

School Health Resource Guide: Programs and Information available from the Zanesville-Muskingum County Health Department



Public Health
Prevent. Promote. Protect.

The Zanesville-Muskingum
Co. Health Department
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www.zmchd.org

Mission of the Health Department

The mission of the Zanesville-Muskingum County Health Department is to promote, protect and improve public health in Muskingum County. The core functions of public health are to assess community health needs, develop policies that improve the health of all citizens and assure that health services are provided to all citizens.

In keeping with our mission, the Health Department receives funding from the Ohio Department of Health to promote school. Several school health promotion activities are described in this booklet. This booklet outlines the several health promotion functions. Our qualified staff will partner with your school to improve the health of our community. We encourage you to review this booklet and call us for more information. We will help you to improve the health and assets of your students, faculty, and staff. Healthy students are successful students.

For more information about these programs, please contact the Health Education Program at 454-9741 ext 187 or www.zmchd.org.



Other Websites

This list provides additional information on school health, nutrition, and physical activity.

<http://www.healthinschools.com>

<http://www.schoolgrants.org>

<http://www.fundsnetsservices.com/main.htm>

<http://www.fdncenter.org>

<http://www.grants.gov>

<http://www.fruitsandveggiesmorematters.org>

<http://www.neahin.org>

<http://www.pecentral.org>

<http://www.healthyschools.net>

<http://www.healthierus.gov>

<http://www.ohea.org>

For any additional information or to participate in any of the activities please contact Valerie Wears at the Health Department.

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School Wellness Policies

The federal Childhood Nutrition and WIC Reauthorization Act requires that all schools develop an interdisciplinary team of personnel and community leaders to develop, promote and assess policies, programs and practices related to nutrition and physical activity. The Health Department has actively promoted this legislation in area schools. We continue to provide resources, training and information to school personnel as requested. We encourage all schools to meet the requirements of this legislation. The Health Department can help you to assess your policies and develop plans to improve school nutrition and physical activity.

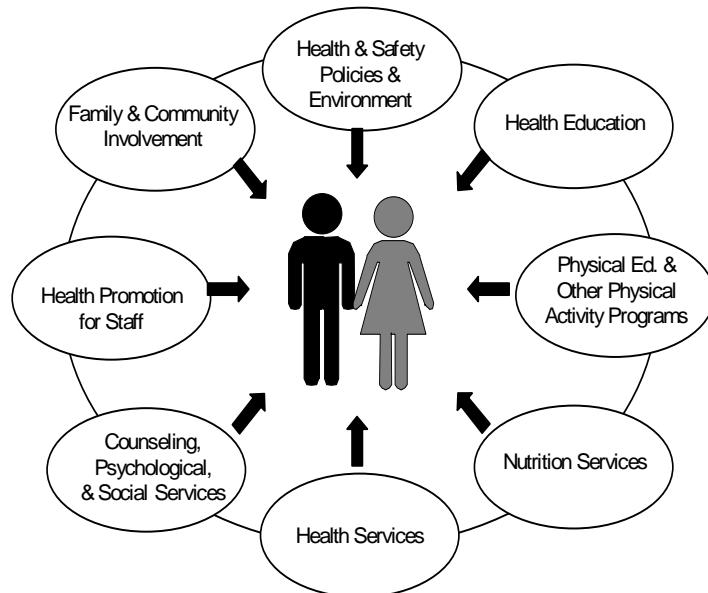
Buckeye Best and School Health Conference

Each year the Ohio Department of Health (ODH) promotes the Buckeye Best Awards. Every school is eligible to apply. A school representative simply completes a short survey related to school health and health promotion. Each year, many Muskingum County schools receive bronze, silver, or gold awards. The Zanesville-Muskingum County Health Department offers technical assistance to schools that want to apply for the Buckeye Best Awards

ODH also sponsors a statewide school health conference every June. Districts are encouraged to send a team to the conference. Participants will have an opportunity for continuing education, networking, and planning time to address pressing health issues for their districts. . We can also offer assistance to school personnel that want to attend the Coordinated School Health Conference.

Coordinated School Health

This comprehensive approach to health promotion in the schools is sponsored by the American Cancer Society. Coordinated School Health is based on the 8 Components of School Health: health education, physical education, health services, nutrition services, counseling and psychological services, healthy school environment, health promotion for staff, and family/community involvement. The ACS can provide an assessment tool that each school or district can use to determine the strengths and weaknesses of their school health program. The strength of this concept is that it encourages environmental changes that support health education curriculum. The Health Department collaborates with the American Cancer Society and will provide technical assistance and support to school personnel who want to use this approach to improve their current school health program. The coordinated school health model is pictured below.



Resources

This brief list of resources and websites can help you to provide quality school health education and to promote the health of all students, faculty, staff, visitors and families.

School Health Assessment Tools

A variety of assessments are available to schools to help personnel to determine priority health needs and to develop plans to address them. These tools are available through the Health Department.

School Health Index

Fit, Healthy and Ready to Learn

Professional Organizations and Statewide Coalitions

These groups provide resources and technical assistance to school personnel.

State Planning Committee for Health Education in Ohio (SPCHEO) www.spcheo.org

Action For Healthy Kids (AFHK) www.actionforhealthykids.org

American School Health Association (ASHA)

www.ashaweb.org

Ohio Association of Health Physical Education Recreation and Dance (OAHPERD)

www.ohperd.org

Classroom Materials and Activities

For information on health resources for teachers and students, please refer to the following agencies or programs.

American Heart Association www.americanheart.org

American Cancer Society www.fightcancer.org

Stand www.standonline.org

Truth Campaign www.protectthetruth.org

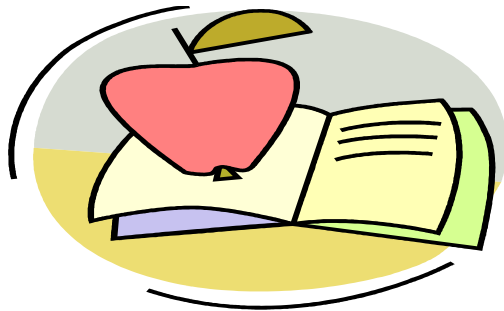
Verb www.VERBnow.com

Campaign for Tobacco-Free Kids

www.campaignfortobaccofreekids.org

Tobacco Prevention...*Lifeskills Training*

The Muskingum Valley Tobacco-Free Project is a coalition of representatives from area agencies charged with the mission of reducing and preventing tobacco use in Coshocton, Morgan, and Muskingum Counties. Through grant funds from the Ohio Tobacco Prevention Foundation, the coalition provides tobacco cessation programs (previous page), undertakes activities to reduce cultural acceptance of tobacco use and provides a youth prevention program called *Lifeskills Training (LST)* in the local schools. *LST* is a research-validated, evidence based substance use (including tobacco) among elementary, middle, and early high school students. *LST* teaches skills students need to resist peer pressure, develop self confidence, and handle challenging situations. Through grant funds, *LST* is delivered to students in grades 3 through 9 by staff from partnering agencies in Coshocton, Morgan, and Muskingum Counties.



Worksite Wellness

The Health Department provides technical assistance to local school districts that are interested in promoting the health of school employees. Health Department staff will meet with a school representative or a committee to provide information on programs and policies for your employees. The Muskingum County Wellness Coalition's focus is on helping area worksites create and maintain a worksite wellness program. Members of the coalition will meet with interested staff members and offer technical assistance. Medical related expenses in the United States related to obesity alone cost over \$117 billion dollars each year. Worksites with physical activity programs have reduced medical costs by 20% and reduced short term sick leave by up to 32%. By developing a worksite wellness program, school districts can improve health and productivity of their employees.

Quit Tobacco: A Life Saving Decision

The Health Department also offers a free tobacco cessation program for adults. Anyone interested in attending the program should be willing to commit attending all 7 sessions. Funds are also available to cover the cost of nicotine replacement therapy or Chantix.