School Health Advisory Councils: National, State, and Local Perspectives on the Value of SHACs for Supporting Children and Adolescents

Hosted by:

Association of Maternal & Child Health Programs

and

National Association of County and City Health Officials

in collaboration with

CDC’s Division of Adolescent and School Health, the Texas Education Agency, and the Houston Independent School District

Tuesday, July 30, 2013
Webinar Objectives

- Highlight the significance of SHACs from the national perspective

- Outline requirements for SHACs from a state perspective and the role of SHACs in supporting coordinated school health programming

- Provide examples of SHAC structure, coordination, activities, and goals from a local perspective

- Illustrate the role of SHACs in school health programs and how SHACs impact health and education outcomes for children and adolescents
Agenda

- Welcome and Webinar Overview
  Gretchen Weiss, NACCHO and Maritza Valenzuela, AMCHP

- SHACs: A National Perspective
  Carmen Ashley, CDC, Division of Adolescent and School Health

- Overview of SHACs in Texas
  Barney Fudge, Texas Education Agency

- Local SHACs: Spotlight on Houston
  Rose Haggerty, Houston Independent School District
  Dale Davidson, SHAC Co-Chair & Parent

- Question & Answer
The Building Bridges Project

The Building Bridges for Adolescent Sexual Health Through State-Local Collaboration project is a collaborative effort between AMCHP and NACCHO and supported by funding from CDC’s Division of Adolescent and School Health.

Project goal: Build and enhance collaboration among state and local health and education agencies and their partners to improve health and educational outcomes for adolescents.

**Building Bridges Project Core Partners**

Texas Education Agency
Houston Independent School District
Texas Department of State Health Services
Houston Department of Health and Human Services

For more information, visit [www.amchp.org/buildingbridges](http://www.amchp.org/buildingbridges).
Special Acknowledgements

**Anita Wheeler**, School Health Program Lead/School Health Nurse Consultant, Texas Department of State Health Services (DSHS)

**Carol Harvey**, Adolescent Health Coordinator, DSHS

**Kelly Reed-Hirsch**, Public Health Program Manager, Harris County Health Department

**Laurie Anderson**, Program Specialist and School Health Network Project Contact, DSHS

**Marlene McNeese-Ward**, Bureau Chief, HIV/STD and Viral Hepatitis Prevention, Houston Department of Health and Human Services

**Mary McIntosh**, Capacity Building Consultant, HIV/STD Program, DSHS

**Mike Spencer**, Title V Block Grant Administrator, DSHS
School Health Advisory Councils (SHACs): A National Perspective

Carmen L. Ashley, MPH, CHES
Capacity Building Team Lead

“School Health Advisory Councils: National, State, and Local Perspectives on the Value of SHACs for Supporting Children and Adolescents” webinar
July 30, 2013
THE DIVISION OF ADOLESCENT AND SCHOOL HEALTH (DASH) AND SHACs
About DASH

- **Mission:** to prevent HIV, other STDs, and teen pregnancy and promote lifelong health among youth

- **Unique source of support for HIV prevention efforts in the Nation’s schools**

- **Funding to education agencies and national, non-governmental organizations supported by:**
  - School-Based Surveillance Branch
  - Research, Application, and Evaluation Branch
  - Program Development and Services Branch

[http://www.cdc.gov/healthyyouth/about/index.htm](http://www.cdc.gov/healthyyouth/about/index.htm)
Why Schools?

- School health programs can:
  - reduce the prevalence of health risk behaviors among young people
  - have a positive effect on academic performance

- Schools offer a place for students to practice healthy behaviors

- Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors

http://www.cdc.gov/healthyyouth/about/index.htm
About SHACs

Definition:

“...(also sometimes referred to as a school health council or a school health team) is a group of individuals representing different segments of the community, who collectively act to provide advice to a school on aspects of the school health program. These teams can work with schools to help identify health problems and concerns, set priorities, and design solutions.”

About SHACs

Potential SHAC Members:

- Have an interest in youth
- Understand the community
- Have professional ability
- Are willing to devote time
- Have credibility
- Are representative of the population
- Have school and non-school representation

http://www.cdc.gov/healthyyouth/shi/training/10-Resources/docs/Team.pdf
DASH Support for SHACs

- Coordinated School Health (Family/Community Involvement component)
- School Health Index
- CDC RFA-1308: Promoting Adolescent Health Through School-Based HIV/STD Prevention and School-Based Surveillance – required activity
  - “Establish and maintain a state- or district-level school health advisory council (SHAC) to support the implementation of program strategies. Develop a process to engage the SHAC in planning program activities throughout the program period.”

http://www.cdc.gov/healthyyouth/cshp/faq.htm
http://www.cdc.gov/healthyyouth/shi/
http://www.cdc.gov/healthyyouth/FOA/index.htm
Thank You

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
E-mail: cdcinfo@cdc.gov  Web: http://www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Overview of SHACs in Texas

Barney Fudge
Statewide Coordinator for Health and Safety
Texas Education Agency
What are School Health Advisory Councils (SHACs)?

- Required of all school districts: Texas Education Code (TEC) §28.004
- A SHAC is a group of individuals representative of segments of the community that is appointed by the local board of trustees to serve at the district level.
- A SHAC provides recommendations on coordinated school health programming and its impact on student health and learning.
What are SHACs?

- A SHAC is designed to ensure that local community values are reflected in the district’s health education curriculum.
- A school district must consider the recommendations of the local SHAC before changing the district’s health education curriculum or instruction.
SHAC Membership

• The membership requirements of a SHAC include the following:
  – Minimum of five members
  – Majority of members must be parents who are not employed by the district
  – Chair or co-chair must be a parent
SHAC Membership

• The local board of trustees may also appoint one or more persons from each of the following groups or a representative from a group not listed:
  o Public school teachers
  o Public school administrators
  o District students
  o Health care professionals
  o Business community
  o Law enforcement
  o Senior citizens
  o Clergy
  o Nonprofit health organizations
  o Local domestic violence programs
SHAC Duties and Responsibilities

• The local SHAC’s duties include recommending:
  – Number of hours of instruction to be provided in health education
  – Curriculum appropriate for specific grade levels designed to prevent obesity, cardiovascular disease, and Type 2 diabetes through coordination of:
    • Health education
    • Physical education and physical activity
    • Nutrition services
    • Parental involvement
    • Instruction to prevent the use of tobacco
SHAC Duties and Responsibilities

• The local SHAC’s duties include recommending:
  – Strategies for integrating the curriculum components previously mentioned with the following elements in a coordinated school health plan for
    o School health services
    o Counseling and guidance services
    o Safe and healthy school environment
    o School employee wellness
  – Appropriate grade levels and methods of instruction for human sexuality instruction
SHAC Duties and Responsibilities

- The local SHAC shall consider and make policy recommendations to the district concerning the importance of daily recess for elementary school students.
- The council must consider research regarding unstructured and undirected play, academic and social development, and the health benefits of daily recess in making the recommendations.
- Minimum of four annual meetings.
- Minimum of one report annually to the board of trustees.
83rd Texas Legislature
Establishment of community partnerships and policy recommendations for increasing physical activity and improving fitness among public school students

Effective: September 1, 2013

- In addition to established duties, the local school health advisory council (SHAC) must recommend, if feasible, joint use agreements or strategies for collaboration between the school district and community organizations or agencies.
- Any joint use agreement that a school district and community organization or agency enter into based on a recommendation of the SHAC must address liability for the school district and community organization or agency.
- Local SHACs must establish a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and make policy recommendations to improve student fitness.
- The annual SHAC report to the local board of trustees must include any recommendations from the physical activity and fitness planning subcommittee.
HB 2483

Including oral health education in Coordinated School Health Programs

Effective: Immediately

Adds oral health education to the health education component of Coordinated School Health Programs
SB 460

Adds to the local **school health advisory council’s** duties (TEC, §28.004) by requiring that the local SHAC recommend:

Policies, procedures, strategies, and curriculum appropriate for specific grade levels designed to prevent obesity, cardiovascular disease, Type 2 diabetes, and mental health concerns through a coordination of:

- Health education
- Physical education and physical activity
- Nutrition services
- Parental involvement
- Instruction to prevent the use of tobacco
- School health services
- Counseling and guidance services
- Safe and healthy school environment
- Employee wellness
Coordinated School Health (CSH) Model
The CSH mission includes the following:

- Cross-curriculum communication
- Family, school, and community involvement
- Emphasis on lifetime healthy behaviors
- Connection between health and learning
- Commitment from school staff and community leaders
Texas CSH Requirements

- All elementary, middle, and junior high school campuses are required to implement a CSH program.
- Each CSH program is required to have the following four components:
  - Health education
  - Physical education/activity
  - Parental involvement
  - Nutrition services
- Currently approved programs include
  - Four programs for elementary grade levels
  - Three programs for middle and junior high grade levels
  - Two district-approved programs
- All programs must meet the criteria established in rule.
  - Texas Administrative Code (TAC) §102.1031
CSH and Campus Improvement Plans

• Senate Bill 892, 81st Texas Legislature, 2009
• Requires each elementary, middle, and junior high school campus to include CSH in each Campus Improvement Plan (CIP)
• Goals and objectives of CSH based on:
  – Fitness assessment data, including any data from research-based assessments such as the school health index assessment and planning tool created by the CDC
  – Student academic performance data
  – Student attendance rates
CSH and Campus Improvement Plans

• Goals and objectives of CSH based on:
  – Percentage of students who are educationally disadvantaged
  – The use and success of any method to ensure that students participate in moderate to vigorous physical activity as required by Texas Education Code (TEC) §28.002 (l)
  – Any other indicator recommended by the local school health advisory council (SHAC)
C SH Law and Rule

• Coordinated School Health: Texas Education Code (TEC) §38.013 http://tlo2.tlc.state.tx.us/statutes/ed.toc.htm


• Campus Improvement Plans: TEC §11.253: http://www.statutes.legis.state.tx.us/
Texas School Health Advisory Committee (TSHAC)
Texas School Health Advisory Committee (TSHAC)

• Required by SB 42 79th Legislature, 2005

• Purpose:
  The TSHAC provides active leadership in the identification and dissemination of school health best practices and resources for school policy makers.

• Mission:
  To provide assistance to the State Health Services Council in establishing a leadership role for the Department of State Health Services (DSHS) in the support for and delivery of coordinated school health programs and school health services.
TSHAC Guiding Principles

• Assuring a healthy future for all Texans guides the work of the committee.
• Work to support a healthy and safe school environment that fosters learning.
• Dedicate efforts and goals to produce healthier minds and bodies through effective school health education and services.
• Achieve academic success by providing leadership to those who teach and empower our students.
• Effectively reach goals and objectives through the eight components of coordinated school health programming.
TSHAC Research and Recommendations

Developed by the TSHAC to assist school districts in their efforts to comply with current legislative requirements related to the eight components of CSH.

Offer support to school decision makers as they navigate prevailing school health issues.
TSHAC Research and Recommendations

• Topics Addressed:
  – Benefits to students in school districts that prohibit physical activity as punishment
  – Health education for all Texas students, K-12
  – Improvement of coordinated school health programs
  – Recess and physical activity: impact on student health and academic, social, and emotional development
  – Student consumption of regular and diet sodas in high schools
  – School bus and automobile idling

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TSHAC Resources

• The resources section on the website provides the most authoritative information, best practices, technical support, references, research and legislative outcomes currently available to support school leaders in their efforts to promote and practice health education and health services within the school setting. Available resources include:
  – Guidelines for submission of a best practice
  – Sodium reduction in schools
  – Bullying prevention toolkit
  – CSH resource data sets
  – School health services staff roles
  – Texas whole child guide book
  – What school administrators and school boards can do to enhance student learning by supporting a coordinated approach to health
TSHAC Resources

- Available resources include:
  - School health advisory council self-assessment
  - Annual SHAC progress report to local school board
  - Asthma communications toolkit
  - School health initiative screening tool
  - School wellness check for administrators
  - Resources for students and families dealing with economic crisis
  - FITNESSGRAM® guide for parents and guardians
  - School connectedness
  - Child health related websites
  - Whole child resolution toolkit
TSHAC Recommendations and Resources

• Research and Recommendations
  – http://www.dshs.state.tx.us/schoolhealth/shadviserecommendations.shtm

• Resources
  – http://www.dshs.state.tx.us/schoolhealth/shadviseresources.shtm

• SHAC Guide
  – http://www.dshs.state.tx.us/schoolhealth/sdhac.shtm

• CSH Guide
  – http://www.dshs.state.tx.us/schoolhealth/csh.shtm#3
Contact Information

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William.Fudge@tea.state.tx.us
512-463-9581
School Health Advisory Council (SHAC)

Presenters:
Dale Davidson  Parent  Co-Chair
Rose Haggerty  Manager HPE  Co-Chair
Characteristics of an Effective School Health Advisory Council

Texas recognized:

- Effort to highlight district SHACs that go above and beyond the minimum requirements of the law;
- Outstanding districts review and improve curriculum, instruction, and assessment and improve student health literacy through quality health education; and
- Focus to improve the health of all students and families within their community through a coordinated school health approach.

- View the variety of local level SHAC award recipients, [http://www.tea.state.tx.us/SHAC_2010-2011_Awards.html](http://www.tea.state.tx.us/SHAC_2010-2011_Awards.html)
Houston ISD’s SHAC

Membership:

- The council membership is appointed by the HISD Board of Education.
- The majority of the membership must be parents who have children enrolled in HISD schools and who are not employed by HISD.
- The balance of the membership may be composed of individuals representing the following groups:
  - HISD school teachers;
  - HISD school administrators;
  - HISD students;
  - Health-care professionals;
  - The business community;
  - Law enforcement;
  - Senior citizens;
  - The local clergy; and
  - Nonprofit health organizations.
Membership (cont’d):
• Each member of the Board will select at least one parent to represent his or her trustee district
• HPE Staff selects individuals to represent the above-mentioned groups and compiles a list of the parents and group representatives for recommendation

Facilitation Structure:
• Institutional Co-Chair - district representative, assist with the logics of the meetings
• Council Co-Chair - parent representative, seeks input for meeting agenda, facilitates all meetings, conducts the annual report to the Board of Trustees

Meeting Schedule:
• Once a month beginning in September through June
• Sub-committee meetings based on need
# Houston ISD
## School Health Advisory Council
### Membership Application

**Name:**
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**Phone:**
---
**Address:**
---
**City:**
---
**Zip:**
---
**Employer/Organization:**
---
**Work Phone:**
---
**Cell:**
---
**Work Address:**
---
**City:**
---
**Zip:**
---
**Email:**
---
**Ethnicity (optional):**
- [ ] Hispanic
- [ ] Non-Hispanic
**Race (optional):**
- [ ] African American
- [ ] Hispanic
- [ ] White
- [ ] Other

**Are you an employee of HISD? (if yes, which location):**
---
**I have a child currently enrolled in HISD:**
- [ ] Yes
- [ ] No

**I prefer to be contacted at:**
---
- [ ] Work
- [ ] Home

**Are you representing: Employer/Organization Self**
---
**Briefly describe how you and/or your organization assists in the health and well-being of HISD students:**
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SHAC members are required to be on a subcommittee. Visit our website, [www.houstonisd.org/](http://www.houstonisd.org/), to review each committee and their role. Please check your areas of interest:
- [ ] Family/Community Involvement
- [ ] Social Services and Emotional Wellness
- [ ] Nutrition Service
- [ ] Health Services
- [ ] Physical Education
- [ ] Safe and Healthy School Environment
- [ ] Health Education
- [ ] Staff Wellness
- [ ] Student SHAC

**FAX OR MAIL YOUR APPLICATION TO:**
Rose Nagerby, Manager
HISD Secondary Health/Physical Education
4400 W. 18th St
Houston, Texas 770923
FAX: 713-556-6898

*** THANKS FOR YOUR INTEREST IN THE HISD SHAC! WE WILL CONTACT YOU SOON. ***
Opportunity to Influence

Healthy Kids, Healthy Schools
A Shift to Wellness

Coordinated School Health focuses attention on these priority areas for the most effective and efficient way to meet the health needs of young people.

- Nutrition Services
- Health Services
- Physical Education
- Healthy and Safe School Environment
- Parent and Community Involvement
- Counseling and Mental Health Services
- Staff Wellness Promotion

Healthy Kids, Healthy Schools
Vision

Healthy, happy, productive students, graduating from HISD, empowered to make healthy choices regarding:

• Food & Nutrition

• Physical Activity/Fitness

• Sexual Health/Pregnancy Prevention
Mission

- Set norms for health instruction
- Establish a platform to create a culture of wellness
Goals

• Improve food choices on HISD campuses to achieve HISD’s stated goal of becoming “a national leader in childhood nutrition”

• Implement training and assistance in creating a culture of fitness in the schools of HISD

• Identify and place the most accurate and effective sex education curricula in the schools of HISD
Crafting a Holistic Wellness Policy

- Collaboration with Food Services, Health & Medical Services, Psychological Services, Parent Engagement and Health & Physical Education
- Alignment to national standards
- Assure wellness through a Coordinated School Health model
- Recommend implementation and monitoring procedures
Highlights for 2012-2013

- Developed and submitted a Recess Resolution to the Board of Trustees for approval
- Submitted nominations to Parents for Public Schools of Houston for the Guiding Star Awards
- Presented at the “It’s Time School” Summit in San Antonio
- Presented at the annual Parents for Public School of Houston Summit
- Reviewed programs and curricula from outside agencies and organizations
- Submitted a response to USDA in support of the proposed FDA rule changes
Concerns Presented to the SHAC

- Off-Campus Physical Education requirements for middle school students
- Physical Education class sizes resulting in safety issues
- Multi-grade physical education classes assigned to one teacher at the middle school level
- Multiple courses within a given class period assigned to one teacher at the high school level
- Homework loads correlated to student health issues
- Health and wellness focus missing from the district’s strategic plan
Example of Recommendations presented to Board of Trustees

• Work with Food Services to help rein in the sale of unacceptable competitive foods on HISD campuses
• Revise the Wellness Policy to include a “no empty calories” provision
• Expectations for quality physical education programs
• District Health Curriculum embedded with evidence-based sexual health programs
• Ongoing teacher education training to address sensitive issues
• Initiatives to promote parent and teen involvement
• Youth advisory board to inform planning and decision-making
SHAC 2013-2014 Goals

• Second Shift recommendation
• Webinar development for meetings and trainings
• Implementation of the school based Health Advisory Council for high schools
Contact Information:
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rhaggert@houstonisd.org

Dale Davidson, SHAC Co-Chair
davidson_d45@sbcglobal.net

Website: www.houstonisd.org
To join the queue to ask a question, please press 1 and then 4 on your phone. You can also ask a question using the chat box.
Thank You!

Please contact us if you have any questions.

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www.naccho.org

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