

Los Angeles Unified School District

Coordinated School Health Program



PARTICIPATION IN NUSHLI

- Enabled us to begin implementation of CSHP Council for LAUSD
- Adopted 5-year vision statement
- Identified team outcomes and goals
- Provided networking with many community-based organizations

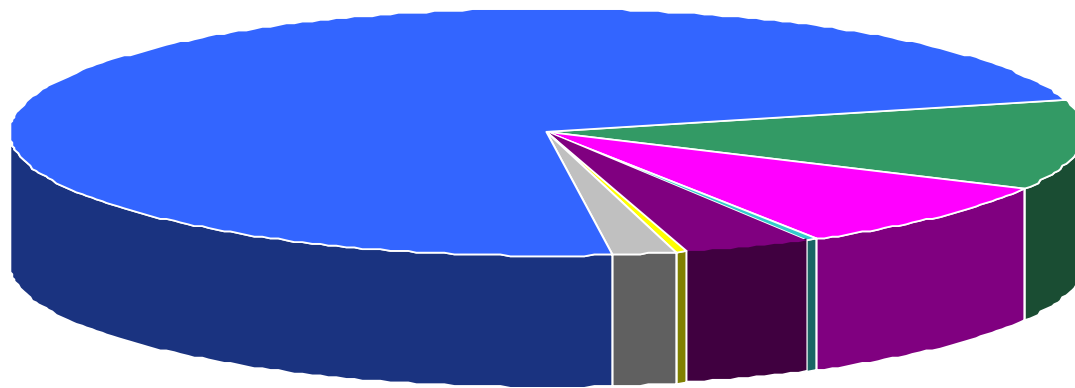
Vision








- The Los Angeles Unified School District's Coordinated School Health Program collaborates with Local Districts, schools, and communities to increase the capacity of comprehensive health programs and services that promote and maintain the physical, social, emotional, and psychological well-being of staff and all students to ensure academic success and a healthy lifestyle.

UNIQUENESS OF LOS ANGELES UNIFIED SCHOOL DISTRICT

- 26 cities within LAUSD
- 806 schools K-12
- 747,000 students
- 159 Preschool and Adult Schools
- 44 Charter Schools
- 160 new schools being built
- 500,000 meals served every day

Students by Ethnicity



	American Indian 0.3
	Asian 3.8
	Pacific Islander 0.3
	Filipino 2.1
	Hispanic 72.5
	African American 11.8
	White 9.1

Initial Baseline Assessment of School Health Index

- Module 1: School Health Policies and Environment 54%
- Module 2: Health Education 58%
- Module 3: Physical Education and Other Physical Activity Programs 53%
- Module 4: Nutrition Services 31%
- Module 5: School Health Services 71.4%
- Module 6: School Counseling, Psychological, and Social Services 53%
- Module 7: Health Promotion for Staff 39%
- Module 8: Family and Community Involvement 47%

Coordinated School Health Program Pilot

- Five clustered schools representing more than 10,000 students will replicate the CSHP model at the local level
 - 1 high school
 - 2 middle schools
 - 2 elementary schools
- Provided one-day training for teachers and administrators on CSHP components at LA Times and sponsored by LA Times and United Way
- Will be conducting follow-up training
- Continued support and technical assistance

Implementation of the Healthy Beverages Resolution, June 2002

- Banning the sale of sodas on all District campuses, January 2004
- Vendor fairs
- Sole Source Vendor Contracts for Local Districts

Resolution In Support of Reauthorization of Federal Child Nutrition Programs 2003

- Sets nutrition standards for all foods sold outside of the USDA food-service program on campus
- Established an office for Physical Education
- Promotes healthy eating of fresh fruits and vegetables
- Will provide vegetable and fruit bars in high schools within 2 years; middle schools within 4 years; elementary schools within 6 years
- Promotes participation the Federal Meal Program
- Improves and broadens health and nutrition education to students, staff, and families
- Establishes District-wide guidelines to eliminate within 3 years District contracts and relationships with branded fast-food products
- Provides one vegetarian option

Nutrition Resolution

- Establishing farmers' markets in each of the district's 8 local districts
- Using the high school leadership classes to promote healthy eating
- Working with vendors to improve the quality and variety of healthy foods
- Designing new fund-raising activities
- Increasing the emphasis and importance of physical activity

Linking Eating, Activity, and Food Grant (LEAF)

- 2 high schools and 1 middle school
- \$750,000 grant

Steps to Healthy Living Campaign

- Diabetes Prevention
- Partners with KABC, American Diabetes Association, Savon Drug Stores
- Has become an Annual Campaign
- Promotes healthy lifestyle, nutrition and increased physical activity for students of LAUSD
- Month long high impact media exposure

Federal Lunch Program Participation

- Increase from 17% to 40% at high school
- Implemented second-chance breakfast program in all LAUSD schools
- Second Chance Breakfast offered at all schools

Type 2: We're On To You

- 133,000 bilingual booklets
- Diabetes Education
- Nutrition
- Physical Activity
- Distribution
 - Grades 6 and 7 health teachers
 - After School Programs
 - School Readiness and Language Development Program (Parents)
 - 600 school nurses

Coordinated School Health Programs Summit

- May 21, 2005
- Pasadena Convention Center
- Keynote Speakers
 - Marian Nestle
 - Diana Bonta
 - Nancy Blair
- Workshops
 - Leadership and CSH
 - Asset Development
 - Health and Achievement
 - Bully Prevention
 - Childhood Obesity/Diabetes
 - Depression
 - Physical Fitness

Physical Education

- Advisory Council
- Coordination with Nutrition Network
- Developing guidelines based on the Physical Education content standards recently approved by the State Board of Education
- New \$500,000 grant

External Impact

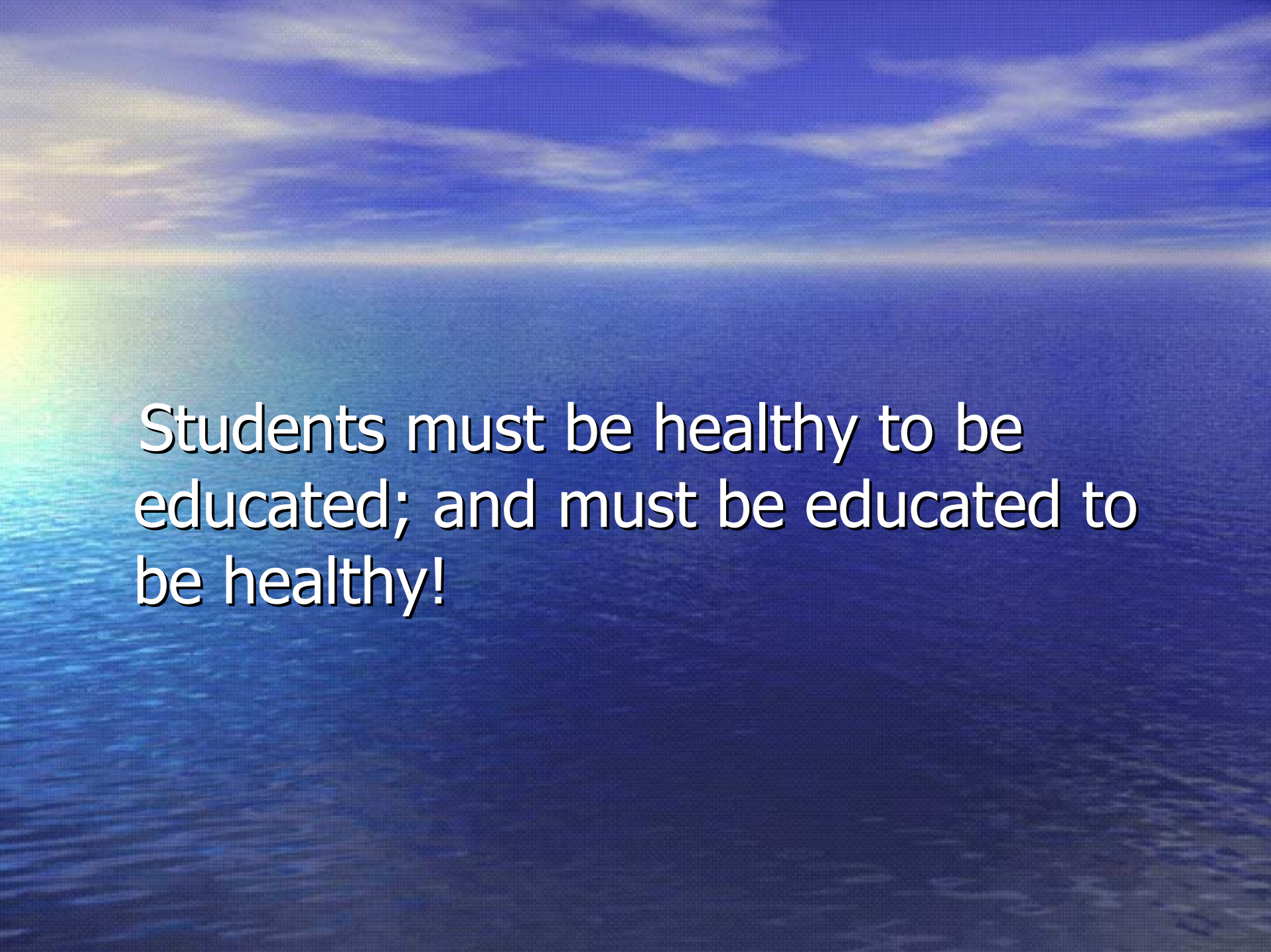
- Team serves on a county-wide advisory committee
- Policies have been used for state and national models
- Maria Reza is presenting at California Child Nutrition Advisory Council
- LAUSD had presentations at the California Childhood Obesity Conference

Increased Awareness of Health and Academic Success Connections

- State and local data
- Physical Education
- External Assets
- Perceived Safety at School
- Eating Breakfast

California Endowment

- Healthy Eating, Active Communities Initiative Grant--\$500,000



Students must be healthy to be educated; and must be educated to be healthy!