Coordinated School Health and the Contribution of a District Wellness Coordinator

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8 COMPONENTS OF COORDINATED SCHOOL HEALTH

- Family & Community Involvement
- Physical Education
- Health Education
- Health Services
- Health Promotion for Staff
- Healthy School Environment
- Counseling & Social Services
- Nutrition Services

John W. Gardner Center for youth and their communities
Study Context

• A 2010 Coordinated School Health (CSH) initiative to improve wellness programs in 4 San Francisco Bay Area school districts

• Examines the role of district-wide wellness coordinators
Data & Methods

• 8 schools in 4 school districts
• 2011–2012 school year
• Interviews & focus groups
  ▪ School & district staff
  ▪ Parents & students
  ▪ Wellness committees
  ▪ Wellness coordinators
Wellness Coordinators Helped to Increase Awareness

“We’re changing our frame of mind. We’re having more discussions at staff meetings...we’re thinking more mindfully about [how we use] food in the classroom...it’s definitely trickling down from our [district] to our staff...and then to our families.”
Wellness Coordinators Increased Integration of Programming

“Everybody was just kind of doing what they could [at the school sites] before the [initiative] was here. When I was still teaching health at [school] I was kind of my own department. Now [the initiative] allows…more of a district focus on making sure that health education gets implemented.”
“I think the [wellness] coordinator piece is really important...having dedicated staff thinking about [wellness] at all times, meeting with people in the community to bring in new ideas...is really important. I believe that the initiative’s success is because of [the wellness coordinator]...Having dedicated personnel makes a huge difference.”
Purposeful Coordination

activities intentionally designed to bring people and resources together
Wellness Coordinators Enhance Strategic Coordination

- Improving communication
- Creating formal opportunities to collaborate
- Prioritizing school wellness
Study Findings Can Inform District Practice

Wellness coordinators:

• Are critical to successful CSH efforts
• Integrate health and wellness programs within and across schools
• Reach more students and leverage resources
Thank you for joining us today!

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