



# Reaching your Public Health Goals by Reaching Schools

## **SCHOOLS ARE AN IDEAL PLACE TO ADDRESS MANY PUBLIC HEALTH CONCERNS.**

- Children and adolescents spend nearly half of their waking hours at school for 13 critical years of development.
- Many adult health disorders and chronic diseases begin in childhood and adolescence as a result of unhealthy behaviors.
- Reaching students is a key component for achieving success in the public health “winnable battles” and reducing the future burden of chronic disease.

**SCHOOL HEALTH OFFERS A UNIQUE OPPORTUNITY TO HEALTH AGENCIES** to work across programs and collaborate to achieve a common purpose.

## **SCHOOL HEALTH IS ABOUT ENSURING ACCESS TO—**

- Health services
- A healthy school environment
- Education that promotes a healthy lifestyle
- Interventions that address health and mental health concerns.

These four areas work together to reduce tobacco use, diabetes, obesity, heart disease, injury and violence, mental health problems, asthma control, and other chronic health conditions.

**STRONG SCHOOL HEALTH PROGRAMS, POLICIES AND PRACTICES** work to establish healthy behaviors at an early age that can continue throughout life, potentially reducing adult chronic disease and associated health costs.

**HEALTHIER CHILDREN IS A WIN-WIN FOR PUBLIC HEALTH AND EDUCATION, STUDENTS, FAMILIES AND COMMUNITIES.**

**TAKE!  
ACTION!**

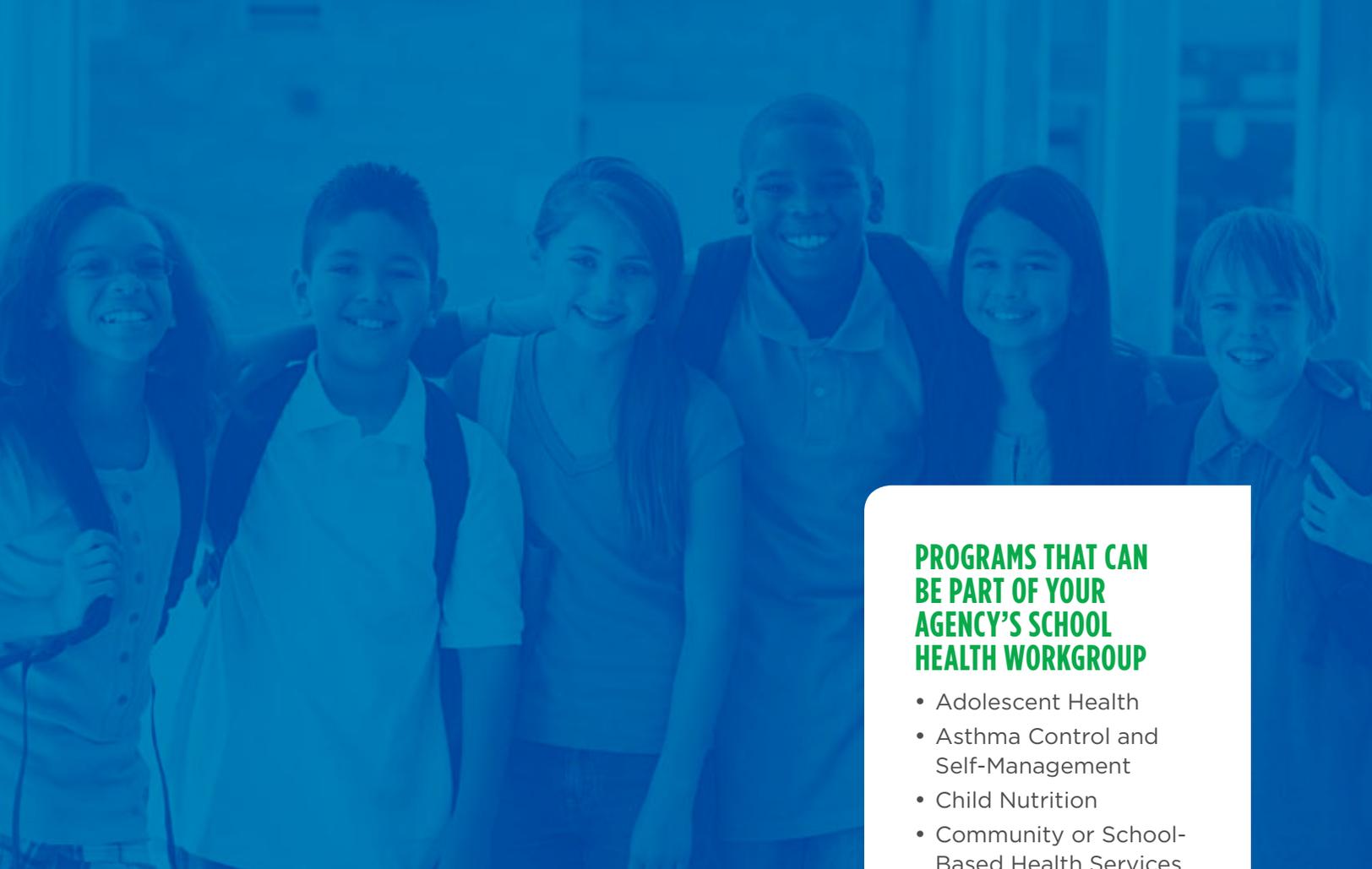
Take Action  
to **Strengthen**  
School Health

**JOIN OR START** an **inter-departmental or intra-agency school health group** or team to facilitate coordination within the agency and between programs. Ensure that the group represents the broad range of public health programs that can benefit by strengthening their reach to children and adolescents.

**ALWAYS CONSIDER SCHOOLS** when looking at **programming and services for public health**. The education sector has minimal dedicated funding for student health and depends on support from the public health community to improve the health of students.

**SUPPORT** **school health programs within funding streams** and consider including staff time for school-related activities in block grant funding

**USE STAFF DEVELOPMENT OPPORTUNITIES** to **increase understanding of how schools work**, and the benefits of incorporating schools into many public health programs.



# JOIN THE **MOVEMENT!**

**What's Happening in:** \_\_\_\_\_  
NAME OF AGENCY

## **PROGRAMS THAT CAN BE PART OF YOUR AGENCY'S SCHOOL HEALTH WORKGROUP**

- Adolescent Health
- Asthma Control and Self-Management
- Child Nutrition
- Community or School-Based Health Services
- Diabetes Prevention and Control
- Environmental Health
- Healthy Community Initiatives
- Heart Disease and Stroke Prevention
- HIV/AIDS
- Immunization
- Injury and Violence Prevention
- Maternal and Child Health
- Obesity Prevention
- Oral Health
- Suicide Prevention
- Teen Pregnancy Prevention
- Tobacco Prevention and Control
- Vision and Hearing Screening