



Friday Beat

August 24, 2007 Edition



For additional resources on these topics and others related to school health education and services, visit the School Health Program web site at www.dshs.state.tx.us/schoolhealth

Quote to Note:

"Always give sorrow words. Grief that does not speak whispers to the over-fraught heart and bids it to break. "

--Shakespeare

Program Notices and Postings:

Texas School Health Advisory Committee 2006-2007 Annual Report

The Department of State Health Services School Health Program is pleased to announce the availability of the 2006-2007 Annual Report of the Texas School Health Advisory Committee. To access the report, please visit www.dshs.state.tx.us/schoolhealth/shadvise.shtm.

Sign Up for the Friday Beat

The Friday Beat is an electronic e-newsletter sent to school health stakeholders. This communication is designed to provide information regarding school health issues and resources. If you know of any new school nurse or others interested in school health issues, please forward a copy of the Friday Beat and encourage them to sign up. For more information or to be added to the distribution list, please contact Laurie Anderson at laurie.anderson@dshs.state.tx.us.

Upcoming Conferences/Meetings/Professional Development:

REMINDER—2007 Asthma Coalition of Texas Annual Meeting—Austin, Texas—September 7-8, 2007

Mark your calendars now to join the Asthma Coalition of Texas at its annual meeting to share best practices for the management of asthma across Texas. Among the topics covered will be the health disparities facing Texans with asthma, updates to the current asthma guidelines, effective asthma management in the school setting, and addressing environmental triggers of asthma. Attendees include those who come in contact with asthmatics and their families, anyone providing direct care to asthma patients, school personnel, community based organizations, faith based organizations, and health care professionals. For more information, please contact the Asthma Coalition of Texas at (830) 709-2497 or by email at TexasAsthma@aol.com.

2007 Annual SEX ED Conference—Somerset, New Jersey—November 1, 2007

The Center for Family Life Education, Planned Parenthood of Greater Northern New Jersey, Inc. is hosting the 2007 Annual SEX ED Conference. The title of this year's conference is "SEX ED 101: The Basics & Beyond". Among the topics covered will be ethics for sex educators, sexual harassment & bullying prevention in schools, and multiple intelligences & sex education. According to the conference organizers, the 2006 conference had a total of 183 participants with over a third being from out of state. For more information, please visit www.prochoicenj.org/cgi-bin/content/home-calendarday.pl?date=20071101.

Health Education:

National Head Lice Prevention Month

September brings the start of a new school year and National Head Lice Prevention month. The early fall months (August through November) is prime time to educate children and parents about head lice prevention. Back to school seems to be when lice are most commonly transmitted resulting in widespread infestations by December and January. For more information on head lice prevention, please visit the Department of State Health Services School Health program's head lice web page at www.dshs.state.tx.us/schoolhealth/lice.shtm#brochure.

Diabetes and Health Lesson Plans

The American Diabetes Association's School Walk for Diabetes program offers FREE educational lesson plans that teach students in grades K-12 to be active and healthy. The lessons align with the National Health Education Standards for Physical Education. To download the lesson plans, please visit http://schoolwalk.diabetes.org/site/PageServer?pagename=SW_teach.

Healthy and Safe School Environment:

Stop Bullying Now! Campaign

The U.S. Department of Health and Human Services Health Resources and Services Administration has created a series of three student magazines on bullying. These materials include activities and stories for youth using characters and situations from the Stop Bullying Now! Webisodes. Each 12-page issue encourages youth to be more socially accepting of one another and to respect one another's differences. There are three volumes in the series and an accompanying Teacher's Guide. All of these materials are available online for FREE. To download this valuable resource, please visit www.timeforkids.com/TFK/class/about/article/0,17401,1147582,00.html

Drug-Free Communities Program Awards \$74 Million in Grants

On Thursday, August 23, 2007, the Director of National Drug Control Policy (ONDCP) announced the awarding of approximately \$74 million in Drug-Free Communities (DFC) grants to 736 communities across the country. Of this amount, \$8.9 million was awarded to 90 new local anti-drug coalitions nationwide. DFC coalitions work collaboratively at the local level to prevent and reduce drug and alcohol abuse among youth.

The DFC program provides grants of up to \$500,000 over five years to community organizations that facilitate citizen participation in local drug prevention efforts. Coalitions are comprised of community leaders, parents, youth, teachers, school administrators, religious and fraternal organizations, health care and business professionals, law enforcement, and the media. For more information about the DFC Support Program, please visit www.whitehousedrugpolicy.gov/dfc/.

Counseling and Mental Health Services:

Mental Health in the Schools Act of 2007 (HR 3430)

HR 3430 seeks over \$200 million in additional funding for the Safe Schools Healthy Students program and expands this program to emphasize school mental health services. The Safe Schools Healthy Students program currently focuses exclusively on helping children deal with violence. H.R. 3430 would provide additional funding for services and supports for (1) students in need of immediate mental health supports, (2) students at-risk of behavioral mental health disorders, and (3) all students to promote positive mental health. To track this bill, please visit <http://thomas.loc.gov/cgi-bin/bdquery/z?d110:h.r.03430>.

Parent and Community Involvement:

Action for Healthy Kids

Action for Healthy Kids is a public-private partnership of more than 50 national organizations and government agencies representing education, health, fitness and nutrition. The partnership addresses the epidemic of overweight, sedentary, and undernourished youth by focusing on changes in schools to improve nutrition and increase physical activity. Members of this partnership represent a wide variety of backgrounds including education, health, fitness, and nutrition. School board members, teachers, foodservice personnel, healthcare providers, parents, community members, and students work together on *Action for Healthy Kids* teams at the state level. For more information, please visit www.actionforhealthykids.org/index.php and www.actionforhealthykids.org/state_profile.php?state=TX.

Health Services:

Diabetes in School

Handling diabetes during school time can present many challenges. Being prepared can make a difference in how well a child adjusts and performs in school. For more information, please visit www.jdrf.org.

Staff Wellness Promotion:

Employers Called to Increase Access to Obesity Management Services

In light of recent studies in the New England Journal of Medicine (NEJM) demonstrating a powerful connection between obesity interventions and reduced deaths, the Obesity Action Coalition (OAC) calls on insurers and employers to increase access to the treatments of obesity and morbid obesity. Obesity is a serious health epidemic that targets one in four Americans. It is estimated that more than 93 million Americans are obese, with that number predicted to climb to 120 million in the next five years. In order to address this epidemic, the OAC recognizes and promotes increasing prevention efforts and improving access to safe and effective treatment options, such as nutrition counseling, physician supervised weight-loss (with or without pharmaceuticals) and for appropriately selected candidates, bariatric surgery. To read more on this call to action, please visit http://news.yahoo.com/s/usnw/20070824/pl_usnw/obesity_action_coalition_calls_on_insurers_and_employers_to_increase_access_to_obesity_management_services.

Physical Education:

Nike, Inc.—Physical Activity Grants for Youth—Deadline: Rolling

Nike, Inc. supports programs that increase and promote physical activity. The Physical Activity Grants for Youth seeks to: 1) get youth more physically active; 2) get youth involved in the teamwork of sports; and 3) have real, positive and measurable impact. Eligible applicants include nonprofit organizations with 501(c)(3) status in communities where Nike has a significant employee or business presence. For complete program information and guidelines, please visit www.nike.com/nikebiz/nikebiz.jhtml?page=26&item=guidelines.

Nutrition Services:

Obesity Awareness Week in Texas

House bill 2313 was passed during the 80th Texas legislative session. Effective June 15, 2007, HB 2313 amends the Government Code to designate the second full week in September as obesity awareness week. For more information and resources dealing with obesity in Texas, please visit the Department of State Health Services Nutrition, Physical Activity and Prevention program web page at www.dshs.state.tx.us/phn/phn.shtm.

School Lunch Report Card

The Physicians Committee for Responsible Medicine (PCRM) evaluates the meals served in the National School Lunch Program each year. For this year's report, PCRM analyzed the lunches served in 22 of the nation's largest elementary school districts. The districts were evaluated on their efforts to educate children about good nutrition. The results are summarized in the PCRM's School Lunch Report Card. Ysleta Independent School District was the only school district in Texas evaluated. To view the report, please visit www.healthyschoollunches.org/reports/report2007_card.html.

External links to other sites appearing in the Friday Beat are intended to be informational and do not represent an endorsement by the Department of State Health Services. These sites may also not be accessible to people with disabilities. External email links are provided to you as a courtesy. Please be advised that you are not emailing the DSHS and DSHS policies do not apply should you choose to correspond. For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about the Friday Beat, contact Laurie Anderson; information listed below.

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