

# Healthy Schools.... Successful Students

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



Presented by Mary Podrabsky, MPH, RD  
University of Washington  
Center for Public Health Nutrition

# Healthy Schools...Successful Students Web Site

- ◆ Partners
  - UW Center for Public Health Nutrition
  - Office of Superintendent of Public Instruction
  - WA State Department of Health and Board of Health
  - Washington State Dairy Council
  - National Libraries of Medicine
  - Children's Alliance
  - WA State School Directors' Association
- ◆ Funding provided by the USDA Food and Nutrition Service, Washington State Dairy Council and NLM

# Development

- ◆ January-April 2007 Needs Assessment > 450 stakeholders
- ◆ Usability testing-May 2007
- ◆ Incorporation of Feedback
- ◆ Launched July 2007
- ◆ Ongoing Evaluation
- ◆ Ongoing Updates and Expansion



# Types of Information and Resources on the Site

- ◆ Toolkits/"How To" Information
- ◆ State and Federal Program Resources
- ◆ Reports/Research
- ◆ Activities/Lesson Plans
- ◆ "What's Happening in Washington"
- ◆ Funding Opportunities



**COORDINATED SCHOOL HEALTH IN WASHINGTON STATE**  
*healthy schools...successful students*

A collaboration of state agencies and partner organizations in Washington for use by school administrators, staff, community supporters and parents.

**What It Includes**

- Nutrition Services
- Physical Education
- Health Education
- Health Services
- Counseling and Support Services
- Healthy School Environment
- Health Promotion for Staff
- Family/Community Involvement

**Featured Items**

- School Wellness Policies
- Healthy Schools Leadership Program
- School Health Profiles
- Sexuality Education Guidelines
- Data, Tools and Funding

**THREATS TO SUCCESS**

- Physical inactivity
- Poor Nutrition
- Tobacco Use
- Sexual Risk Taking
- Alcohol and Other Drug Use
- Injury and Violence

**WHAT'S NEW**

Learn how Washington school districts are addressing food as a research priority before lunch and many other topics in their wellness policies. See our policy analyst reports. [More >](#)

**KEY EVENTS**

Learn about Healthy Schools, Successful Students at the 10th Annual Washington State Joint Conference on Health October 6-8, 2009 | Yakima, WA [More >](#)

**OUR MISSION** is to coordinate policies, programs and services that ensure healthy schools and healthy, successful students.

**COORDINATED SCHOOL HEALTH IN WASHINGTON STATE**  
*healthy schools...successful students*

**What is Coordinated School Health?**

- Nutrition Services
- Physical Education
- Health Education
- Health Services
- Counseling and Support Services
- Healthy School Environment
- Health Promotion for Staff
- Family/Community Involvement

**Introduction to Coordinated School Health**

Definitions and resources for each of the 8 Components

**WHAT'S NEW**

You are in the right place if you are looking for healthy schools in Washington. We've developed this page to help you find resources throughout the site.

**KEY EVENTS**

July 26 Washington School Nutrition Association Annual Conference

August 11 Nutrition Association Annual Conference

[More >](#)

COORDINATED SCHOOL HEALTH IN WASHINGTON STATE  
healthy schools...successful students

What is Coordinated School Health?

What it includes:

- Nutrition Services
- Physical Education
- Health Education
- Health Services
- Counseling and Support Services
- Healthy School Environment
- Health Promotion for Staff
- Family/Community Involvement

THREATS TO SUCCESS

- Physical Inactivity
- Poor Nutrition
- Tobacco Use
- Sexual Risk Taking
- Alcohol and Other Drug Use
- Injury and Violence

Our mission is to coordinate policies, programs and services that ensure healthy schools and healthy, successful students.

WHAT'S NEW

KEY EVENTS

Last updated 07/23/07 | Home | Site map | Contact Us | Partners | About us | Disclaimer

**Six threats to student health and academic success**

**Issues addressed by Coordinated School Health Programs**

COORDINATED SCHOOL HEALTH IN WASHINGTON STATE  
healthy schools...successful students

What is Coordinated School Health?

Physical Inactivity

Fitness habits formed in youth have a lifelong impact. Inactivity contributes to many health problems, including obesity, heart disease, and diabetes, as well as emotional problems, such as low self-esteem, and stress. Moderate to vigorous physical activity strengthens bones, muscles, the immune system, and helps control weight. Studies show a strong connection between physical activity and improved test scores. There are many effective alternatives to traditional team sports in school for those who, for whatever reason, can't or don't want to participate.

Using a Coordinated Approach

To increase physical activity

MedlinePlus®

Trusted health information for you

Exercise for Children

THREATS TO SUCCESS

- Physical Inactivity
- Poor Nutrition
- Tobacco Use
- Sexual Risk Taking
- Alcohol and Other Drug Use
- Injury and Violence

Our mission is to coordinate policies, programs and services that ensure healthy schools and healthy, successful students.

Last updated September 26, 2006 | Home | Site map | Contact Us | Partners | About us | Disclaimer

COORDINATED SCHOOL HEALTH IN WASHINGTON STATE  
healthy schools...successful students

A collaboration of state agencies and partner organizations in Washington for use by school administrators, staff, community support and parents.

Featured Items

- School Wellness Policies
- Healthy Schools Leadership Program
- School Health Profiles
- Sexuality Education Guidelines
- Data, Tools and Funding

WHAT'S NEW

KEY EVENTS

Last updated 07/23/07 | Home | Site map | Contact Us | Partners | About us | Disclaimer

**New, popular, or key resources.**

**Will change based on current needs and issues.**

**New Toolkit**

**Building Capacity for Quality Health Information in School Communities**

- Funded by the National Libraries of Medicine
- Purpose: to provide school staff, parents, students and others with *current* and *credible* health information on nutrition, drugs, violence and other health topics that influence academic success.
- Features **MedlinePlus**- a website network containing health information from the world's largest medical library & the United States National Library of Medicine, in cooperation with the National Institutes of Health

**Characteristics of Quality Health Information**

Quality health information is:

- Current
- Scientifically-based
- Supported by peer-reviewed studies

COORDINATED SCHOOL HEALTH IN WASHINGTON STATE  
healthy schools...successful students

What is Coordinated School Health?

What it Includes:

- Nutrition Services
- Physical Education
- Health Education
- Health Services
- Counseling and Support Services
- Healthy School Environment
- Health Promotion for Staff
- Family/Community Involvement

Featured Items

- School Wellness Policies
- Healthy Schools Leadership Program
- School Health Profiles
- Sexuality Education Guidelines
- Data, Tools and Funding

WHAT'S NEW

KEY EVENTS

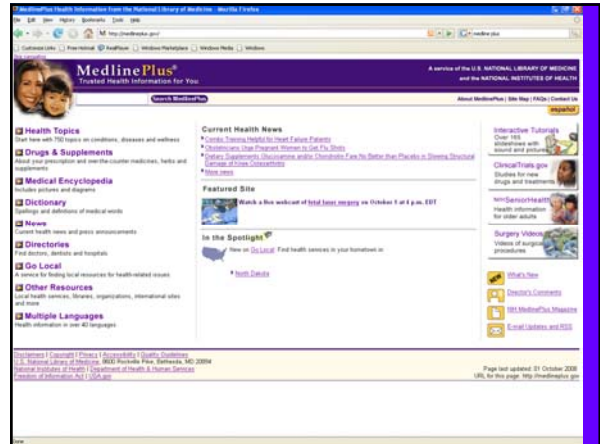
Last updated September 26, 2006 | Home | Site map | Contact Us | Partners | About us | Disclaimer

**Location of Toolkit**

**"Building Capacity for Quality Health Information in School Communities"**

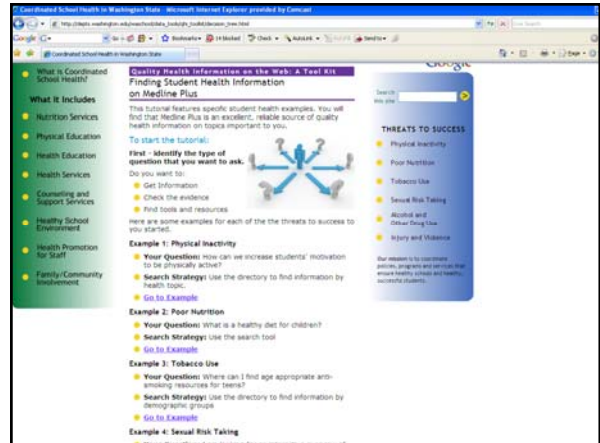
## Toolkit Features

- ❖ Overview of MedlinePlus features:
  - Consistent Organization
  - Age Specific Information
    - Language Options
  - Multiple Search Options
    - Other Tips
  - Other features Such as Interactive Tutorials, brochures and handouts



## Toolkit Features

- ❖ Tutorial customized to student health topics:
  - Physical Inactivity
  - Poor Nutrition
  - Tobacco Use
  - Sexual Risk Taking
  - Alcohol and Other Drug Use
  - Injury and Violence



www.healthyschoolswa.org  
Join the listserv!

Contact us:  
waschool@u.washington.edu

