



## Benefits of Coordinated School Health

- Improved student performance, higher test scores, more alert students
- Improved student attendance and fewer dropouts and suspensions
- Fewer behavior problems in the classroom
- Healthier eating habits and increased participation in physical activity
- Improved levels of cooperation and collaboration among parents, teachers, health officials, and community organizations

**For more information,  
contact the following  
departments**



**California Department of Education**  
School Health Connections  
1430 N Street, Suite 6408  
Sacramento, CA 95814  
(916) 319-0914  
<http://www.cde.ca.gov/ls/he/cs/>



**California Department of Public Health**  
School Health Connections  
P.O. Box 997377, MS-7211  
Sacramento, CA 95899-7377  
(916) 552-9871  
<http://cdph.ca.gov/schoolhealth>

The California Department of Education and the California Department of Public Health are collaborative partners working on coordinated school health. Our goal is to improve the health and academic achievement of California's children and youth.

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## ★ Achieving ★ Academic Success Through Coordinated School Health



### **SCHOOL HEALTH CONNECTIONS**

California Department of Education  
California Department of Public Health

## What is Coordinated School Health?

A coordinated school health (CSH) approach recognizes and builds on the inherent link between health and academic success. CSH engages the participation of local school and public health staff, parents, community partners, and state leadership to provide health instruction and services; a supportive school environment; and staff modeling of wellness behaviors. These efforts are strategically integrated to improve student health and academic achievement in an efficient, cost-effective manner.



## Coordinated School Health (CSH) involves:

- Comprehensive School Health Education (grades K-12)
- Physical Education and Activity
- Nutrition Services
- School Health Services
- School Counseling and Psychological and Social Services
- Healthy and Safe School Environment
- Student, Family, and Community Involvement in Schools
- Health Promotion for School Staff

## Why is Coordinated School Health needed?

Kids' futures are closely linked to their ability to learn and to develop skills that will enable them to function as healthy, productive citizens.

CSH focuses on critical behaviors that impact student health: physical activity, nutritional intake, tobacco use, sexual health, alcohol and other drug use, and risky practices leading to injury or violence.

## Partners are essential in the implementation:

- **School and district personnel** can serve as leaders in creating partnerships among teachers, administrators, school nurses, nutrition service personnel, counselors, community members, health educators, and physical educators.
- **Local communities** can ensure that students in schools have equal access to quality school health programs that foster student health, well-being, and academic achievement.
- **State and community organizations** can work as advocates with policy-makers to craft legislation that supports quality health programs and a coordinated school health infrastructure benefiting students and staff.
- **California policymakers** can support health promotion, disease prevention, early intervention, and strong legislation to support school health.