

## ***National Organizations***

# Promoting School Health Achievement Through Partnership

### Problem Overview

Results from the 2007 Youth Risk Behavior Survey reveal that among high school-age youth,

- 79% ate fruits and vegetables less than five times per day.
- 13% are obese.
- 26% currently smoke cigarettes or cigars or use smokeless tobacco.

These risk behaviors can lead to diseases such as cardiovascular disease and cancer, which account for more than half of all deaths among people over age 25. Research has shown that school health programs can reduce the prevalence of health risk behaviors among young people and have a positive impact on academic performance.

### Program/Activity Description

The National Association of Chronic Disease Directors; the Directors of Health Promotion and Education; and the Society of State Directors of Health, Physical Education and Recreation formed a unique partnership to support school health efforts. With funding and support from CDC's Division of Adolescent and School Health, these organizations held workshops with 15 state teams to enhance state-level collaboration between health and education agencies. The workshops provided a forum for open dialogue on challenges of, and best practices for, implementation of state and local school health programs. The coordinating organizations conducted the workshops and provided guidance and technical assistance to the teams for up to a year afterward.

### Program/Activity Outcomes

Evaluation results indicated substantial benefits to states participating in the workshops. The workshops stimulated interagency planning and strengthened relationships. Nearly all participating states achieved one or more of three outcomes—joint planning, coordinated school health (CSH) policies, and resources to support CSH-related activities. Specific examples include

- Developing a memorandum that outlines each agency's role in CSH.
- Encouraging leaders in health and education agencies to support school nutrition guidelines.
- Partnering to disseminate information to community stakeholders to educate legislators.
- Obtaining funding to conduct a statewide workshop on school wellness policies.
- Sharing funds to provide mini-grants to local schools for CSH.



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Adolescent and School Health  
[www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth)

