



# North East Independent School District Health Initiatives Committee

**Mission Statement:** The North East Wellness Committee strives to foster a culture of health and wellness that will positively impact learning and productivity. We will motivate the NEISD community to value all aspects of wellness for the purpose of creating a strong educational environment. In doing so, we will empower individuals with the tools to function at their peak performance levels.



## Organize

NEISD established the **Health Initiatives Committee** to provide a collaborative approach to the District's Wellness goals to benefit students and staff in hopes to improve student/staff productivity and attendance which benefit the district with increased state funding, lower healthcare costs, and increased student /staff performance.

**Purpose:** Provide tools for students, families, community, and staff to take an active role in their personal health and wellness.

**Vision:** To educate and motivate the North East Independent School District community to dedicate themselves to the pursuit of a healthy lifestyle.

### Departments Represented:

Nutrition Services	Facilities Maintenance/Support	Environmental Health
Health Services	Physical Education/Health	Risk Management
Employee Benefits		Curriculum Compliance

## Assess

Assess the health issues that impact the health and quality of life of students and staff.

- More than 61 percent of Texas adults and 40 percent of children are considered overweight or obese<sup>1</sup>.
- A child who is obese by age 12 has more than a 75 percent chance of becoming an obese adult<sup>1</sup>.
- Co-morbidities of obesity include type-2 diabetes, fatty liver disease, increased asthma severity, hypertension (high-blood pressure), sleep apnea, gallstones, gastroesophageal reflux, and osteoarthritis.

**Aggregate Data** was gathered on students/staff to assess health/wellness educational needs. Results indicated the following:

- District Asthma Prevalence rate of 11%
- District Pacer Score (measurement of cardiovascular health) Average: 50.39% of NEISD students achieving healthy fitness zone
- District Overall Fitness Gram Scores Average: 77% of NEISD students achieving healthy fitness zone
- District Overall BMI Scores Average: 75% of NEISD students reaching healthy fitness zone
- 17% of the 2200 staff members screened were identified as having 3 of the 5 risk factors for Metabolic Syndrome

## Plan

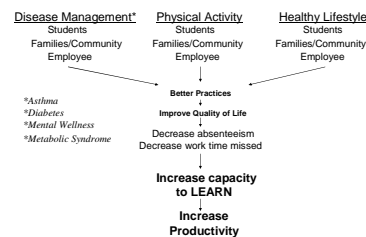
Plan short and long term goals utilizing current data and assessments.

- Disease Management Community Outreach Asthma Blow Out! events: locations identified based on health needs of high school cluster/community Awareness Medication Environment Education
- Employee Benefits to make improvements based on data collected on staff needs, feedback, and cost effectiveness.
- Wellness, Technology, and Accountability: targeted Superintendent's NEISD Goals for Change
- Healthy Lifestyles Curriculum development as a health course requirement for all students during freshman year and required for graduation
- Voluntary Metabolic Syndrome Lifestyle program offered to employees who meet 3 of the 5 risk factors of Metabolic Syndrome
- Raise Awareness of **Stop 2048** – projected year when all Texas adults will be overweight/obese if we continue with current obesity growth rates



## NEISD Approach To Wellness

Wellness – Three Approaches



## Coordinated Approach To Child Health



CDC: [www.cdc.gov/HealthyYouth/CSHP/](http://www.cdc.gov/HealthyYouth/CSHP/)

## Selected Resources

**Wellness in NEISD Landing Page**  
<http://staff.int.neisd.net/wellness/index.html>

**CATCH Texas**  
<http://www.sph.uth.tmc.edu/catch/>

Asthma Awareness Education Program  
<http://staff.int.neisd.net/wellness/asthma.html>

**Texas Education Agency - News Releases Online**  
March 9, 2009 Physically fit students more likely to do well in school, less likely to be disciplinary problems. Study of more than 2.4 million Texas students found that students who are physically fit are more likely to do well on the state's standardized tests and have good school attendance.  
<http://ritter.tea.state.tx.us/press/09fitnessresults.pdf>

<sup>1</sup>Fact Sheet: A snapshot of the obesity crisis'. Texas Children's Hospital | Texas Children's is affiliated with Baylor College of Medicine

## Act

Take action to create a culture of wellness systematically for students and staff.

- **Coordinated Approach To Child Health and 'Organwise'** (potential pilot) of a science-based curriculum taught in the classroom that includes physical activity, movement and food nutrition education to help students make healthier choices.
- Committees on Wellness in NEISD  
Wellness in Schools Committee (Campus Representative, CATCH team)  
Employee Wellness Committee
- Four Component Disease Management events: using Asthma Blow Out model (now includes Asthma, Diabetes, Mental Wellness, and Metabolic Syndrome)  
Awareness Medication Environment Education
- Healthy Lifestyles Curriculum – NEISD Board approved 10/2009 for 2010-2011 year
- Employee Health – Flu Shots, BCBS Incentives, Fitness Center (Broadway Location)

## Evaluate

Continue to track and monitor assessment aggregate data by incorporating new technology" by looking at the 'whole person' in order to evaluate and target health and wellness educational initiatives and interventions to improve health outcomes of students and staff. Some data collection measures include:

Student:

- NEISD Health Check (\* NEISD created student health software program)
- Quality of Life Surveys (asthma control)
- Student Attendance – tracking environmental health impact on students
- Overall Campus Fitness Gram and Pacer Test data to evaluate programs and to target campuses with increased prevalence and offer program interventions
- Overall Campus Performance data and evaluating how health/fitness impacts student performance

Staff:

- Insurance Costs – providing wellness programs to control/reduce healthcare costs
- Staff Health Screenings (BMI, HDL, LDL, Triglycerides, Glucose, Waist Circumference, Blood Pressure) to bring awareness to employees of possible health risks in order to proactively provide tools to reduce their health risks

## Communicate

Share Wellness program's intent, activities, results, and next steps with NEISD's entire school community and engage our community as participants and program supporters.

- *Wellness in NEISD Landing Page* access on district website
- Raise Awareness to district staff/employees
- Promoting success and continuation of Metabolic Syndrome Program
- Community Outreach Events for Disease Management

Share our Wellness program beyond the borders of the NEISD community.

- NEISD was an invited presenter to share our Wellness Program at the Texas Association of School Business Officials convention (TASBO)
- NEISD was an invited presenter to share our Wellness Program at the American Association of School Administrators national conference (AASA)
- Provided testimony to the Texas House Public Education Committee on our Healthy Lifestyles Curriculum as possible state-wide model