

Tennessee Coordinated School Health Annual Summary 2016-17

Coordinated school health (CSH) is a blueprint for integrating health-promoting practices in the school setting. CSH is an evidenced-based model developed by the Centers for Disease Control and Prevention (CDC) that connects physical, emotional, and social health with education through eight inter-related components. CSH addresses the components health education, physical education/physical activity, health services, mental health/social services, nutrition services, healthy and safe environment, staff wellness, and family/community partnerships. This coordinated approach improves students' health and their capacity to learn through the support of families, communities, and schools working together.

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. All districts must employ a coordinator to oversee CSH for their district. CSH funding may also be used to hire an assistant and other support staff, to purchase materials, and to provide professional development for CSH staff and other school employees that support school health programs.

CSH Highlights since Statewide Implementation:

- Body mass index (BMI) rates for Tennessee students are declining. BMI rates have declined since the implementation of CSH statewide from **41.2 percent** in 2007-08 to **39.2 percent** in 2016-17.
- The 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 **96 percent** of all school districts during the 2016-17 school year.
- Parent and student partnerships are emphasized in all aspects of CSH. CSH coordinators have expanded the average number of partners from **21** community partnerships per school district in 2008-09 to **61** community partners in 2016-17. CSH district coordinators worked with **8,255** different community partners and coalitions during the 2016-17 school year. Also, CSH partnered with **84,636 students** and **25,883 parents** statewide to address school health priorities during the 2016-17 school year.
- From 2007-08 to 2016-17, CSH coordinators secured an additional **\$203 million** in health grants and in-kind resources/gifts for Tennessee schools.
- According to CDC's Youth Risk Behavior Survey (YRBS) 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 of the past seven days substantially **increased** from **25 percent** in 2005 to **42.7 percent** in 2015.

- During the 2016-17 school year, districts approved **228** new policies and guidelines to address school health concerns and strengthened **283** policies and guidelines.
- **Seventy-six percent** of all school districts reported they incorporated health-related goals into their school improvement plans (SIPs).
- **Approximately 1.4 million** health screenings occurred in Tennessee public schools. Those screenings resulted in **145,048** referrals being made to a health care provider for additional medical attention through parental notification.
- During the 2016-17 school year, there were **4,031,420** student visits to a school nurse. **Eighty-six percent** of those visits resulted in a student's ability to return to class instead of being sent home.
- CSH coordinators worked with community partners to establish school-based health clinics. The number of school districts with school-based clinics increased from **12** in 2008-09 to **37** school districts in 2016-17. The number of schools with school-based clinics increased from **54** in 2008-09 to **276** in 2016-17. During the 2016-17 school year there were **57,955** student visits to school-based health clinics.
- The number of schools providing bullying prevention programs to students increased from **744** schools during 2011-12 to **1,406** schools during the 2016-17 school year. Also, **1,436** schools provided bullying prevention training for teachers and staff.
- **Ninety-six percent** of all school districts had staff participating in some type of school-sponsored wellness program.
- Since the implementation of CSH statewide, coordinators have secured funds for walking tracks or trails at **484** schools, **300** in-school fitness rooms for students, and **371** new and/or updated playgrounds.



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