

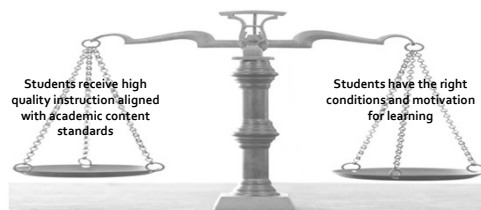
## HEALTHIER STUDENTS ARE BETTER LEARNERS

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## Higher Achievement For All Students

"Every child graduates and has the knowledge to succeed in life."



Ohio Department of Education

## Whole Child Approach to School Improvement

- Students cannot not learn if they are not healthy.
- Many barriers to learning include absenteeism, discipline, violence, truancy and drop-out.
- Can be linked to students' (families') physical, social, and emotional health.



**"Could someone help me with these?  
I'm late for math class."**



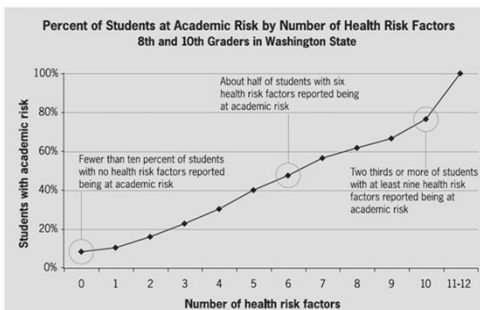
## Health Disparities and Education

- Poor health and health disparities are an underlying cause of the achievement gap
- No matter what curriculum or school management changes are made, health must be addressed.
- Educationally relevant health disparities play a significant role in the achievement gap of urban minority students.
  - "Healthier Students Are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap" by Charles E. Basch
    - Equity Matters: Research Review No. 6

## Health Disparities Connection to Academic Indicators

- |                                 |                   |
|---------------------------------|-------------------|
| ▶ Vision                        | ▶ Discipline      |
| ▶ Asthma                        | ▶ Grades          |
| ▶ Teen Pregnancy                | ▶ Absenteeism     |
| ▶ Aggression and Violence       | ▶ Truancy         |
| ▶ Physical Activity             | ▶ Drop-out        |
| ▶ Breakfast                     | ▶ School Climate  |
| ▶ Inattention and Hyperactivity | ▶ Graduation Rate |

### Academic Risk by Health Risk Factors



### Ohio Youth Risk Behavior Survey

#### Grade Association Examples:

- Been bullied at school
- Physical fighting
- Marijuana
- 8 or more hours of sleep
- Eat fruits/vegetables
- Have a trusted adult
- Feel safe at school

### What do our brains need to learn?

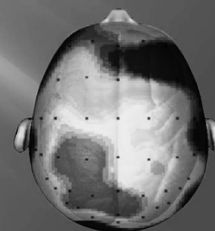
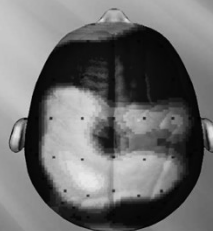
- 1) Balanced nutrition
- 2) Sufficient hydration
- 3) Sleep
- 4) Physical activity
- 5) Safety & security



### Average composite of 20 students brains taking the same test

BRAIN AFTER SITTING  
QUIETLY

BRAIN AFTER 20 MINUTE  
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

### Physical Activity and Learning

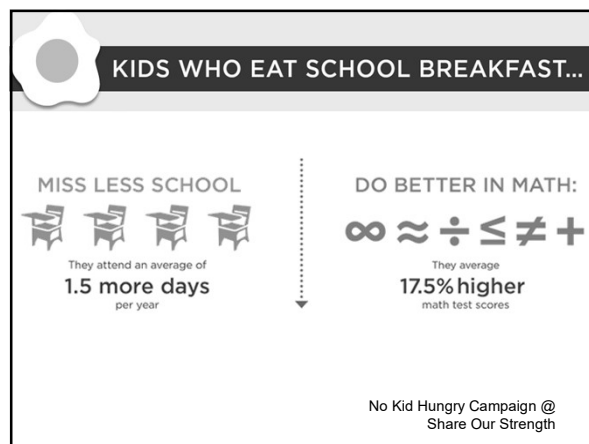
- Higher grade-point average
- Higher scores on standardized tests
- Increased concentration
- Better memory
- Improved classroom behaviors
- Reduced school dropout rate
- Greater odds of attending college full-time

### Student health problems associated with absenteeism

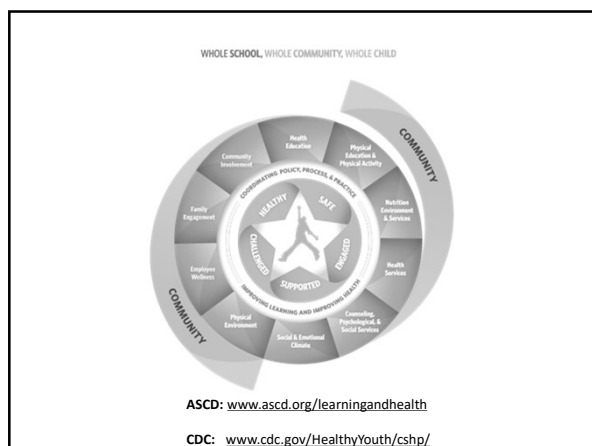
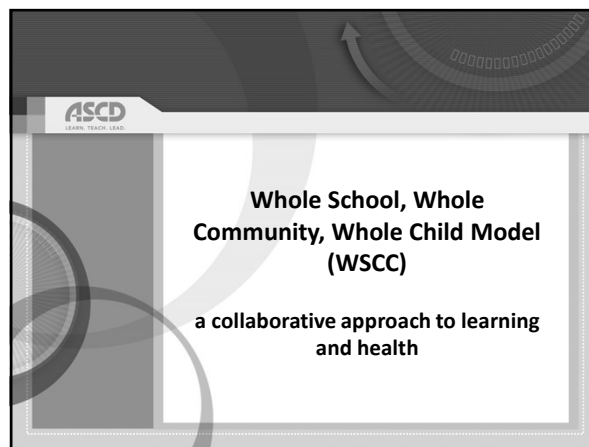
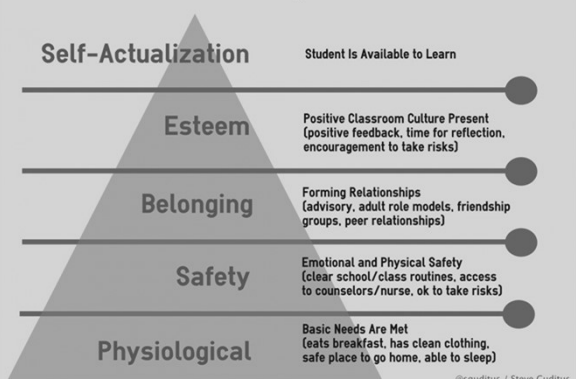
- Asthma
- Diabetes
- Bullying
- Pregnancy
- Socially Disengaged/School Connectedness

### Absenteeism

- Increases with each grade level and students gradually become more disengaged from school
- Begins in primary school and continues into secondary school
- Early intervention is crucial



### Maslow's Hierarchy of School Needs



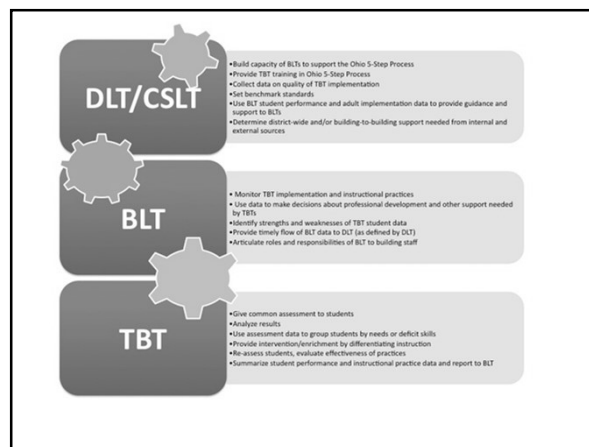
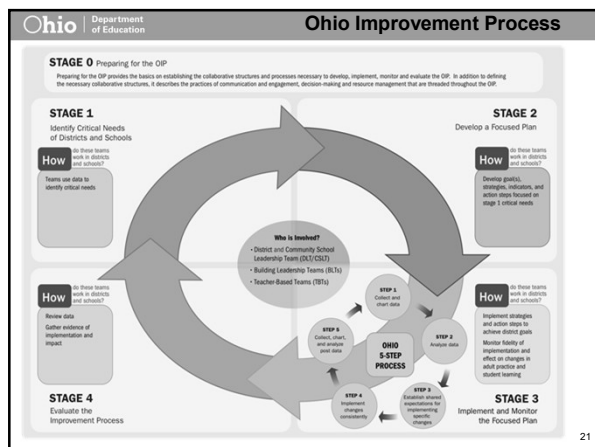
### School-based Systematic Solutions

- Leadership and Partnerships
- Policy Development
- Instructional Practices and Assessment
- School Climate and Environment

### Building a Sustainable, Systematic Process

- Engage families and members of the community in the school improvement process;
- Systematically assess student and staff needs, assets, and strengths;
- Plan realistic and achievable strategies for school improvement that meet the needs of the whole child;
- Provide the training and resources necessary to implement best practice policies, programs and services;
- Effectively document for accountability and continuous improvement.

## THE OHIO IMPROVEMENT PROCESS



### Ohio's Decision Framework (DF)

- ✓ Sorts and organizes district/community school and building data into specific data sets
- ✓ Then each DLT/CSLT and BLT will...
  - answer questions about student and staff data
  - respond to implementation questions regarding curriculum, assessment, culture, processing, etc.
  - review climate and condition data, e.g. discipline, attendance, graduation, drop-out
  - use data and implementation responses to identify major strengths, as well as problems and causes



### Additional Sources of Data

- Discipline referral data
- Attendance data, including identification of patterns of chronic absence and/or tardies
- School climate and culture surveys
- Social-emotional wellbeing surveys
- Utilization data for school health services, including: Average number of daily/weekly visits to the school nurse and/or counselors

## Benefits of the Ohio Improvement Process

- Reduces duplication of effort
- Focuses on student success not programs
- Streamlines processes and procedures
- Promotes shared leadership and collaboration at all levels
- Builds personnel capacity
- Develops and supports the entire system as a learning organization



## Whole Child Integration

- Physical, social and emotional needs of the student support the ability to succeed academically
- Applies a different lens to existing academic improvement processes and structures
- Incorporates staff, parents, students and community

## Resources



National Association of Chronic Disease Directors/School Health Publications

## References and Resources

- Healthier Students Are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap. Charles E. Basch. March 2010. [www.equitycampaign.org](http://www.equitycampaign.org)
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- ASCD, Inc. Whole Child Initiative [www.ascd.org/learningandhealth](http://www.ascd.org/learningandhealth)
- Centers for Disease Control and Prevention, 2009. *Fostering School Connectedness*. [http://www.cdc.gov/healthyyouth/protective/pdf/connectedness\\_administrators.pdf](http://www.cdc.gov/healthyyouth/protective/pdf/connectedness_administrators.pdf)
- Attendance Works, 2014. *Advancing Student Success by Reducing Chronic Absence*. <http://www.attendanceworks.org/>
- National School Nurses Association, *Better Health, Better Living*. <https://www.nasn.org/PolicyAdvocacy/BetterHealthBetterLearningToolkit>

## Resources

- Ohio Adolescent Health Partnership. [www.ohioadolescenthealth.org](http://www.ohioadolescenthealth.org)
- Ohio Action for Healthy Kids. <http://www.ohioactionforhealthykids.org/>
- Start Talking! Building a Drug Free Future. <http://starttalking.ohio.gov/>
- Children's Hunger Alliance. <http://www.childrenshungeralliance.org/>
- Start School Later. <http://www.startschoollater.net/>
- Ohio Association of School Nurses. <http://www.oasn.org/>
- Center for Family Safety and Healing. <http://familysafetyandhealing.org/>
- Ohio Department of Mental Health and Addiction Services. <http://mha.ohio.gov/Default.aspx?tabid=761>
- Partnership for Drug Free Kids. <http://www.drugfree.org/>
- Safer Schools Ohio. <https://saferchools.ohio.gov/>
- Ohio Afterschool Network. <http://www.ohioafterschoolnetwork.org/>