



The Whole Child Model

Why school leaders care so much about student, staff, and teacher wellness

with

Jeremy Lyon, PhD

Frisco Independent School District

and

Steven Kelder, PhD, MPH

The UT School of Public Health

About our Center



We are an international leader in conducting research and providing programs that promote healthy living for children, their families and communities.

Our mission: To advance health and healthy living for children and families through innovative research, cutting edge community-based programs, and dissemination of evidence-based practices.

Our vision: *Healthy children in a healthy world*

www.msdcener.org



Our Speakers



Jeremy Lyon, PhD

Superintendent

Frisco Independent School District



Steven Kelder, PhD, MPH

Co-Director and Professor of Epidemiology

Michael & Susan Dell Center for Healthy Living

The University of Texas School of Public Health

Austin Regional Campus



A Coordinated School Health Program



Major Causes of Acute and Chronic Disease

- Tobacco use
- Healthy eating/nutrition
- Physical activity
- Alcohol/other drug use and abuse
- Intentional and unintentional injury
- Sexual health
- Personal health and wellness
- Mental and emotional health



It is time to truly align the sectors and place the child at the center. Both public health and education serve the same students, often in the same settings. We must do more to work together and collaborate.

—WAYNE H. GILES, DIRECTOR, DIVISION OF POPULATION HEALTH,
NATIONAL CENTER FOR CHRONIC DISEASE
PREVENTION AND HEALTH PROMOTION, CDC



LEARN. TEACH. LEAD.

“Health and education affect individuals, society, and the economy and must work together whenever possible. Schools are a perfect solution for this collaboration.”

www.ascd.org/whole-child.aspx



WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD





Adolescent and School Health

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Program Evaluation

Conducting routine evaluations that provide information for program management and strengthen program effectiveness should be a part of all state and local education and public health programs.

Evaluating Your Program

Program Planning

Content includes strategic planning, program inventory, logic model, and workplan.

Evaluation Planning

Content includes information on selecting an evaluation consultant, gaining consensus among stakeholders, and developing evaluation questions.

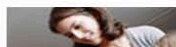
Data Collection & Analysis

Resources include indicators for school health programs, evaluation planning, data collection methods, and data analysis.

Share Results & Improve Program

Share your evaluation results with program staff and key stakeholders and use your results to improve your program.

Spotlight On



Indicators for School Health Programs 2011

Applied Evaluation

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Contact Us:

- Adolescent and School Health Centers for Disease Control and Prevention 4770 Buford Hwy, NE MS K-29 Atlanta, GA 30341
- 800-CDC-INFO (800-232-4636) TTY: (888) 232-6348
- [Contact CDC-INFO](#)

How States Can Support Coordinated School Health



1. Monitor critical health-related behaviors among young people, and assess the effectiveness of school health policies and programs in promoting healthy behaviors and reducing risky ones.
2. Establish and maintain dedicated program management and administrative-support systems.
3. Build partnerships among state-level government agencies and nongovernmental organizations to coordinate efforts and maximize use of resources.
4. Establish a technical assistance and resource plan to support school districts in their CSH efforts.





How States Can Support Coordinated School Health

5. Communicate the role and benefits of coordinated school health to key audiences.
6. Develop a professional development plan for school officials and others responsible for implementing CSH and school health initiatives.
7. Establish a system for evaluation to improve state and local school health policies and programs.

<http://www.cdc.gov/healthyyouth/cshp/states.htm>



Desired School Outcomes

For Students:

- Academic Progress, Achievement, & Success
- Positive Social & Emotional Development
- High Attendance
- Parent & Community Support

For Staff:

- Provide Engaging and Rigorous Instruction
- High Commitment to Improvement
- Positive Morale
- High Attendance



Confronting The Crisis



- 2005: The current generation of children will have shorter lifespans than their parents by as much as five years due to the prevalence and severity of obesity. (New England Journal of Medicine).
- 2010: By 2050, 1 in 3 Americans will be Diabetic. (Centers For Disease Control).
- Our Sugar Addiction: Adults average 22 teaspoons per day, teenagers average 32 teaspoons a day. Our recommended sugar intake per day is 6-9 teaspoons per day (American Heart Association).
- 18% of us meet the weekly recommendations for cardiovascular and muscle-strengthening activities (1 in 6). (Harvard health Publications)



Time For Action

- Find Your Voice, Listen, and Encourage.
- Advocate & Understand Coordinated School Health.
- Activate your local champions beginning with the School Health Advisory Council (SHAC) .
- Aggressively seek external partners.



Time For Action: Students

- Implement brain-body research within school classrooms.
- Expand P.E. and advocate for FitnessGram.
- Facilitate student empowerment & ownership of health and wellness.
- Teach diet and exercise fundamentals early and often.
- Reduce sugar intake of children.



Time For Action: Staff



- Incentivize prevention strategies with health partners.
- Create a “Fit Friendly” workplace.
- Shift the culture of food habits and traditions in the workplace.
- Be a cheerleader for individual and staff efforts for healthy lifestyles.
- Lead by example. Embrace health and wellness for our children.

Thank You!



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*Today's webinar was recorded and will
be available online at*

youtube.com/msdcenter



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