

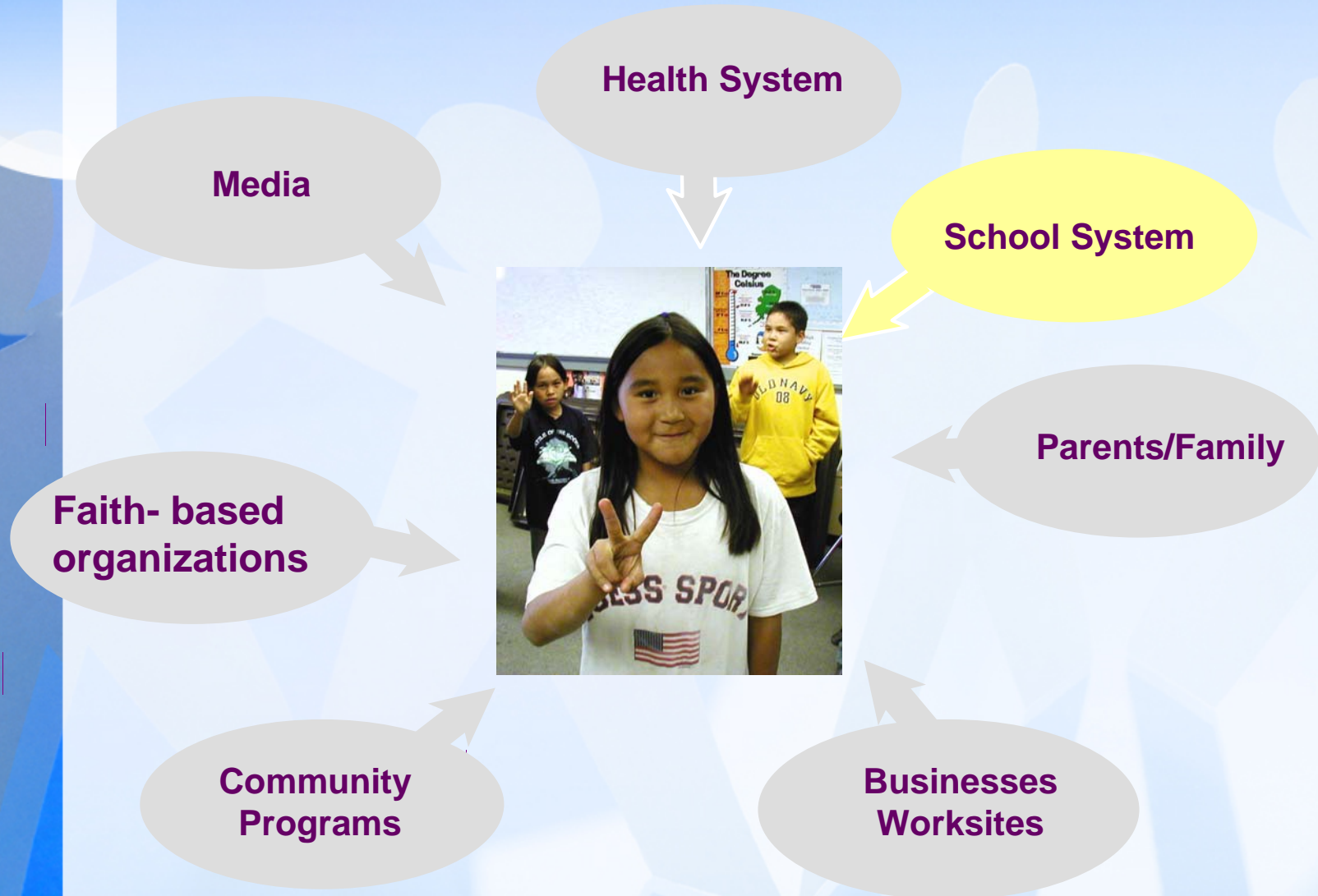


State of the State: School Health In Alaska

Building Partnerships for School Health Alaska

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Department of Education & Early Development
December 4, 2008

Working Together for Healthier Children



Legend

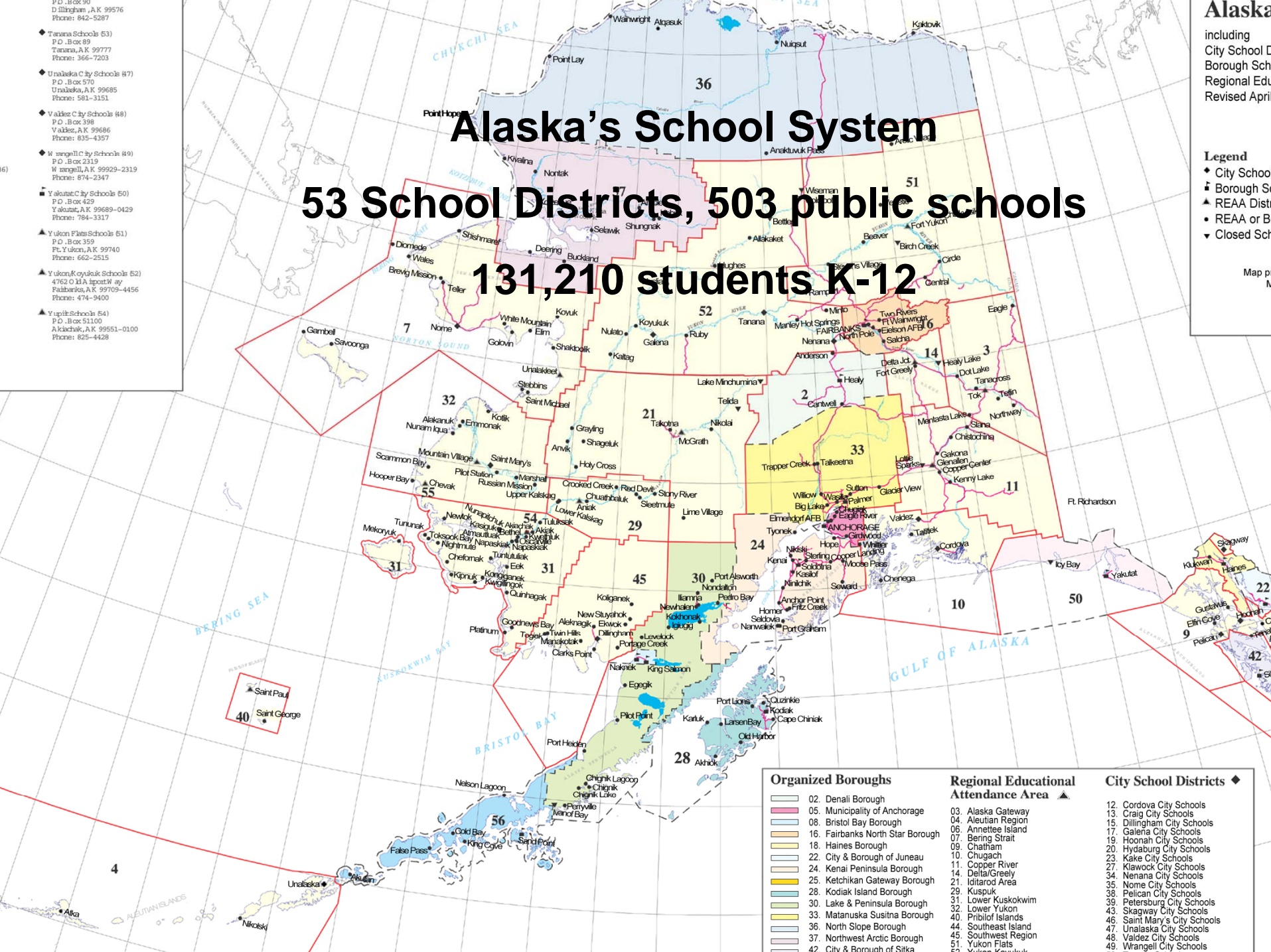
- ◆ City School District
- ◆ Borough School District
- ▲ REAA District
- REAA or Borough School District
- ▼ Closed School District

Map p
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Alaska's School System

53 School Districts, 503 public schools

131,210 students K-12



- ◆ Denali Borough Schools (53)
P.O. Box 89
Tanana, A.K. 99777
Phone: 366-7203
- ◆ Unalaska City Schools (87)
P.O. Box 570
Unalaska, A.K. 99685
Phone: 581-3151
- ◆ Valdez City Schools (48)
P.O. Box 398
Valdez, A.K. 99686
Phone: 835-4357
- ◆ Wrangell City Schools (49)
P.O. Box 429
Wrangell, A.K. 99929-2319
Phone: 874-2347
- ◆ Yukon-Flats City Schools (60)
P.O. Box 2319
Yakutat, A.K. 99689-0429
Phone: 784-3317
- ▲ Yukon Flats Schools (51)
P.O. Box 359
Pt. Yukon, A.K. 99740
Phone: 662-2515
- ▲ Yukon-Koyukuk Schools (52)
4762 Old Airport Way
Fairbanks, A.K. 99709-4456
Phone: 474-9400
- ▲ Yupik Schools (54)
P.O. Box 51100
Akiachik, A.K. 99551-0100
Phone: 825-4428

Organized Boroughs	Regional Educational Attendance Area ▲	City School Districts ◆
02. Denali Borough	03. Alaska Gateway	12. Cordova City Schools
05. Municipality of Anchorage	04. Aleutian Region	13. Craig City Schools
08. Bristol Bay Borough	06. Annette Island	15. Dillingham City Schools
16. Fairbanks North Star Borough	07. Bering Strait	17. Galena City Schools
18. Haines Borough	08. Chatham	19. Hoonah City Schools
22. City & Borough of Juneau	09. Chugach	20. Hydaburg City Schools
24. Kenai Peninsula Borough	10. Copper River	23. Kake City Schools
25. Ketchikan Gateway Borough	11. Delta/Greely	27. Klawock City Schools
30. Lake & Peninsula Borough	12. Iditarod Area	34. Nenana City Schools
36. Matanuska Susitna Borough	29. Kuskukwim	35. Nome City Schools
33. North Slope Borough	31. Lower Kuskokwim	38. Pelican City Schools
37. Northwest Arctic Borough	32. Pribilof Islands	39. Petersburg City Schools
42. City & Borough of Sitka	44. Southeast Island	43. Skagway City Schools
	45. Southwest Island	46. Saint Mary's City Schools
	46. Southwestern Region	47. Unalaska City Schools
	47. Yukon Flats	48. Valdez City Schools
		49. Wrangell City Schools

District Role



- Alaska continues to be a state that values local control and promotes local decision-making.
- Much of what can be done, and is done to support school health is driven by local communities

The Federal No Child Left Behind Act



- Positive
 - focusing efforts on the achievement of *all* students
 - emphasis on data-driven decision making and research-based programs



NCLB Challenges



- Health and physical education not included
- Increased accountability
- Increased testing
- Public performance records
- Keeping policymakers very busy



Current Picture: School Health Education

- A.S. 14.30.360(b) requires a school health education specialist in EED & programmatic funding – not currently funded
- Encourages, but doesn't require, K-12 comprehensive health education
- 4AAC 06.075: Graduation regulations leave health/PE requirements unclear

Current Picture: School Health Education



- State health endorsement not required
- local determination of health teacher qualifications
- Have skills for a healthy life content standards, but don't have performance standards or grade-level expectations
- Content standards are not mandatory, but are encouraged and are not assessed by the State

Child Nutrition and WIC Reauthorization Act



- **Public Law 108-265** enacted June 30, 2004
- **Section 204 – Local Wellness Policies**
- *“Not later than the first day of the school year beginning after June 30, 2006, each local educational agency ... shall establish a local school wellness policy”*

Required Wellness Policy Components



1. Nutrition guidelines for ALL foods
2. Goals for Nutrition Education
3. Assurances that school meal programs are not less restrictive than federal guidelines
4. Goals for Physical Activity
5. Other school-based activities that are designed to promote student wellness.
6. A plan for monitoring policy implementation

Current Picture: School Health Education



- School Wellness policies required by regulations – a great idea but weak due to:
 - No incentives – funding
 - No penalty for non-implementation

Schools care, but....



- Everyone wants a part of the school day
- The vast majority of Alaska teachers are untrained to address health/PE
- K-12 Comprehensive curricula is rare
- Buildings lack resources/space
- NCLB has shifted focus to core academics

EED cares, but....



- Everyone wants a piece of limited time
- Some staff are no longer specialized; other specialists are limited to specific programs
- EED lacks resources/capacity
- NCLB/State mandates have shifted focus

EED Staffing – Current Capacity



- HIV Grant
 - Elearning
 - FASD
- NCLB:
 - Title IVA
 - Title IVA: GOV
 - Title V
- QS Grants
- Committees
- Other Duties
- 21st CCLC
- HIV Grant
- NCLB:
 - Title IVA
 - Title IVA: GOV
- Committees
- Other Duties

EED Staffing – Current Capacity



- National School Lunch – Schools and Residential Child Care Institutions
- Child and Adult Care Food
- Summer Food Service
- Fresh Fruit and Vegetable
- USDA Foods – Commodity distribution

EED Current Practices



- Professional Development
- Resources
- Surveillance
- Technical Assistance/Support
- Collaboratives
- Monitoring and Auditing



- Professional Development
 - Elearning
 - Annual Trainings
 - Support for other events (SWI, Health Summit, Education Summit, etc.)



- Resources
 - Healthy Reading Kits
 - Newsletters (Healthy Alaska, Information Exchange etc.)
 - FASD library
 - USDA manuals and guidance
 - National Food Service Management Institute (NFSMI)– materials and training
 - Web sites



- Surveillance
 - Youth Risk Behavior Survey of grades 9-12 since 1995
 - School Health Profiles of secondary schools
 - Principals survey
 - Lead health teacher survey

EED Current Practices



- Collaboratives
 - Education Summit Workgroups
 - Coordinated School Health Team
 - School Health & Safety Advisory Group
 - DHSS Partners
 - Building Partnerships Group
 - Alaska School Nutrition Association
 - NFSMI
 - Cooperative Extension
 - State Nutrition Action Plan (SNAP) work group
 - Alaska Food Bank

EED's DRAFT Health Goals for New Administration



- Establish a coordinated and collaborative system to promote and integrate health and wellness within Alaska's learning environments
- Provide a safe and secure environment for all members of the school community.
- Develop a comprehensive participation program between educational institutions and communities throughout Alaska

School Health Profiles



- In 2008, only 19% of Alaska teachers in grades 6-12 reported having professional preparation in health education and physical education combined. The national median in 2006 was about 61%
- High interest in training if available

School Health Profiles



- In 2008, only 21% of secondary schools in Alaska have a full-time school nurse.
- In 2008, 34% of secondary schools have a group (e.g., a school health council, committee, or team) that offers guidance on the development of policies or coordinates activities on health topics.

Suicide



- Alaska statistics indicate Alaska's suicide rates are twice the national average
 - Alaska Follow Back Study 2007
- 2007 YRBS data indicates Alaska youth are at greater risk than US students for attempted suicide (10.7% vs. 6.9%)
- Suicide is the leading cause of death for Alaska youth aged 10-24 years.
 - 2003-2005 Alaska mortality data, CDC

Fetal Alcohol Spectrum Disorders



- Alaska has the highest known incidence of FAS in the nation
- Of the states surveyed, Alaska's incidence was 5 times greater than the next closest state
 - Alaska Fetal Alcohol Syndrome Surveillance Project 1998

Domestic Violence and Sexual Assault



- 2007 YRBS indicates 12.4% of Alaska students are being hit, slapped or physically hurt by their significant others (9.9% nationally)
- For the last 28 years, Alaska has ranked in the top 5 states in the nation for forcible rape. In 2006, Alaska was number 1
- In 2005, Alaska was second in the nation in the per capita rate of women who were killed by men

Sexually Transmitted Diseases



- Alaska reported Chlamydia rate for women (all ages) in 2005 was the second highest in the Nation – 1.8 times that of the U.S. rate

Daily Physical Education



- Alaska's percentage of HS students who attended PE classes daily is 17.7 % compared to the national average of 30.3%

Marijuana Use



- Alaska's HS students are at greater risk than US students for using marijuana one or more times during their life.

Sample Status of Nutrition and Physical Activity in Alaska



- The State Section of Epidemiology and the Anchorage School District conducted a study which found that:
 - • 32% of students entering kindergarten and first grade are overweight or at risk for becoming overweight.
 - • 36% of all Anchorage School District students are overweight or at risk for becoming overweight.
- The Anchorage statistics become even worse when we look at overweight and obesity in adults.
 - • 58% of Anchorage adults are overweight.
 - • 21% (More than one in five) are obese.

On average

- in an Alaskan high school class of 30 students



- 3 students attempted suicide in the past year
- 12 drank alcohol in the past month
- 9 were in a physical fight in the past year
- 13-14 have had sexual intercourse

Source: 2007 Alaska Youth Risk Behavior Survey

On average –
in an Alaskan high school class of 30 students



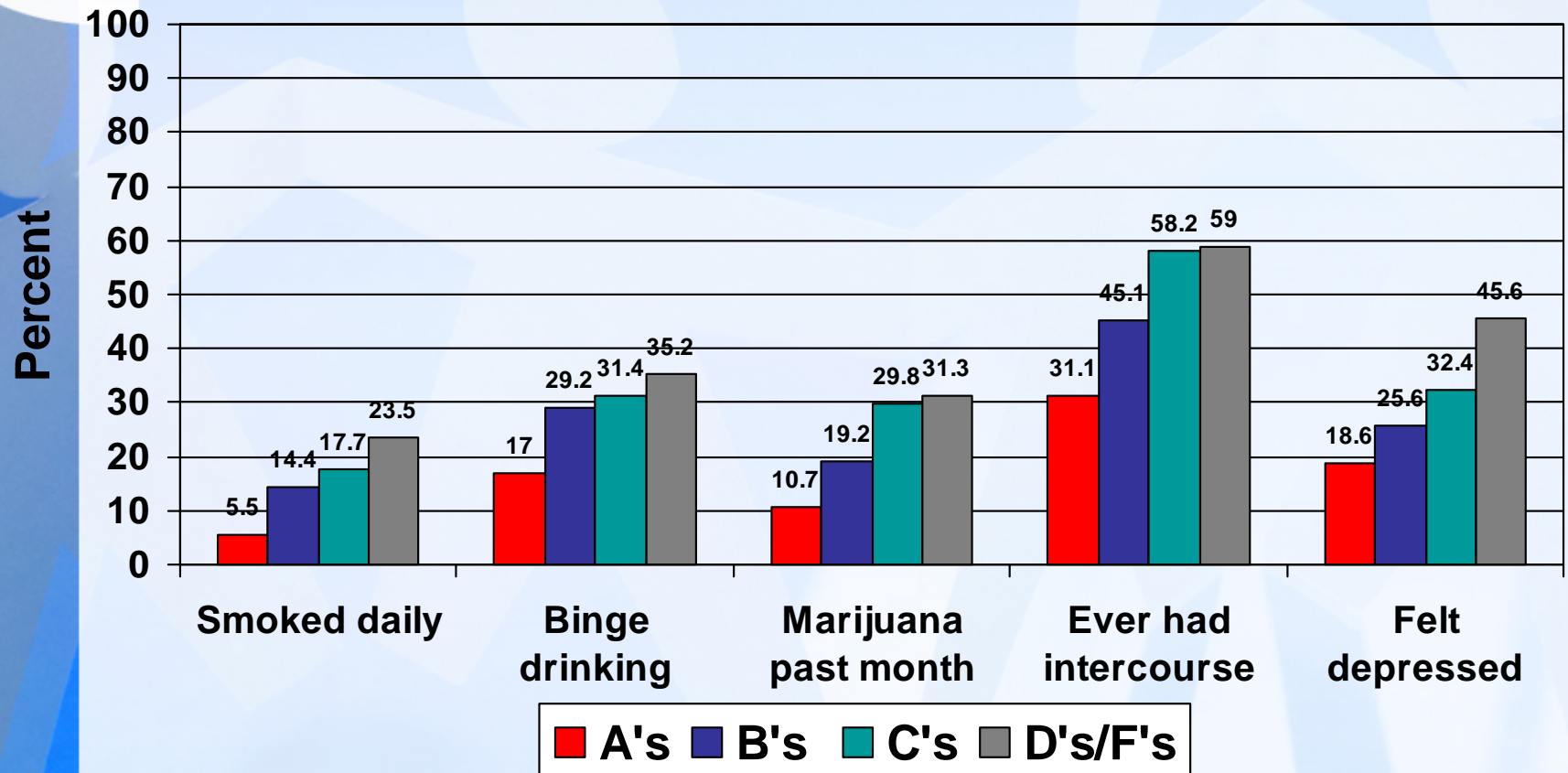
- 7 smoked cigarettes in the past month
- 6 used marijuana in the past month
- 8 are either overweight or obese
- 7 rode with a driver who had been drinking in the past month

Source: 2007 Alaska Youth Risk Behavior Survey

Alaska 2007 Youth Risk Behavior Survey



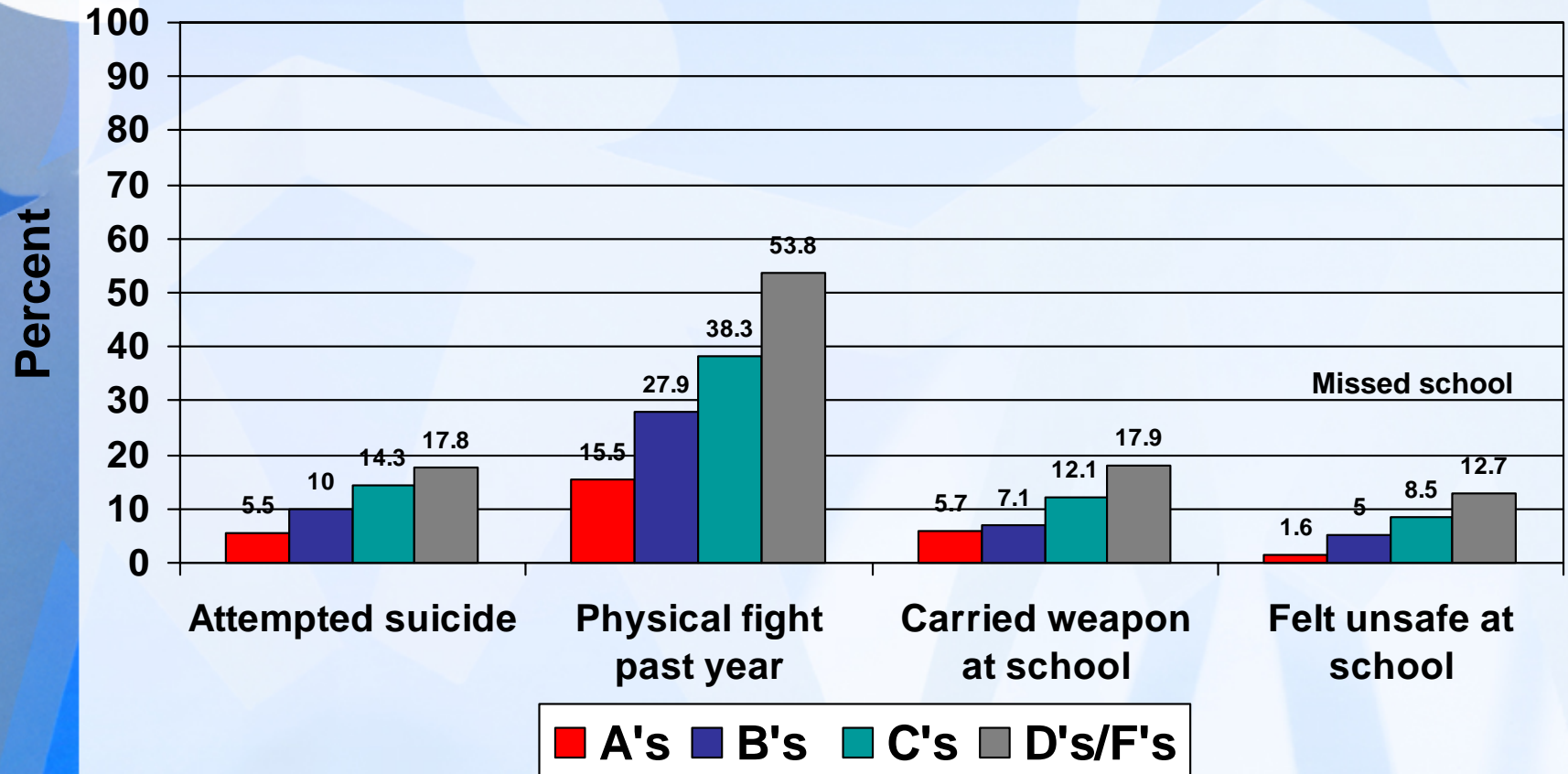
Health Risk Behavior and Academic Grades



Alaska 2007 Youth Risk Behavior Survey



Health Risk Behavior and Academic Grades



Slow progress



- Model School Wellness Policy with AASB
- School Wellness Institutes (2006-2008)
- EED/DHSS collaborative
- CDC application for CSHP (approved but not funded)
- CSHP national training for staff
- New State School Nurse Consultant (DHSS)

Where do we go from here?



- We know:
 - More attention to health is essential
 - The general public may not be aware of health needs
 - We need to be more efficient with resources
 - Schools can't be the singular solution
 - We lack state capacity: **We need you**