

PUBLIC HEALTH PROGRAM SURVEY- Maternal & Child Health

Contact Information

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Short Title: Coordinated School Health Leadership Institute, Michiana

Program Location: Training locations in Indiana and Michigan

Objectives and Goals:

The purpose of Michiana is to enhance the health of Michigan and Indiana students by planning and implementing Coordinated School Health Programs within school districts. Upon completion of the professional development, districts will:

- Establish a district level school health council
- Hire a district level school health coordinator
- Develop and/or enhance health related policies, systems, and environments that pertain to the health of students and staff
- Demonstrate competency in building organizational capacity (staff, resources, and funding) for the promotion of school health programs

Methods:

Provide intensive professional development, technical assistance, and financial support for school districts implementing a coordinated school health approach that includes assessment, action planning, evaluation, and re-assessment addressing all 8 components of coordinated school health. Tools used include the Healthy School Report Card and the Healthy School Improvement Plan.

Program Length:

First cohort of schools began in 2004. Second cohort began in 2008. Each cohort of school districts has a project period of 5 years.

Number of target population reached by effort:

18 school districts in first co-hort

16 school districts in second co-hort

Target population includes students, staff, parents, families, and communities served by the school districts.

Demographic Info:

Michiana reaches K-12 students, staff, and families in communities that are both rural and urban. The majority of the targeted school districts are within high need areas where income levels are low. Ethnic and racial demographics of the districts vary with more than half of the districts being ethnically and racially diverse while several are located in less diverse areas.

Overall Cost:

Michiana is a five year collaborative effort between the Great Lakes American Cancer Society (ACS), the Michigan Department of Education (MDE), the Michigan Department of Community Health (MDCH), the Indiana Department of Education (IDOE), and the Indiana State Department of Health (ISDH).

Annual costs vary but usually run approximately \$80,000.

Funding Sources:

10 % Federal (CDC grant)
0 % State
0 % Local
70 % Other (Private and corporate donations)

Percentages are estimates. Varies from year to year based on budget situations of collaborative partners.

Outcomes:

Coordinated School Health Councils: All participating districts started school health teams to direct district implementation of coordinated school health approaches.

Leveraging funds: IN received over \$10 million in grant funds and MI \$1.6 million as a result of participation in the CSH Leadership Institute.

Policy implementation: IN limited the sale of unhealthy foods in cafeterias and vending machines in 10 districts and MI offered only healthy vending choices and improved cafeteria options in five districts.

Tobacco-free campus policies: Policies passed in 10 IN districts and 8 MI districts.

Physical activity and health education: IN required integration of physical activity in each k-5 school day in 10 districts while MI implemented the *Michigan Model for Health*® comprehensive school health education curriculum in 8 districts.

Did you make any estimates regarding costs deferred, outbreaks averted or deaths prevented?

No

Additional Information:

Coordinated School Health Programs (CSHP) provide schools with a framework to help encourage and support students and staff in adopting healthy behaviors. Adopting a coordinated school health approach can be a major shift for schools, one in which support for the effort is essential. This support is needed from health champions internal to the school district as well as external. Michiana is designed to provide that support.

Through the CSHP Leadership Institute sessions district teams come together to assess and plan several times each year. Teams are strongly encouraged to include district administrators. Teams initially work together developing means of garnering administrative support. The expertise provided by the coaches assigned to each district team and the Institute leaders make up the external support to teams, support that is available both during Institute sessions and anytime in between sessions. Three years of regularly scheduled multi-day training Institutes provide the foundation for change. Teams learn about the coordinated school health approach and work together with their coach launching a new way of doing business in their districts – the coordinated school health approach.

Future Plans:

Plans are in place to continue this effort, but with funds continually being cut the project is always in danger of being cut back or stopped altogether. Project partners have worked hard to trim costs. Locations for sessions have been changed with cost as the mitigating factor. The collaborating partners are determined to keep the project moving forward.