

Engaging State-Level and Local School Wellness Councils/Representatives: Insights from Researchers and Practitioners

NOPREN/PAPRN+ SCHOOL WELLNESS WORKING GROUP



Welcome and Overview

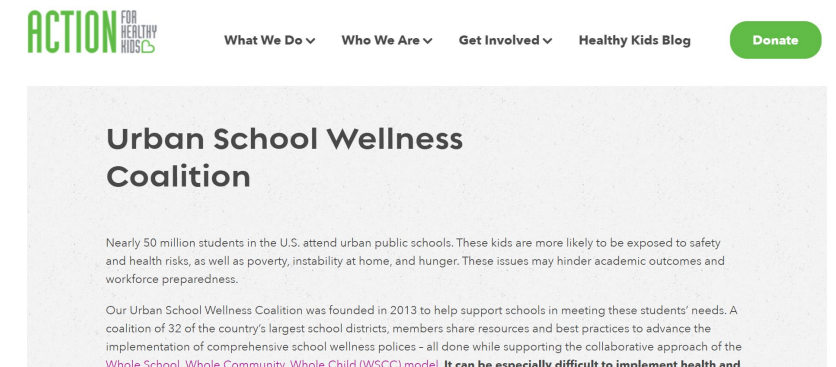
- Context of presentation
- Ongoing work to engage state school wellness councils:
 - Erin Hager- Maryland State School Wellness Council
- Centers for Disease Control: Funding Overview
 - Caitlin Merlo, CDC
- Panel with School Wellness professionals
 - Charlene Burgeson- Active Schools
 - Laura Liechty- Iowa 4H
 - William Celestine- Los Angeles Unified District Wellness Services
 - Claire Brown, Live Well Omaha Kids

Update on School Wellness Activity since August 2018

- 146 → 192 active members (with emails)
- Held 10 webinars with speakers from United States and United Kingdom
- Projects for 2019:
 - Finish postdoctoral fellow project: Translational paper on WSCC application for schools
 - Engage more members as presenters of webinars and discussions
 - Gather information on school wellness positions across the United States through online survey: <https://forms.gle/XvXFihoQ4oUMbxs98>
 - Funding source
 - Roles and responsibilities

Context for Today's Call

- Need to understand the representation across the United States and reach of wellness professionals across districts and states
- Changes in federal policy and funding affect wellness coordinator positions
- Organizations exist to assist school wellness professionals → need to address their needs and capacity to guide future collaborations





UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

School Wellness in Maryland: Structure of School Health Councils



Erin Hager, PhD

Associate Professor

University of Maryland School of Medicine

Department of Pediatrics, Growth and Nutrition Division

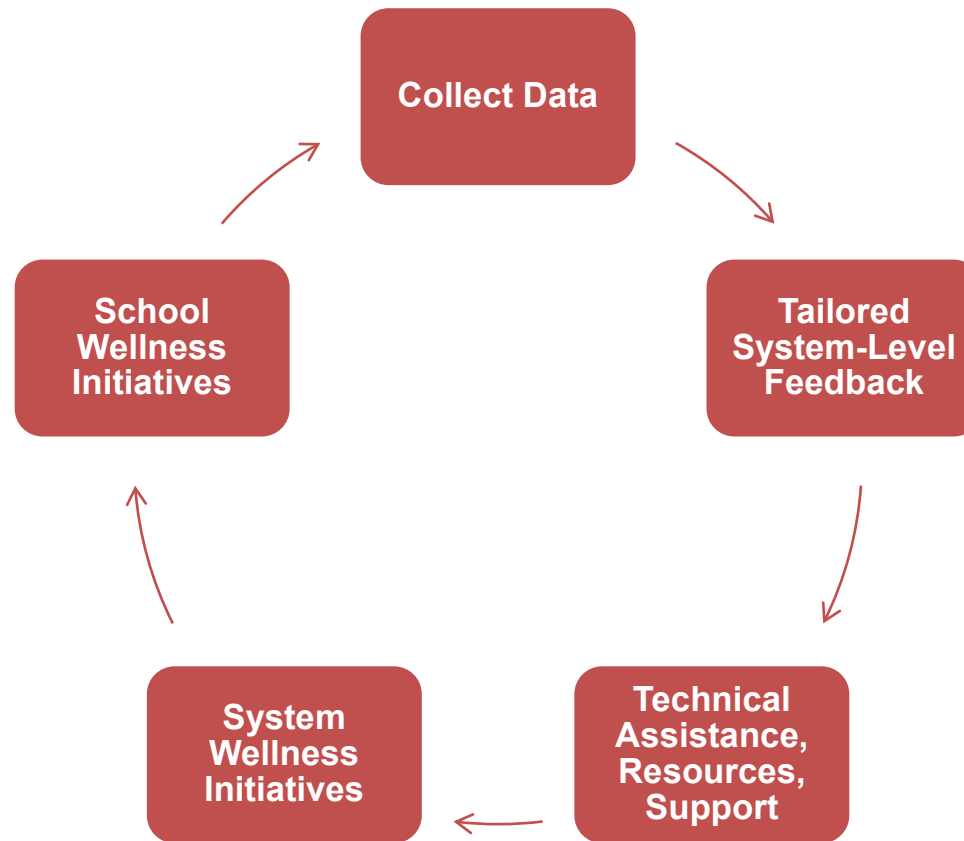
Context: My School Wellness Research

- First formal partnership with the State Departments of Health and Education:
 - Maryland Wellness Policies and Practices Project
 - 2012-present
 - CDC CTG and **NOPREN**-funded (now Maryland State Department of Education)

Context: My School Wellness

- First
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Approach: Continuous Quality Improvement



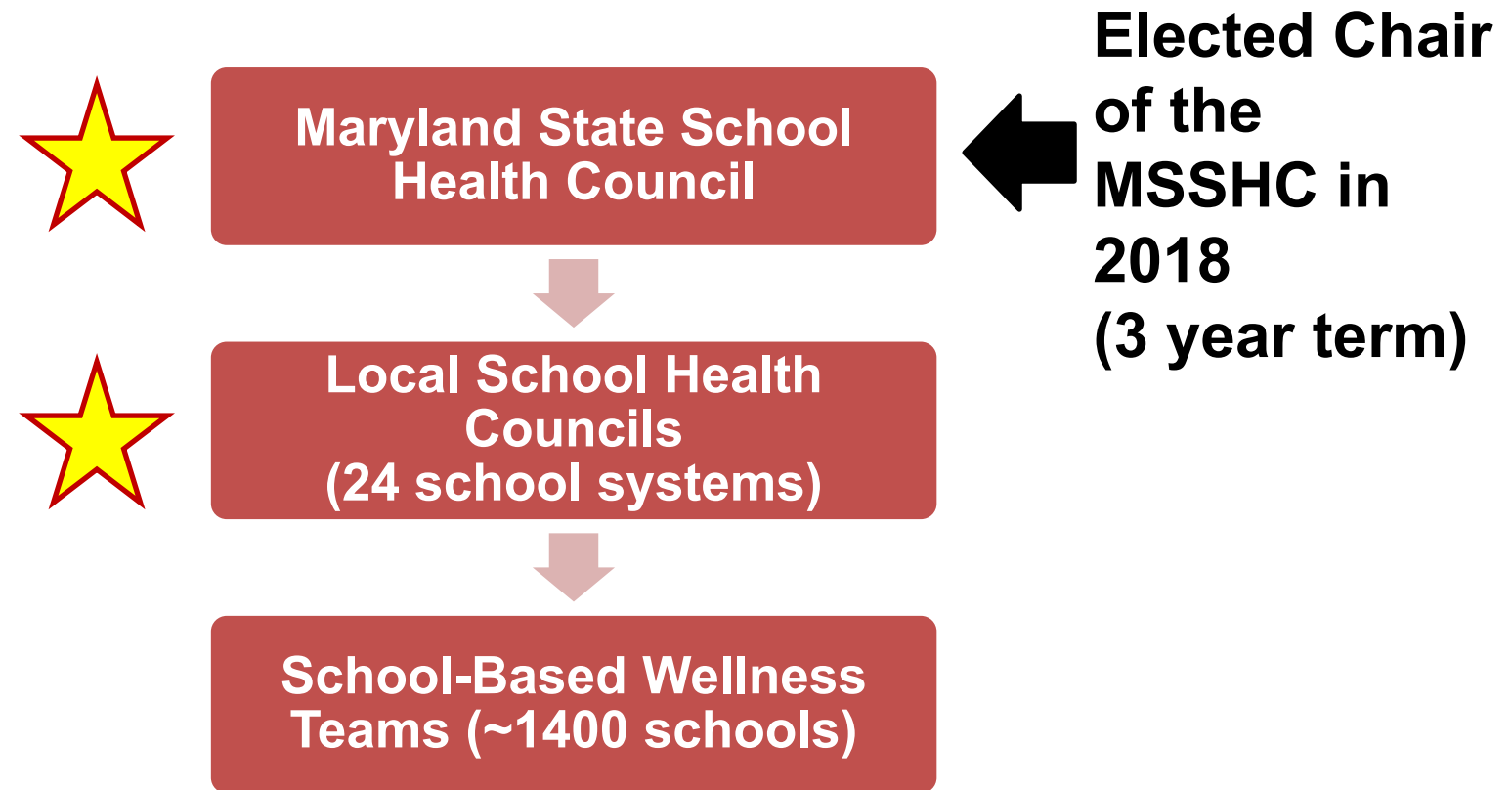
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Context: My School Wellness Research

- Additional funded projects developed with partners:
 - Childcare Wellness Policies and Practices Project: State funding
 - Maryland's Building Blocks for Healthier Children USDA Team Nutrition
 - CHAMP (Creating Health Habits Among Maryland Preschoolers): NIDDK R01
 - Wellness Champions for Change (WCC): USDA Team Nutrition
 - WCC: USDA/NIFA AFRI
 - Project SELECT (Student Engagement, Lunchroom Environment, Culinary Training): USDA Team Nutrition
 - More in the works!

Maryland School Wellness Structure



Maryland State School Health Council

A bit of digging... What does the statute say?

- “formally reorganized in 1966”
- Purpose:
 - “to assist in the development and maintenance of school health programs and promote effective and comprehensive school health programs.
 - “The Council studies, plans, and recommends action aimed at the identification of health needs and remediation of health programs of school age children, and it serves as a forum for the Department of Education and Department of Health, their local counterparts, and other groups concerned with the health of school age children.”

Maryland State School Health Council

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• **More investigating
to come!**

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Maryland State School Health Council

Accomplishments: 2018-2019 School Year

- New officers (“Executive Committee”; 3-year term)
 - Chair + Two Vice Chairs (3 individuals representing MSDE, MDH, and outside agency) + secretary/treasurer
- Executive Board Membership
 - 27 members
- 2018-2019 Themes (from 2018 listening tour):
Legislation, Networking, and Communication

Maryland State School Health Council

1. Legislation:

- Partnership with University of Maryland Carey School of Law
- Weekly legislative updates (during session)
- Support for local school health councils

2. Networking:

- In-person meeting August 2019 (~90 participants)

3. Communication

- Bi-monthly webinars

Maryland State School Health Council

Webinars:

October 2018:

1. Health Education (e-cigarettes)

December 2018:

2. Employee Wellness

February 2019:

3. Physical Education and Physical Activity

April 2019:

4. Social & Emotional Climate

June 2019:

5. Nutrition Environment & Services
6. Family Engagement



Maryland State School Health Council

Goals/Plans: 2019-2020 School Year

- Webinars (bi-monthly; October, December, February, April, June)
- 5 meetings (bi-monthly; opposite months of webinars)
- Executive Board Membership (nominated/invited):
 - Increased Local School Health Council Representation
 - Non-profit partners:

Alliance for a Healthier Generation	Action for Healthy Kids
Kaiser Permanente	SHAPE Maryland
- Activities (more to come):
 - Committee: Dr. Alan Lake Award for School Wellness Promotion
 - Focus: How can we support Local School Health Councils?

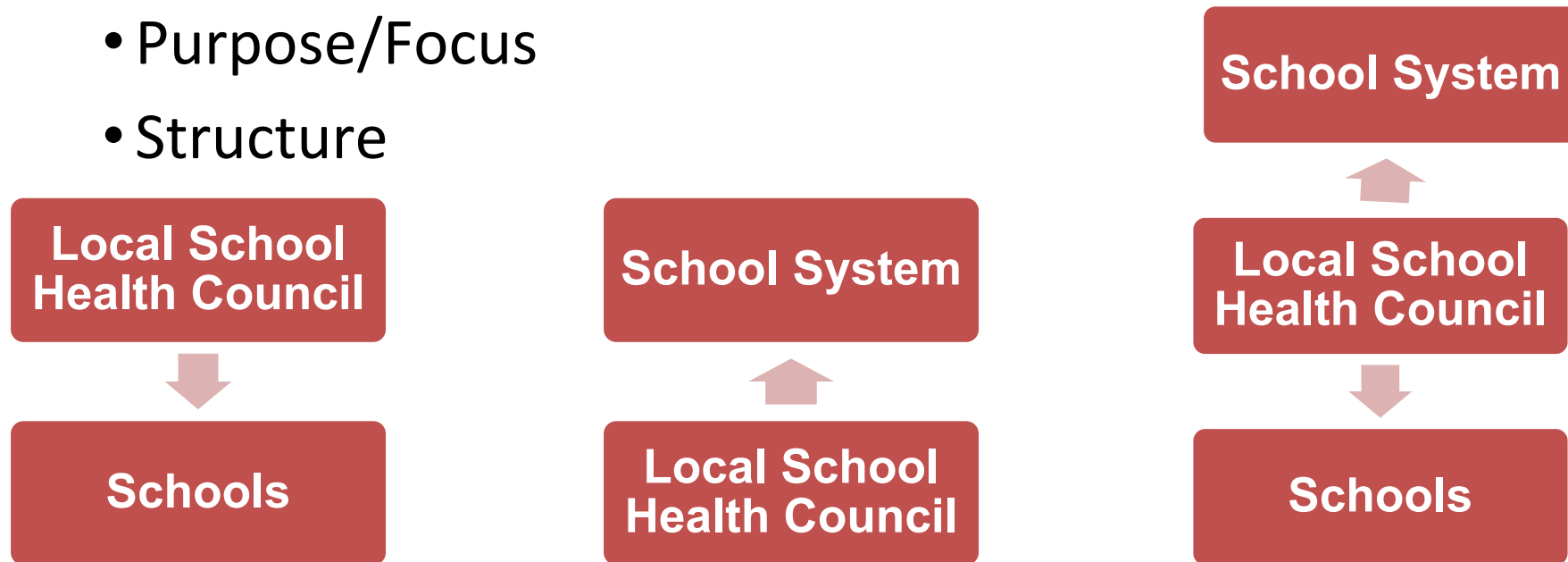
Local School Health Councils

- Exist in all 24 school systems
- Must include Local Health Departments

***No two are the same!*

Local School Health Councils

- Vary by:
 - Name
 - Membership: numbers, how to join, etc.
 - Free-standing vs. Subcommittee
 - Purpose/Focus
 - Structure
- + More!*



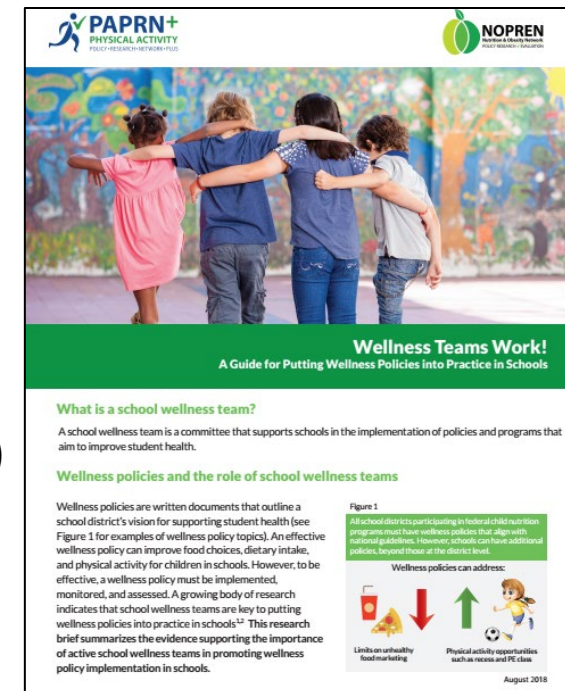
Local School Health Councils

**MSSHC Recommendation for 2019-2020
school year:**

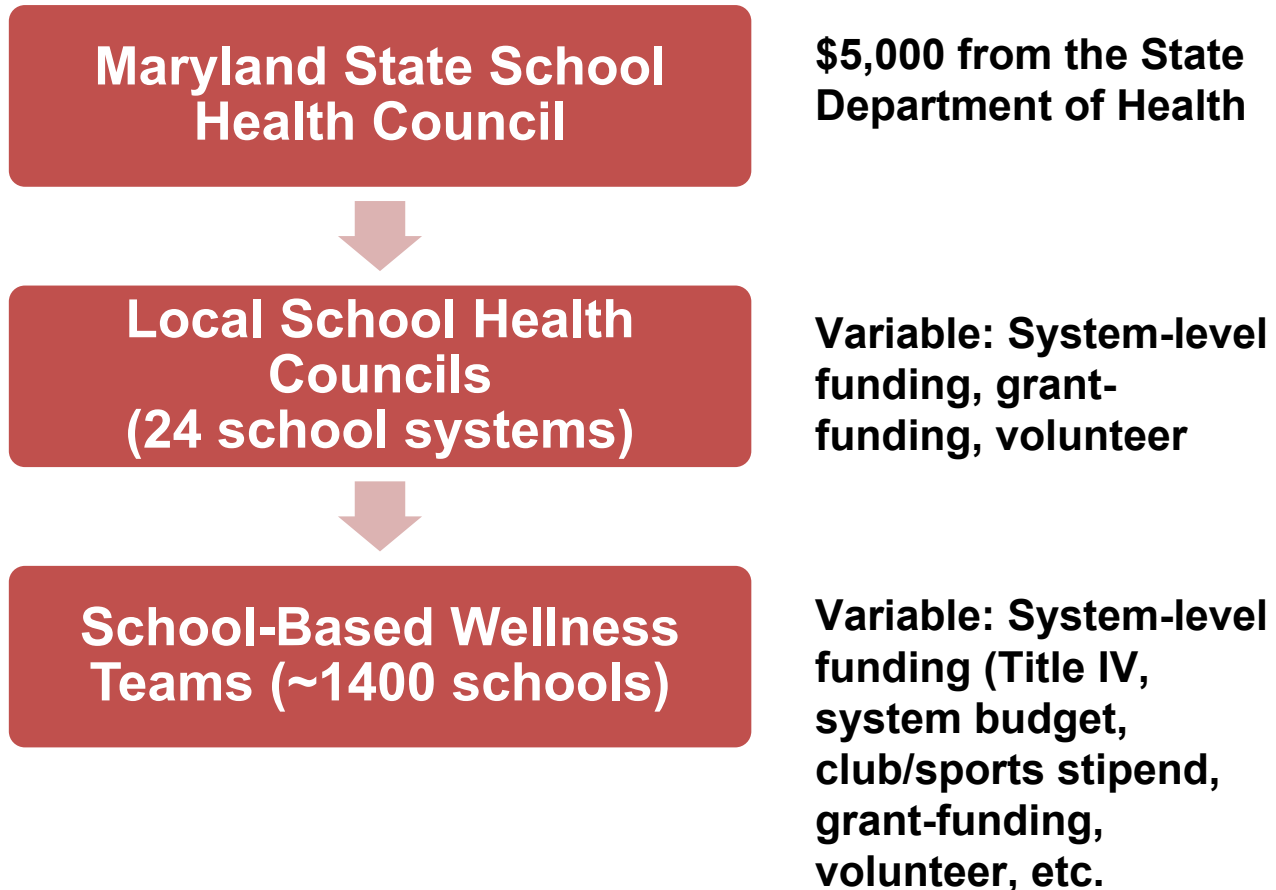
***Attend a School Health Council
Meeting for another School System!***

Wellness Teams

- Strong scientific evidence: wellness teams support wellness policy implementation
- Recommended by federal government agencies and school wellness organizations
- Can be mandated by school systems via Local Wellness Policies
- 2016-2017 School Year: 55% of Maryland Schools had a Wellness Team (MD Wellness Policies and Practices Project Survey)
 - 2018-2019 data coming soon!



Funding



Summary

- Maryland State School Health Council aims to support local school health councils
- Locals School Health Councils
 - Vary by school system
 - Encouraged to visit a partner school system's meeting
- School-based wellness teams are a recommended approach to supporting wellness policy implementation

Thank you!

- Websites:
 - marylandpublicschools.org/MSSHC
 - marylandschoolwellness.org
- Contact information:
 - Erin Hager: ehager@som.umaryland.edu
 - Kristi Corona (MSSHC secretary)
 - marylandsshc@gmail.com
 - kcorona@som.umaryland.edu

NOPREN/PAPRN+ School Wellness Working Group Survey

- Goals:
 - Identify state school health council structure (state/local)
 - Councils and coordinators
 - Understand funding structures



CDC HEALTHY SCHOOLS

NOPREN SCHOOL WELLNESS WORKING GROUP



National Center for Chronic Disease Prevention and Health Promotion

DIVISION OF POPULATION HEALTH, SCHOOL HEALTH BRANCH



CDC Healthy Schools: Goals



+ Quantity & quality of physical education and physical activity in schools



+ Quantity & quality of health education



+ Nutritional quality of foods provided in schools--
throughout the school day, before, and after



Support healthy OST policies and practices

Support management of chronic conditions and school health services.

Support and sustain school health infrastructure in states, districts, schools

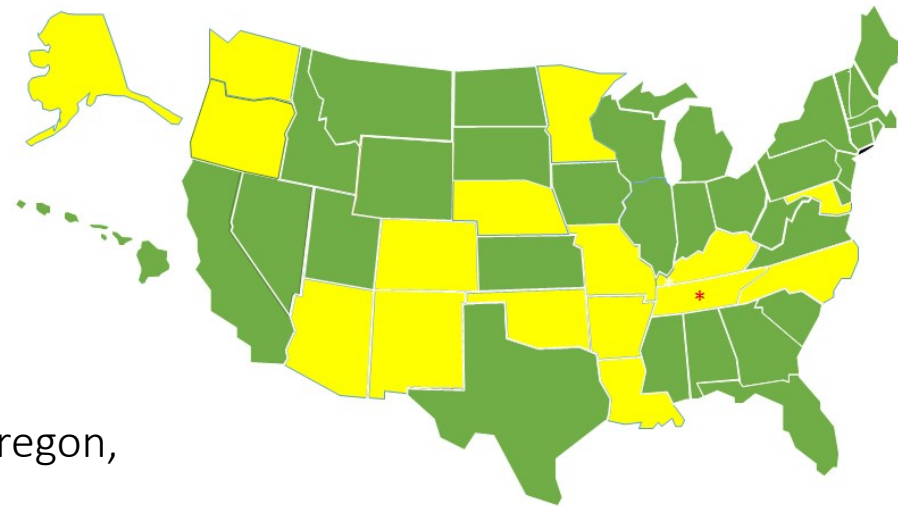
Whole School, Whole Community, Whole Child (WSCC)



www.cdc.gov/healthyyouth/wsc/index.htm

DP18-1801 Healthy Schools Funded States

DP18-1801 CDC Healthy Schools Funded States



Alaska, Arizona, Arkansas, Colorado, Kentucky, Louisiana, Massachusetts, Minnesota, Missouri, Nebraska, New Mexico, North Carolina, Oklahoma, Oregon, Tennessee and Washington

- Funding state education agencies directly
- MOU with state health department.

For General Information: Melissa Fahrenbruch, CDC Healthy Schools Team Lead eyaf6@cdc.gov

*Priority 1 and 2 Funding

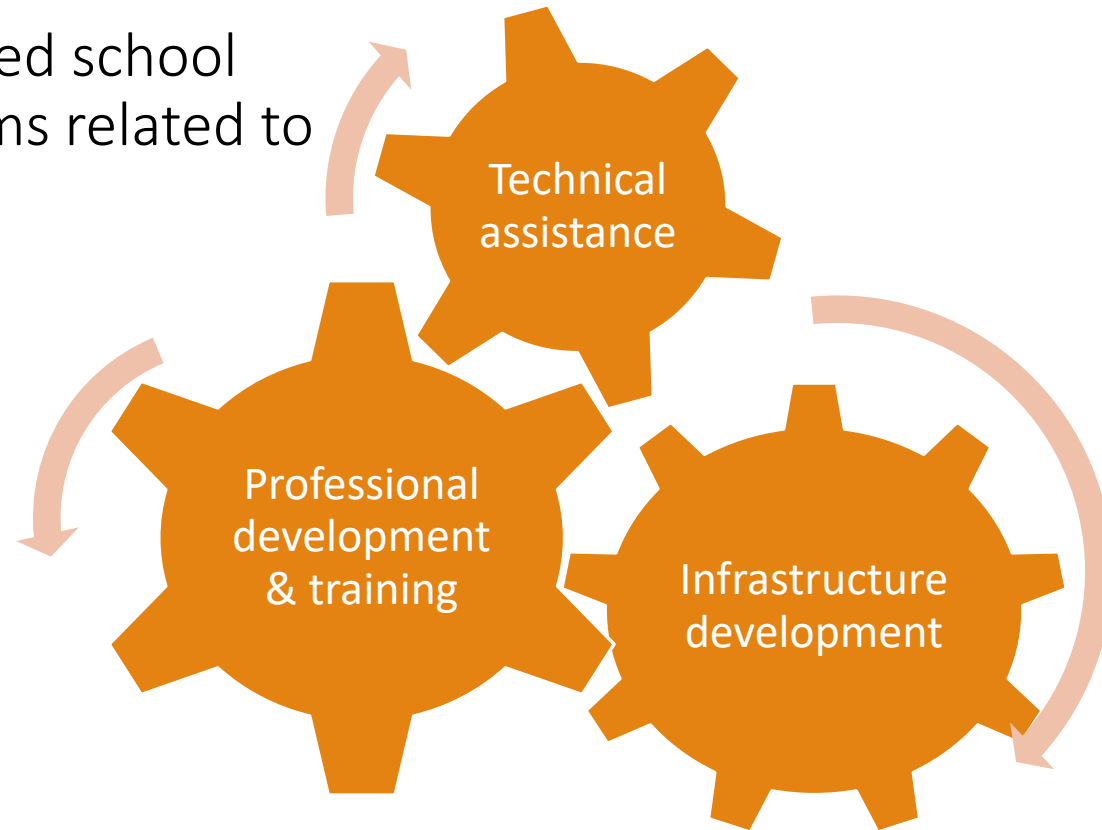
CDC Healthy Schools Strategies

Implement & evaluate evidenced-based school health policies, practices, and programs related to

- healthy eating
- physical activity
- management of chronic health conditions

Cross-cutting work includes

- infrastructure development
- adoption of WSCC
- using School Health Index and HECAT



Statewide Coalition

Promote healthy schools through policy, practices and programs

Increase awareness and promote adoption of national standards and guidelines

Increase public and decision maker awareness evidence based strategies to address chronic disease prevention in schools

Coordinate and address school health priorities for the state

Key Activities for Nutrition



- Access to healthy foods and beverages
- Marketing and promotion
- Access to drinking water
- Healthy eating learning opportunities
- Improving local school wellness policies
- **New:** Building connections to OST, Nutrition standards for after-school and summer

Key Activities for Physical Activity



- Comprehensive School Physical Activity Program (CSPAP)
- Emphasis on improving physical education
- **New:** Building connections to OST, PA standards for a variety of programs

Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA

Key Activities for Managing Chronic Conditions



Systematic approach to support students

- tracking and monitoring
- disease specific education
- community school linkages
- **New:** building connections to OST, communications around 'handoff'

Our NGO Funded Partners (1601)





Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™



CDC A-Z INDEX ▾

Healthy Schools



www.cdc.gov/healthyschools/

Introduction to Panelists

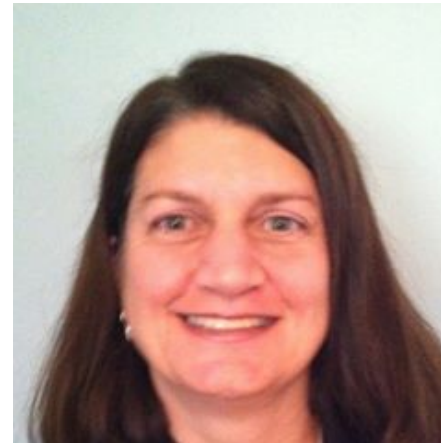
Laura Liechty, Iowa 4H



William Celestine, Los Angeles
Unified SD



Charlene Burgeson,
Active Schools



Claire Brown, Live
Well Omaha Kids



Panel Q&A

Laura and Claire

- Please describe some of the projects you're working on and how does state and local school wellness policy affect your roles in supporting schools? How has the funding to your position changed (if at all) in recent years?

William

- Please describe some of the ways in which your role has changed in recent years, and how changes at the national and state level have affected how school wellness at Los Angeles Unified operates? How has the funding to your department changed (if at all) in recent years?

Charlene

- Please describe some of the ways in which you currently work with school districts and partners to enhance the dissemination of research to practice? How have recent federal and local policy changes affected your capacity and reach in this work (if at all)?

All Panelists:

- What are your needs as a wellness professional with regard to collaborating with institutions of higher education and other organizations?

Open Questions from the Audience

Please unmute your microphone and ask the question out loud or post your questions in the chat box for our panelists!

Closing Remarks

- Important to interact with diverse stakeholders regarding school wellness promotion and the impact that national and local policies/funding have on their roles/capacity
- Opportunity for school wellness researchers at higher education institutions to support work “on the ground” through collaborative grants and participatory research
- Please take time to complete this survey: <https://forms.gle/kthjD74EwNF3awez7> to help us gather information on state and district-level wellness policies
- Thank you to all our presenters and panelists!