

Coordinated School Health

Shaping the Youth of Tomorrow



Why do Schools and Communities Need CSH?

CSH addresses the following risk factors determined by the CDC to have the most detrimental effect on children and adolescents:

- Inadequate physical activity
- Unhealthy dietary behaviors
- Sexual behaviors that may result in HIV infection, STD's and unintended pregnancies
- Alcohol and other drug use
- Tobacco use
- Behaviors that result in intentional injuries (violence and suicide) and unintentional injuries (motor vehicle crashes)

Coordinated School Health

Is an effective system that connects health and academics to ensure students are ready to learn and teachers are able to teach



Coordinated School Health is a collaborative partnership between the departments of Education, Health, and Human Services. Our goal is to improve the health, education, and well-being of our children through collaborative partnerships and program planning.

- When schools, families, and the broader community work together to support positive youth development, risk behaviors are reduced and student's health and academic achievement are promoted.
- A coordinated approach to school health may look very different in each school, district, community, town or city in which it has been implemented
- CSH provides a framework for creating essential linkages among diverse individuals and activities, within and beyond school walls, to improve youth outcomes
- High-risk behaviors compromise emotional well-being, physical health, peer and familial relationships, and performance in school.
 - *Arkansas costs for teen childbearing cost taxpayers at least \$112 million in 2004.*
 - *In 2000, the cost of obesity in Arkansas was ~ \$1.2 Billion.*
 - *Annual health care costs in Arkansas directly caused by smoking was \$812 Million.*
- Improvements in family and community involvement can support school health programs in states, districts, schools, and classrooms

Office of Coordinated School Health

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Benefits of a Coordinated School Health Program:

- * For every dollar spent on health education delivered in schools, society saves more than \$13 in direct costs. (*Centers for Disease Control*)
- * Violent behavior, heavy drinking, and sexual intercourse were reduced in schools that provide comprehensive health education. (*Hawkins, et al.*)
- * Schools that offer breakfast programs see increases in academic test scores, daily attendance and class participation. (*Powell, CA*)
- * Intensive physical activity programs increase concentration, improve mathematics, reading and writing scores and reduce disruptive behaviors. (*Symons, CS*)
- * Wellness centers in schools lead to significant decreases in rates of truancy, suspension, and drop outs .
- * Community activities that link to the Classroom positively impact academic success, reduce school suspensions, and improve school-related behaviors. (*Nettles, 1991; Allen, Philliber, Hering, Kupermine, 1997*)

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MISSION STATEMENT

Through strategic statewide planning coordinated school health will disseminate information, resources, and opportunities to link schools and communities to improve the health and wellness of Arkansans

**Our Most Precious "Gem"
is our children.**



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