How to Impact
Student Achievement
Through
School Health

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Activities

- Creation of School Health Advisory Committees
- In-person and virtual meetings
- Site visits
- Policy coding
- Policy development process
Recent Accomplishments

- **MICHIGAN** - physical activity policy
- **NORTH CAROLINA** - school breakfast resolution
- **ALABAMA** - school wellness policies
The Role of Education

Preparing students for our future includes ensuring they are healthy and able to maintain their health as adults.
The Role of Education

• In an nationwide survey, making appropriate choices concerning health and wellness was the number one concern of employers for future graduates entering the US workforce.
• One in four can not join the military due to excess weight. The military spends over a billion dollars a year on weight-related diseases.
• Parents reported a generally high degree of agreement that being physically active at school (90%) and eating nutritious foods at school (88%) will help students do better academically.
Health and Academic Success

- Vision
- Asthma
- Teen Pregnancy
- Aggression and Violence
- Physical Activity
- Breakfast
- Inattention and Hyperactivity
Health and Academic Success

Sensory Perceptions

Cognition

School connectedness and engagement

Absenteeism

Temporary or permanent dropping out

Vision

Teen Pregnancy

Physical Activity

Inattention and Hyperactivity

Asthma

Aggression and Violence

Breakfast
Nutrition

• One out of five American kids struggle with hunger.
• Three in five teachers say they teach kids who regularly come to school hungry.
• On average, students who eat breakfast:
  • Score 17.5% higher on standardized math tests,
  • Attend 1.5 more days of school,
  • Are 20% more likely to graduate.
Nutrition

States can:

- Set policies that increase participation in school breakfast and encourage the implementation of innovative strategies,
- And set policies that ensure students have enough time to eat lunch and breakfast.

Arkansas and Colorado
Nutrition

Teens in states that required schools to offer fruits and vegetables as part of the meal program consumed more fruits and vegetables than those living in states with no such policies.

- The difference was most pronounced among teens who regularly ate school meals and only had unhealthy snacks available at home.
Nutrition

States can create and implement strong and comprehensive food and beverage standards that ensure all food and beverages that students consume while at school are healthy.

West Virginia
Health Education

As health risk behaviors go up, academic achievement goes down

- Tobacco Use
- Alcohol and other drug use
- Sexual risk behaviors
- Injury and violence
- Unhealthy dietary behaviors and nutrition
- Physical Inactivity
Health Education

States can set and implement strong health education standards based on national standards.

North Dakota and Georgia
Physical Activity

Providing short physical activity breaks during the school day can help improve on-task behavior and improve some measures of student health.

- The ABC for Fitness pilot in MO resulted in a 7 percent decrease in the use of ADHD medication and a 5 percent decrease in the use of some asthma medication.
- The Making the Grade with Diet and Exercise Program showed a 67 percent decline in school nurse visits.
Physical Activity

School-Based Physical Education
- 11 of 14 studies found one or more positive associations
- The remaining three studies found no associations

Recess
- All eight studies found one or more positive associations

Classroom Physical Activity
- Eight of nine studies found positive associations
- No study found negative associations

Extracurricular Physical Activity
- All 19 studies found one or more positive association
Physical Activity

States can

- Require physical activity throughout the school day, including recess, and provide examples and share best practices regarding implementation,
- Provide guidance around not using or withholding physical activity as punishment,
- And require minimum amounts of physical education, or a minimum for the amount of time that is spent in moderate to vigorous activity.

Mississippi
The Role of State Boards of Education

Focus on removing non-academic barriers

- Policy
- Leadership
- Public Recognition
- Grants