

# **SHAC 101: Harnessing the Power of the Parent's Voice in School Health**

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# CHRONIC DISEASES IN AMERICA

6 IN 10

Adults in the US  
have a **chronic disease**



4 IN 10

Adults in the US  
have **two or more**

**THE LEADING CAUSES** OF DEATH AND DISABILITY  
and Leading Drivers of the Nation's **\$3.8 Trillion** in Annual Health Care Costs




# Healthy Eating

Tips for a Healthy Diet

# Mental Health Facts

## CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.<sup>1</sup>



20% of youth ages 13-18 live with a mental health condition<sup>1</sup>



11% of youth have a mood disorder<sup>1</sup>



10% of youth have a behavior or conduct disorder<sup>1</sup>



8% of youth have an anxiety disorder<sup>1</sup>

## BENEFITS OF PHYSICAL ACTIVITY IN SCHOOLS

- Mental health
- School attendance
- Memory and concentration
- Classroom behavior
- Academic achievement

## The Facts About Vaping

**2,711+** lung injury cases in the U.S. associated with vaping.\*



**Nicotine** can permanently change the developing teenage brain, creating a nicotine addiction for life.

**10 million** youth in the United States used, or were open to using, e-cigarettes in 2018.



**60+** deaths associated with vaping.\*



**Eighth graders who vape** are 10 times more likely to eventually smoke cigarettes than their non-vaping peers.

**135% increase** in high school students using e-cigarettes, reported between 2017 to 2019.



**60%** of young people think e-cigarettes are mostly flavor; the truth is that more than 98% of products tested contain nicotine.



\*As of January 2020

### Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.<sup>1</sup>

10 yrs



The average delay between onset of symptoms and intervention is 8-10 years.<sup>1</sup>

50%



Approximately 50% of students age 14 and older with a mental illness drop out of high school.<sup>1</sup>

70%



70% of youth in state and local juvenile justice systems have a mental illness.<sup>1</sup>

### Suicide

3rd



Suicide is the 3rd leading cause of death in youth ages 10 - 24.<sup>1</sup>



90%

90% of those who died by suicide had an underlying mental illness.<sup>1</sup>





STUDENTS ARE  
**20%** MORE  
 LIKELY  
 TO EARN AN **(A+)**  
 IN MATH OR ENGLISH WHEN  
 THEY HAVE THE CHANCE TO  
 BE PHYSICALLY ACTIVE



KIDS WHO SPEND  
 MORE TIME OUTDOORS ARE UP TO  
**41%**  
 LESS LIKELY TO BE OVERWEIGHT



CHILDREN LIVING WITHIN  
 $\frac{2}{3}$  MILE OF A PARK WITH A PLAYGROUND ARE



**5X** MORE LIKELY TO HAVE  
 A HEALTHY WEIGHT.

STUDENTS' STANDARDIZED

**TEST SCORES**  
**JUMPED 6%** IN JUST 3 YEARS  
 AFTER PHYSICAL ACTIVITY WAS  
 INCORPORATED INTO  
 THEIR SCHOOL DAY



FOLLOWING  
 A PROGRAM THAT  
 STARTS THE SCHOOL DAY FOR  
 ELEMENTARY STUDENTS WITH

**10-20**  
**MINUTES**  
 OF TEACHER-LED  
 PHYSICAL ACTIVITY.



**DISCIPLINE**  
**REFERRALS**  
**DROPPED**  
**57%**



**43% LESS BULLYING**

TEACHERS REPORT

AT RECESS WHEN  
 KIDS HAVE AN

ORGANIZED RECESS  
 ENVIRONMENT.



CHILDREN LOWER THEIR  
 INSULIN LEVELS BY **33%**

WHEN THEY BREAK UP 3 HOURS  
 OF SEDENTARY TIME WITH SHORT,  
 MODERATE-INTENSITY WALKING



WHEN ELEMENTARY SCHOOL STUDENTS ARE LED IN  
**10-20** MINUTES OF PHYSICAL ACTIVITY  
 AT THE BEGINNING OF EACH SCHOOL DAY.

**SCHOOL NURSE VISITS**  
**DECLINE 67%**



[www.rwjf.org/leapsandbounds](http://www.rwjf.org/leapsandbounds)

Robert Wood Johnson  
 Foundation



# TOGETHER



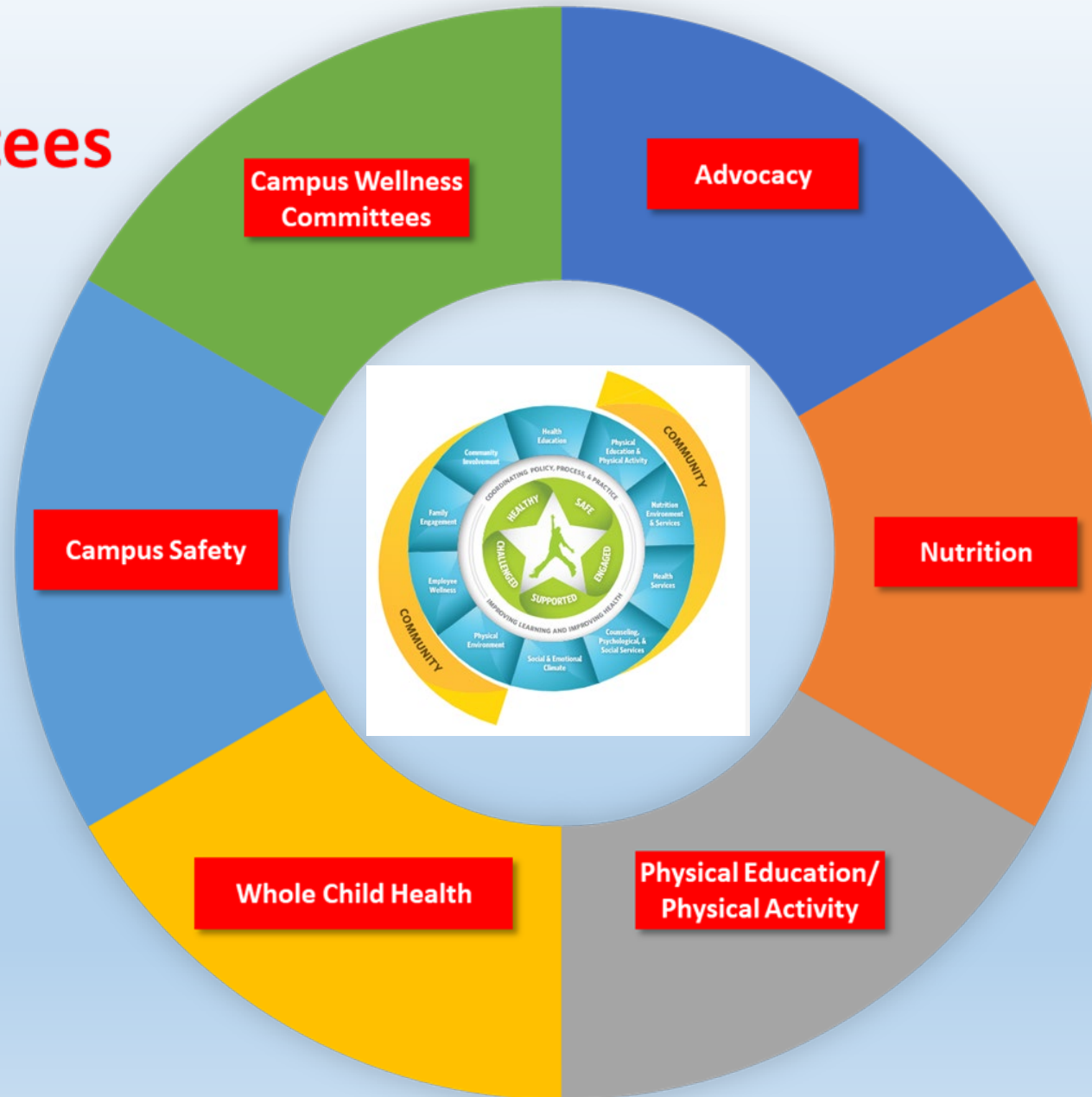
## School Health Advisory Council

# Whole School, Whole Community, Whole Child (WSCC)





# 2023-24 SHAC Subcommittees



# Wellness Policy (FFA (LOCAL))





# SHAC as a Resource



## **Support Campuses**

Help schools meet community involvement mandates and community expectations



## **Encourage Collaboration**

Provide a way for parents and community members to work together with school personnel to accomplish district goals, utilize community resources and assets



## **Build Capacity**

Educate community members to be a credible, collective voice for healthy children and youth



## **Provide Health, Wellness, & Safety Resources**

Provide a forum for sharing youth health information, resources, perspectives and a range of advice

# **Liaisons, Campus Wellness Committees and Student Wellness Committees**





# More of SHAC in Action



# SHAC Virtual Healthy School or “VHS”



**Schoology  
Code:  
XTRJK-  
629P7**



# For more information..



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