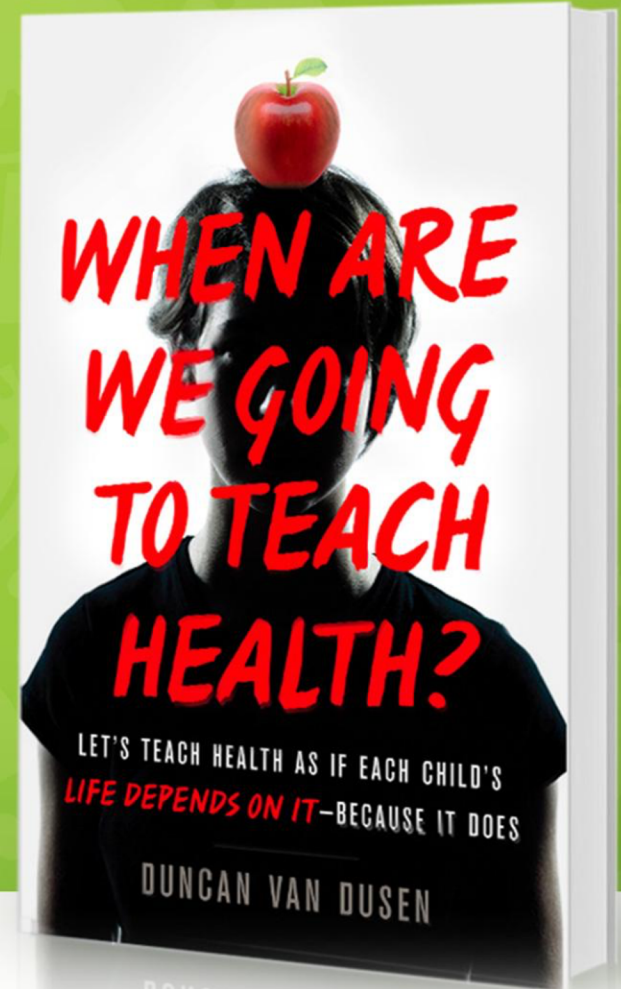


TeachHealth.org

Book Launch

NOVEMBER 10, 2020



Presenters



Duncan Van Dusen, MPH

**CATCH Global
Foundation**

Founder & CEO



Jeanie Alter

**American School
Health Association**

Executive Director



Sabina Garrett

**Altus Public Schools
(Altus, OK)**

*Child Nutrition
Program Director*

**Transforming all
schools into
places where
every student
learns and
thrives.**



@ASHAnews



@americanschoolhealthassociation

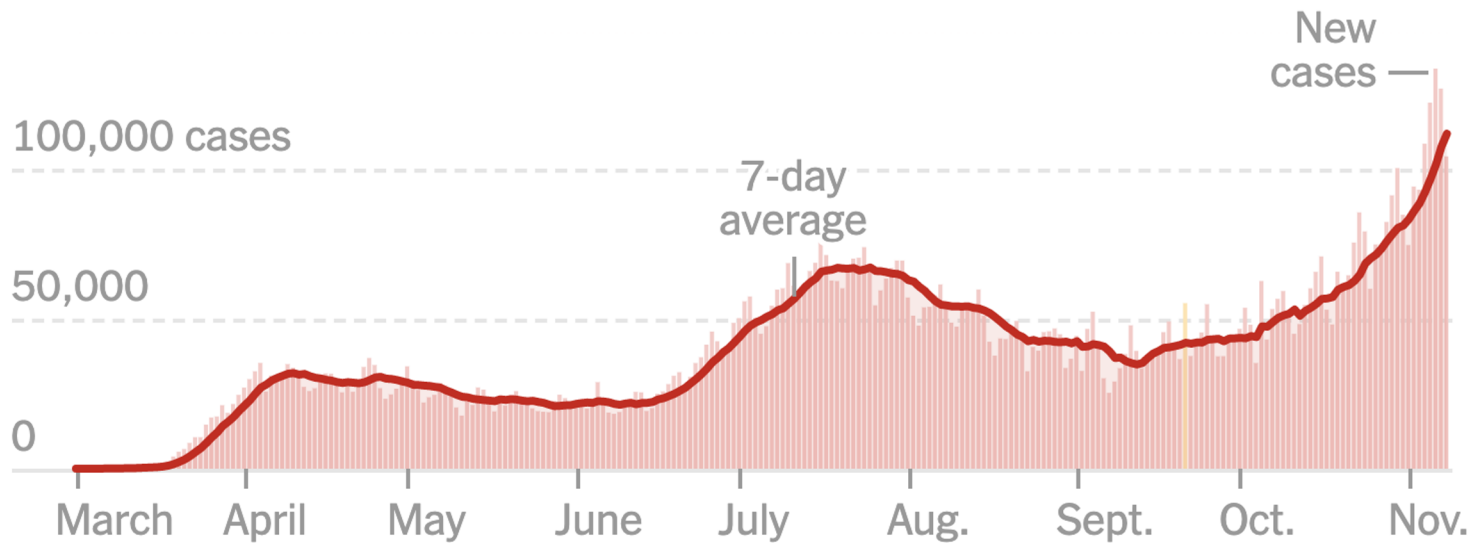


American School Health Association



ASHAwebinars

If not now, *when?*



Source:
New York Times

	TOTAL REPORTED	ON NOV. 8	14-DAY CHANGE
Cases	10.1 million+	103,657	+59% →
Deaths	238,246	464	+14% →

An idea whose time has come!

*“Stronger than invading armies is the
power of an idea whose time has come.”*

- Victor Hugo

**Health requires education,
and education requires health.**

Let's Teach Health

More than just classroom health education

- "Whole Child" health best practices:
 - Shaping healthy attitudes, beliefs, and skills
 - Modeling health behaviors
 - Healthy environment
 - Early and often
 - Youth Empowerment



REASON 1

Long-Term Benefit: Health

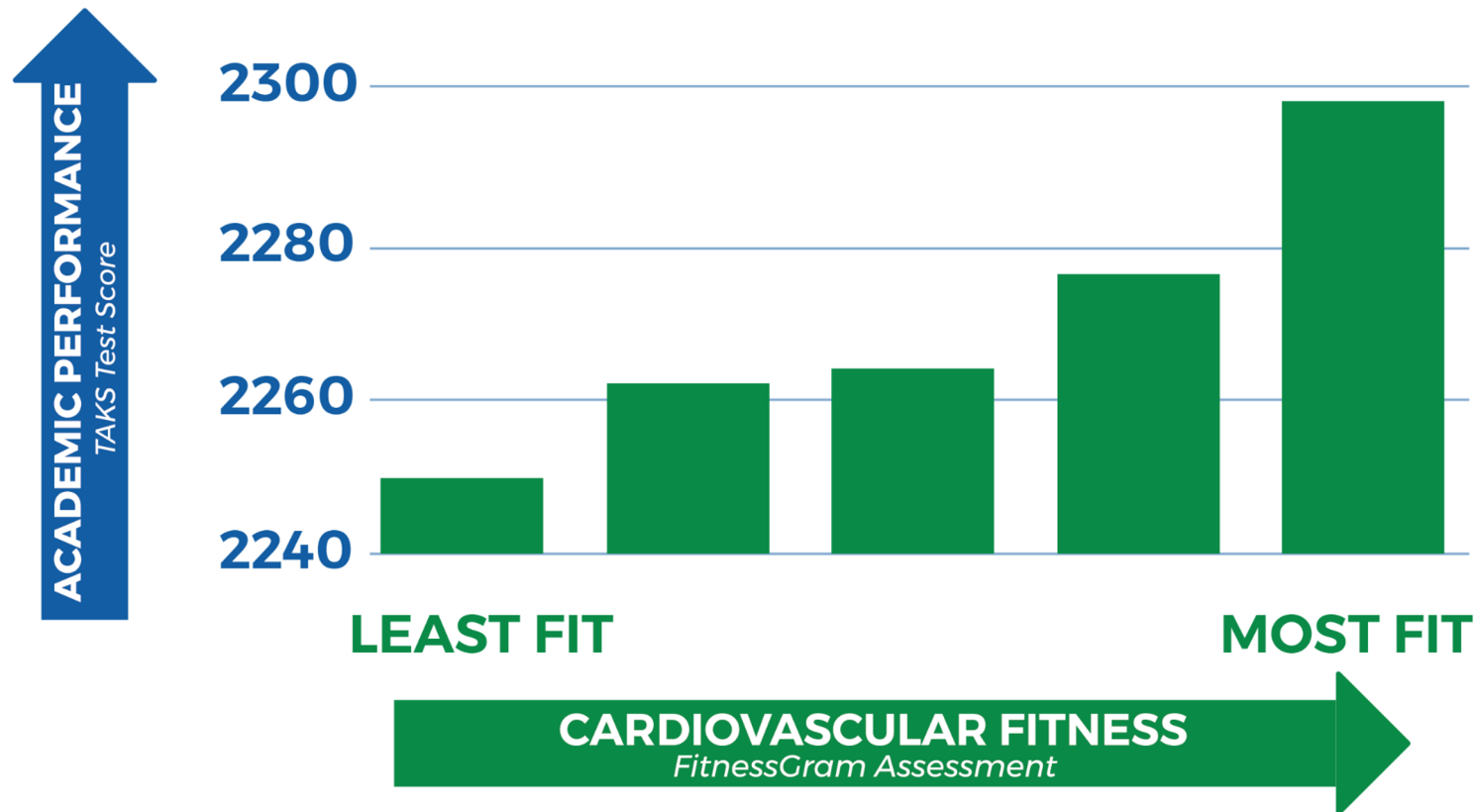
Healthy Life Expectancy (HALE)

- 2016: U.S. HALE 68.5 years at birth
- Tied for 42nd with Poland
- Lowest among 30 most economically developed countries
- Between 2010-2016, HALE *declined* in only 4 countries
- U.S., Iraq, Libya, Syria (last 3 endured deadly civil wars during that period)



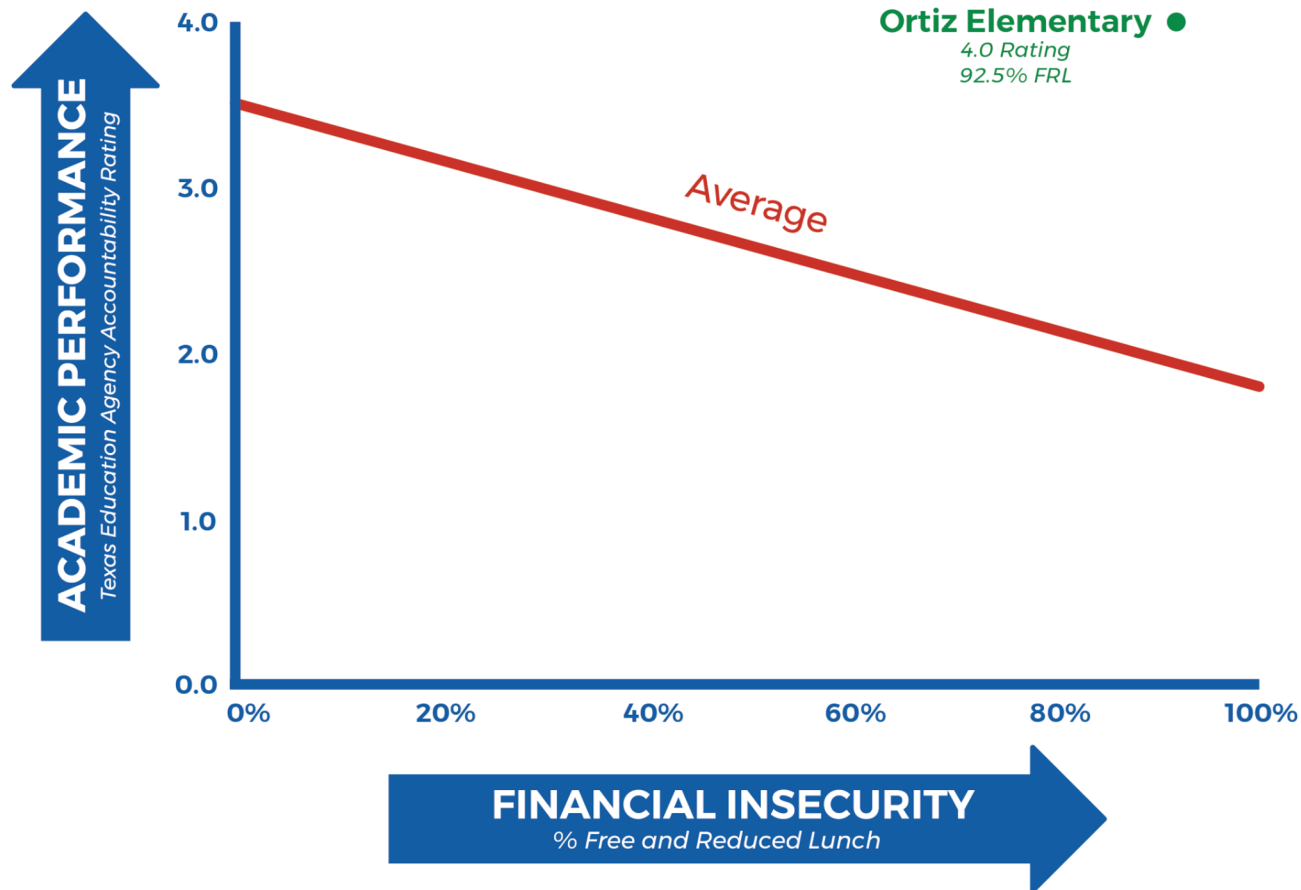
REASON 2

Short-Term Benefit: Learning



REASON 3

Social Benefit: Equity



Source: Van Dusen,
*When Are We Going to
Teach Health?* (2020),
Texas Education Agency

REASON 4

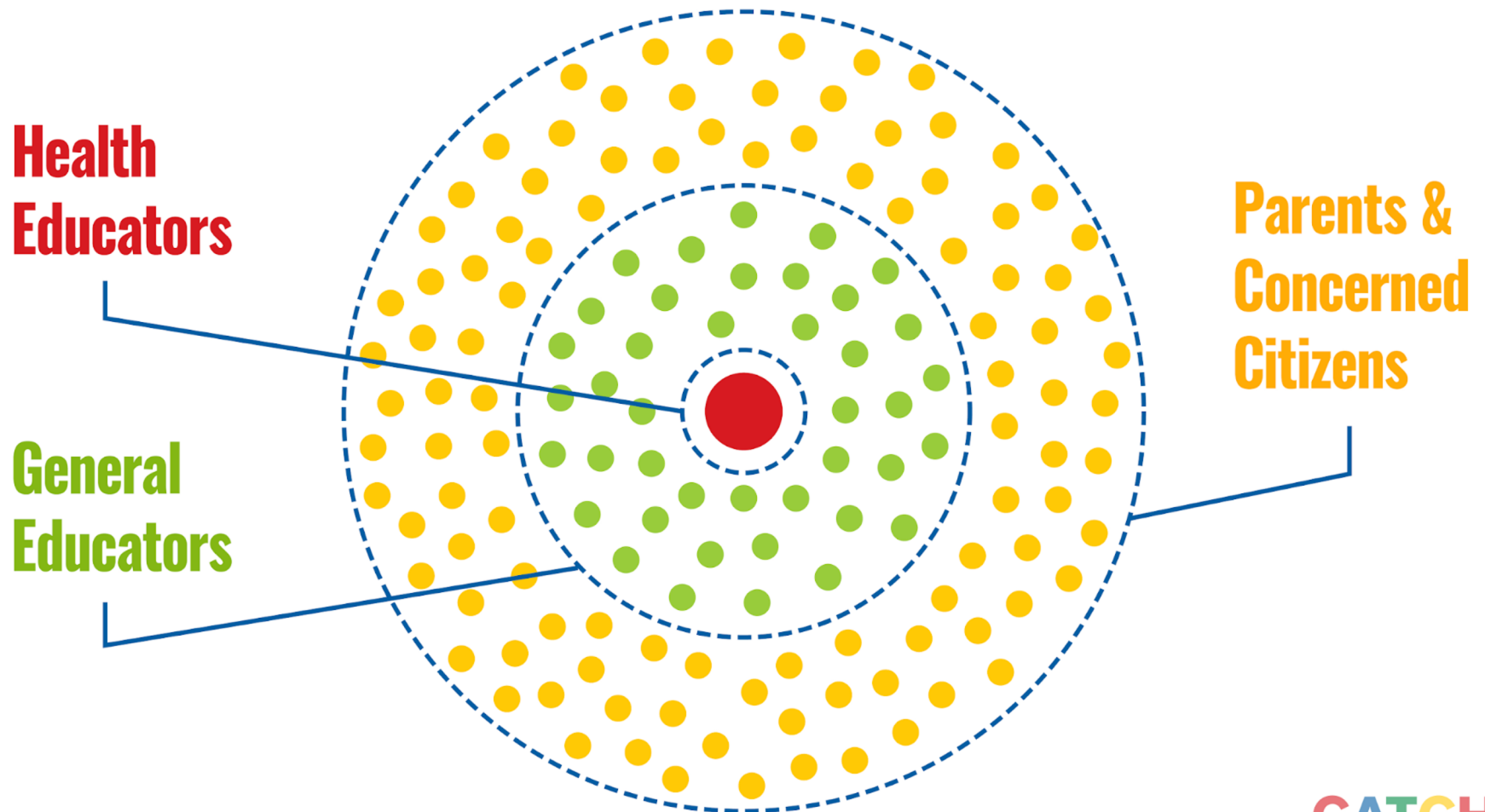
Kids Want Health!

82% think *all* middle and high schoolers should get CATCH My Breath program.

When it's **fun**, it gets **done**!



Audience



Operation Bulldog Thunder

- Program to provide 10 healthy meals per week for 10 weeks to area children during COVID school closures
- 129,794 meals provided – 2,600 per weekday
- Supported by USDA Summer Food Service and Fresh Fruit & Vegetables Programs



Teaching Health in Altus PS

FREE download of full case study at TeachHealth.org

- Ensure nutrition is taught in the classroom
- Provide physical education activities that reinforce concepts
- Creation and posting of signs depicting GO-SLOW-WHOA food classification system in cafeterias and classrooms
- Require each school to designate a CATCH champion and wellness team that reports on their activities quarterly to Garrett
- Oklahoma State University's Cooking for Kids Skill Development Training
- Hydroponic lettuce growing machines



Q&A

Thank you!

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