Book Launch

November 10, 2020

When Are We Going To Teach Health?
Let's teach health as if each child's life depends on it — because it does
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Transforming all schools into places where every student learns and thrives.
If not now, *when*?

**TOTAL REPORTED**
- **Cases**: 10.1 million+
- **Deaths**: 238,246

**ON NOV. 8**
- **Cases**: 103,657
- **Deaths**: 464

**14-DAY CHANGE**
- **Cases**: +59%
- **Deaths**: +14%

Source: *New York Times*
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
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)

Source: World Health Organization
Short-Term Benefit: Learning

REASON 3

Social Benefit: Equity

Ortiz Elementary

4.0 Rating
92.5% FRL

Source: Van Dusen, When Are We Going to Teach Health? (2020), Texas Education Agency
82% think *all* middle and high schoolers should get CATCH My Breath program.

When it’s **fun**, it gets **done**!
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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TeachHealth.org

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