



# Coordinated School Health Programs in Southeast Texas School Districts

Lynn Trenta, MPH  
Research Associate  
Kelsey Research Foundation  
Houston, Texas



# Presentation Objectives

- Describe the theories guiding the research questionnaire about implementing Coordinated School Health Programs (CSHP) in southeast Texas school districts.
- Describe the legislation that requires southeast Texas school districts to adopt CSHP.
- Determine when the southeast Texas school districts adopted the CSHP and developed School Health Advisory Councils (SHAC).



# Study Objectives

- Assess perceived barriers and facilitators to CSHP implementation by the school districts.
- Examine the relationship between CSHP adoption and perceptions of the study participants.

# Coordinated School Health Program (CSHP) Model



CDC website, CSHP Model developed by Diane Allensworth and Lloyd Kolbe, 1987



# Coordinated School Health Programs

- Effective in improving:
  - Health knowledge
  - Health behaviors
  - Health outcomes

Trevino, et al, 2004, Hoelscher, et al, 2004, Coleman, et al, 2005 Baranowski, et al, 2002, Warren et al, 2003, Veugelers and Fitzgerald, 2005, Sahota et al, 2001



# Pertinent Texas Legislation

- Texas Senate Bill 19, 2001
  - School Health Advisory (SHAC) Council formation
  - CSHP adoption and implementation in elementary schools
    - Addressed 4 of the eight components of the CSHP
  - Required 135 minutes of physical activity per week
- Senate Bill 1357, 2003
  - Required TEA make 1 or more CSHP available to school districts.
  - Provided for evaluation of CSHPs
- Senate Bill 42, 2005
  - Required CSHP implementation in middle school/junior high schools by 2007
  - Required forming a State SHAC (who?)

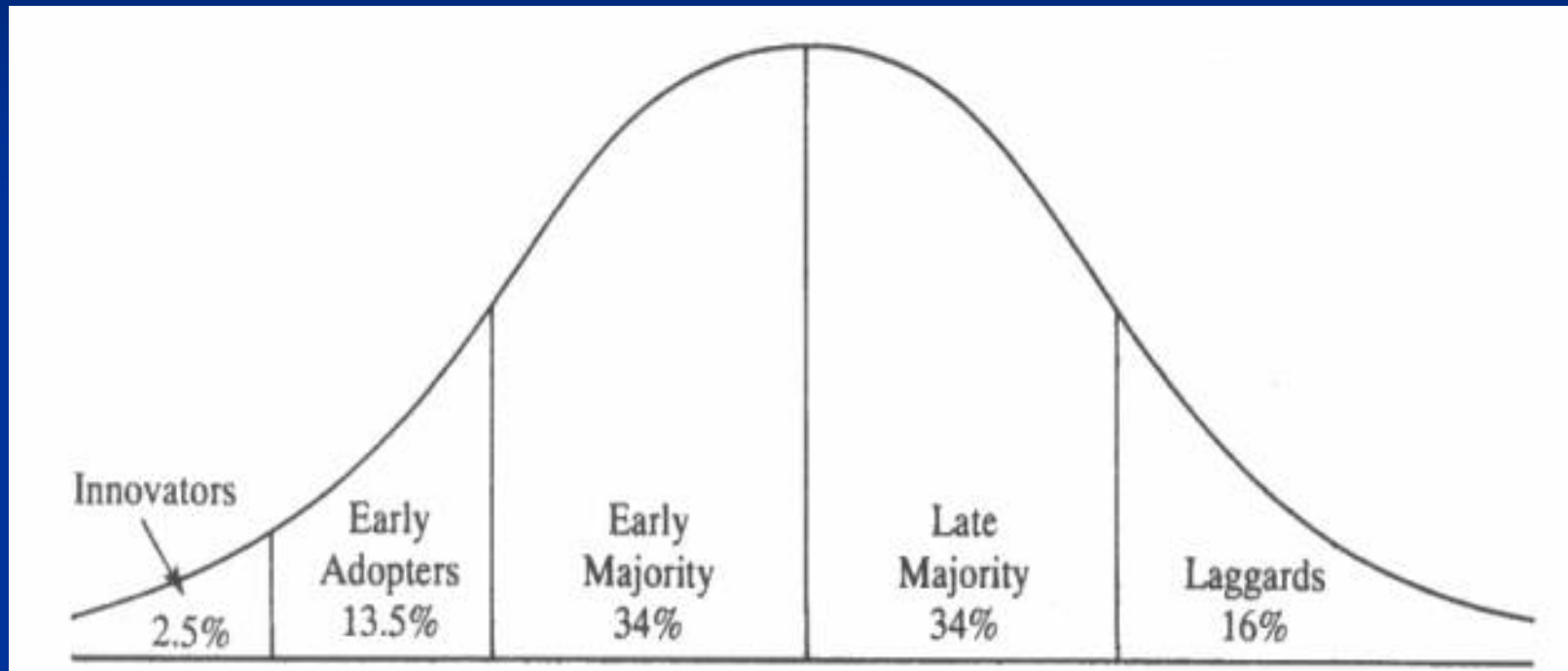


# Theory Constructs

- **Diffusion of Innovation** (Rogers 1995)
  - In organizations (Parcel, 1989, Oldenburg& Parcel, 2002, Wiecha, 2004)
  - Relative Advantage, Compatibility, Adaptability, and Complexity
  
- **Health Belief Model** (Hochbaum, Rosenstock and Kegels)
  - Susceptibility, Benefit, Self-efficacy, complexity
  
- **Social Cognitive Theory** (Bandura, 1986)
  - Emphasizes the inter-relationship between the individual and the environment



# Diffusion of Innovation Adopter Categories







# Organizational Capacity

- Climate
  - Resources
    - Funds
    - Personnel
  
- Culture
  - Attitudes and assumptions within the organization
  - Support from parents, teachers, administration
  
- Organizational capacity
  - Affects the school district's ability to implement effective school health programs



# Methods

- Study Questionnaire
  - Modified from a Coordinated Approach to Child Health (CATCH) questionnaire administered to individual schools.
  - Entered into the Zoomerang.com internet site for data collection May to June 2006.
  - Evaluated perceptions of the school district personnel about adopting and implementing the “innovation.”



# Methods

- Subject selection and contact methods:
  - Mailed letters to school districts
  - Followed up with phone calls and emails.
  - Provided Zoomerang website and access to internet questionnaire to participants through e-mail letter.



# Methods

## ■ Data Analysis

- Percentages for the questionnaire calculated by Zoomerang.com.
- Summary scores were determined for each construct evaluated and categorized as high or low.
- Compared score level to CSHP adoption and adopter category using
  - SPSS for descriptive analysis.
  - STATA for the chi-square analysis.



# Results

- 79% of the school districts had adopted a CSHP and 97% had formed a SHAC at data collection time.
- Summary scores were predominantly high.
- Chi-square analysis
  - No significant relationships were found between:
    - 1) Summary score levels and CSHP adoption
    - 2) Summary score levels and the adopter categories (early, majority, and late)
  - The most significant relationship was found between importance and CSHP adoption (p-value= 0.096)



# Strengths

- Internet-based questionnaire provided
  - Confidentiality and convenience for respondents
  - Analysis support for researcher
- Response rate of 58%.
- Timely and relevant topic.
  - CSHPs were adopted in May 2007



# Limitations

- Small sample size
- Sensitivity of questionnaire
- Heterogeneity of subjects
  - Superintendents
  - SHAC coordinators
  - Nurses
  - Curriculum directors and others
- Complex and difficult concepts to measure
- More difficult to evaluate a mandated program



# Texas Support for CSHPs/SHACs

- Support for the CSHPs
  - The Texas School Health Network
  
- Support for the SHACs.
  - A State SHAC has now been mandated to guide and provide assistance to SHACs
  
- Effective evaluation procedures.
  - The Michael and Susan Dell Center for Healthy Living (University of Texas-Austin/Houston- School of Public Health),  
Dr. Deanna Hoelscher, Director
    - Developing evaluation tools for the CSHPs to evaluate implementation fidelity.





# Discussion

- CSHPs were mandated through legislation to be adopted and implemented by May 2007
- This study looked at the perceptions of the school district's health representatives as to how they viewed their school districts' abilities to implement the CSHPs
- This study is a pilot study that evaluated organizational capacity in regards to school health.
- The Michael and Susan Dell Center at the University of Texas, School of Public Health will be evaluating implementation fidelity



# School Health Programs

THE ORGANIZATIONAL CAPACITY MAY GROW

TO MEET THE NEEDS.

WE HAVE CHRONIC DISEASE ON THE RUN!





# Acknowledgements

- Leslie Hargrove, Director of the Coastal Regional Health Education Center
  - Access to Zoomerang.com internet tools and introductory topic for the study
- Dr. Deanna Hoelscher and Dr. Steve Kelder
  - Assistance in facilitating and reporting the studies' activities
  - Introduction to CSHP
- Marilyn Booth, Region 12 School Health Specialist
  - Information and workshops about CSHP
- Dr. Lu Ann Aday, Dr. Sara Felknor, and Dr. Ann Wiltshire
  - Provided protocol and research information to propose and implement my study
- Dr. David Ramsey
  - Assistance with data analysis