

**The New York Academy of Medicine
Office of School Health Programs**

**Promoting the Health of New York City Public School Students
and Families through a Public-Private Partnership**

American Public Health Association

November 7, 2007

History...

Office of School Health Programs



John V. Waller, MD with Pia Lindstrom of NBC News

Office of School Health Programs

1978 Committee on Medicine and Society creates Subcommittee on Health Education.



1979 Private-public sector coalition is established to start a demonstration project in NYC public schools.

1983 City Council provides \$1.3 million for the *Growing Healthy in New York City* program.



1984 *Growing Healthy in New York City* is designated the official health curriculum for the public schools.

Coalition for School Health Education



Office of School Health Programs

Mission

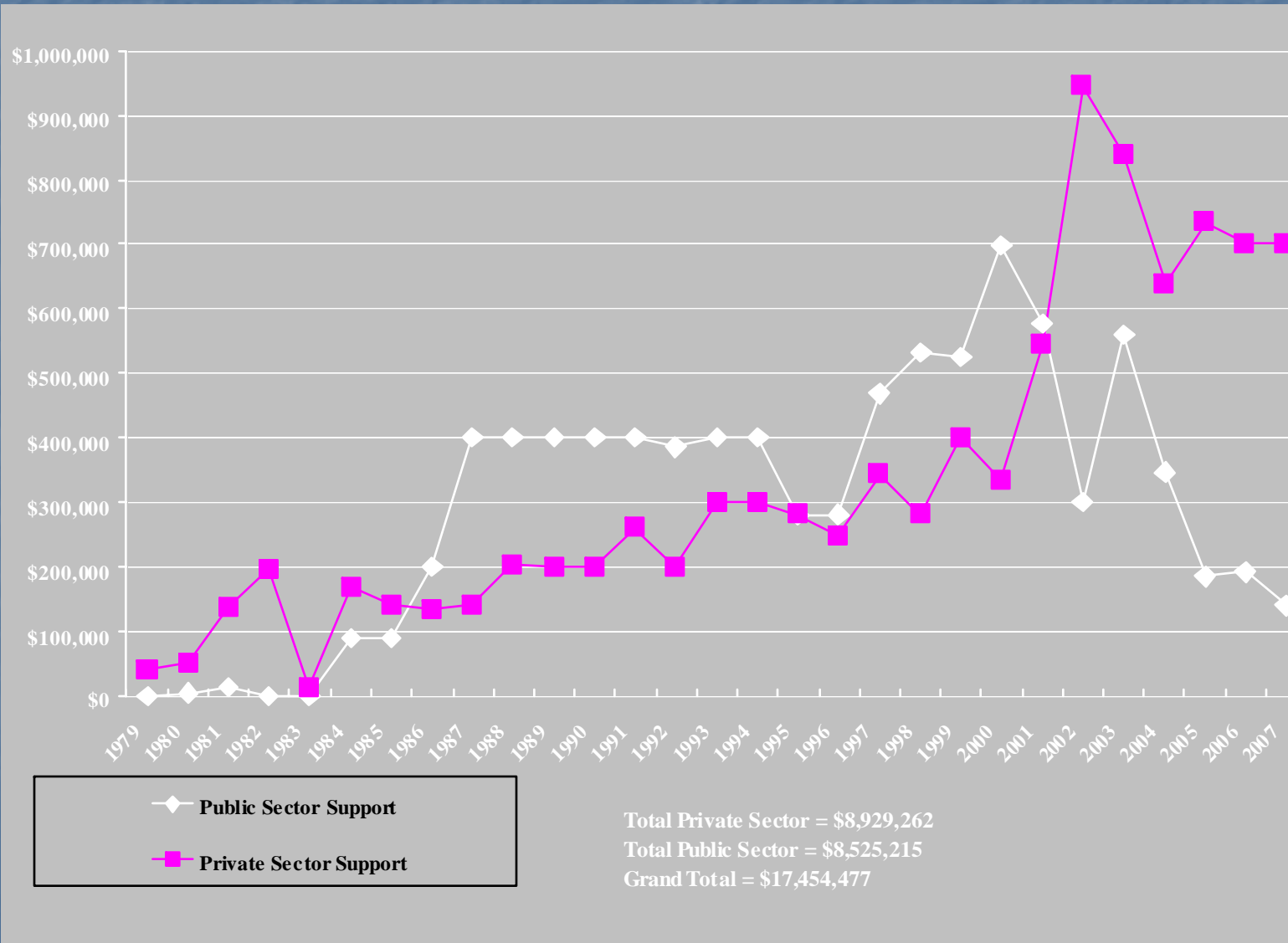
To provide children in the New York City public schools with the knowledge and skills needed to make informed decisions about good health practices over a lifetime.

How was this done?

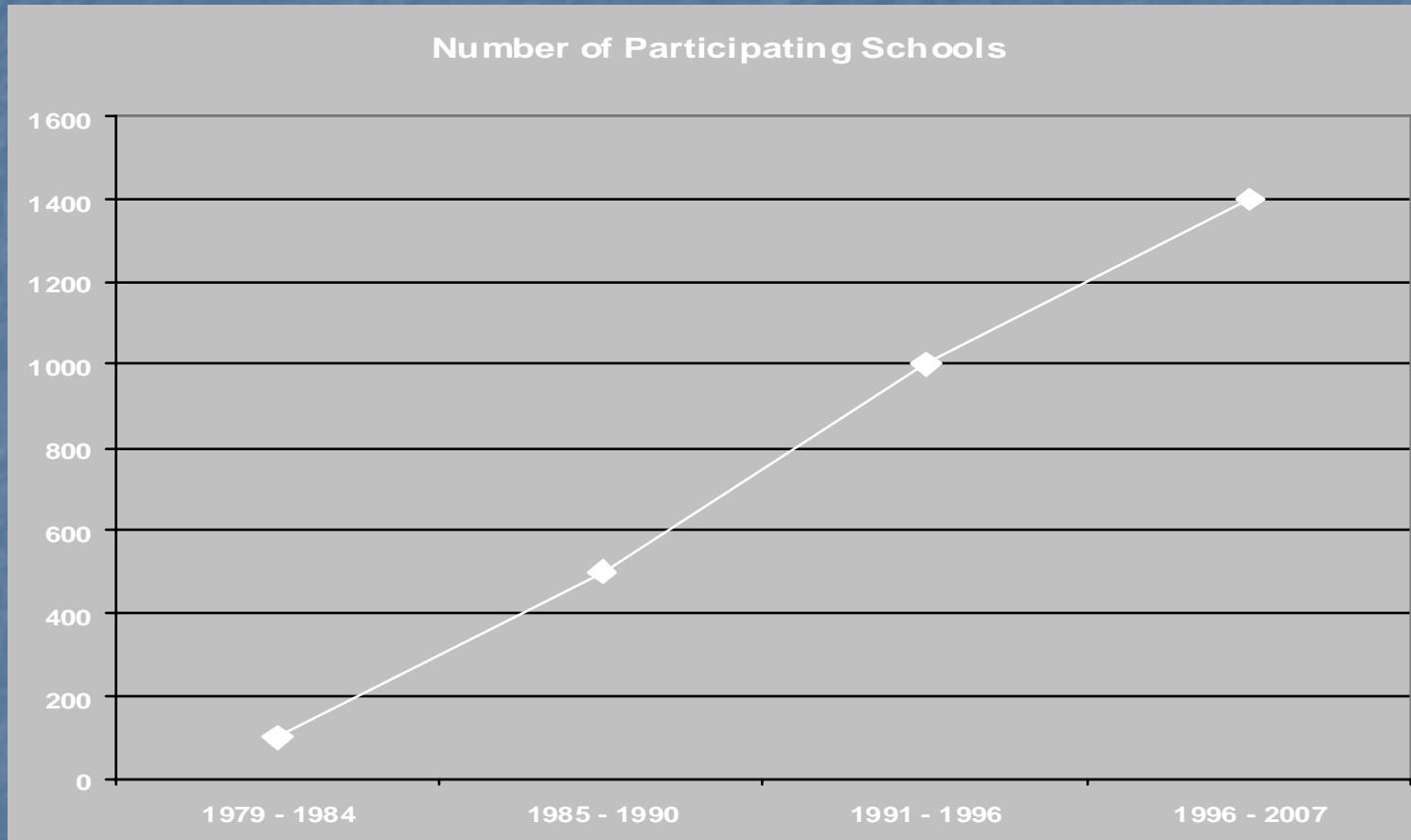
- **Curriculum for students, grades K-6**
- **Providing training for elementary school classroom teachers**
- **Monitoring implementation**

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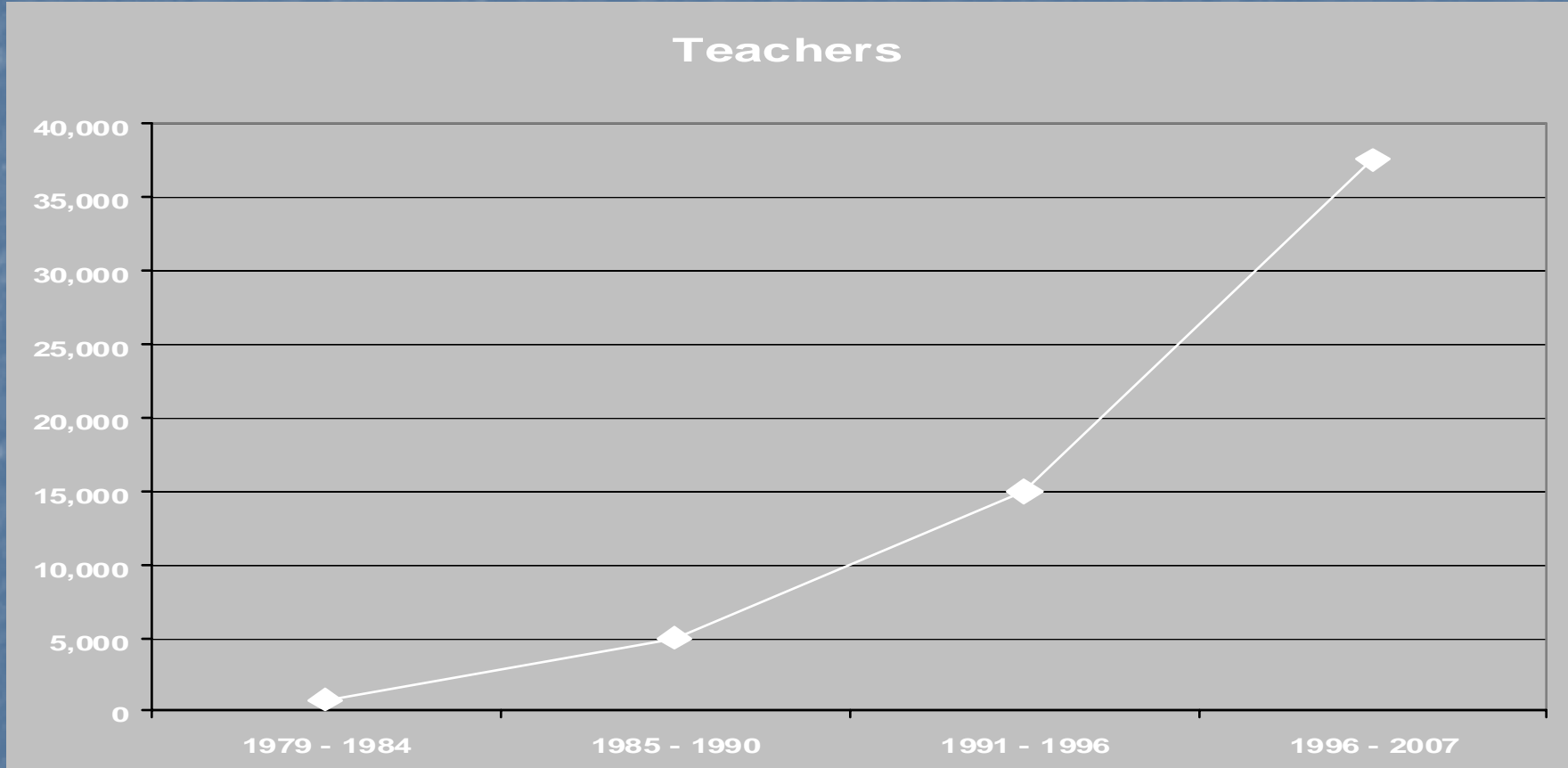
Private Sector Support Department of Education Support 1979 - 2007



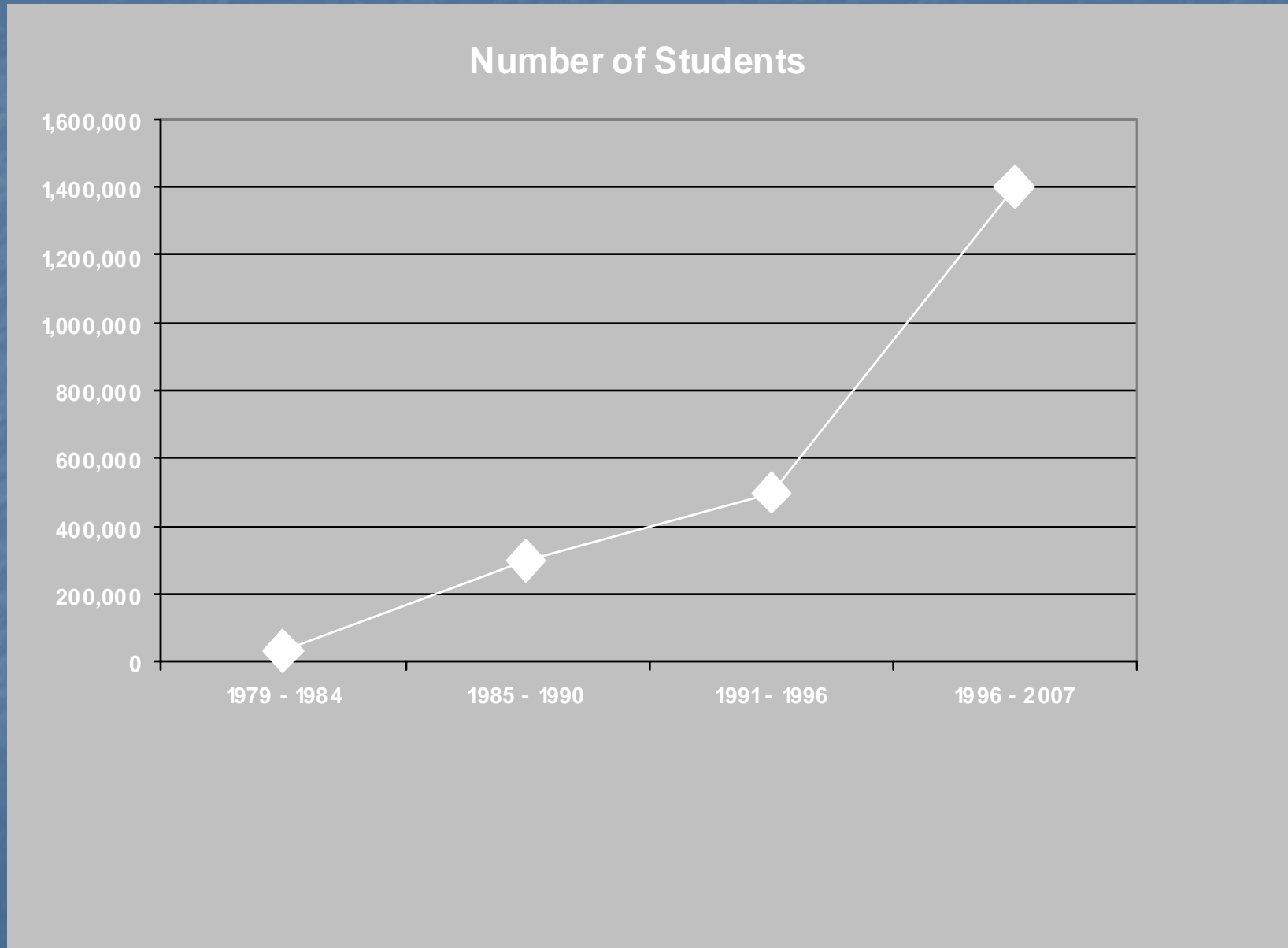
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Comprehensive Health Education Curriculum

Content Areas

- **Nutrition**
- **Personal Health & Fitness**
- **Mental and Emotional Health**
- **Family Life Education**
- **Substance Use & Abuse Prevention**
- **Injury & Violence Prevention**
- **Disease Prevention & Control**
- **Consumer Health**
- **Community Health**
- **Environmental Health**

Comprehensive Health Education Curriculum

Health and Life Skills

- Assessing Information
- Analyzing Influences
- Interpersonal Communication
- Setting and Achieving Goals
- Making Decisions
- Self Assessment
- Risk Assessment
- Advocating for Health
- Managing Stress and Emotions
- Finding Resources
- Managing Health over a Lifetime



Teacher Training Workshops

- Interactive
- Based on adult learning theory
- Designed to prepare teachers to help students learn health information and skills
- Focus on teaching strategies to actively engage students, for example:
 - role-playing
 - case studies
 - cooperative learning
 - simulations
 - experiments
 - action planning
- Include modeling, practice and feedback



Office of School Health Programs

Today...

Programs for Teachers



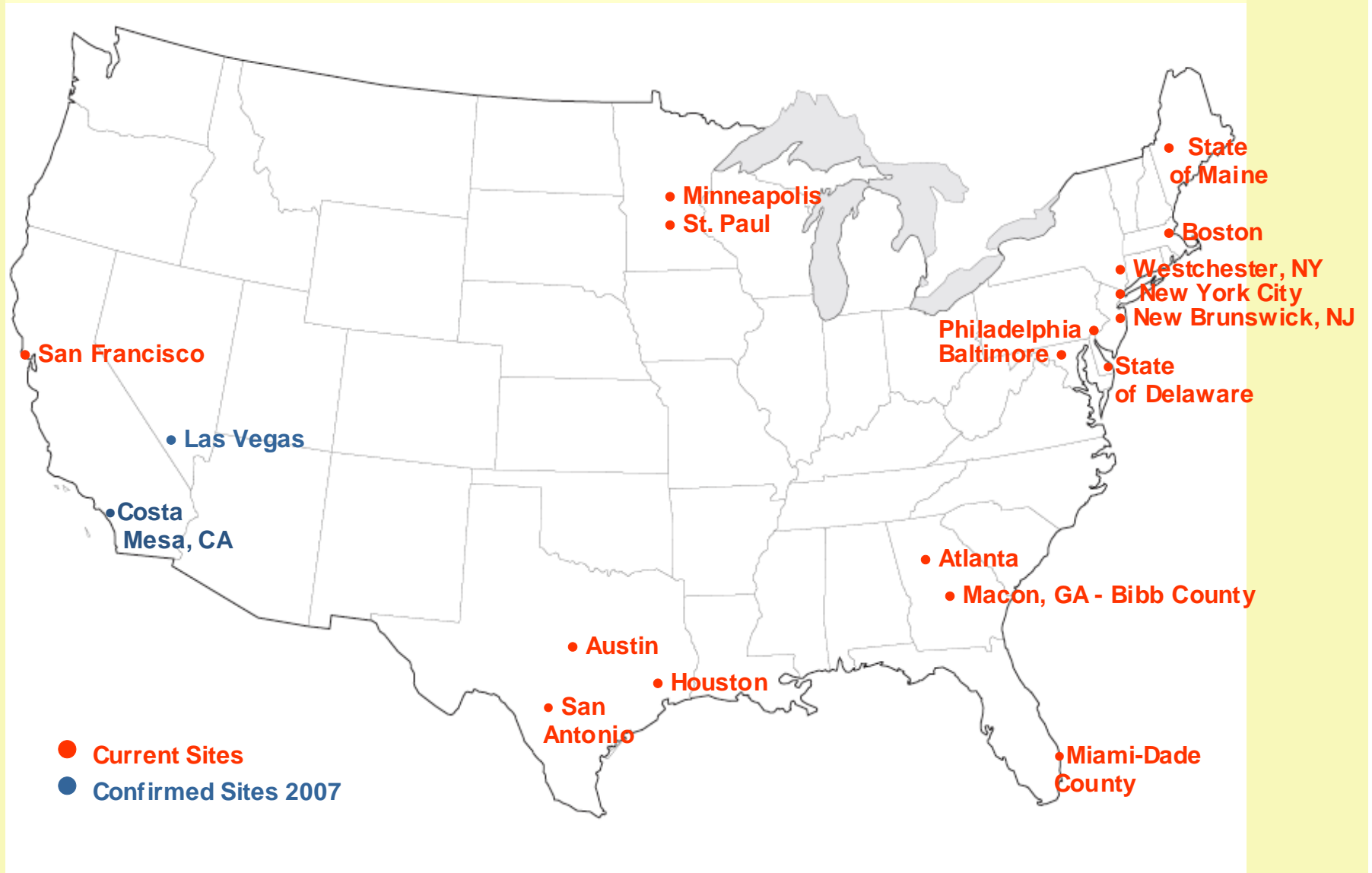
For Teachers...

- **Skills-based Comprehensive Health Education, K-12**
 - **Managing Stress**
 - **Handling Sensitive Issues in the Classroom**
- **Online Health Education Curriculum Resource Center, in collaboration with the Library**
- **The Wonders of Skin: Looking Good, Being Healthy**

The Wonders of Skin: Looking Good, Being Healthy Skin Health Education Program

- Multi-cultural, skills-based education
- Topics include sun-safety, tattooing and body piercing, acne, herpes, skin disorders and disease, skin care, etc.
- Program includes:
 - Professional development training workshops for teachers and other school-based health professionals conducted by Academy staff and local dermatologists
 - Curriculum modules, 4 levels, K-12
 - Educational materials for students, parents and families
- National dissemination

The Wonders of Skin: Looking Good, Being Healthy
Skin Health Education Program
National Dissemination



The Wonders of Skin: Looking Good, Being Healthy
Skin Health Education Program

Implementation Process

- American Skin Association identifies a local dermatologist.
- Academy staff works with the dermatologist to establish a relationship with the local school district.
- Academy staff works with school district or city government leadership to introduce the *Wonders of Skin: Looking Good, Being Healthy* for schools, K-12.
- Based on local needs, the Academy staff arranges professional development training workshops for teachers, nurses and school staff.
- Academy staff and the local dermatologist conduct and assess the training workshops.
- The dermatologist continues to work with the school district as needed.

The Wonders of Skin: Looking Good, Being Healthy
Skin Health Education Program



Teacher training workshop on skin health and sun safety.

The Wonders of Skin: Looking Good, Being Healthy
Skin Health Education Program



A teacher consulting with a dermatologist at a training workshop about his exposure to UV light.

Programs for Parents and Families

- **Promoting Mental and Emotional Health for Parents, Caregivers, and Families**
- **Handling Stress at Home**
- **Managing Anger in the Family**
- **Talking about Sensitive Issues**
- **Partnering with English and Spanish Speaking Parents to Prevent Obesity and Diabetes**

*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*

Program Goals

- To build the capacity of the Parent Coordinators and school staff to implement school-wide health promotion activities using promising evidence-based obesity prevention strategies.
- To build the capacity of parents and caregivers to help them make better food choices and increase physical activity for themselves and their families.

*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*

Program Components

- **Professional Development**
 - **Interdisciplinary School-Community Team**
 - **Teachers and School Staff**

- **Workshop Series for Parents and Families**

- **School-wide Health Promotion Activities**

- **Ongoing Consultation and Technical Assistance**

- **Evaluation**

*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*

Professional Development

- Training workshops for the Interdisciplinary School-Community Team to make policy and environmental changes and conduct school-wide obesity prevention activities.
 - Administrators
 - Teachers
 - Counselors
 - School Staff
 - Parent Coordinator
 - Food Service Workers
 - School Nurse
 - Parents and Family Members
 - Community members who can assist in creating a healthier school
- Training workshops for teachers to integrate obesity prevention information and skills into the curriculum.

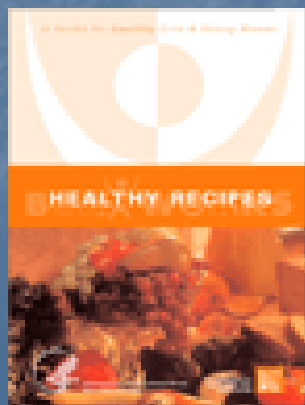
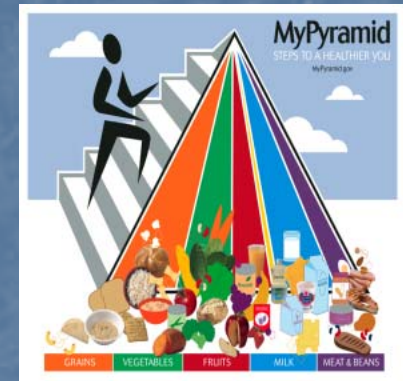
*Partnering with English and Spanish Speaking Parents
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Interactive Workshop Series for Parents and Families

1. **Overview of Nutrition, Obesity, and Diabetes**
2. **Disease Prevention and Creating a Healthy Lifestyle**
3. **Cultural Perspectives in Health and Stress Management**
4. **Shopping, Cooking, and Eating Together**
5. **Asthma and Obesity**
6. **Using the Internet as a Health Resource**

Partnering with English and Spanish Speaking Parents to Prevent Obesity and Diabetes

Bi-lingual Curriculum & Resources



*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*



Interdisciplinary team developing action plan for obesity prevention policies at school.

*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*



Using interactive strategies to help administrators and interdisciplinary team build communication and teamwork.

*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*



Parents estimating how many packets of sugar are in various sizes of soda beverages to understand the link between beverage consumption and obesity and diabetes.

*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*



A mother and daughter differentiating between a portion and a serving size.

*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*



Parents learning about incorporating physical activity into daily routines and practicing strength resistant exercises using Dynabands.

*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*

Sample Ideas of School-wide Health Promotion Activities

- **School and Community Health Resource Fair**
- **Healthy Mentoring Program**
 - Older students mentoring younger students in healthy nutrition and physical activity
- **Untraditional Physical Activities After-School**
 - Hip Hop, Tango, Salsa, etc.
 - Active games such as “Dance Dance Revolution”
- **Recess for All Ages**
 - Family walks, family sport days, hikes, races, a gym class routine, etc.
- **If You Grow It, They Will Eat It!**
 - Community gardening to improve access to fresh fruits and vegetables.
- **Healthy Families Cook Together**
 - Families cooking nutritious meals and eating as a group.

*Partnering with English and Spanish Speaking Parents
to Prevent Obesity and Diabetes*

Ongoing Consultation and Technical Assistance

- **Provide information and resources through various methods including:**
 - **Site visits**
 - **Classroom visits**
 - **Meetings**
 - **E-mail/Internet**
 - **Phone contact**

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Evaluation

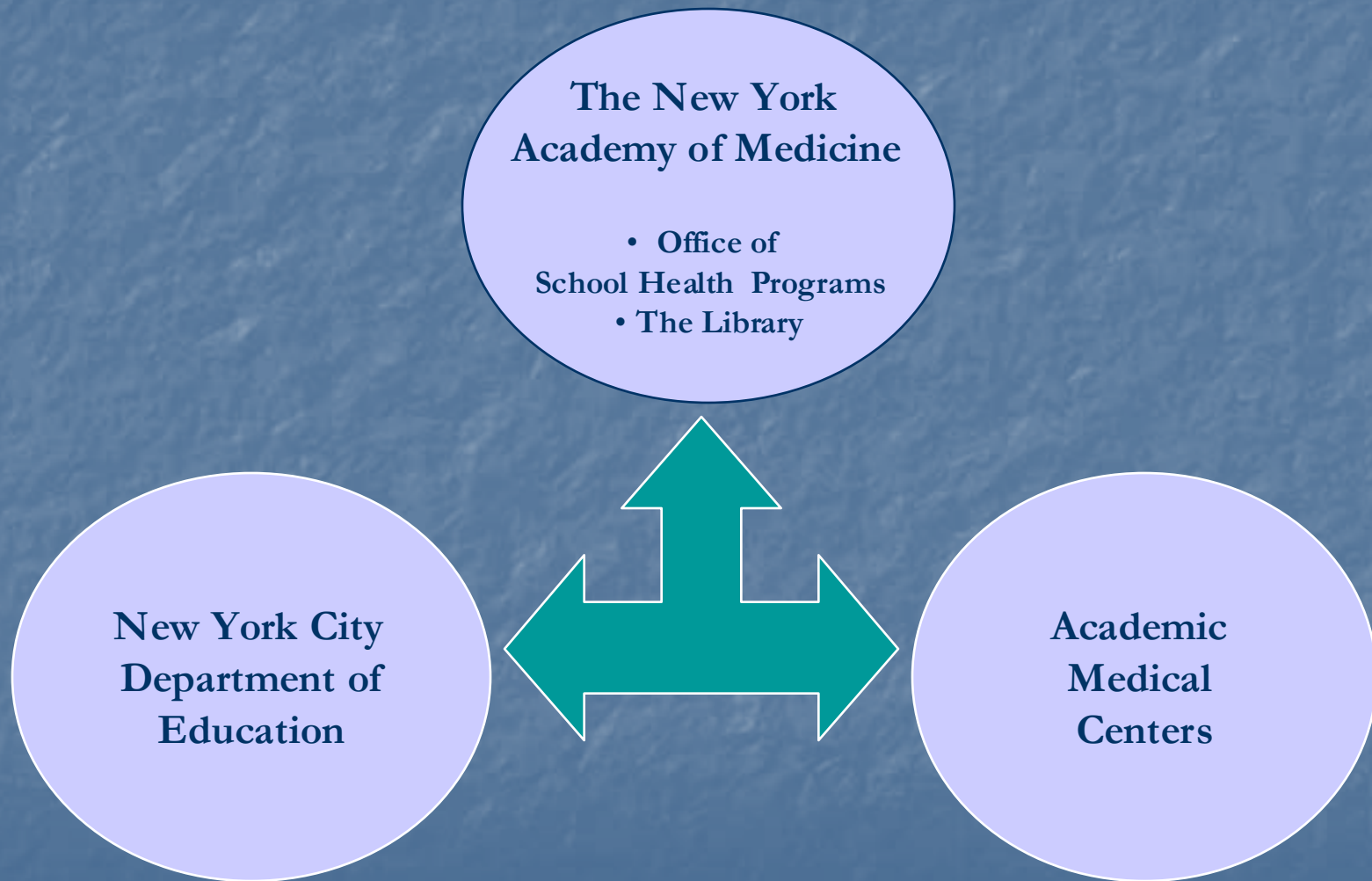
- **Formative evaluation on program development.**
- **Process evaluation on implementation, level of involvement in locally developed school wide activities, and policy and environmental changes.**

Programs for Students

- The Junior Fellows Program
- The Scholars Program



Partnerships



The Junior Fellows Program

Course Outline

- **Induction**
- **Library Research Skills Instruction**
- **Hospital & Laboratory Visits**
- **Health Careers Days**
- **Science Enrichment Seminars**



- **Partnership with Academic Medical Center**
- **Online community (Resources on Health Careers and Networking)**
- **Research Poster Session**
- **Culmination Ceremony**

The Junior Fellows Program



**Junior Fellows participating in a Science Enrichment Seminar on
Epidemiology at the Academy.**

The Junior Fellows Program



A Junior Fellow discussing her research summary with Dr. Boufford.

The Scholars Program



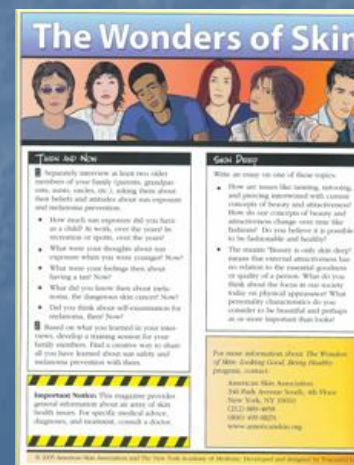
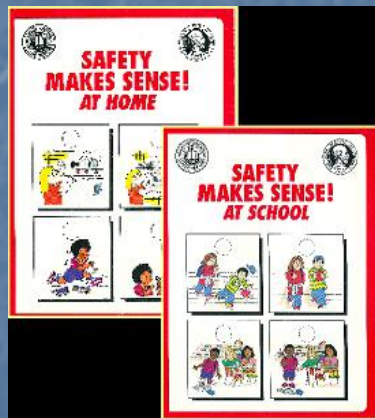
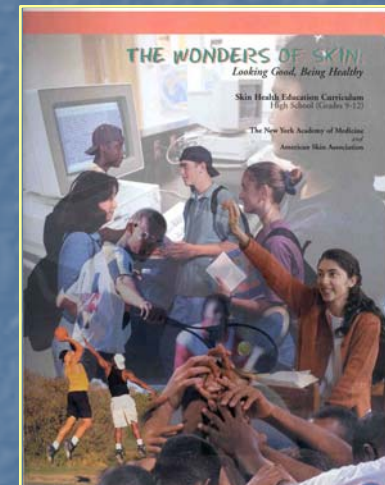
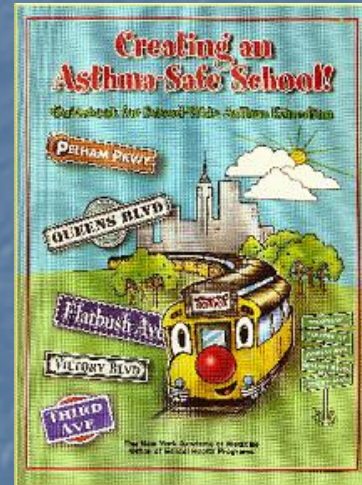
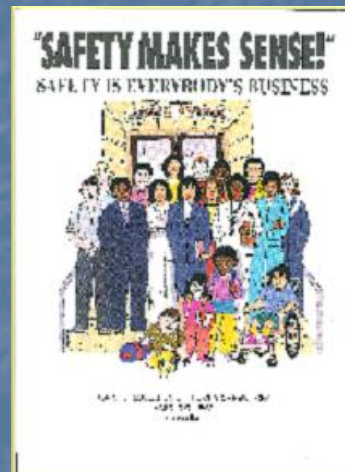
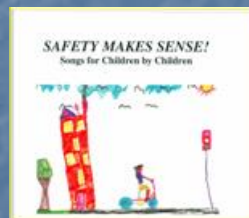
Scholars learning about issues in immigrant health care.

The Scholars Program



**A Scholar using a microscope at Weill Medical
College of Cornell University.**

Curriculum Development



Contact Information

Leslie Goldman, MA

Director

Office of School Health Programs

The New York Academy of Medicine

1216 Fifth Avenue

New York, NY 10029

PHONE: (212) 822-7265

FAX: (212) 348-2238

E-MAIL lgoldman@nyam.org

Edward Diller, MPH

Senior Project Director

Office of School Health Programs

The New York Academy of Medicine

1216 Fifth Avenue

New York, NY 10029

PHONE: (212) 822-7267

FAX: (212) 348-2238

E-MAIL: ediller@nyam.org