

When Are We Going to Teach Health?

**Let's Teach Health as If Each Child's Life
Depends on It—Because It Does**

AUDIOBOOK SUPPLEMENT

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Public Education and Public Health

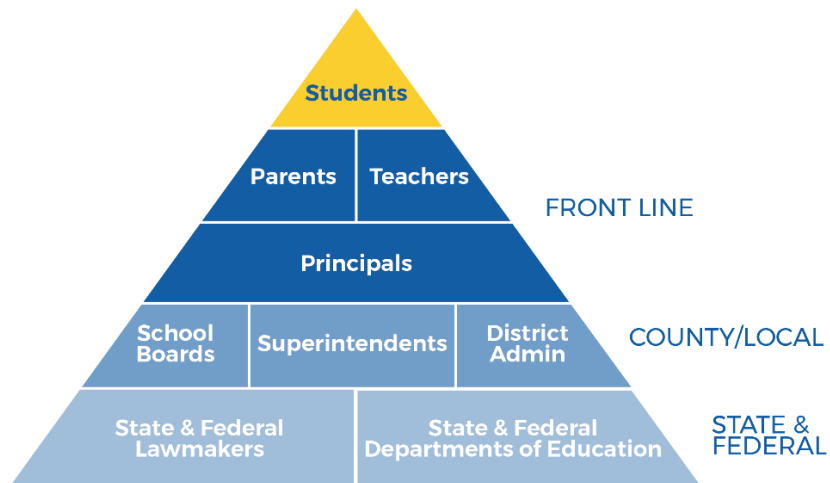


Figure 1: Structure of the U.S. K–12 Public Education System

Chapter 3

Healthy Kids Learn Better

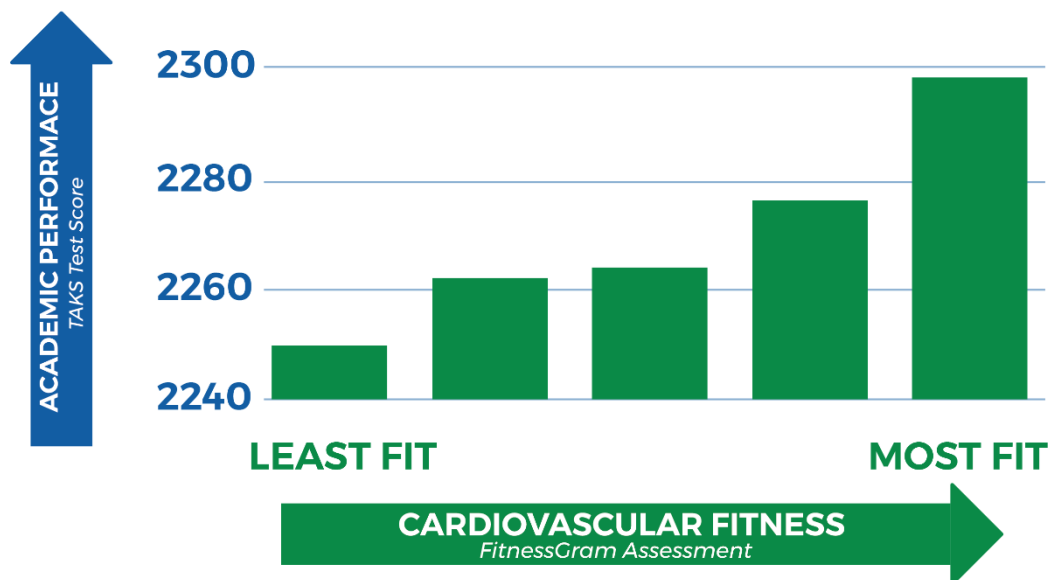


Figure 2: Correlation Between Cardiovascular Fitness and Academic Performance ¹⁴

Case Study

Principal in Action—Solomon P. Ortiz Elementary School, Brownsville, Texas

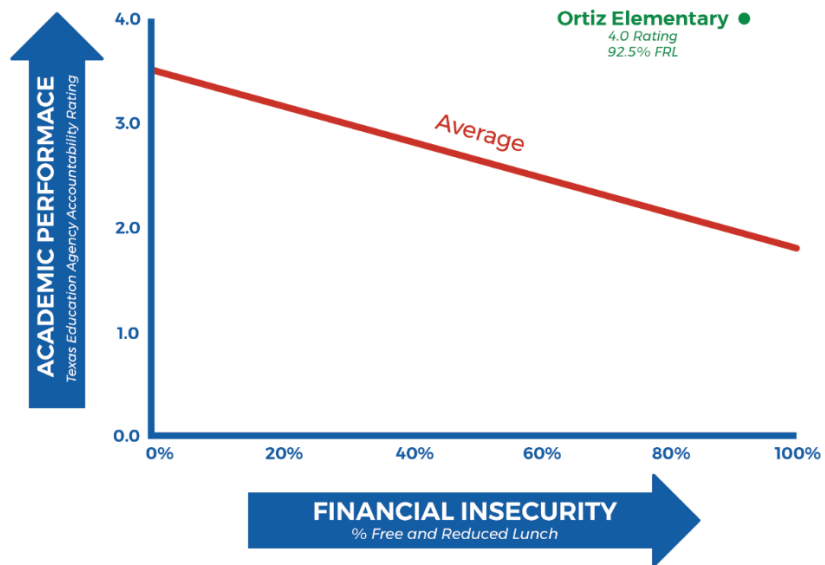


Figure 3: Correlation between Economic Status and School Ratings among Texas Public Schools



Students welcome top parent and staff volunteers during a recognition ceremony

Chapter 5

The Recipe for Effective Health Education

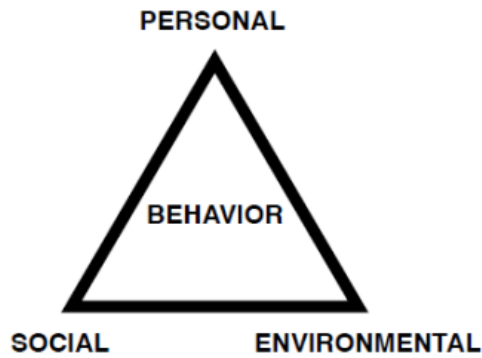


Figure 4: Visual Representation of Social Cognitive Theory (SCT)



SCT in action: Kids' Fun Run at Audubon Elementary School, New Orleans with support and participation from adults (Note homemade CATCH T-shirts; see chapter 10.)

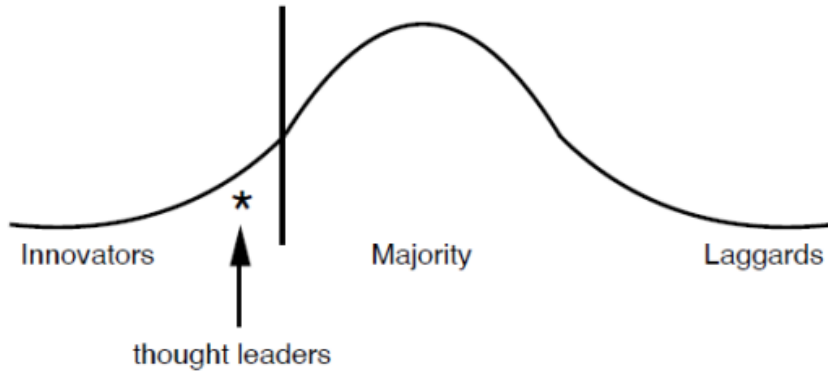


Figure 5: Visual Representation of Diffusion of Innovations Theory

Case Study

Parents in Action – GROW Central Florida



Teamwork!



Landon Morse runs in a GROW-sponsored race with a School Resource Deputy

Case Study

District in Action – Goose Creek Consolidated Independent School District, Baytown, Texas



A Goose Creek CISD student enjoys seasonal fruits (note kid-made nutrition education mural in background).

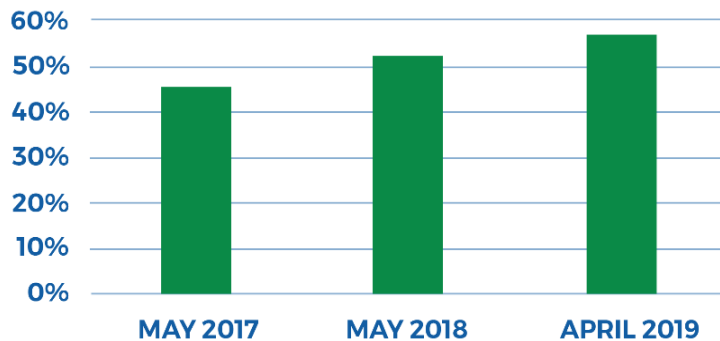


Figure 6: Portion of PE Class Time Goose Creek CISD Students Spent in Moderate-to-Vigorous Physical Activity (MVPA)

Chapter 7

Tobacco Avoidance: Defusing the E-Cigarette Explosion



High schooler Luka Kinard speaks about vaping to a class of peers at Hickory High School, North Carolina

Case Study

Student in Action – Romi Eldah, Avon High School Class of 2020, Avon, Connecticut



Romi Eldah's promotional picture of his anti-vaping bracelets

Chapter 8

Physical Activity: Maximizing the Time We Already Have

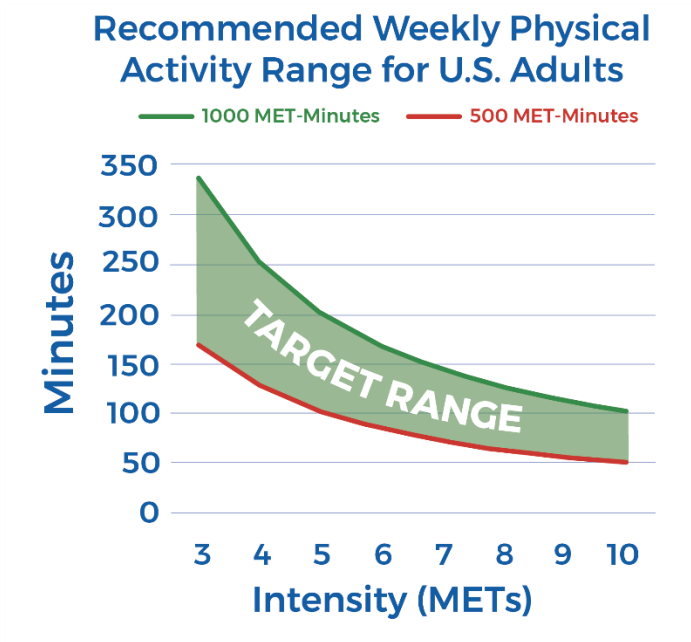


Figure 7: Recommended Weekly Physical Activity Range for U.S. Adults



Making PA participatory, vigorous, and fun at Jefferson Elementary School, Edinburg, Texas!



Students playing at Bridgedale Elementary School, Metairie, Louisiana

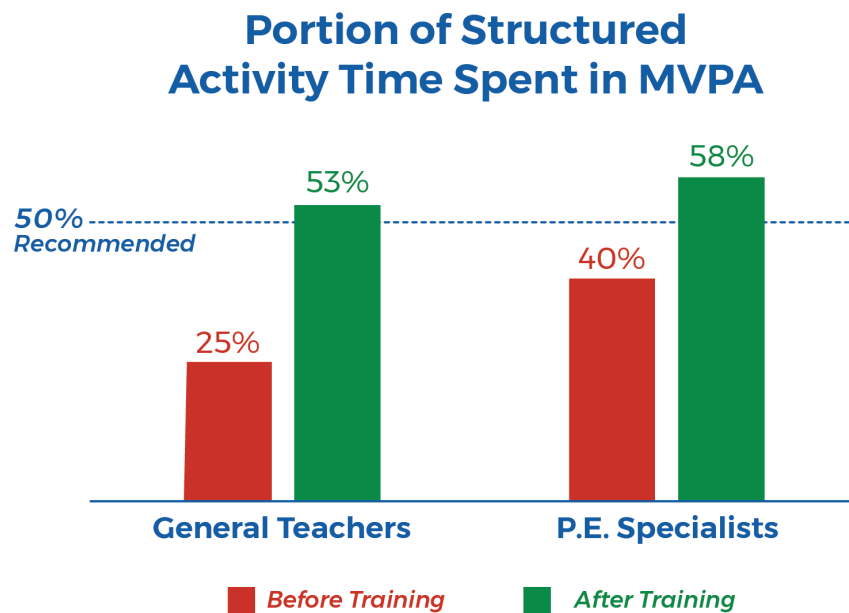


Figure 8: Portion of Structured Activity Time Children Spent in MVPA, Before and After Teacher Training⁶

Case Study

Teachers in Action – Sparkle Cheer at Del Valle High School, Del Valle, Texas



A general education student helps a special education student line up during Sparkle cheer practice



The Sparkle team at a competition

Chapter 9

Celebrating Nutrition: Involving Everyone Is Free and Fun



Can't "beet" the feeling of growing your own vegetables



Parents and students at Glen Cove Elementary in El Paso, Texas show their Whole Community spirit of health



The author (center) at a celebratory event at Bridgedale Elementary School, Metairie, Louisiana

Case Study

Food Service in Action – Altus Public Schools, Altus, Oklahoma



Superintendent Roe Worbes (second from left) and the Altus Food Service team pack vegetables for students during Operation Bulldog Thunder. Health is a team sport! (See chapters 6 and 9.)

Chapter 10

CATCH: Doing Good, Scaling Great

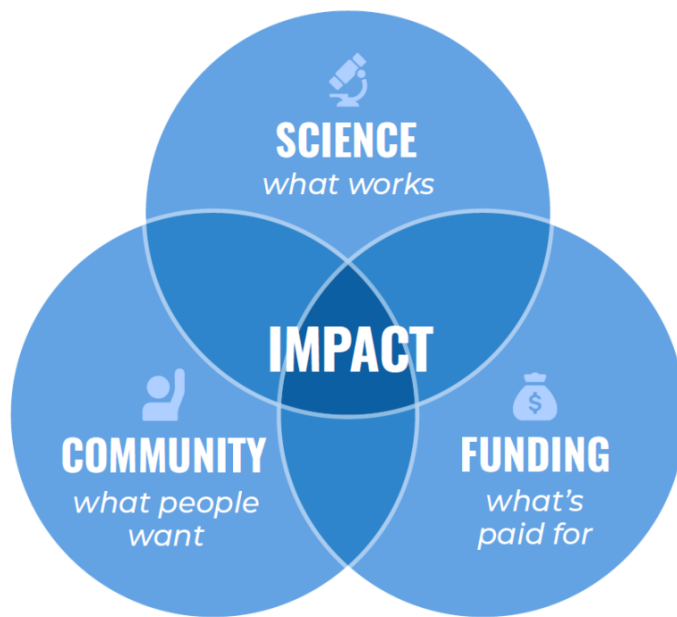


Figure 9: The impact of mission-driven work is highest at the confluence of science, community demand, and funding.

APPENDIX

Glossary

adverse childhood experiences (ACEs): According to the U.S. Department of Health and Human Services, these are traumatic events occurring before age 18. They include all types of abuse and neglect as well as parental mental illness, substance use, divorce, incarceration, and domestic violence.

Centers for Disease Control and Prevention (CDC): A U.S. federal agency that is part of the Department of Health and Human Services and is the nation's leading public health authority

Diffusion of Innovations Theory (DOI): Pioneered by communications specialist and sociologist Everett Rogers, this model explains the process by which new ideas and technologies spread.

Food and Drug Administration (FDA): A U.S. federal agency that is part of the Department of Health and Human Services and regulates tobacco products, among many other activities

free or reduced-price lunch assistance (FRL): A U.S. federal government-supported program providing school meal subsidies for low-income students. Eligibility for FRL is often reported by school districts as a measure of “economic disadvantage.”

Healthy Life Expectancy (HALE): A measure of life expectancy adjusted for health status, with years of life lived with disease or disability discounted based on the severity of that disease or disability

health education: For specialists, this term usually means traditional in-classroom instruction only. For the broader audience of this book, I use this term (and the phrase “teaching health”) more generally to encompass all forms of K–12 school-based instruction designed to teach health, including classroom learning, physical activity, physical education, and environmental support.

moderate-to-vigorous physical activity (MVPA): Physical activity performed at an intensity level of 3.0 METs or higher (see chapter 8 for a detailed explanation of METs).

physical activity (PA): Movement-focused time led by schoolteachers

physical education (PE): Movement and physical skill-building time led by schoolteachers holding specific credentials in the subject

Social Cognitive Theory (SCT): Developed by psychologist Albert Bandura, a theory that human behavior is learned through reciprocal interaction among personal, social, and environmental factors

social and emotional learning (SEL): As defined by The Collaborative for Academic, Social, and Emotional Learning (CASEL), the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions

Whole Child: According to the Association for Supervision and Curriculum Development, an approach to education defined by policies, practices, and relationships that ensure each child, in each school, in each community, is healthy, safe, engaged, supported, and challenged. The phrases “Whole Child health” and “Whole Child wellness” are used synonymously.

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Child Running with Officer Photo: GROW Central Florida. Used with permission.

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Case Study: Teachers in Action—Sparkle Cheer at Del Valle High School, Del Valle, Texas

Photo at practice: CATCH Global Foundation. Used with permission.

Team Photo: Del Valle ISD. Used with permission.

Chapter 9

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Photo of girl with vegetable: New Jersey YMCA State Alliance. Used with permission.

Photo of parents and students: Ysleta ISD. Used with permission.

Photo of dancing in vegetable outfits: CATCH Global Foundation. Used with permission.

Case Study: Food Service in Action—Altus Public Schools, Altus, Oklahoma

Photo: Altus Public Schools. Used with permission.

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