance for Adolescent Health**

- Group of healthcare providers who are developing strategies to improve adolescent health across Arizona. They are looking for high school nurses to join their alliance.

COMPREHENSIVE SCHOOL WELLNESS PROGRAM

5 Priority Local Education Agencies

- Vernon Elementary
- Tombstone Unified School District
- Mohave Valley Elementary School District
- Mingus Union High School District
- Destiny School



Arizona School Health & Wellness Coalition

- The Coalition is a collaboration of key school health stakeholders, state and local organizations, community members, parents and individuals whose primary goal is to assist schools in creating healthy school environments and communities.

Family Engagement Events

Engage families, school staff and communities to support and improve the learning, development and health of students.

HOW CAN YOU GET INVOLVED

ADE will develop an online series of pre-recorded trainings that will be released on a quarterly basis.



**Asynchronous
Learning**



HOW CAN YOU GET INVOLVED

ADE will host a virtual series of coffee chats that will take place on a monthly basis.



THANK YOU

Comprehensive School Wellness Program (CSW)

Website:

<https://www.azed.gov/wellness/csw>

Zach Stover

School Health & Wellness Specialist

Email: Zach.stover@azed.gov

Phone: (602) 542-5005

