

## **COORDINATED SCHOOL HEALTH MAKES A DIFFERENCE IN HAWAII**

*Schools apply nutrition and physical activity interventions in unique wellness efforts*

### **Public Health Problem**

- Poor health habits established in youth, such as eating an unhealthy diet, using tobacco and not being physically active, contribute to the development of serious chronic diseases.
- More than two thirds of Hawaii youth in ninth through twelfth grade don't eat the recommended number of servings of fruits and vegetables every day, fourteen percent are overweight, and over two-thirds are not physically active at recommended levels. Also, every day, nearly 5,000 young people in the United States try their first cigarette.
- Coordinated school health programs integrate education, health, and social services to provide a comprehensive set of programs and services to reduce risk factors and improve health habits among young people.

### **Program**

- The Hawaii Departments of Health and Education, funded by the Centers for Disease Control and Prevention and Tobacco Settlement Funds, meet quarterly to jointly develop programming and workgroup opportunities related to the eight components of coordinated school health: health services; health education; healthy physical and social environments; nutrition services; physical education and other physical activity; counseling, psychological, and social services; health programs for faculty and staff; and collaborative efforts of schools, families, and communities.
- A Safety and Wellbeing Survey is being developed to monitor wellness policy implementation in all schools and provide information related to the annual trend report for each school which is required by state law (pending approval by the Board of Education).

### **Impact**

Results of coordinated school health efforts in selected schools throughout the state include:

- The Hana School Building Program partnership collaborated with Career and Technology Education students to build a cottage to house needed substance abuse counseling services and an enclosure with an exercise room that will be open to families.
- Waiakeawaena Elementary incorporated "Take 10" into daily lessons, linking learning activities with ten-minute physical activities to help children meet physical activity recommendations.
- Most students voluntarily take an important cancer prevention step by using sunscreen during physical education classes at Kalama Middle School since the school started providing sunscreen for student use.
- Giving YMCA youth memberships to students at Makawao Elementary increased participation in before and after school physical activity programs
- New snack policies were implemented at King Kaumualii School where now students may only bring fresh fruits and vegetables as snacks during the school day.
- Creation of a traverse climbing wall using donated supplies and labor to reduce costs

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