

# Refocusing on Comprehensive Health Education

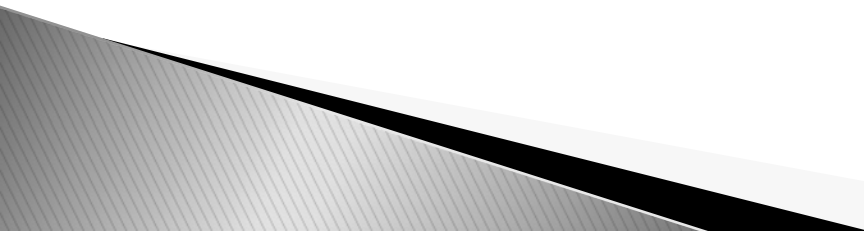
or

# Creating 21<sup>st</sup> Century Health Education in 7 Steps

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Fort Worth Independent School District

# Activity:

- ▶ Visit all of the posters around the room and write down what percentage of Texas teenagers that you think participated in the activity listed.
  - ▶ Return to your seat when finished.
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# Youth Risk Behavior Survey

- ▶ 1. Percentage of TX teens who texted or e-mailed while driving a car in the last 30 days:

43.8%

# Youth Risk Behavior Survey

- ▶ 2. Percentage of TX teens who seriously considered attempting suicide in the past year:

16.7%

# Youth Risk Behavior Survey

- ▶ 3. Percentage of TX teens that currently use tobacco:

20.1%



# Youth Risk Behavior Survey

- ▶ 4. Percentage of TX teens who had 5 or more drinks in a row in the last 30 days:

21%

# Youth Risk Behavior Survey

- ▶ 5. Percentage of TX teens who had ever used marijuana:

37.5%



# Youth Risk Behavior Survey

- ▶ 6. Percentage of TX teens who had ever had sexual intercourse:

45.9%





# Youth Risk Behavior Survey

- ▶ 7. Percentage of TX teens who did not use any method to prevent pregnancy the last time they had sexual intercourse:

19%

# Youth Risk Behavior Survey

- ▶ 8. Percentage of TX teens who drank at least one soda in the last week:

77.3%



# Youth Risk Behavior Survey

- ▶ 9. Percentage of TX teens who did not eat breakfast everyday last week:

64.3%



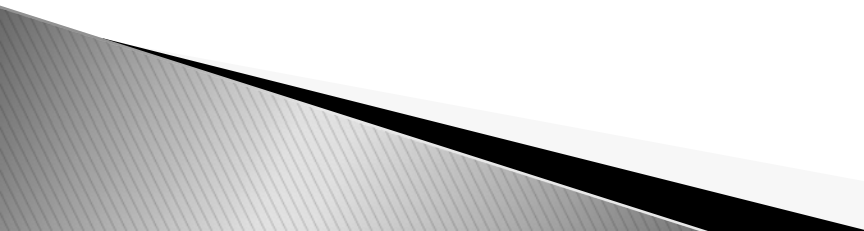
# Youth Risk Behavior Survey

- ▶ 10. Percentage of TX teens who were not physically active for 60 minutes or more for at least 5 days out of the last week:

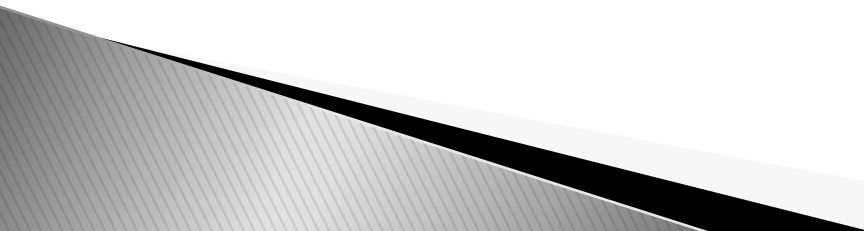
51.7%

Ladies and Gentlemen, we  
have a problem!

We know our students are  
making poor health choices,  
what can we do?



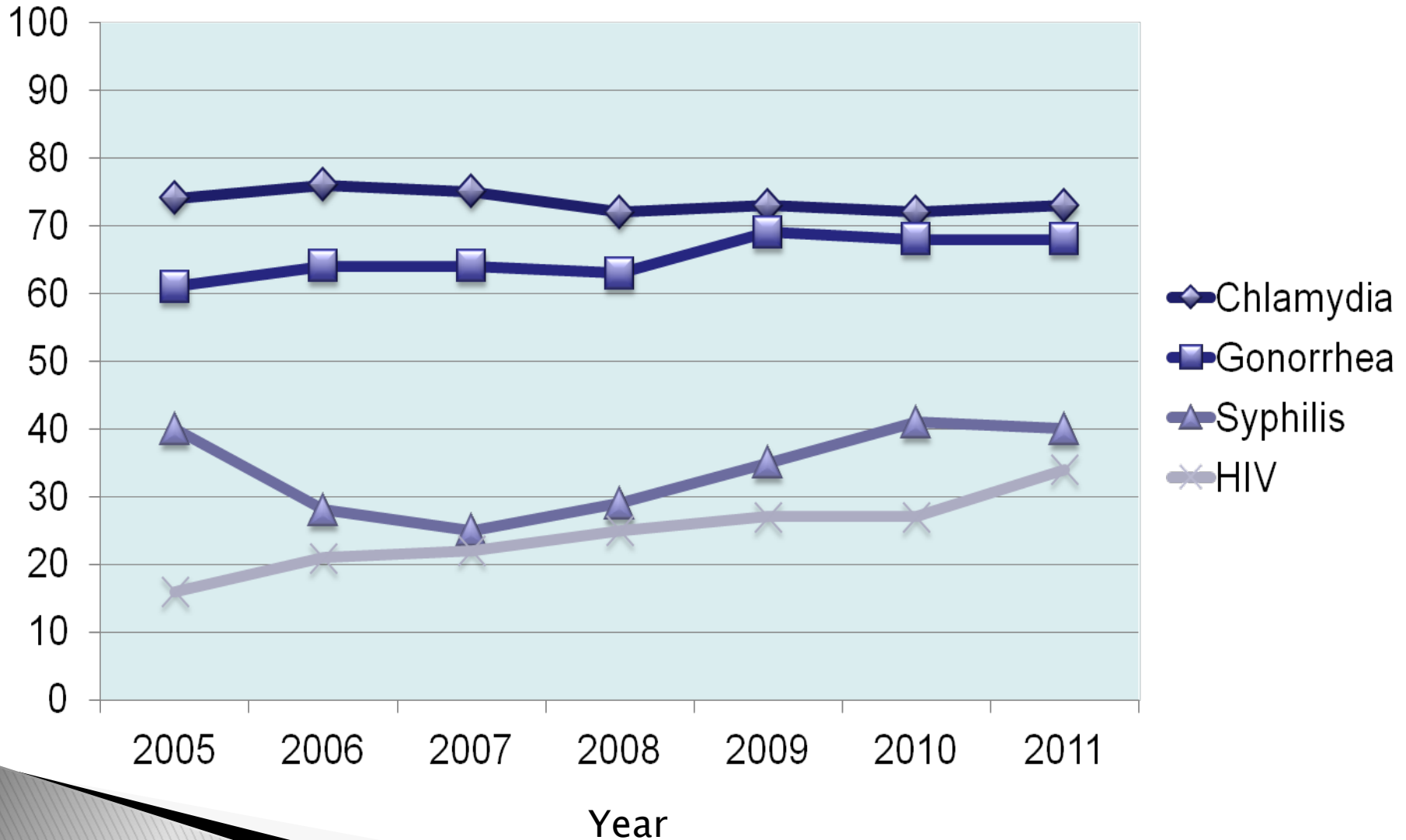
# The State of Health in Texas

- ▶ High School Health is not required for high school graduation.
  - ▶ Qualified applicants are few and far between. ( Only 18% of our current high school health teachers have Health major/minor)
  - ▶ Coaching is required and Principals hire with this in mind.
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# 1. Gather Data

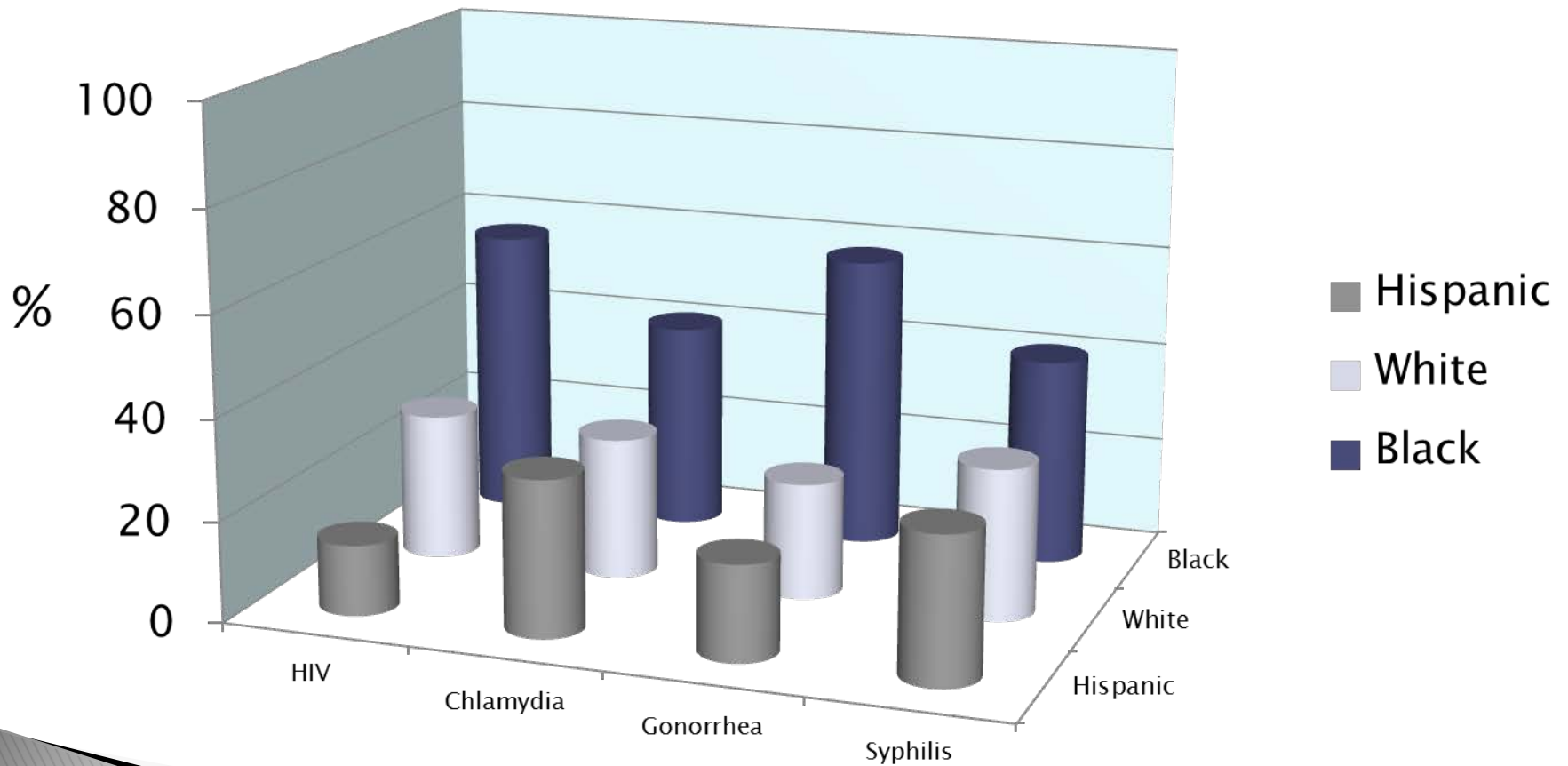
- ▶ National, County, and Agency data.
- ▶ Youth Risk Behavior Survey– find your State or local jurisdiction.  
<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>
- ▶ Seek out your local Health Department's data on risk factors.

# % of all new infections in Tarrant County that occur in those 24 years old and younger






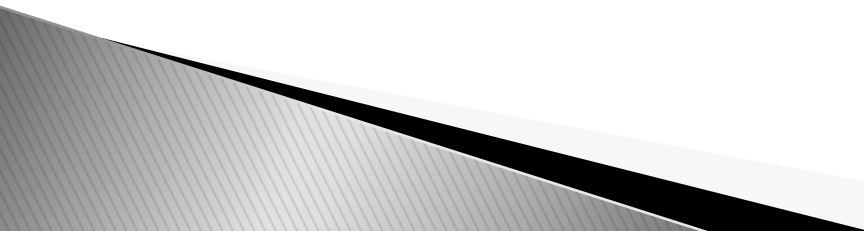
# Infections by Ethnicity, Tarrant County 2013



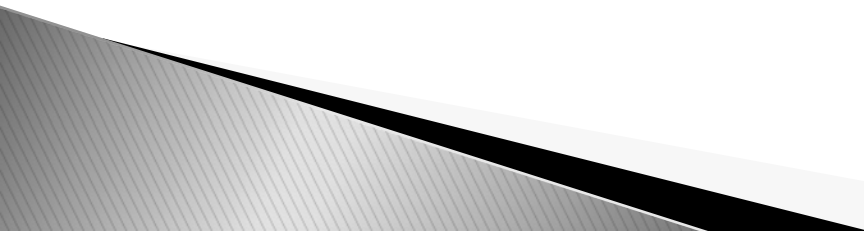
## 2. Engaging Stakeholders

- ▶ Find those influential people who need to be in support of your agenda.
  - ▶ Link poor health outcomes with academic achievement, particularly in minority students.
  - ▶ Continued engagement to update and seek approval for next steps.
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# 3. Assess Current Curriculum

- ▶ Does it align with current best practices?
  - ▶ FWISD's outdated– © 2005
  - ▶ Little opportunity to practice skills.
  - ▶ Stand and deliver instruction, not student-centered.
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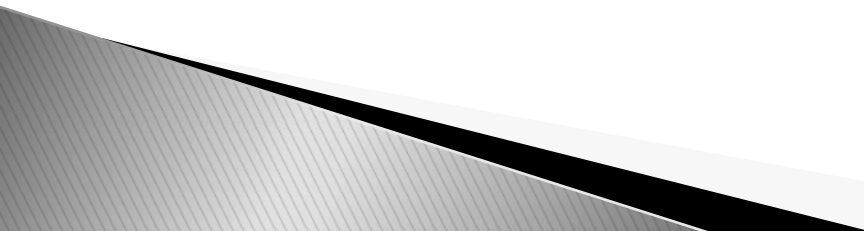
# 4. Evaluate New Materials

- ▶ HECAT– Health Education Curriculum Analysis Tool <http://www.cdc.gov/healthyyouth/hecat/>
  - ▶ Free resource based in science and best practices for health instruction.
  - ▶ Objective comparison of materials against National Health Education Standards, Healthy Behavior Outcomes, and 15 Characteristics of Effective Health Curricula.
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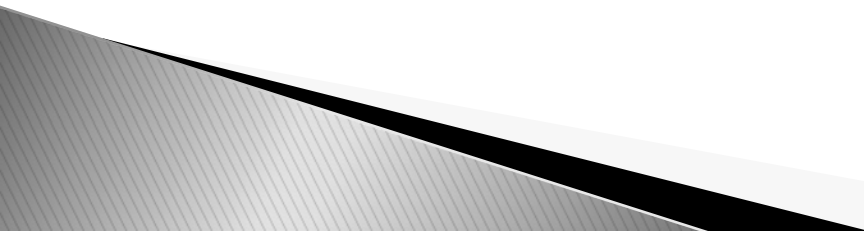
# 5. Revise Your Curriculum

- ▶ We had to modify the adopted materials.
  - ▶ 90 days to teach 180 days worth of information.
  - ▶ Lesson plans are created for teachers to follow.
  - ▶ Formative and summative assessment is written into the curriculum.
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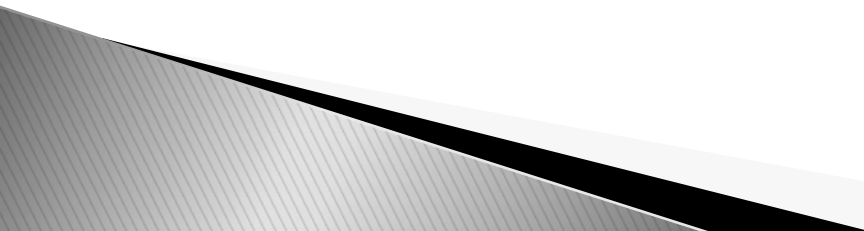
# 6. Professional Development

- ▶ We have delivered 36 hours of targeted PD to our HS teachers in the last year.
  - ▶ Developed pedagogy skills and content knowledge.
  - ▶ Two 6 hour trainings in August– HBOs, 15 Characteristics of an Effective Health Curriculum, and teach backs in small groups.
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# PD – The Lesson Cycle

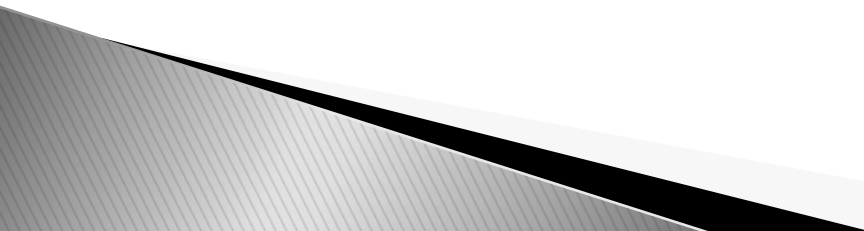
- ▶ Bell Ringer– Introduction / Anticipatory set.
  - ▶ Content Delivery– students take guided notes.
  - ▶ Activity that engages students– group work, pair and share, presentations.
  - ▶ Closure/Exit ticket.
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# PD – The Lesson Cycle

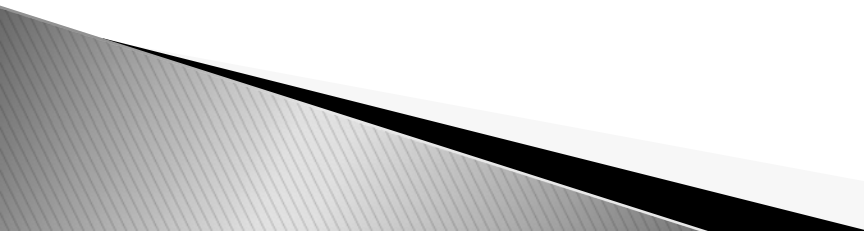
- ▶ Average class period is 50 minutes long and the lessons in our teacher guides is written for a 60 minute class.
  - ▶ We had to pare down the activities and still meet our standards.
  - ▶ Instruction is bell to bell, no wasted time!
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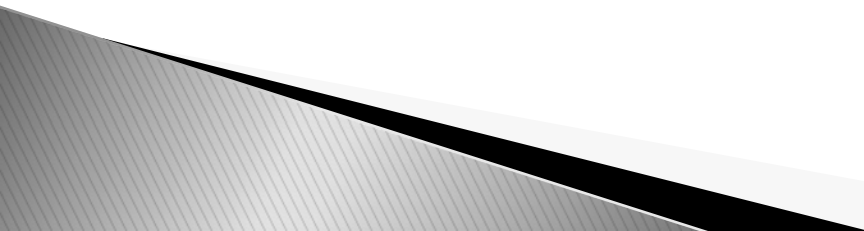
# 7. Follow Up

- ▶ 75% of our time is follow up.
  - ▶ Dedicated staff conducts classroom observations, teaches model lessons, mentors struggling teachers, makes sure teachers have what they need to be successful, acts as a reporting mechanism for more specific follow up.
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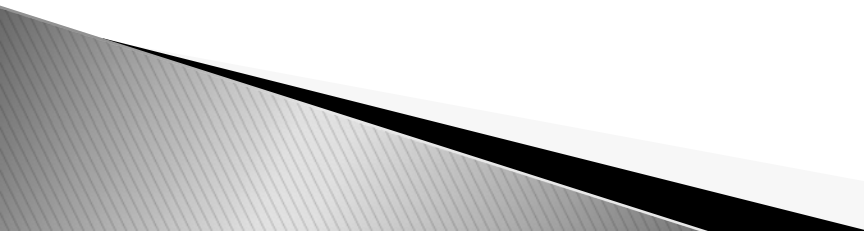
# 7. Follow Up and Sustainability

- ▶ Reception has been positive both from Administrators and teachers.
  - ▶ Teachers report that they “finally feel supported and that they have someone to go to for help.”
  - ▶ We have created a Professional Learning Community that shares and is “in it together”.
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# Let's Review the Steps:

- ▶ 1. Gather data
  - ▶ 2. Engage stakeholders
  - ▶ 3. Assess current curriculum
  - ▶ 4. Evaluate new materials
  - ▶ 5. Revise your curriculum
  - ▶ 6. Professional development
  - ▶ 7. Follow up/Sustainability
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# Now You!

- ▶ Turn to your table partners and share:
  - ▶ Which step are you on?
  - ▶ What will you go back and start to work on Monday?
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# Where are you?

- ▶ 1. Gather data
  - ▶ 2. Engage stakeholders
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  - ▶ 7. Follow up/Sustainability
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