

## A RESOURCE FOR IMPROVING MEASURABLE IMPACT

# School Health Advisory Councils (SHACs)

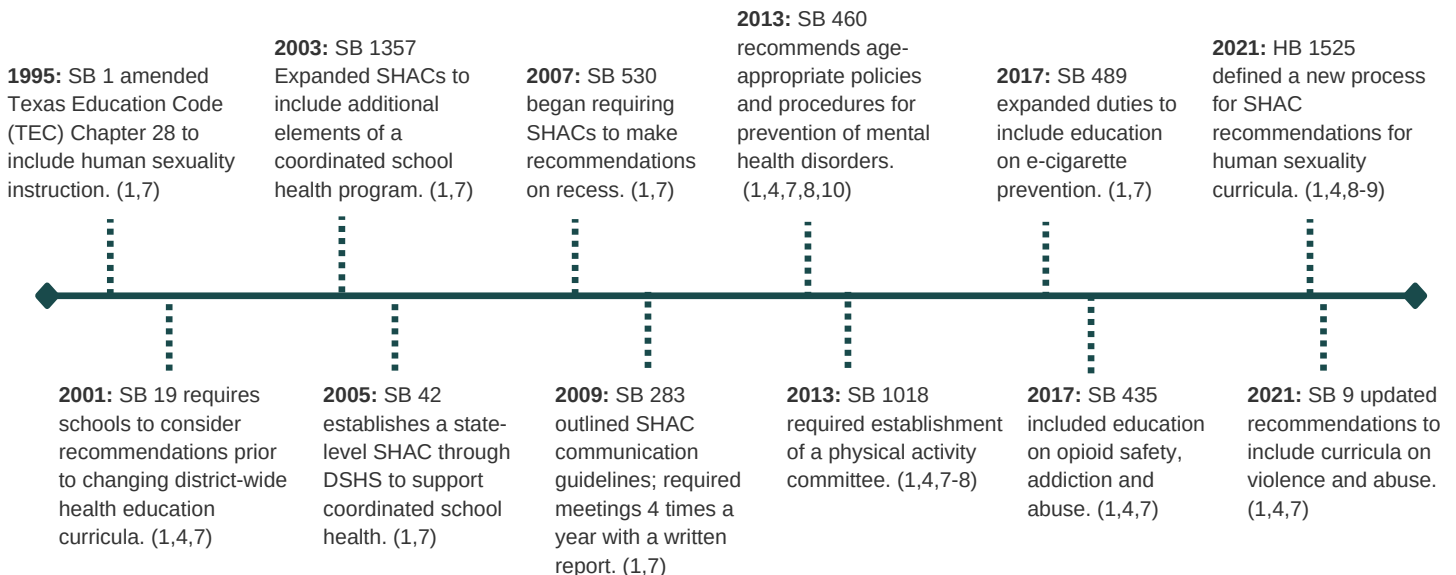
**Texas law requires every school district to have a School Health Advisory Council (SHAC) to help prioritize the health and well-being of children and ensure all policies and programs that impact child health reflect community values. (1-4)**

- Each Texas school district is required to implement at least one Coordinated School Health Program (CSHP) using the 10 elements of the Whole School, Whole Community, Whole Child (WSCC) model to promote health and learning in Texas youth while at school. (1,5)
- The Texas Education Agency (TEA) is legally required to make agency-approved CSHPs available for each school district. (5)
- The Texas School Health Advisory Committee (TSHAC) creates resources and information to help local SHACS promote school health. (6)



**10 components of the WSCC (3-6)**

## Timeline of SHAC Legislation



## SHACs allow community and family members from different professions and backgrounds to come together and share knowledge and expertise that will help develop school health programs and create a safe, healthy learning environment by:



**Performing needs and resource assessments** to help identify community risks and conditions that call for change and assess what resources are available to help (3,12)



**Setting priorities** to identify important student health needs and establishing a process to involve parents and community members to improve child health (3, 13)



**Program planning** to prioritize the elements of CSH and the expanded *Whole School, Whole Community, Whole Child (WSCC)* model (3)



**Evaluating fiscal impact** by working with school personnel to determine if a health recommendation will have a cost to the school district (3,9)



**Promoting and advocating** by disseminating SHAC recommendations and impact on school health to the district and community (3,7)

(2): Sheets AH. Why is a school health(wellness) advisory council important for school nursing practice?" NSANSchool Nurse, 2011 September; 26(5): 280-282. DOI: 10.1177/1942602X11413290.

### Becoming a SHAC Member:

- In Texas, a district school board must appoint at least 5 members to the SHAC
- It is required that a parent member serves as the chair or co-chair
- A majority of the members must be parents of students enrolled in the district who are not employed by the district
- Members may be placed into committees to carry out specific actions
- Members can include:
  - Teachers employed by the district
  - Certified school counselors
  - Students of the district
  - Health care professionals
  - The business community
  - Parents of students\*
  - Law enforcement
  - Senior citizens
  - Non-profit health organizations
  - Local domestic violence programs

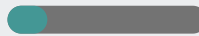
For more information on joining your local SHAC, check your district website. All SHACs are required to post dates, times, and locations of their meeting on their website, along with minutes and meeting recordings.

1): Texas School Health Advisory Council (SHAC) Network. <https://www.txshacnetwork.com/>. Accessed September 7, 2022.


(14): School Health Advisory Council: A Guide for Texas School Districts. <https://www.dshs.texas.gov/schoolhealth/SHAC/SHACGuide.pdf>. Updated January 2022. Accessed September 7, 2022

(15): Texas Education Code. Title 2. Subtitle F. Chapter 28. Subchapter A. §28.004. <https://statutes.capitol.texas.gov/Docs/ED/htm/ED.28.htm#28.004>

## A Texas school health survey for the 2018-2021 academic years provides a snapshot of SHACs and their impact as well as opportunities for future action:

 **20%**

1/5 of school districts made physical activity-related recommendations

 **35%**

Only 1/3 of school districts received any SHAC-related trainings

 **58%**

Over 1/2 of school districts required health education to graduate high school

 **60%**

2/3 of local SHACs included suicide prevention in their curriculum

 **89%**

Almost all districts used USDA smart snack requirements

(10): School health survey results 2018-2021. Texas Education Agency. <https://tea.texas.gov/media/document/322106>. Accessed March 20, 2022

## As a community member, by collaborating with your local SHACs you can:



Evaluate coordinated school health approaches



Ensure SHAC members are diverse and representative of the school's community



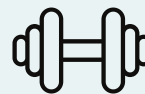
Prioritize formal trainings related to development, recruitment, leadership, and policy improvement strategies



Encourage districts to focus on recommendations made by their local SHACs



Increase access to fresh fruits and vegetables



Improve opportunities for physical activity at school



Educate administrators and school boards on the connection between student health and academics



Promote consumption of healthy foods



Implement policy based on SHAC recommendations



Promote strategies focusing on other health topics (e.g., mental health, bullying, sexual health)

(11): School health survey results 2018-2021. Texas Education Agency. <https://tea.texas.gov/media/document/322106>. Accessed March 20, 2022

(16): Coordinated Health in Texas Elementary Schools' Campus Improvement Plans: Analysis of Regional Differences and Trends between 2016 and 2020. International Journal of Environmental Research and Public Health. 2022 April 20. 19(9), 4979. <https://doi.org/10.3390/ijerph19094979>

## SHAC Resources

For training and support for your SHAC, contact:

### Texas SHAC Network:

[www.txshacnetwork.com](http://www.txshacnetwork.com)

### Texas Education Agency:

[tea.texas.gov/academics/subject-areas/health-and-physical-education/health-education](http://tea.texas.gov/academics/subject-areas/health-and-physical-education/health-education)

### Texas Action for Healthy Kids:

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

### Texas Department of State Health Services:

[www.dshs.texas.gov/schoolhealth/shac.aspx](http://www.dshs.texas.gov/schoolhealth/shac.aspx)

For more information about getting involved with School Health Advisory Councils, check your local school district website for information and contact your local SHAC.

## Policy Recommendations



**At the State Level:** Formal trainings related to development, recruitment, leadership, and school policy improvement strategies should be implemented for SHAC members, as well as infrastructure to support SHACs through education support centers (ESCs).



**At the District Level:** School districts need to prioritize SHAC recommendations since school policies have been shown to be related to improved child health outcomes, including nutrition and physical activity.

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