

Response ID: 1991

Date Posted: 3/15/2013

Title: Action Plan to Train Professionals: SHI, HECAT, PECAT & School Health Guidelines to Promote Healthy Eating & Physical Activity

First Choice Presentation: 60 Minute workshop

Second Choice Presentation: Any Format chosen by reviewers

Topic: Health Education and/or Promotion

Target Audience: Administrator, Health Educator, Physical Educator, School Health Coordinator, Teacher

Addresses Diversity: No

Diversity Type:

Percentage Lectured / Interactive: 75 / 25

Lead Presenter Disclosure: Conflict: No;

Second Presenter Disclosure: Conflict: No;

Third Presenter Disclosure: Conflict: No third presenter;

Fourth Presenter Disclosure: Conflict: No fourth presenter;

Fifth Presenter Disclosure: Conflict: No fifth presenter;

Abstract

Aligning school health programs and curricula to both national and state standards is a critical step in the education process. The purpose of this presentation is to provide an action plan from one team selected for the American Cancer Society/Centers for Disease Control and Prevention's Advanced Higher Education Academy held in February 2013. As Advanced Academy participants, the team members became trainers for the School Health Index (SHI), Health Education Curriculum Analysis Tool (HECAT), Physical Education Curriculum Analysis Tool (PECAT), and the School Health Guidelines to Promote Healthy Eating and Physical Activity. The goal of the team's program is to train school health professionals in the state and region about these tools so they can be utilized and implemented by multiple school districts. This session will focus on how the team has disseminated trainings via face-to-face and online methods within their state and beyond. To date, one school district has been selected to receive training on the HECAT and a state-wide summer school health Summit providing an overview on these tools has been scheduled as part of the action plan. Participant feedback from the trainings and how they intend to use the information they received will also be discussed.

Behavioral Objectives and Content

Objective 1: Describe the action plan to train on conducting assessments of a school to improve the health and safety policies and programs.

Content 1: Assessments in school health, tools and training for assessment

Objective 2: Describe how districts/schools receiving training conduct regular assessment for health and physical education programs.

Content 2: Data from training, Assessments in school health, tools and training for assessment

Objective 3: Understand how this program helps to distribute School Health and Physical Education Tools and Training used improve curricula and impact student health.

Content 3: Results from training, Assessments in school health, tools and training for assessment

Objective 4:

Content 4:

Why is this session needed?

Aligning school health programs and curricula to both national and state standards is a critical step in the education process. Tools and resources created by the Centers for Disease Control and Prevention (CDC) which can be used to help districts, schools, and others conduct a clear, complete, and consistent analysis of health education and physical education programs and curricula. Aligned with national standards, tools to be covered include the School Health Index (SHI), Health Education Curriculum Analysis Tool (HECAT), and Physical Education Curriculum Analysis Tool (PECAT). Tools can be adapted to meet local community needs and conform to curriculum requirements of the state or school district. This program focuses on how local communities can utilize these tools.

Summary

This presentation will introduce an action plan from an ACS/CDC Advanced Academy team to train school health professionals on tools and resources available to assess the school health environment and analyze health and physical education curricula. Results from local trainings will be discussed.