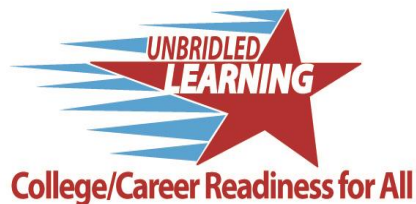


Kentucky Board of Education

KENTUCKY **SHAPE** COORDINATED SCHOOL HEALTH

April 9, 2014



KBE Health Subcommittee

Kentucky Board of Education Health Sub-Committee Members

(includes members from the State Board of Education, Departments for Public Health and Education, etc.)

Name	Affiliation
Judy Gibbons, Board Member Leo Calderon, Board Member	Kentucky Board of Education
Jamie Sparks, CSH Project Director Katie Embree-Cleveland, School & Community Nutrition Consultant Mary Ann Miller, Policy Advisor to the Commissioner Robin Chandler, Policy Advisor for the Office of Next Generation Learners Cheri Meadows, Student Data Branch Manager	Kentucky Dept of Education
Connie Gayle White, MD, FACOG Victoria Greenwell, CSH Administrator	Kentucky Department Public Health
Dr. Susan Zepeda, Executive Director	Foundation for a Healthy Kentucky
Virginia Judd, Executive Director	Humana Foundation
Eric Thornsberry, Principal	Tates Creek Middle School, Fayette County
Dr. Aaron Beighle, Professor Dr. Stephanie Bennett, Professor	University of Kentucky
Dr. Andrew Henderson	Kentucky Chamber of Commerce

CDC Federal Funds

- 50 States funded for Basic Component Funding
- 32 states received competitive Enhanced Component Funding
- **Kentucky**
 - **\$600,000** (approx.) for Basic
 - **+\$1,100,000** for Enhanced
 - **\$1,700,000** for each of 5 years (addresses 4 areas)
- Funding Addresses Four Areas (CDC QUAD grant):
 - School Health
 - Diabetes
 - Heart Disease
 - Obesity

KDE/KDPH Collaboration

- MOU signed between KDPH and KDE administrations for funding of school health components during the grant application process
 - MOU for July 1, 2013 – June 30, 2018
- MOA with KDE by KDPH for funding of school health components
 - FY14 signed MOA
 - FY15 in contract process
- Dr. Connie White serves as the Principal Investigator of the CDC QUAD grant
- Bonita Bobo, KDPH & Jamie Sparks, KDE serve as co-leads of the CDC QUAD Grant
- Grant oversight for school health given to KBE Health Subcommittee



Jamie Sparks, KY Dept of Education
CSH Administrator

Victoria Greenwell, KY Dept for Public Health
CSH Administrator

VACANT, KY Dept of Education
Strategic Priorities Consultant

Stephanie Bunge, KY Dept of Education
School Health Consultant

Nutrition Performance Measures

Promote School Health

- 1) Number of schools that received professional development (PD) and technical assistance (TA) ***on strategies to create a healthy school nutrition environment***
- 2) Number of students in a school where staff received PD and TA ***on strategies to create a healthy school nutrition environment***

PE/PA Performance Measures

Promote School Health

Number of schools where staff received PD and TA *on the development, implementation or evaluation of recess and comprehensive school physical activity policies*

Number of students in a school where staff received PD and TA *on developing, implementing or evaluating recess and comprehensive school physical activity policies*

Number of state-level comprehensive school physical activity policies for schools developed and adopted by the state

Number of state-level recess policies for schools developed and adopted by the state

Worksite Performance Measures

Schools as a Worksite, Promote School Health

Number of worksites that adopt strategies to increase physical activity

Number of employees who work in worksites that adopt strategies to increase physical activity

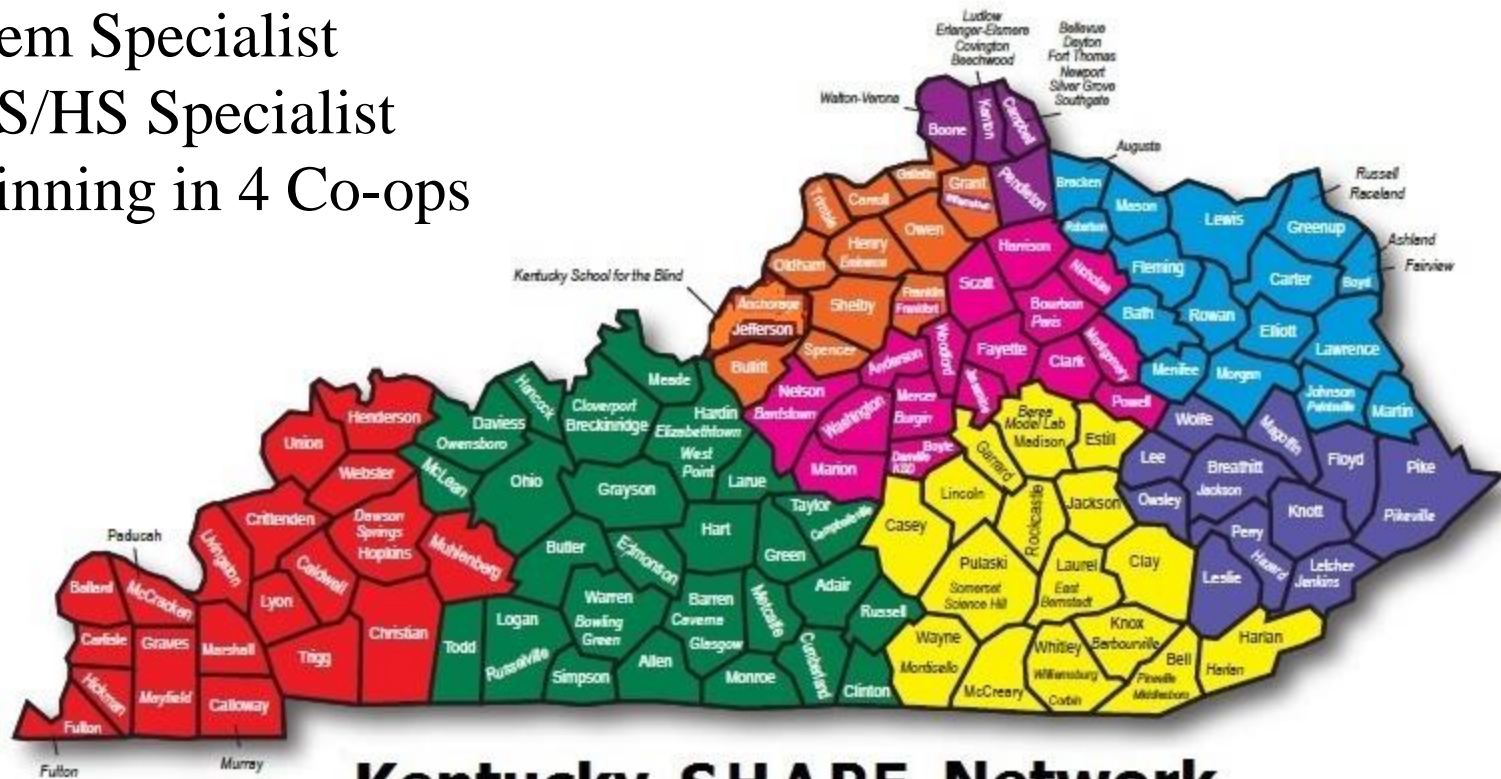
What's the plan to improve?



School Health and Physical Education

Kentucky SHAPE Network

1 Elem Specialist
1 MS/HS Specialist
Beginning in 4 Co-ops



Kentucky SHAPE Network



Kentucky SHAPE Network





KRS 158.856

Implementation of the School District/School Wellness Policy Requirements

LOCAL WELLNESS POLICY REQUIREMENT

1

Involve all stakeholders in the development of the wellness policy

2

Set goals for nutrition education, physical activity and nutrition guidelines

3

Measure implementation progress of wellness policy

4

Publicly report implementation progress of wellness policy

Is your local school district or school preparing to implement the wellness policy requirements of the Healthy, Hunger-Free Kids Act of 2010?

The Healthy, Hunger-Free Kids Act of 2010 wellness policy provisions require districts and schools to:

1. Involve all stakeholders in the development of the wellness policy

Coordinated School Health Best Practice:

Stakeholder involvement:

○ Create a Coordinated School Health (CSH) Council (or modify existing council) at the district level with superintendent and/or school member buy-in as well as representation from various school roles and community members.

○ Create school level Coordinated School Health Committees (or modify existing committee) that report to each school's School Based Decision Making (SBDM) Council in addition to reporting to the district CSH Council.

2. Set goals for nutrition education, physical activity and nutrition guidelines

Coordinated School Health Best Practice:

Set wellness policy goals for nutrition education/promotion, physical activity and physical education.

○ Select and utilize a school health assessment at each school: CDC's School Health Index, Alliance for a Healthier Generation's Healthier Schools Builder or USDA's Healthier US Schools Challenge.

3. Measure implementation progress of wellness policy

Coordinated School Health Best Practice:

Measure implementation progress by semi-annual reporting on school health assessments from local CSH committees to the district CSH Council.

4. Publicly report implementation progress of wellness policy

Coordinated School Health Best Practice:

Publically report the summarized findings of the district CSH Council to the local board of education. Note that a report by January 31 is required by KRS 158.856.

Coordinated School Health Components:

- ☐ PE/PA
- ☐ Health Ed
- ☐ Nutrition Services
- ☐ Health Services
- ☐ Counseling
- ☐ Staff Wellness
- ☐ Family /Community
- ☐ School Environment

Diagram of How This Can Work!



Roles of District CSH Council

- Annually review and update District Wellness Policy
- Ensure that each school establishes a CSH Committee
- Ensures all schools are implementing the district wellness policy via a school wellness policy
- Integrate CSH goals into Comprehensive District Improvement Plan (CDIP)

Roles of School level CSH Committee

- Meet regularly throughout school year and provide input into school's PLCS Program Review
- Provide program and data feedback to district CSH council
- Integrate CSH goals into Comprehensive School Improvement Plan (CSIP)
- Implement a school level wellness policy that includes a Comprehensive School Physical Activity Program approach



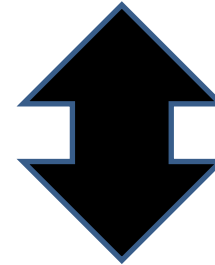
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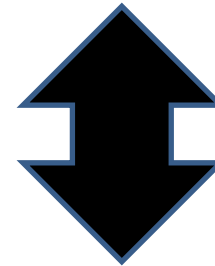
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Program Review



District Wellness Policy



School Wellness Policy

FAYETTE CO Wellness Report

Fayette County Schools

Wellness Report Card Nutrition & Physical Activity Fall 2012



Page 5

Wellness Report Card Nutrition & Physical Activity Fall 2012

FCPS Wellness Summary

Health/Wellness Committee in

Healthy Hunger-Free Kids

The Healthy, Hunger-Free Kids Act contains many provisions that help improve child nutrition programs and make meals and offerings more nutritious. Fayette County Public Schools Child Nutrition is serving school meals that meet these challenging new federal nutrition standards, ensuring that meals are healthy and well-balanced, providing students with all of the nutrition that they need to succeed in school.

School meals offer students milk, fruits and vegetables, proteins/meats, and bread/grains and meet strict limits for saturated fat and portion size. FCPS school lunches

- meet additional standards requiring:
- Age-appropriate calorie limits
- Larger servings of vegetables and fruit
- A wider variety of vegetables (including dark green and red-orange vegetables and legumes)
- Fat-free or 1% milk
- More whole grains
- Less sodium

The Child Nutrition Pro-



Connect the Dots is the nationally recognized nutrition education program developed several years ago to assist elementary students in making the connection between the colors on My Plate and the actual food components offered at lunch. Foods are divided into 5 components:



The 16th District PTA 5K

The 16th District PTA had another successful 5K that encouraged all Fayette County Public Schools to participate in a physically active fundraising effort. More than 900 people registered for the 5K Run/Walk, a PTA Healthy Lifestyles event that promotes fitness and family fun. In addition, 366 elementary students wrapped up the Marathon Kids program with the 1-mile fun run. They logged their individual miles in the weeks leading to Oct. 21 and received medals after running the final mile together for the 26.2 total.



District Health Team and Community School Health Advisory Council

The District Health Team (DHT) was developed at the beginning of the 2012-2013 school year and meets monthly to discuss the issues related to health across the district. The team is made up of district employees that represent each of the 8 components of Coordinated School Health, as well as several at-large members that represent various grade levels and specialty areas that have a direct impact on the health and safety of our school community.

The DHT will also serve on the Community School Health Advisory Council (CSHAC) that will meet for the first time this school year in January 2013. The restructuring of the existing Coordinated School Health Advisory Council has enabled the district to better address district needs and will allow for the district to invite the community to be more engaged with our health and wellness efforts. For more information regarding either of these groups, please contact the District Health Coordinator, Michelle Marra at michelle.marra@fayette.kyschools.us

Input regarding Wellness Policy

Worked for several months to develop and present to the district for updates to the current Wellness Policy. The recommendations have been brought to the current policy (09.2) can be viewed at www.fcps.net.



2013 Coordinated School Health Summit



All in for Health & Academic Success

Overall Goal: (pre-work, event and post work) School districts developed a plan to improve their school district wellness policies and a process for assessing implementation of their school district wellness policies.

Provided by the Kentucky Department for Public Health in conjunction with the Kentucky Department of Education and the Board of Education Health Subcommittee



#KYCSH

2013 Coordinated School Health Summit

All in for Health & Academic Success



Recap of CSH Summit

- Over 350 People in attendance (including numerous partners from the health care area)
- 33 School District Teams Attended & Plans Developed
- Dr. Charles Basch, keynote & author of “Healthier Students Are Better Learners” (BOE Health Subcommittee assisted with funding the keynote)
- Eight Coordinated School Health Unbridled Talks representing the eight components of CSH: <http://chfs.ky.gov/dph/mch/cfhi/CSHSummit.htm>
- Collaboration & Coordination with numerous local and state stakeholders
- Twitter reach of 50,000!





2019 Goals

- Governor Steve Beshear announced **kyhealthnow** 2019 goals to significantly advance the wellbeing of KY's citizens
- Oversight Team created by Executive Order on February 24, 2014 to monitor and provide oversight of the **kyhealthnow** goals and carry out the strategies needed to achieve the goals
 - Lt. Governor Abramson serves as Chair
 - Commissioner Mayfield serves as Vice-Chair

Goal: Reduce KY's smoking rate by 10%.

- School Strategy: *Partner with school districts and universities to implement tobacco free campuses.*

Measure: 32 of 173 school districts (18.5%) have passed a verified model 100% Tobacco Free Schools (TFS) Policy.

This means 220,286 (32%) of the 675,530 students in public schools are covered with a TFS policy!!!

Goal: Reduce the obesity rate among KY's by 10%.

- School Strategy: Challenge school districts to increase physical activity opportunities for children through implementing comprehensive school physical activity programs (CSPAP).

No Implementation	Needs Improvement	Proficient	Distinguished
No CSH Committee	CSH Committee (yet does not drive PA opportunities)	CSH Committee & uses CSPAP	CSH Committee, uses CSPAP, analyzes data & improves policy
415	472	373	56

NOTE: Total # of Schools: 1315 - this number is actually higher than the amount of schools in KY because for example accountability scores for a K-8 school is reported as both an elementary and middle, so their scores for Program Reviews are reported twice.

Source: Kentucky Department of Education, Practical Living/Career Studies: Curriculum and Instruction, Demonstrator 2, Physical Education Program Review for the 2012-2013 school year.

Goal: Reduce the obesity rate among KY's by 10%.

- School Strategy: *Double the number of schools rating proficient or higher for coordinated school health committees by the end of 2015.*

No Implementation	Needs Improvement	Proficient	Distinguished
No CSH Committee	CSH Committee (yet not used to inform health education instructional practices)	CSH Committee that increases health education opportunities	CSH Committee that increases health education opportunities & analyzes data & improves policy
430	377	422	86

NOTE: Total # of Schools: 1315 - this number is actually higher than the amount of schools in KY because for example accountability scores for a K-8 school is reported as both an elementary and middle, so their scores for Program Reviews are reported twice.

Source: Kentucky Department of Education, Practical Living/Career Studies: Curriculum and Instruction, Demonstrator 1, Health Education Program Review for the 2012-2013 school year.

Goal: Reduce the obesity rate among KY's by 10%.

- School Strategy: *Partner with school districts to increase the number of school districts collecting and reporting body mass index (BMI) data within the Kentucky Student Information System.*

Measure: Data collection for this strategy began in the 2013-2014 school year through the KDE Infinite Campus system. Data will be available June 2014.

Additional Measure: “*Distinguished*” program review measure: School is implementing the district-level wellness policy via a school-level wellness policy that is reviewed annually; **the school utilizes collection of BMI percentile data** in their annual wellness policy review process; and goals for school wellness are included in the CSIP and CDIP.

Goal: Reduce the obesity rate among KY's by 10%.

- School Strategy: *Develop initiatives to honor and recognize businesses and schools that provide greater opportunities for physical activity.*

Measure: 284 schools of approximately 1,233 school have enrolled in *Let's Move Active Schools*.

Let's Move Active Schools is a program that provides simple steps and tools, including monetary support and training, to help schools create active environments where students get 60 minutes of daily physical activity through quality physical education and physical activity before, during and after the school day.

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Kentucky Public Health
Prevent. Promote. Protect.