



## Tennessee Coordinated School Health

### Annual Summary

2014

Coordinated School Health (CSH) is an evidenced-based model developed by the Centers for Disease Control and Prevention (CDC) designed to promote healthy school environments so children arrive at school ready to learn and work towards reducing the obesity rate statewide. In 2006, Tennessee became the **only** state in the nation with a legislative mandate and \$15,000,000 in state funding per year to implement CSH in all school districts. CSH funding provides each school district with a full time Coordinator, an assistant and basic materials and resources necessary to develop policies, partnerships and initiatives designed to advance student health and improve academic outcomes. CSH Coordinators address eight components of school health: health education, physical education/physical activity, health services, mental health/ social services, nutrition services, healthy and safe environment, staff wellness and family/community partnerships.

#### CSH Highlights:

- ▶ Tennessee student BMI rates for overweight and obese are declining. BMI rates declined from **41.2 percent** in 2007-08 to **38.5 percent** in 2012-13.
- ▶ Percent of school districts with active School Health Advisory Committees (SHAC's) increased from **87 percent** of all school districts during the 2011-12 school year to **92 percent** of all school districts during the 2013-14 school year.
- ▶ Parent and student partnerships are emphasized in all aspects of CSH. CSH Coordinators expanded the average number of partners from **21** community partnerships per school district in 2008-09 to **41** community partners in 2013-14. CSH District Coordinators worked with **5,391** different community partners and coalitions during the 2013-14 school year. Also, CSH statewide partnered with **83,939 students** and **18,029 parents** to address school health priorities during the 2013-14 school year.
- ▶ From 2007-08 to the 2013-14, CSH Coordinators secured an additional **\$142** million in health grants and in-kind resources/gifts for Tennessee schools.
- ▶ According to CDC's Youth Risk Behavior Surveillance survey for high school students, the percentage of Tennessee students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days increased from **33.7 percent** in 2005 to **41.4 percent** in 2013.
- ▶ During the 2013-14 school year, **158** new school district policies/guidelines were approved statewide to address school health concerns. Also, an additional **212** school district policies/guidelines were strengthened.
- ▶ Seventy-one percent (**71 percent**) of all school districts reported they incorporated health-related goals into their School Improvement Planning (SIP) and/or their Tennessee Comprehensive System-wide Planning Process (TCSP) district planning agendas.

- ▶ Over **1.3** million student health screenings occurred in Tennessee public schools during the 2013-14 school year. Of those screened, **126,723** students were referred to a health care provider for additional medical attention through parental notification.
- ▶ In 2013-14 there were **3,337,488** student visits to a school nurse with **2,956,744** students returned to class for a return to class rate of **89 percent**.
- ▶ At the end of the 2013-14 school year, school districts reported an **85 percent** compliance rate for schools meeting the 90 Minute per Week student physical activity law.
- ▶ CSH Coordinators worked with community partners to establish school-based health clinics. The number of school systems with school-based clinics increased from **12** in 2008-09 to **37** school districts in 2013-14. The number of schools with school-based clinics increased from **54** in 2008-09 to **186** in 2013-14. There have been **726,613** students served in school clinics during the 2008-2009 through 2013-14 school years.
- ▶ The number of schools providing bullying prevention programs to students increased from **744** schools in 2011-12 to **1,452** schools in 2013-14. Also, **1,636** schools provided bullying prevention training for teachers and staff.
- ▶ Seventy-eight percent (**78 percent**) of all school systems provided staff health screenings during the 2013-14 school year.
- ▶ Since the inception of Coordinated School Health, CSH District Coordinators have worked with community partners to develop walking tracks/trails in **467** schools, developed in-school fitness rooms for students in **289** schools, provided **331** schools with new or updated playgrounds and **324** schools with gardens.

