



An Introduction to School Health in Washington

**Presentation to the Select Interim Legislative Task
Force on Comprehensive School Health Reform
October 15, 2007**

An Introduction to School Health

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Substitute Senate Bill 5093 (2007)

- Intent – “Improving the health of children in Washington state is an investment in a productive and successful next generation.” Creates the **Select Interim Legislative Task Force on Comprehensive School Health Reform**.
- Task – Review and make recommendations on the delivery of health care services, policies, environmental changes and programs needed to support healthy schools, including food choice, physical activity, and childhood fitness.

Today's Meeting Agenda

- **Staff overview:** Schools and school health?
- **Panel one:** Overview of basic elements of school health
- **Panel two:** Overview of nursing services, school based health centers
- **Review:** Survey to interested parties
- **Public comment**
- Next steps and work plan considerations

School System Organization: Structure

- Federal: US Department of Education (CDC, USDA)
- State: Office of the Superintendent of Public Instruction; State Board of Education; Washington State School Directors Association (DOH, BOH)
- Regional: Education Service Districts
- Local: School Districts and School Boards, Private Schools (local public health agencies)

School System Organization: Structure

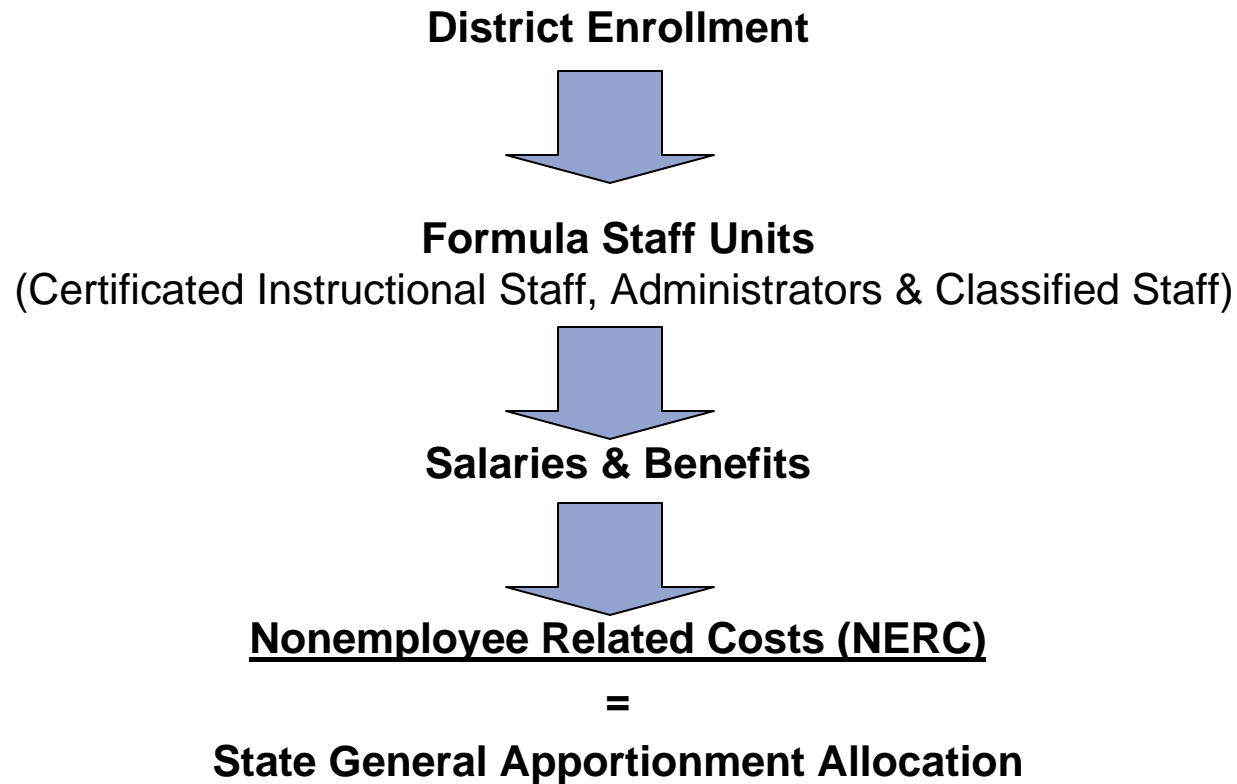
- The state's public schools are divided into 295 school districts serving approximately 1 million students.
- Nine educational service districts act as links between school districts, and the Office of the Superintendent of Public Instruction, and assist in the administration of certain health related services and activities.

Approximately 85 percent of the current state funding for K-12 is in “basic education” programs

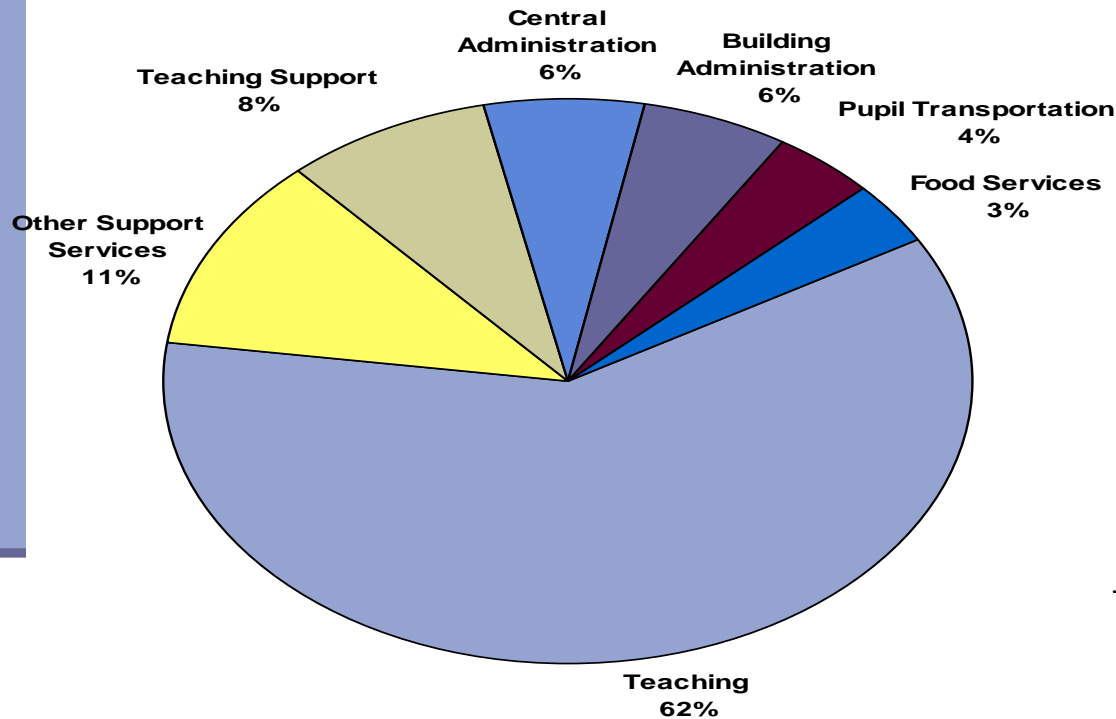
2005-07 BASIC EDUCATION PROGRAMS		
(Dollars in Millions)		
GENERAL APPORTIONMENT (RCW 28A.150.260)	\$8,202.0	69.8%
SPECIAL EDUCATION (RCW 28A.150.370)	\$943.0	8.0%
TRANSPORTATION (RCW 28A.160.150)	\$498.5	4.2%
LEARNING ASSIST. PROGRAM (RCW 28A.165)	\$154.2	1.3%
BILINGUAL (RCW 28A.180)	\$119.8	1.0%
INSTITUTIONS (RCW 28A.190)	\$36.3	0.3%
SUBTOTAL: BASIC EDUCATION PROGRAMS	\$9,953.9	84.7%
2005-07 NON-BASIC EDUCATION PROGRAMS		
(Dollars in Millions)		
STUDENT ACHIEVEMENT FUND (I-728)	\$630.5	5.4%
LEVY EQUALIZATION (LEA)	364.1	3.1%
K-4 ENHANCED STAFFING RATIO	209.4	1.8%
INITIATIVE 732 COLA (1.2%, 3.3%)	186.7	1.6%
HEALTH CARE BENEFIT INCREASES	129.7	1.1%
EDUCATION REFORM	96.7	0.8%
TWO LEARNING IMPROVEMENT DAYS	57.2	0.5%
STATE OFFICE & ED AGENCIES	30.2	0.3%
STATEWIDE PROGRAMS/ALLOCATIONS	31.6	0.3%
PROMOTING ACADEMIC SUCCESS	27.7	0.2%
HIGHLY CAPABLE	13.9	0.1%
EDUCATIONAL SERVICE DISTRICTS	7.4	0.1%
FOOD SERVICES	6.3	0.1%
SUMMER & OTHER SKILLS CENTERS	6.6	0.1%
PUPIL TRANSPORTATION COORDINATORS	1.6	0.0%
Subtotal: Non-Basic Education Programs	\$1,799.7	15.3%
TOTAL - STATE FUNDS	\$11,753.6	100.0%

Note: Reflects General Fund-State, Education Legacy Account, and Student Achievement Funds. Does not include Pension Stabilization Fund.

General apportionment, the largest state formula, uses a combination of enrollment, staffing ratios, and other associated costs...but does not specifically fund health related staff and services



Health related activities fall under “teaching support” activities, but the current accounting method does not allow us to know exactly how much



**Total School District Spending
2005-06 School Year
Dollars in Millions**

Teaching	\$4,891
Other Support Services	894
Teaching Support	680
Central Administration	508
Building Administration	490
Pupil Transportation	337
Food Services	282
Total	\$8,082

School System Organization: Recap

- The financial management of schools rests with locally elected school boards in the state's school districts.
- Funding for health-related personnel, activities and services comes predominantly from the state, but also from federal and local sources
- School districts and individual schools determine how health related dollars are spent.

Student Health Characteristics: By Acuity Level

- Nursing dependent: one-on-one skilled nursing care for survival (e.g., children on respirators)
- Medically fragile: severe seizure disorder, tracheostomy with unpredictable suctioning, newly diagnosed diabetic
- Medically complex: cancer, asthma, psychological disorders, severe allergies, unstable metabolic conditions
- Health concerns: dental disease, eating disorders, migraines, dietary restrictions, orthopedic restrictions

Student Health Characteristics: By Health Indicators

- 1 in 10 households with children have a child with asthma. 120,000 youth have asthma
- About 30% of 6th and 8th graders reported being bullied in the prior month.
- 25% of adolescents are overweight or at risk of becoming overweight
- Between 15-20% of 8th, 10th and 12th graders report being physically abused by an adult
- Suicide 2nd leading cause of death for ages 15-19.
- 20% of 10th graders report binge drinking in the last two weeks.

How schools respond to meet student health needs

1. Health Services
2. Health Education
3. Physical Education
4. Nutrition Services
5. Counseling, Psychological, and Social Services
6. Healthy School Environment
7. Health Promotion for Staff
8. Family/Community Involvement

Inventory of School Health Programs

School Health Services

■ **Federal law:**

- Students who qualify for special education must receive health and education services in the least restrictive environment (*Individuals with Disabilities Education Act*)
- Students who do not require special education but have a disabling conditions must receive services under *Section 504 of the Rehabilitation Act of 1973*.
- Asthmatic Schoolchildren's Treatment and Health Management Act (2004) gives preference for asthma grants to states that allow students to self-administer asthma or anaphylaxis medications.

Inventory of School Health Programs

School Health Services

- **State law (chapter 28A.210 RCW):**
 - Visual and auditory screening, immunization monitoring, screening for scoliosis
 - Medication management
 - Emergency planning for students with life threatening conditions
 - Catheterization of students
 - Diabetes management
 - Asthma and anaphylaxis management (base on federal law)
 - Contagious disease management

Inventory of School Health Programs

Health Education

- Essential Academic Learning Requirements “know and apply core concepts and principles of health....”
- Planned, sequential, K-12 curriculum that addresses physical, mental emotional and social dimension of health.
- Age appropriate education on six categories of preventable behaviors.
- Must distribute information to parents regarding meningococcal disease and human papillomavirus.
- Sex education must be medically accurate.
- HIV education beginning in fifth grade.

Inventory of School Health Programs

Physical Education

- Children up to 8th grade must have up to 100 minutes of physical activity a week.
- Essential Academic Learning Requirements: students are required to know and apply core concepts and principles of health and fitness.
- Planned, sequential K-12 curriculum in physical fitness, movement skills, rhythms and dance, games, team, dual and individual sports.

Inventory of School Health Programs

Nutrition Services

- School Lunch Program: Meals provided to students reflect the US Dietary Guidelines for Americans.
- Free and reduced breakfast and lunch programs are offered in 277 public school districts, and 46 private schools.
- Most schools sell food and beverages in vending machines, a la carte, snack bars and during school related events. Nutrition standards vary widely.
- School must have wellness policies and goals for good nutrition, physical activity, and school-based activities that promote wellness.
- WSSDA developed model policy for nutritious foods and exercise in schools.

Inventory of School Health Programs Counseling/ Psychological Services

- Reduce social/emotional barriers to learning
- Connect kids/families with resources in schools and community
- Assess learning obstacles
- Guide students through academic transitions and toward goals.
- Intervention and prevention specialists

Inventory of School Health Programs

Healthy School Environment

- Playground safety
- Safe drinking water
- Indoor air quality
- Pest management
- Safety in labs, art rooms, and shops
- Noise control
- School siting
- Food safety
- Building design
- Maintenance and cleaning

Inventory of School Health Programs

Health Promotion for Staff

- Reduce absenteeism
- Institute employee wellness programs
- Teacher/ staff become health advocates in school environments
- Teachers/staff model healthy behavior

Inventory of School Health Programs: Family / Community Involvement

- 2SSB 5093 (2007) establishes a goal to have school health advisory committees in all districts by 2010.
- Schools with good outreach impact all aspects of school health...
- School health advisory councils help set health policies for school
- Parents volunteer as educators, chaperones, liaisons
- Local businesses augment school efforts
- City transportation department provides safe sidewalks

Introduction to School Health

■ **QUESTIONS?**