



Nebraska Coordinated School Health



The theory of Coordinated School Health (CSH) is based on the premise that schools can improve students' academic performance and overall physical well being by promoting health in a systemic way. It emphasizes needs assessment; planning based on data, sound science, and analysis of gaps and redundancies in school health programming; and evaluation.

CSH outlines eight components that schools must address to tend to student's holistic health needs: health education, physical education, health services; nutrition services; counseling and psychological services; healthy school environment; health promotion for staff; and family and community involvement. Many of these programs are already in place in schools, but are often fragmented. CSH is a system designed to purposefully integrate the efforts and resources of education and health to provide a full set of programs without duplication or fragmentation. It provides a practical, systematic, and cost-efficient approach to achieve the supports needed to promote the adoption of health enhancing behaviors.

Major Causes for Most Deaths and Morbidities of Youth

Six Categories of Risk Behaviors:

- ✚ Unintentional injuries & violence
- ✚ Alcohol use and other drug use
- ✚ Sexual behaviors
- ✚ Tobacco use
- ✚ Dietary behaviors
- ✚ Physical inactivity

What Contributes to Students Dropping Out?

- ✚ Substance abuse
- ✚ Pregnancy and parenting
- ✚ Psychological and emotional problems
- ✚ Age-related promotion
- ✚ Frequent suspensions
- ✚ Poor reading and math skills
- ✚ Lack of engagement due to poor instruction, unwelcoming environment

COORDINATED SCHOOL HEALTH IN ACTION: What the Research Says

Healthy Students Perform Better Academically

- ✚ Increased alertness & concentration
- ✚ Reduced disruptive behavior
- ✚ Critical link between movement & attention/memory
- ✚ Improved self-esteem
- ✚ Less absenteeism
- ✚ Improved mood levels
- ✚ Increase in energy levels
- ✚ Improved test scores

Healthy Students Perform Better Academically

- ✚ Increased test scores on standardized tests
- ✚ Decrease in suspensions & detentions
- ✚ Reduction in expulsions from school
- ✚ Reduction in drop-out rates
- ✚ Reduction in number of students assigned to SPED classes
- ✚ Decrease in teen pregnancy rates
- ✚ Decrease in juvenile crime arrests out of school
- ✚ Increased graduation rates

