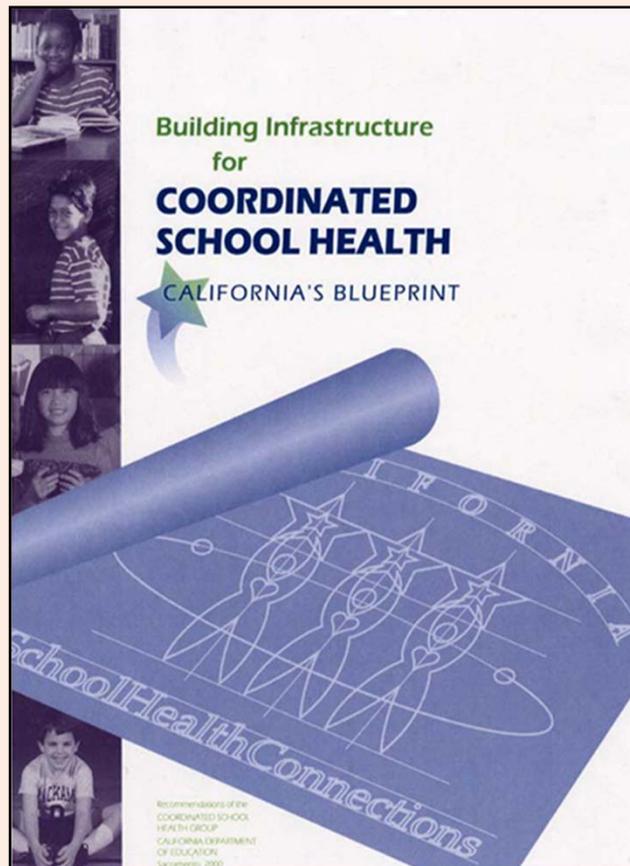




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# California's *Blueprint*



- Describes action steps for state and local education and health agencies
- Provides guidance to the California Department of Education and Department of Health Services for joint implementation



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# California's *Blueprint*



- Reinforces importance of local efforts
- Categorizes actions in six goals



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# Coordinated School Health Blueprint - Goal 1

Coordinated school health policies and programs will support and contribute to the positive development of youth.

<http://www.cde.ca.gov/ls/he/cs/>



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# Youth Development



- Secured and promoted active youth involvement in state programs, planning, conferences and in requests for applications



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# Youth Development (cont.)



- Incorporated as a key concept in 2002 *Health Framework*



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# Coordinated School Health Blueprint - Goal 2

**Policies** at all levels will fully support coordinated school health for California's diverse population.

<http://www.cde.ca.gov/ls/he/cs/>



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# Policies



- Promoted and disseminated model policies and supporting tools
  - Fit, Healthy, Ready to Learn National - Association of School Boards of Education (NASBE)
  - School Health Index - Centers for Disease Control and Prevention (CDC)



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# Policies (cont.)

- Project LEAN working with California School Boards Association on policies re: nutrition and physical activity
- Many districts banned sales of non-nutritious foods





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# Coordinated School Health Blueprint - Goal 3

**Funds and resources** will be allocated to support coordinated school health for California's diverse population.

<http://www.cde.ca.gov/ls/he/cs/>



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# Funds and Resources, cont.



- Obtained partial funding for the Leadership Institute from The California Endowment and American Cancer Society (national and state)
- Submitted grant proposals to fund the Leadership Institute



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# Funds and Resources, cont.

- Provided CDE mini-grants to county offices of education for Coordinated School Health (CSH) and HIV/STD prevention





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# Coordinated School Health Blueprint - Goal 4

Closer **collaboration** and better **coordination** will be established within and between CDE/Department of Health Services (DHS), other state and local level agencies, and business and community partners.

<http://www.cde.ca.gov/ls/he/cs/>



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# Collaboration and Coordination

cont.

- Participated with national organizations and California institutions of higher education to strengthen teacher preparation





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# Collaboration and Coordination

cont.

- Collaborated with broad-based team to develop and implement Leadership Institute





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# Coordinated School Health Blueprint - Goal 5

**Personnel capacity** in school health at the state and local levels will increase and reflect California's diverse population.

<http://www.cde.ca.gov/ls/he/cs/>



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# Personnel Capacity (cont.)

- Conducted trainings re: HIV prevention, health assessment
- Conducted workshops on *Health Framework*, assessment, and HIV and establish cadre of trainers





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# California Healthy Kids Resource Center Web site for faculty in teacher preparation programs

California Healthy Kids - Project TEACH Health - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites History Print Mail

Address <http://www.californiahealthykids.org/c/@k2e2b9XI0.Bs/Pages/pth.html> Go

**California Healthy Kids**

Borrowing Materials  
School Health Laws  
Research-Validated Programs & Trainings  
Research Summaries & Resources  
Assessment & Planning

Getting Results  
Links and Other Resources  
Newsletters  
Site Map  
Home  
HOT Topics and more...

Links and Other Resources

- CA School Health Coordinator Leadership Institute
- Health Connections: HIV/AIDS
- Healthy Schools, Healthy People IX
- Conferences and Tra...
- Health Education Lin...
- Project TEACH Healt...

## Teacher Education to Achieve Comprehensive Health

This page provides instructional resources--such as readings, assignments, ideas for in-class activities--for university faculty teaching "Health Education for Teachers" courses for the California Clear credential. These resources are also useful to credential candidates taking these courses. The major sections of this page are:

- [Professional Development Instructional Activities \(PDIA\)](#)
- [Teacher Competencies](#)
- [Teacher Readings](#)
- [Assignments](#)
- [Study Guide](#)

Internet



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# Coordinated School Health Blueprint - Goal 6

Use of state-of-the-art, **research-based strategies** to implement coordinated school health will increase.

<http://www.cde.ca.gov/ls/he/cs/>



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# Research-Based Strategies, cont.

- Updated *Getting Results*
- Analyzed relationships between CHKS and test scores (WestEd)
- Researched studies linking health and academic achievement





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# 2001 Physical Fitness and Math/Reading Scores

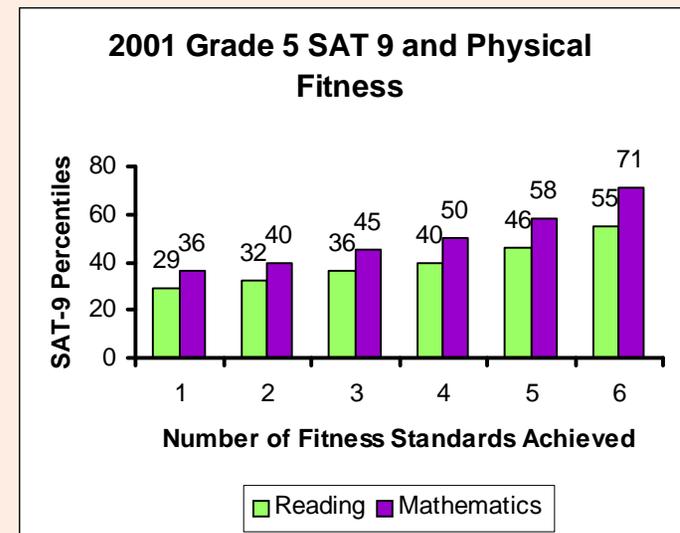
- Analysis of 2001 test scores shows positive, linear relationships
- Consistent across grade levels, gender



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# 2001 Physical Fitness and Math/Reading Scores

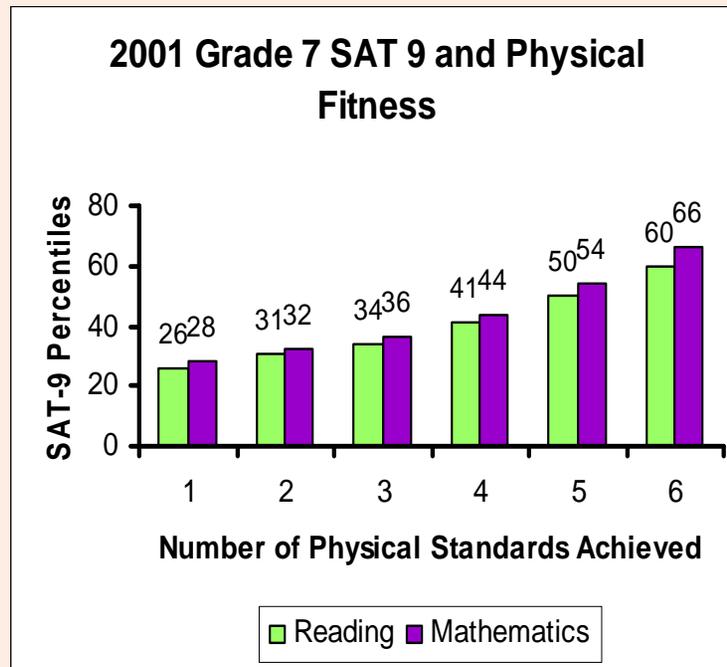
Students who met minimum fitness levels in three or more physical fitness areas showed the greatest gains in academic achievement.





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# 2001 Physical Fitness and Math/Reading Scores



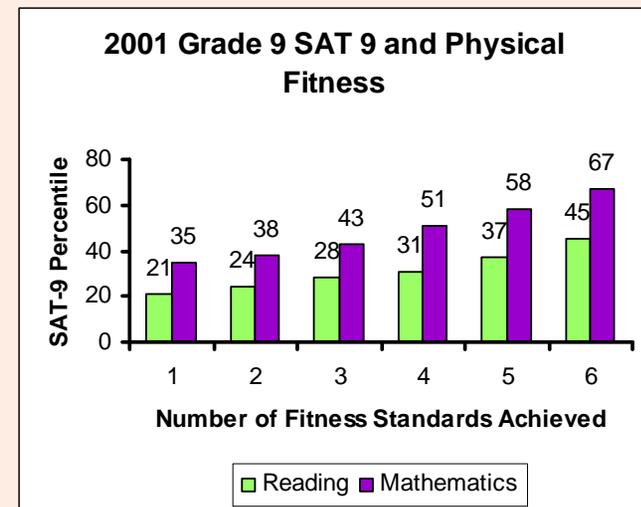
Higher academic achievement was associated with higher levels of fitness.



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# 2001 Physical Fitness and Math/Reading Scores

The relationship between academic achievement and fitness was greater in mathematics than in reading, particularly at high fitness levels

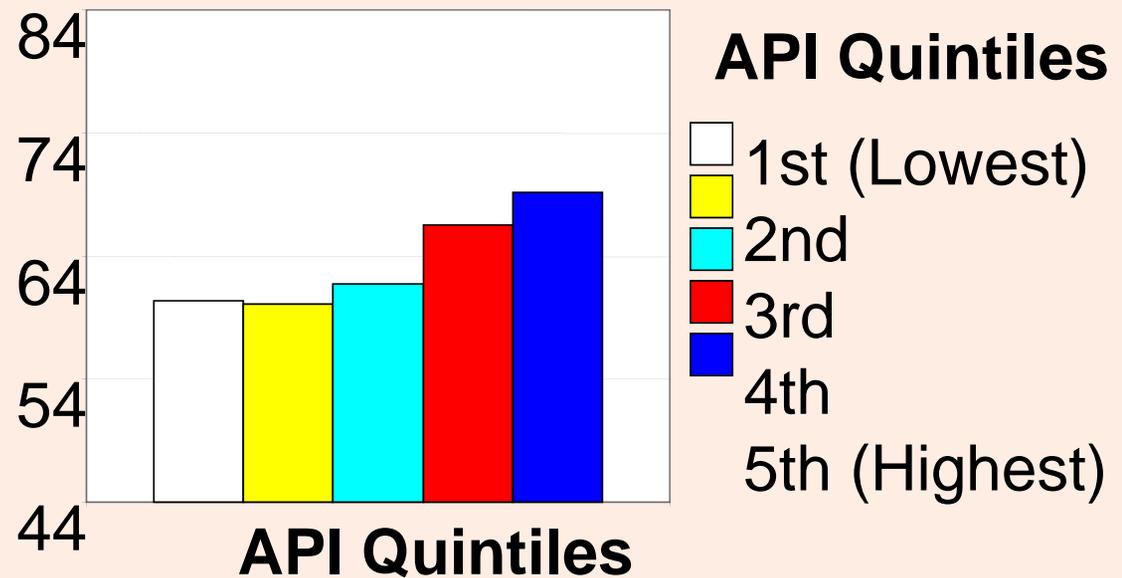




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# Daily Breakfast By API Quintile

% in school who ate breakfast day of survey





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# Local Accomplishments in Coordinated School Health (CSH)



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# Eight Components of CSH





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# Local CSH Accomplishments Los Angeles County

- Convenes county-level meetings of coordinated school health committee, district school health managers, tobacco/  
Title IV prevention coordinators and participants of leadership institute
- Adopts and implements *Paving the Way for Physically Fit and Healthy Children*



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# Local CSH Accomplishments Santa Clara County

- Convenes CSH advisory board
- Administers Healthy Kids Survey countywide
- Achieves high levels of Immunizations
- Provides on-site medical and dental services vans
- Sponsors countywide "walk-to-school" events



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# Local CSH Accomplishments San Diego County



- Established CSH recognition program
- Involved education and health agencies, and community based organizations in planning and implementing



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# Local CSH Accomplishments San Diego County

- Recognized districts and school sites for leadership in CSH or individual components of CSH





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# Districts Honored for their CSH Leadership in San Diego County

- Chula Vista Elementary School District
- National School District
- Poway School District
- Sweetwater Union High School District
- Vista Unified School District



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# Local CSH Accomplishments Compton Unified School District

- Inspects school sites and playground equipment for safety
- Provides school-based health centers and insurance enrollment
- Conducts health fairs
- Offers staff memberships at local fitness center



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# Local CSH Accomplishments Long Beach USD

- Convenes a health advisory council with representatives of all components and family/community members
- Offers sequential standards-based K-12 health education and physical education
- Requires health course in middle and high school



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# Local CSH Accomplishments Redondo Beach USD

- Convenes a safety council comprised of two students from each site who meet monthly with assistant superintendent
- Uses state-adopted health textbooks, which promote the CSH model
- Maintains a health/fitness academy for students interested in health careers



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# Local CSH Accomplishments Lennox SD

- Offers on-site medical screenings and flu shots to staff
- Provides school counselor at every elementary school site
- Provides nutritionally sound and culturally appropriate meals
- Works with parents and community partners to support health



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# Local CSH Accomplishments Hawthorne SD

- Provides standards-based health education and physical education, K-8
- Provide families with training on benefits of physical activity and healthy eating
- Offers universal breakfast program (free to all students) and free lunch to all kindergarten students



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# Local CSH Accomplishments Rosemead School

- Provides nutritious food choices
- Provides health education coordinated with nutrition services and physical education





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# Local CSH Accomplishments Rosemead School

- Enforces strict policies re: Alcohol, Tobacco and Other Drugs (ATOB), safety, bullying, and harassment





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# Local CSH Accomplishments Rosemead School

- Offers classes for parents and families, in coordination with community agencies and partners





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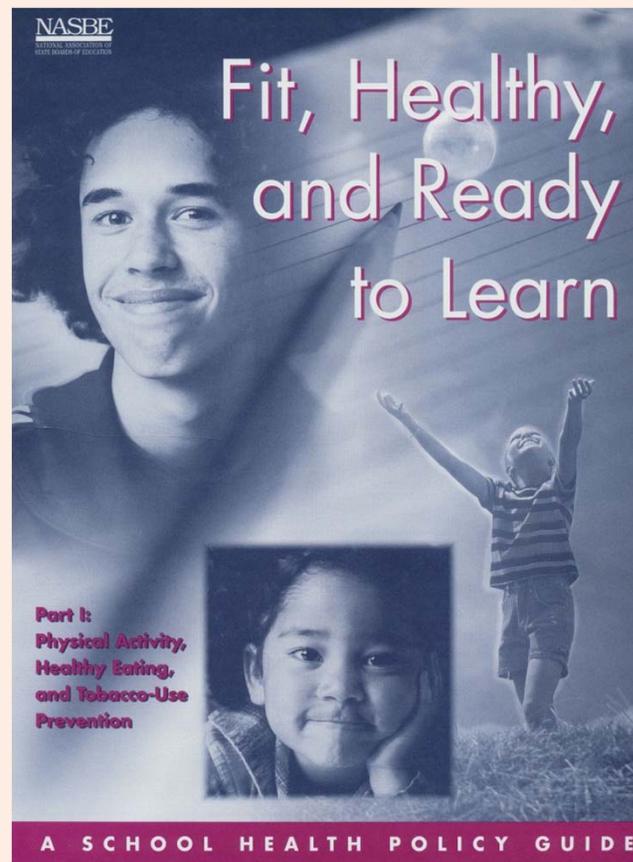
[http://www.cdc.gov/HealthyYouth/  
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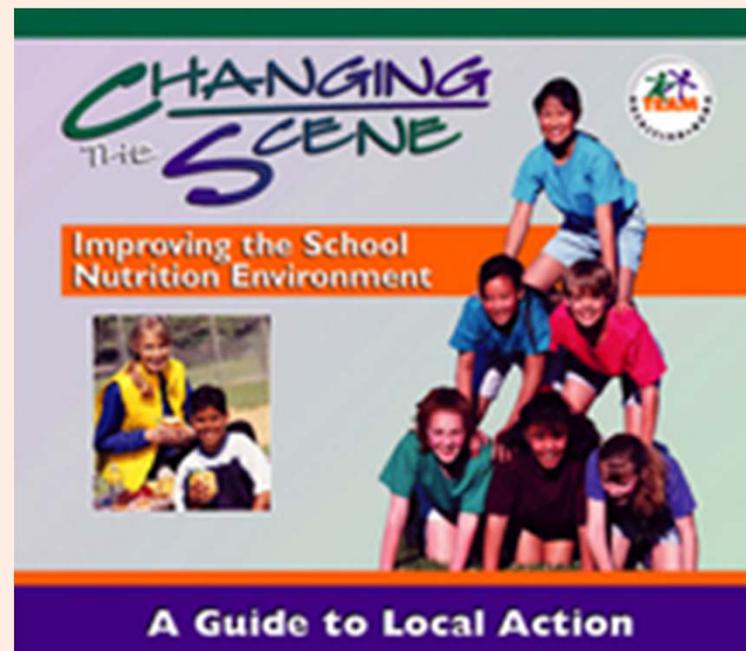
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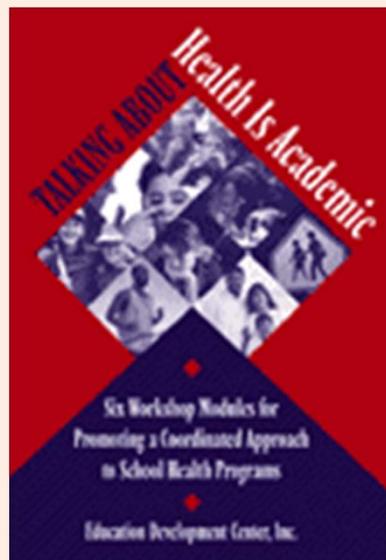
[http://www.fns.usda.gov/tn/  
Resources/changing.html](http://www.fns.usda.gov/tn/Resources/changing.html)





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[http://www2.edc.org/  
makinghealthacademic/cshp.  
asp](http://www2.edc.org/makinghealthacademic/cshp.asp)



CSHP AT-A-GLANCE | [CONCEPT TO ACTION](#) | [RESOURCES](#) | [LINKS](#) | [NEWSLETTER](#)



## CSHP At-A-Glance

[What Is a Coordinated School Health Program \(CSHP\)?](#)

This section provides an introduction to the basics of coordinated school health programs (CSHPs), including a summary of their [components](#), a [rationale](#) for their importance, and an overview of the [steps](#) required to establish these programs in your schools and communities.

[Why Do Schools and Communities Need CSHPs?](#)

[What Key Strategies Should Guide Your Approach?](#)

**What Is a Coordinated School Health Program (CSHP)?**

Health is not just the absence of disease – it is complete physical, mental, and social well-being. A school health program that effectively addresses students' health, and thus improves their ability to learn, consists of many different components. Each component makes a unique contribution while also complementing the others, ultimately creating a whole that is more than just the