

Coordinated School Health



Overview

The Challenge

The physical, social, and emotional health of students can support or hinder their academic success and their subsequent success in life. State and national data reveal that many Tennessee students engage in unhealthy behaviors that are detrimental to both their health and academic success. Additionally, data indicates that school environments are not always as supportive of students' health as they could be. Yet, in spite of these and other challenges, Tennessee schools can have a powerful influence on students' wellness.

Our Mission

"To improve student's health and their capacity to learn through the support of families, communities and schools."

CSH Model

The CDC's Coordinated School Health (CSH) model is a systematic approach that ensures that a school community effectively links health with educational success. Although these components are listed separately, it is their composite that allows CSH to have significant impact. CSH is implemented in a way that fits the unique needs and resources of a school community.

The eight components of CSH are:

- ☑ Health Education
- ☑ Physical Education
- ☑ Family/Community Involvement
- ☑ Health Services
- ☑ Nutrition Services
- ☑ Healthy School Environment
- ☑ Health Promotion for Staff
- ☑ Counseling, Psychological and Social Services

Goals

1. Establish state and local partnerships that are necessary to implement the CSH model on a statewide basis.
2. Maximize the extent to which state agencies, local agencies, and the general public understand the crucial importance of student health and wellness to lifelong learning.
3. Maximize the ability of school communities to adopt and implement the CSH model by providing appropriate and necessary resources tailored to the needs of each school community.
4. Promote a healthy school environment in Tennessee school communities.
5. Foster accountability for CSH implementation in school communities.

CSH Outcomes

- ☑ Improved nurse to student ratios
- ☑ Increased access to health care services
- ☑ Increased class time instead of being sent home for illness
- ☑ Students have acquired additional information & skills for making healthy decisions for life
- ☑ Reduced absenteeism

Our Approach

We believe:

- Adults and students in a school community can take action to protect and build students' health by co-creating a healthy school environment and using effective educational strategies.
- It is vital to take a dual approach to students' health by reducing students' risky behaviors and increasing student capacity to effectively deal with current and future health challenges.
- It is important to help students acquire the necessary knowledge, skills, and relationships to make and practice informed healthy choices and behaviors.

Successful Strategies:

- Communicate how health impacts academic outcomes.
 - View health as having three interconnected components - physical, social, and emotional health.
 - Keep a perspective that students' health is influenced in three different spheres - school, family and community.
 - Take a comprehensive approach to the health of students.
 - Work with school communities to develop a coordinated approach that emphasizes change in policies, environment, educational strategies, community partnerships, and student connectedness to school.
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