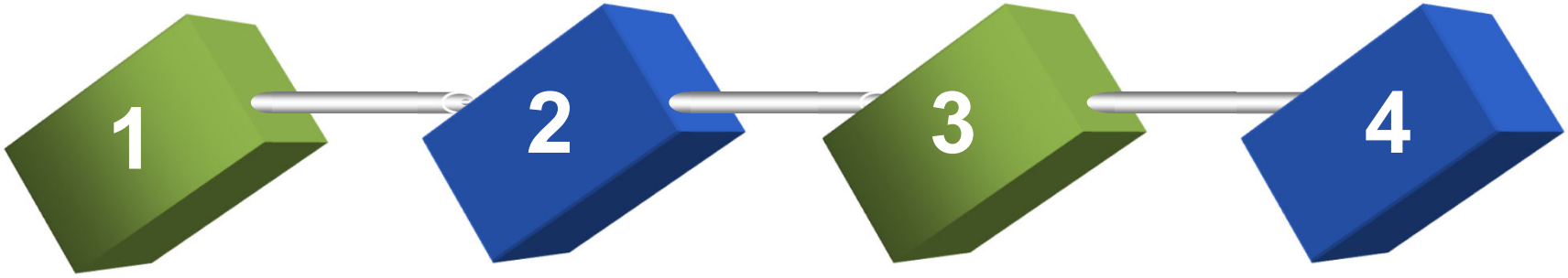
School Health Advisory Councils: Developing Recommendations

Welcome

Goal and Objectives

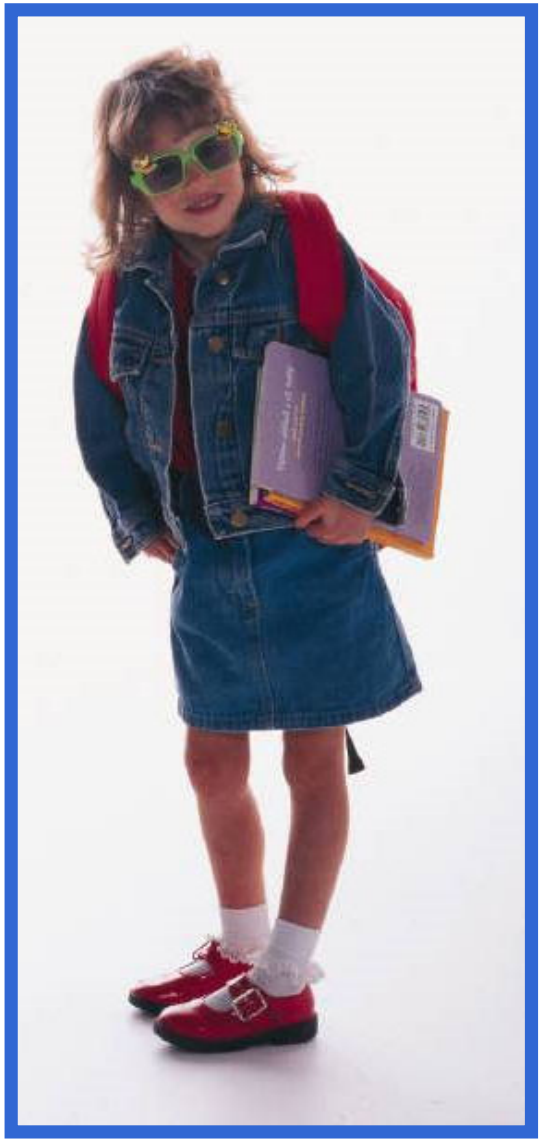
Empower You to Help Your School District Have an Exemplary School Health Advisory Council



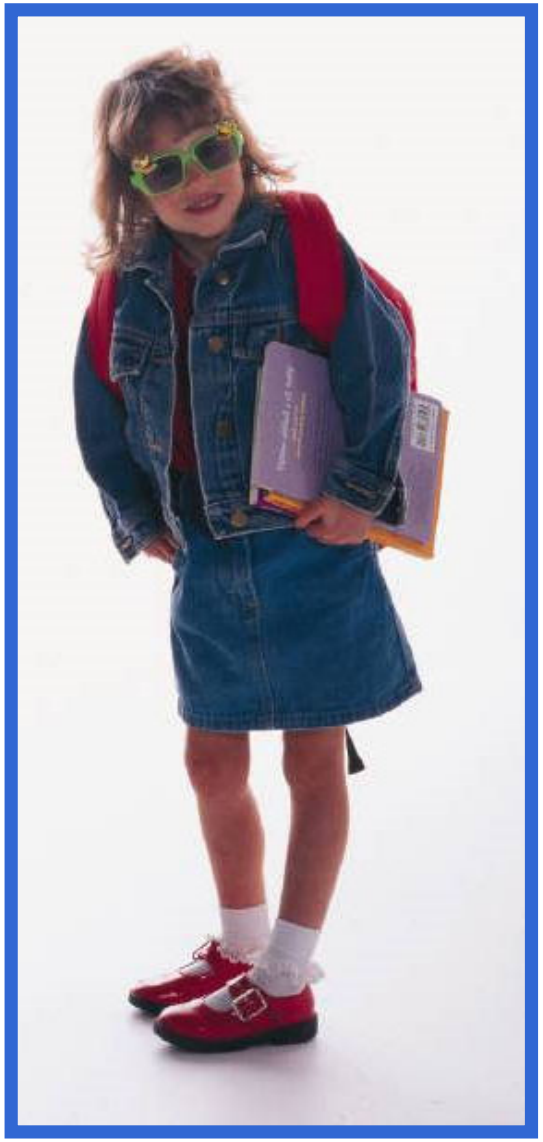
1	2	3	4
Understand the value of a SHAC	Understand the law	Provide best practices: •Recruitment of Parents •Assessment •Recommendations to School Board	Provide practical information, resources, and strategies

Agenda

1. Improving Your School's Bottom Line: Why SHACs Make A Difference
2. SHAC Basics: Refresher on the Laws
3. Recruiting and Retaining Members
4. Identifying the Health Issues in the District and Current Health Activities
5. Developing Recommendations
6. Wrapping It All Up

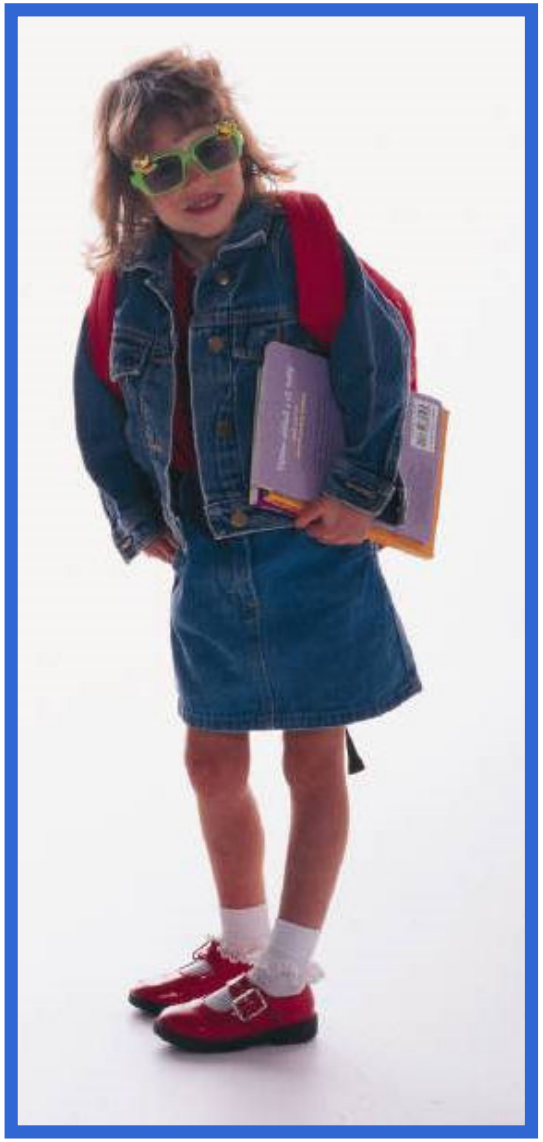


A Few Housekeeping Details……



Introductions

- Your Name
- Your School District
- Your Role
- Two things you'd like to get out of this workshop



5/26/2024

School Health Advisory Councils

Why They Make A Difference

Benefit of Local SHAC

- Compliance with the law
- Parent/community awareness about health status of students
- Local data reviewed and utilized
- Local values incorporated into recommendations to school board
- Parent engagement
- Community support

Promoting Healthy Behaviors

- Refusal Skills
- Decision Making
- Goal Setting
- Communication
- Healthy Relationship Building
- Interest in Alternative Health Promotion Activities

School Health Advisory Councils

Review of the Law

Review of the Law

- Board is to establish SHAC
  - At least 5 members
  - Majority must be parents of students in district
  - Parent shall serve as chair or co-chair
  - Must meet 4 times a year
  - Post meeting notices and minutes, audio/video recordings
- Board must consider recommendations of SHAC
- Board must adopt a policy establishing process for adoption of curriculum materials for human sexuality instruction
- Materials available for review by parents before adoption

- Duties include:
  - Number of hours of instruction (K-8)
  - If Health required for HS graduation # of hours
  - Policies, procedures and curriculum to prevent physical health concerns
    - Obesity
    - Cardiovascular disease
    - Type 2 Diabetes
    - Mental Health (Suicide)
  - Grade levels and methods for human sexuality instruction
  - Strategies for integrating curriculum components in CSH
  - Joint use agreements
  - Parental awareness
    - Risky behaviors (suicide)
    - Available community programs
  - Grade levels for instruction in
    - Child abuse, family violence, dating violence, sex trafficking

School Health Advisory Councils

Engaging Parents

PTA Strategies for Engaging Parents

- ✓ Welcoming All Families
- ✓ Communicating Effectively
- ✓ Supporting Student Success
- ✓ Speaking Up for Every Child
- ✓ Sharing Power
- ✓ Collaborating with Community

Additional Strategies for Engaging Parents

CDC Model

- Connect
  - Plan for parent engagement
  - Friendly, welcoming
  - Welcome parents' involvement
- Engage
  - Parent focused activities
  - Parent resource center
  - Volunteer opportunities
  - Involve in planning
- Sustain
  - Alternative ways to engage
  - Online events
  - Make them feel needed

Additional Strategies for Engaging Parents

GROUP ACTIVITY

Based on the PTA and CDC Strategies, think about the ways your district has engaged parents.

Share with your table group what you have done and what you plan to do based on what you have learned.

Be prepared to report out what you have tried and what you would like to try to get more parents engaged.

School Health Advisory Councils

Assessing the Needs

Recommendations Driven by Data

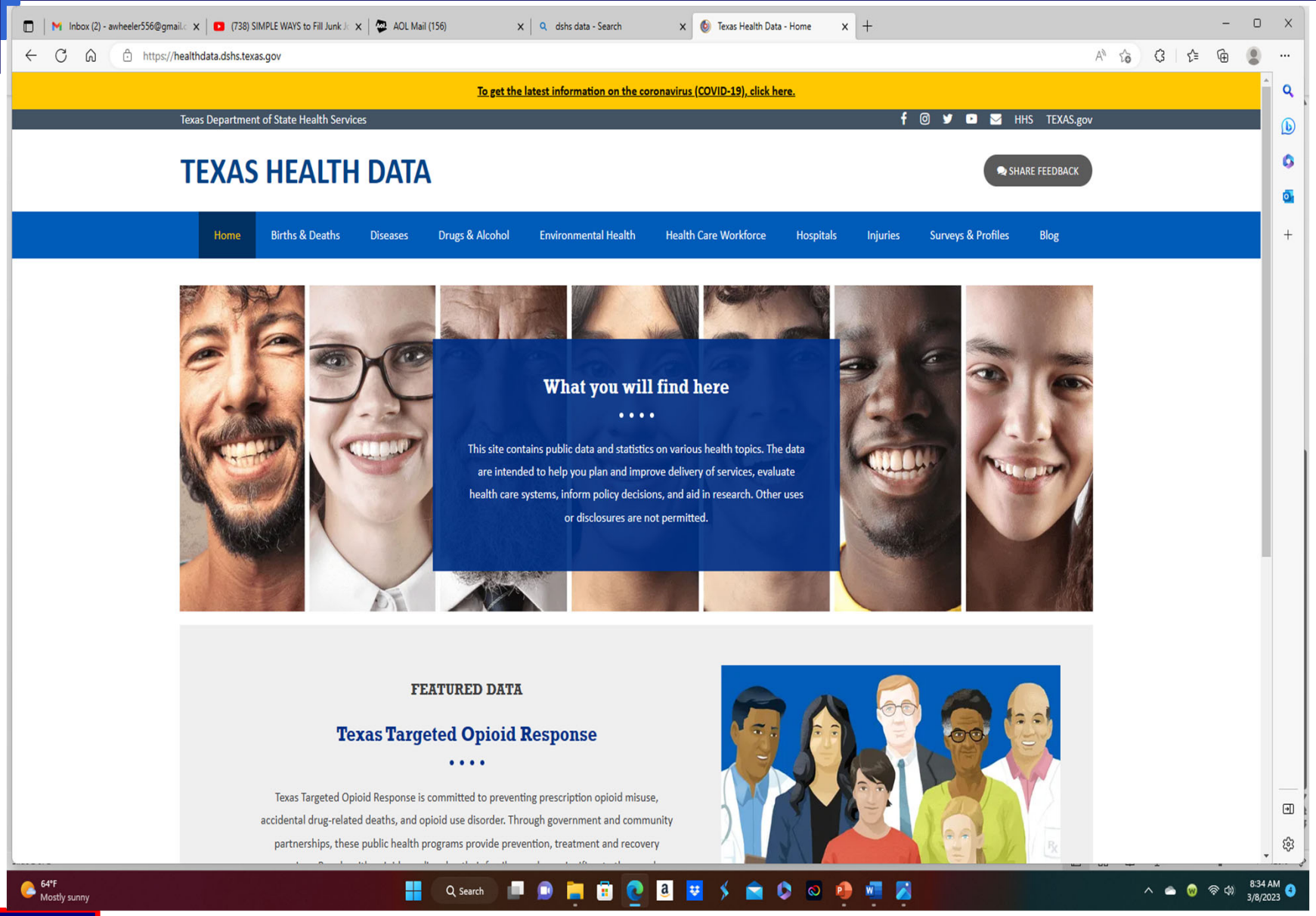
- Each school within a district is a community
- Each community is unique
- The SHAC should represent all schools in the district
- Assessing the district and each of the school communities is important

- Information and data should drive SHAC recommendations
  - School level (i.e., Campus PEIMs)
  - District level (District STARR, PEIMS, other data collected by district)
  - Community level (Healthcare, law enforcement, churches, etc.)
  - County level (DSHS, Regional health, etc.)
  - State level (SPAN, YRBS, BRFSS)
  - Federal level (Kids Count, National data)

Local Sources of Data

- Local/regional health department
- Local law enforcement
- Local organizations that work with youth
- Local churches
- Local healthcare providers
- Can you think of others? (Activity-At your table, talk about other sources of data or information that you have found. Be ready to report what data sources you use.)

Data Sources for State



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Youth Risk Behavior Study

The YRBS monitors health risk behaviors among high school students.

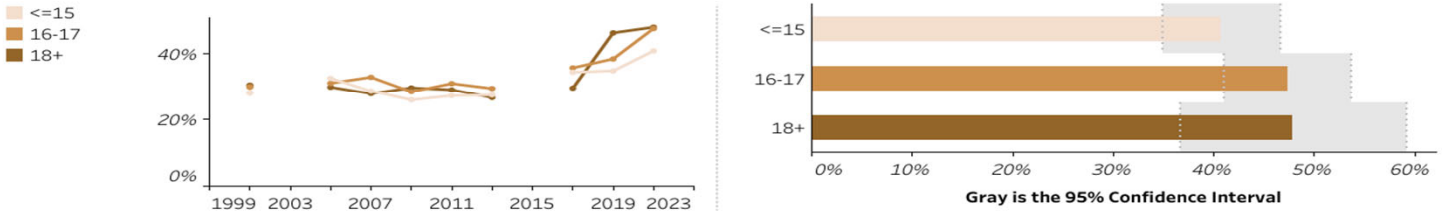
1. Select a Year	2. Select a Category	3. Select an Indicator	4. Select a Demographic
2021	Suicide-Related Behavior	Felt sad and hopeless	Age

Category: Suicide-Related Behavior

Felt sad and hopeless

Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months

HOVER OVER LINES AND BARS FOR DATA



2021 Data Table

		Sample Size	Percent	Lower Limit	Upper Limit
Texas	Total	1,664	44.6%	39.3%	50.0%
Age	<=15	717	40.7%	35.0%	46.7%
	16-17	801	47.4%	41.1%	53.7%
	18+	144	47.8%	36.7%	59.2%
Grade	9th	432	38.0%	31.3%	45.1%
	10th	461	48.3%	43.1%	53.5%
	11th	338	46.4%	38.6%	54.3%
	12th	428	45.9%	35.7%	56.5%
Race/Ethnicity	Black	212	41.3%	32.1%	51.1%
	Hispanic	944	45.9%	40.2%	51.8%
	Other	128	48.8%	41.1%	56.5%
	White	365	42.0%	33.3%	51.2%
Sex	Female	814	57.2%	50.8%	63.5%
	Male	839	32.1%	27.9%	36.5%

Youth Risk Behavior Study

The YRBS monitors health risk behaviors among high school students.

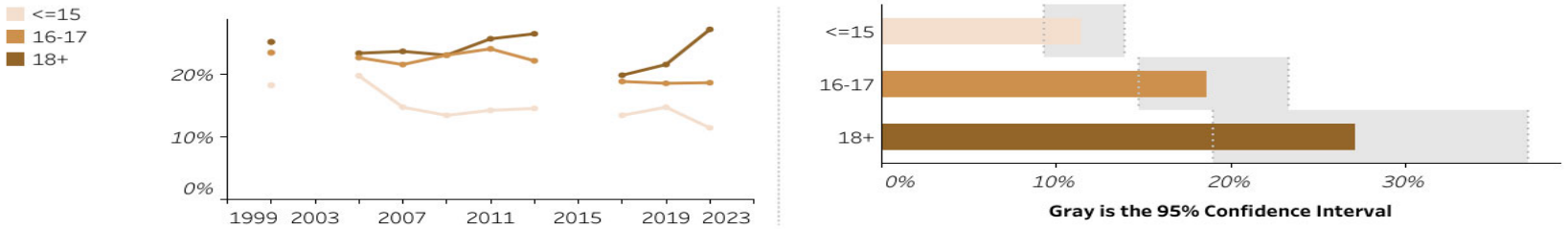
1. Select a Year	2. Select a Category	3. Select an Indicator	4. Select a Demographic
2021	Illicit Drug Use	Current marijuana use	Age

Category: Illicit Drug Use

Current marijuana use

Percentage of students who used marijuana one or more times during the past 30 days

HOVER OVER LINES AND BARS FOR DATA



2021 Data Table

		Sample Size	Percent	Lower Limit	Upper Limit
Texas	Total	1,648	16.2%	13.7%	19.1%
Age	<=15	713	11.4%	9.3%	13.9%
	16-17	795	18.6%	14.7%	23.3%
	18+	138	27.1%	19.0%	37.0%
Grade	9th	434	9.0%	6.5%	12.3%
	10th	448	18.8%	14.3%	24.2%
	11th	336	16.3%	11.2%	23.0%
	12th	425	21.5%	17.4%	26.2%
Race/Ethnicity	Black	212	22.8%	13.0%	36.8%
	Hispanic	931	15.4%	12.6%	18.6%
	Other	129	12.0%	8.1%	17.4%
	White	363	15.7%	10.5%	22.8%
Sex	Female	810	16.8%	13.7%	20.5%
	Male	828	15.6%	12.4%	19.5%

Data Sources for State

Inbox (2) - awheeler556@gmail.c | (738) SIMPLE WAYS to Fill Junk J | AOL Mail (160) | health data for Texas youth - Sea | US Data by State and Population

https://datacenter.kidscount.org/locations

THE ANNIE E. CASEY FOUNDATION

KIDS COUNT DATA CENTER

BY LOCATION | BY TOPIC | BY CHARACTERISTIC | PUBLICATIONS | UPDATES | HELP | ABOUT

Enter any location, topic and/or keywords here

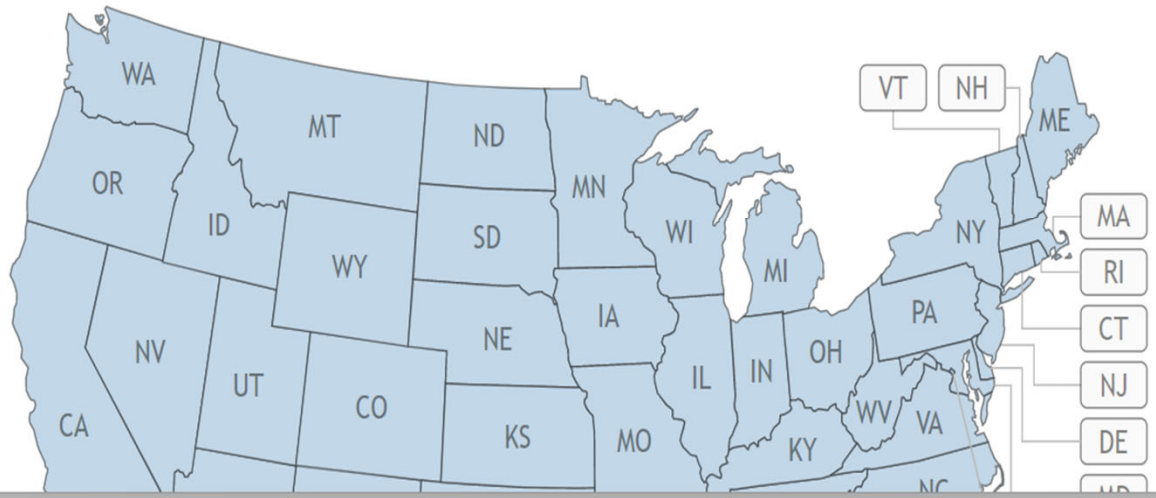
SEARCH DATA CENTER

Choose a Location

Select a state or jurisdiction from the map below to access state, county, city, congressional district data and more. Click on View U.S. Data to view national data. Pick indicator(s) of interest and create custom data reports, rankings, maps and graphs for geography of interest.

Select a U.S. state or territory

Select Location -or- VIEW U.S. DATA



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Data Sources for State

Inbox (2) - awheeler556@gmail.c | (738) SIMPLE WAYS to Fill Junk J | AOL Mail (157) | dshs data - Search | Texas Health Data - Home | SPAN Data Explorer

https://span-interactive.sph.uth.edu

SPAN Data Explorer | About Texas SPAN | Diet | Physical Activity / Sedentary Behavior | Health Status

SPAN School Physical Activity and Nutrition Survey

About Texas SPAN

This Texas SPAN Data Explorer provides state-level representative data on school children from the 5 data collection periods ranging from 2000-2002 to 2019-2020.

The overall goal of Texas SPAN is to measure the health of school-aged children in Texas, including nutritional status, activity levels, oral health, and other related behaviors.

The Texas SPAN Project was conducted by researchers at the Michael & Susan Dell Center for Healthy Living at The University of Texas Health Science Center in Houston (UTHealth) School of Public Health in Austin, with funding from the Texas Department of State Health Services (DSHS).

Texas students and their parents surveyed by year:

- 2000-2002: 4th, 8th and 11th graders
- 2004-2005: 4th, 8th and 11th graders
- 2009-2011: 4th graders and their parents; 8th and 11th graders
- 2015-2016: 2nd graders and their parents; 4th, 8th and 11th graders
- 2019-2020: 2nd graders and their parents; 4th, 8th and 11th graders

For more information, visit: go.uth.edu/SPAN

Data source: Texas SPAN 2000-2002 to 2019-2020, Michael & Susan Dell Center for Healthy Living at the University of Texas Health Science Center at Houston School of Public Health with funding from the Texas Department of State Health Services. For more information, visit https://sph.uth.edu/research/centers/dell/

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School Health Advisory Councils

Assessing Current Practices

Determining Current Practices

- What is currently happening?
  - Current policy
  - Current practice
  - Current curriculum

Program Assessment Tools

The following tools are available for free on the CDC School Health Website

- School Health Index-11 Modules covering WSCC Components
- HECAT-Health Education Curriculum Assessment Tool
- PECAT-Physical Education Curriculum Assessment Tool
- Wellness Policy Assessment Tools
  - WellSat 3.0

School Health Index

Developed by the CDC.

Assessment tool aligns with WSCC model.

Does not have to be done all at once. District can prioritize modules.

It is free and available in printed or online versions.

School Health Index

Has modules to assess all components of WSCC model

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

Our School District's Results

School Health Index

Overall Score Card **Camp Allen ISD**

For each module (row), write an X in the one column where the Module Score falls*

	Low		Medium		High
	0 – 20%	21% – 40%	41% – 60%	61% – 80%	81% – 100%
School Health Policies and Environment –		☒			
Health Education –			☒		
Physical Education and Physical Activity –		☒			
Nutrition Services –				☒	
School Health Services –			☒		
Counseling, Psychological, Social Services –		☒			
Health Promotion for Staff –	☒				
Family and Community Involvement –	☒				

School Health Advisory Councils

Developing Recommendations

Focus on Elements of Excellence

1. Active Leadership
2. Coordinated And Collaborative Approach
3. Safe and Nurturing Learning Environment
4. Commitment Of Time, Personnel, Resources

Complimentary Actions

School Board
and
School Superintendent

School Health Advisory Council

Internal School Health Action Team

Do an assessment using the School Health Index

Actions:
- Assign member to project team
- Get PTA to survey parents
- Analyze results
- Present report to school board

Actions:
- Assign representative from each dept. to project team
- Distributes survey to faculty
- Summarize results and draft report

Many Sources of Information

- Government Officials
- Public Media
- Interested Parents
- School Personnel
- Law Enforcement
- Colleges/Universities
- Civic Organizations
- Faith-based Institutions
- Youth Groups
- Volunteer Health Agencies
- Public Health Agencies
- Medical Professionals
- Business/Industry

Coordinated School Health Model

A SHAC should focus on the development of recommendations for improving coordinated school health policies and practices.

Currently Approved Programs

Texas law requires elementary, middle and junior high schools to adopt a coordinated school health program.

Approved for elementary schools:

- **Bienestar**
- **CATCH**
- **Great Body Shop**

The Ultimate Objective

By making data driven recommendations, a SHAC can have a profound impact on student outcomes.

The only legal authority to adopt a local school policy is the school board. SHACs can only make recommendations.

Getting Policy Adopted

Five Basic Steps

Build Awareness and Support

- Involve those effected by the policy
- Involve school health supporting organizations in the community
- Involve people from a variety of community groups.
- Anticipate, respond to, and involve critics
- Apply communication strategies as needed

Lay the Groundwork

- Clarify the need utilizing data
- Review the school board process for your school district related to making recommendations
- Explore programs to meet the need
- Develop recommendation(s) based on need and resources available
- Respect the process set out by the school board

Presenting to the School Board

- Present the policy recommendations to the school board.
- Use a well respected and known person to present a persuasive case.
- Support the school board in the decision-making process.

Administer the Policy

- This is largely the role of administration, however, SHACs can assist in developing implementation guidelines.
- Support the administration by providing positive community support.
- Ensure that the effort is maintained.

A Word on Evaluation

Evaluation of the Recommendation

- Set up the evaluation plan as you develop the recommendation
- Set out the processes needed to collect data along the way
- Seek assistance when needed in preparing the evaluation plan

Review of Resources

Many Resources…Here are a Few

- Parent Involvement
  - PTA
  - CDC
- Data
  - YRBS Results
  - CDC
  - State
  - Local
- Assessment
  - CDC Resources
  - Community Tool Box-University of Kansas
- Evaluation
  - CDC
  - Community Tool Box

Questions and Answers