

**IT'S  
TIME**  
TEXAS

IT'S TIME TEXAS

# Childhood Obesity Epidemic: Role of School Nurses in Treatment and Prevention





# Cindy Salazar-Collier

RGV Coordinator

IT'S TIME TEXAS

Email: [cindy@itstimetexas.org](mailto:cindy@itstimetexas.org)

# No disclosures to make

**Energizer!**

# ABOUT IT'S TIME TEXAS.

ITSTIMETEXAS.ORG



» Working across sectors to support healthier choices where people live, learn, work, worship and shop



» Partnering with diverse organizations to magnify our collective impact through mutually reinforcing activities that advance health on multiple fronts



» Mobilizing technology to expand program reach and deliver scalable, sustainable solutions



» Using innovative social marketing and new media platforms to deliver health education and health promotion programs and increase healthier behaviors





# CRISIS

**Unhealthy  
Has Become  
Our New  
Normal**



**FAST FOOD**

**2,700%**  
Increase in  
Fast Food Sales  
Since 1970



**50%+**  
Schools Have  
Reduced P.E.  
& Recess



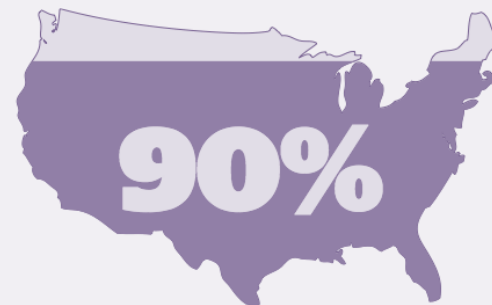
**FRUITS &  
VEGETABLES**

**100%+**  
Increase in  
Real Prices of  
Fruits & Vegetables  
Since the 1980s



# SYMPTOMS

**As a Result, We Live in an Obesogenic Society**

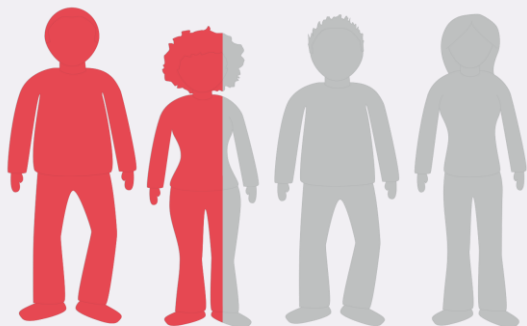


**90%**

**=**

**\$1 Trillion**

If current trends continue, **90% of all U.S. adults** will be overweight or obese by the year 2030; the health care costs associated with these conditions will top nearly \$1 trillion.



Nearly **40%** of all US children born in the year 2000 are projected to develop Type II diabetes.



**yrs.**

Today's youth represent the first generation in 100 years to have a lower projected life expectancy than their parents, a result of America's culture of poor health.

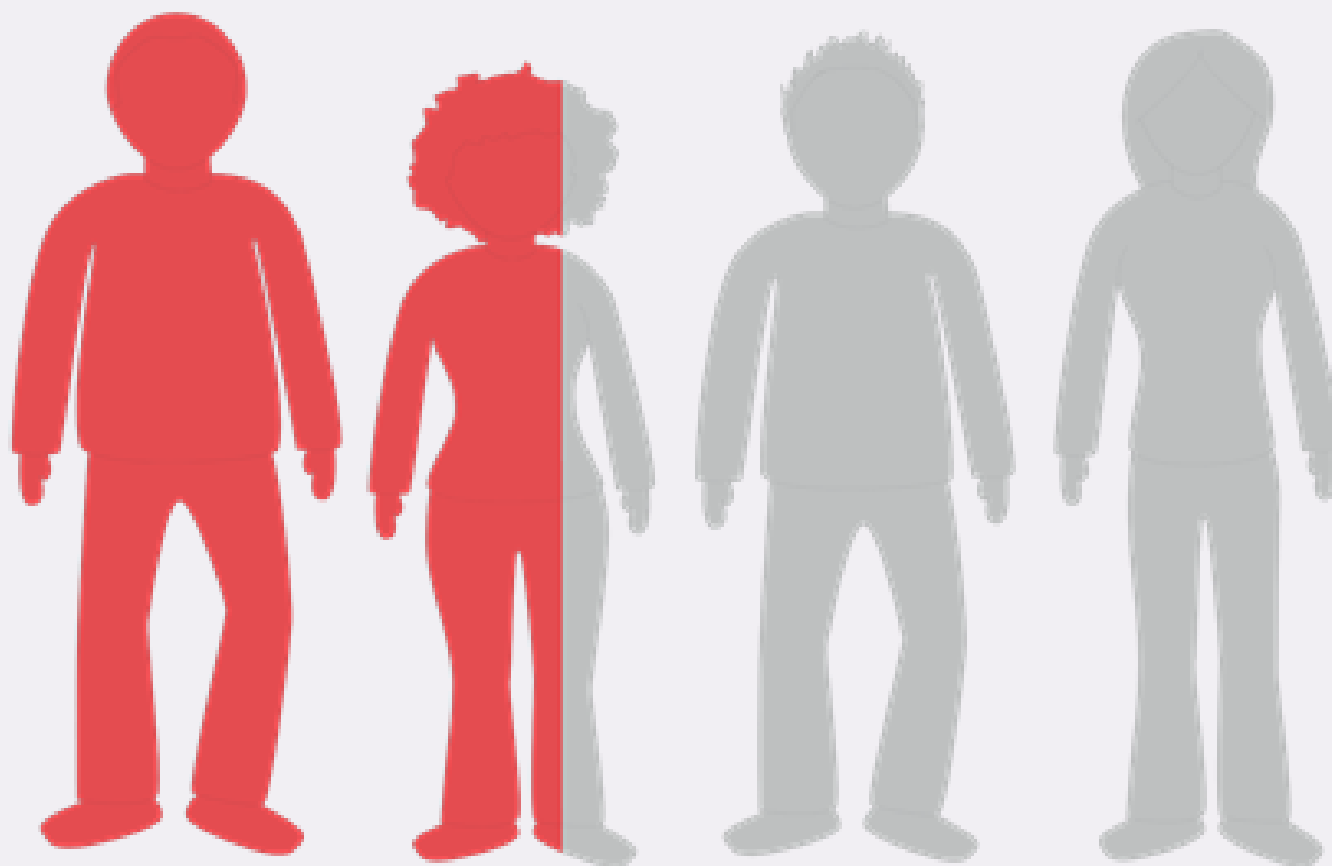


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**\$1 Trillion**

If current trends continue, **90% of all U.S. adults** will be overweight or obese by the year 2030; the health care costs associated with these conditions will top nearly \$1 trillion.





Nearly 40% of all US children born in the year 2000 are projected to develop Type II diabetes.



**Today's youth represent the first generation in 100 years** to have a lower projected life expectancy than their parents, a result of America's culture of poor health.



**RESULT**

# Healthy Has Become Hard



Make Healthy Easier for Texans Where They:



**LIVE**



**LEARN**



**WORK**



**WORSHIP**

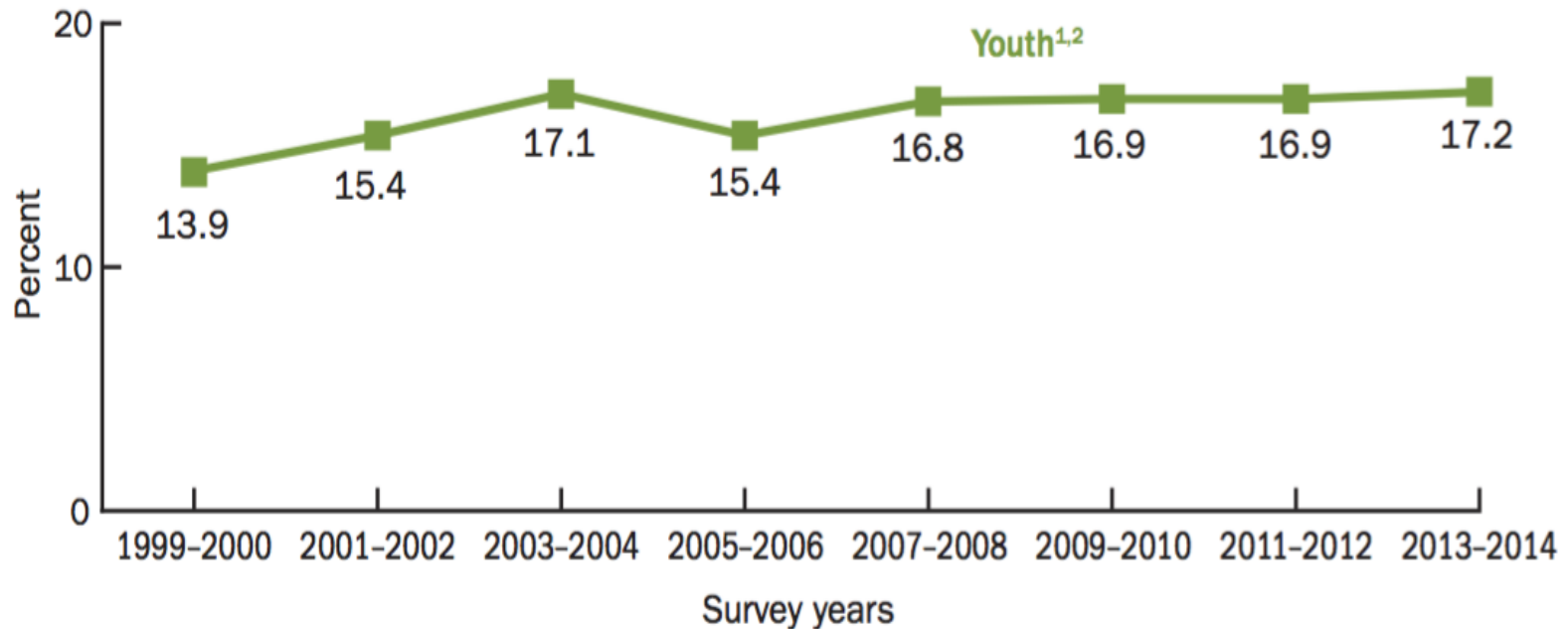


**SHOP**

# Childhood Obesity Epidemic

# National Obesity Rates

## Trends in obesity prevalence among youth aged 2–19 years: United States, 1999–2000 through 2013–2014



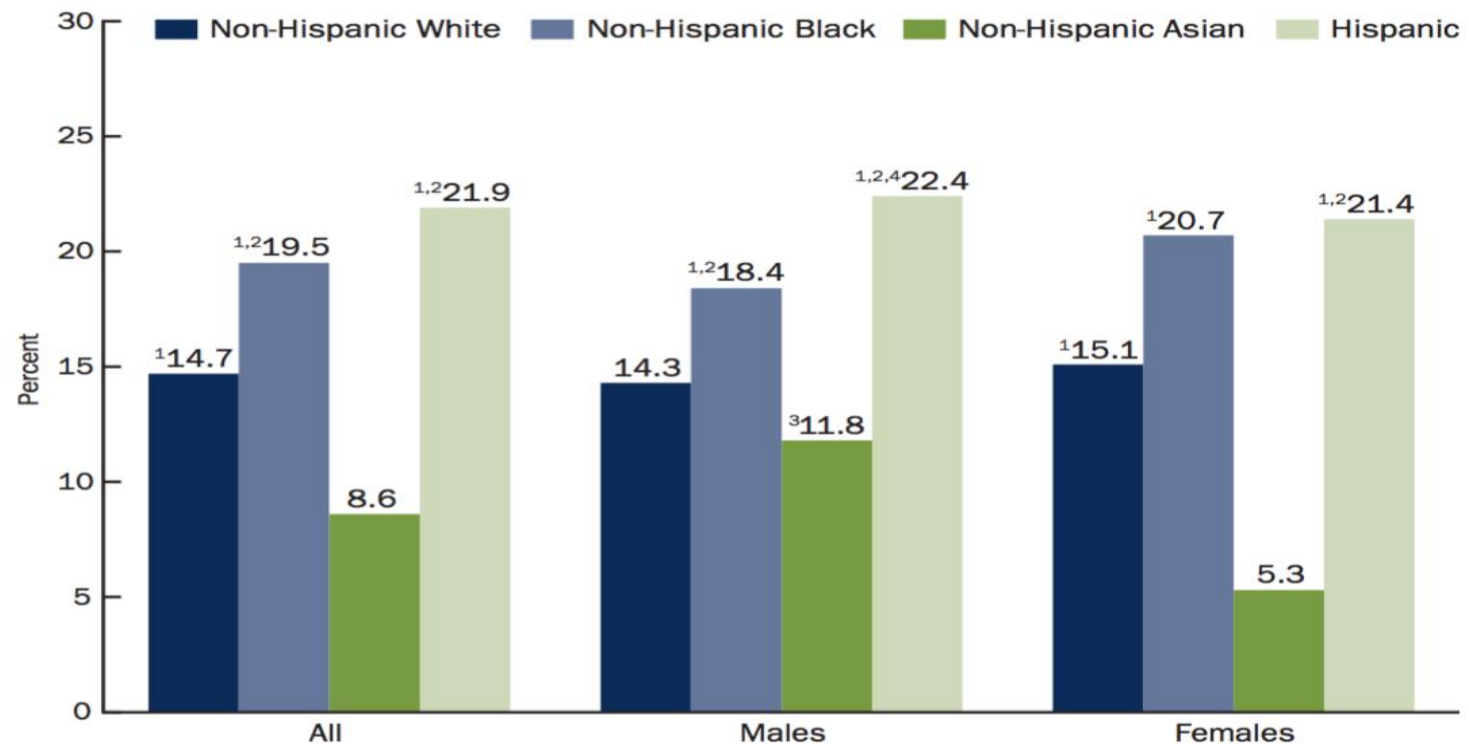
<sup>1</sup> Significant increasing linear trend from 1999–2000 through 2013–2014.

<sup>2</sup> Test for linear trend for 2003–2004 through 2013–2014 not significant ( $p > 0.05$ ).

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

# Gender and Race/Ethnicity

**Prevalence of obesity among youth aged 2–19 years, by sex and race and Hispanic origin: United States, 2011–2014**



<sup>1</sup> Significantly different from non-Hispanic Asian persons.

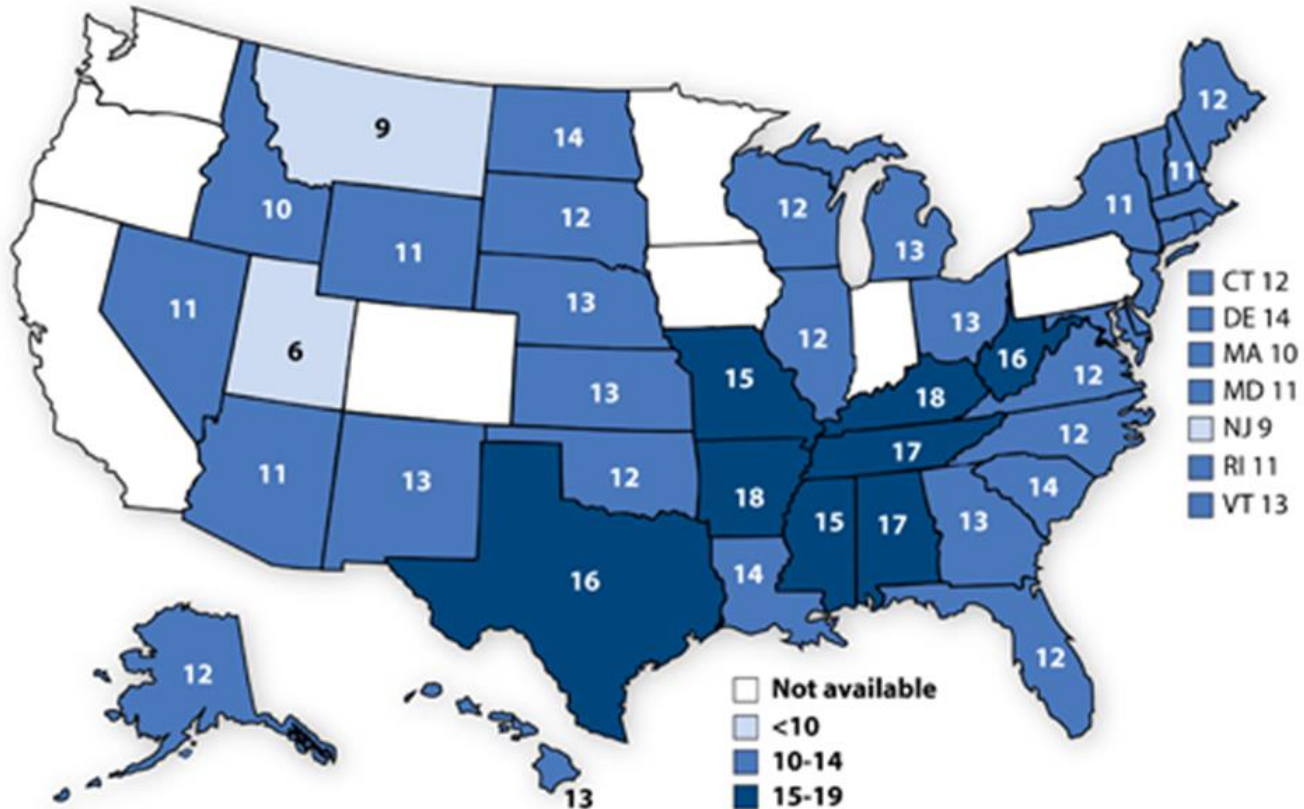
<sup>2</sup> Significantly different from non-Hispanic White persons.

<sup>3</sup> Significantly different from females of the same race and Hispanic origin.

<sup>4</sup> Significantly different from non-Hispanic Black persons.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2011–2014.

# National Obesity Rates by State





**Table 1. Prevalence of Obesity Among 12- to 17-Year-Olds in 4 Secondary Schools in South Texas**

Obesity Classification	No. (%) of Students		
	Adolescent Girls (n = 2149)	Adolescent Boys (n = 2226)	All (N = 4375)
At risk*	406 (18.9)	380 (17.1)	<b>786</b> (18.0)
Obese†	443 (20.6)	526 (23.6)	<b>969</b> (22.1)
<b>Total of Both</b>	<b>849</b> (39.5)	<b>906</b> (40.7)	<b>1755</b> (40.1)

\* Includes those students with a body mass index within the 85th to 95th percentile for age and sex.<sup>6</sup>

† Includes those students with a body mass index at or above the 95th percentile for age and sex.<sup>6</sup>

# Effects of Obesity

## Obesity harms children and young people



Emotional and behavioural

- Stigmatisation
- bullying
- low self-esteem



School absence



- High cholesterol
- high blood pressure
- pre-diabetes
- bone & joint problems
- breathing difficulties

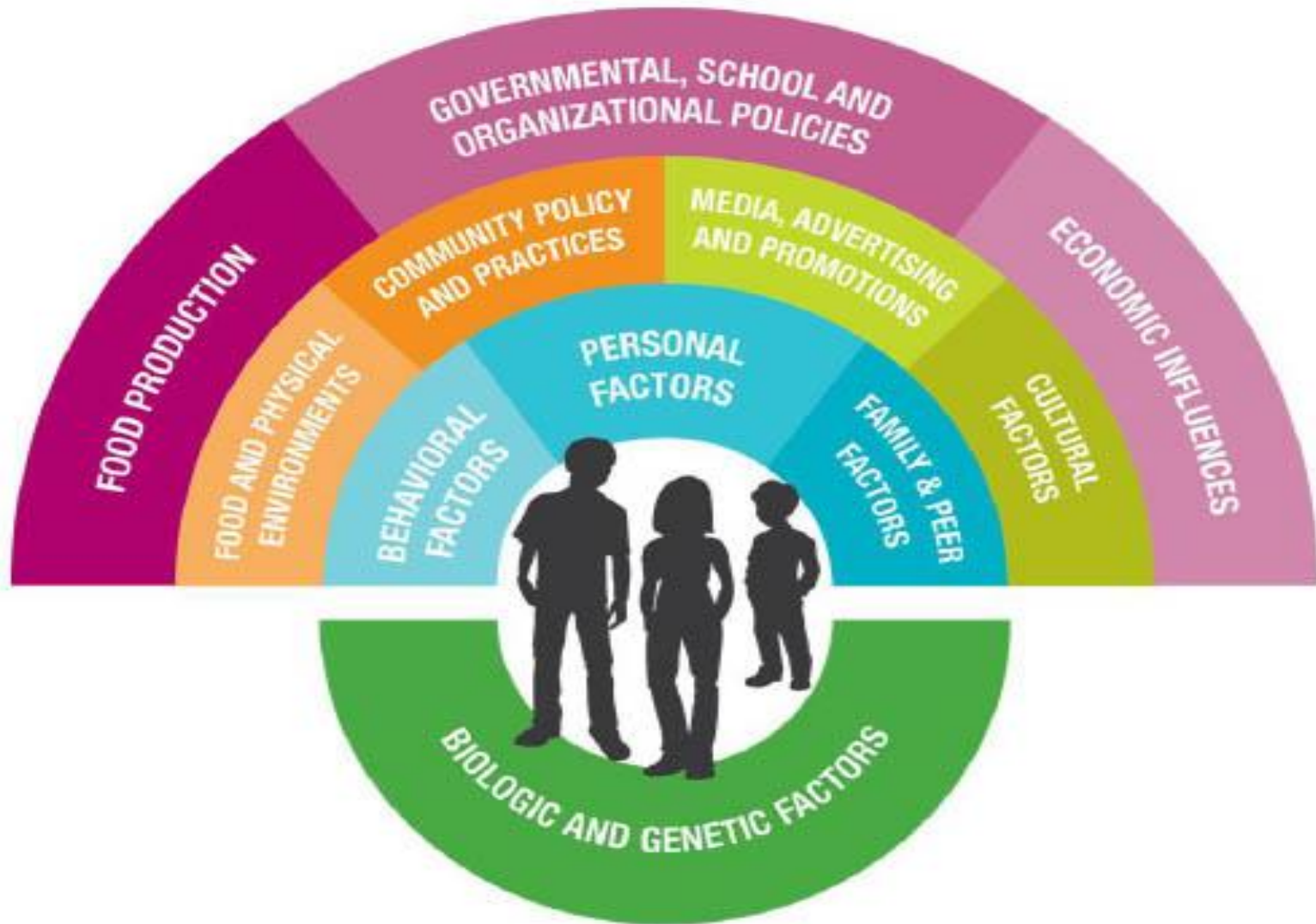


Increased risk of becoming overweight adults

Risk of ill-health and premature mortality in adult life

Source: Public Health England

# Childhood Obesity Determinants



Source: Biomed Central

**What is your  
role as a school  
nurse?**

# SHAC's in Action



- ❑ SHAC's are a group of individuals representative of segments of the community, generally appointed by the school district to serve at the district level – a majority must be parents.
- ❑ Their basic role is to, “assist the district in ensuring that local community values are reflected in the districts health education instruction”

# What is a SHAC?

## SHACS are...

- Mandated by State Law
- Appointed by the School Board
- A voice for parents and community
- A way to share importance of Health to ISD/School Board

## SHACS...

- Reviews all health educations curriculum
- Makes recommendations on health related topics
- Makes recommendation on District Coordinated School Health plan
- Must review and recommend recess policy
- Must review and recommend on Joint use agreements or school district & community collaboration strategies

# SHAC Law

- ❑ Chair or Co-Chair must be a parent.
- ❑ SHAC must report to the School Board at least once annually.
- ❑ SHACs must meet at least 4 times annually.
- ❑ SHAC must be comprised of at least 5 members appointed by the School Board.
- ❑ 50% or more of the SHAC must be parents who are not employed by the District



# New Mandate: PA Committee

- ❑ Physical Activity and Fitness Planning Committee
- ❑ Consider issues relating to student physical activity and fitness.
- ❑ Make policy recommendations to increase physical activity and improve fitness among students.

# SHAC Resources

- ❑ Newly Revised SHAC Guide  
[www.dshs.state.tx.us/schoolhealth/sdhac.shtm](http://www.dshs.state.tx.us/schoolhealth/sdhac.shtm)
  
- ❑ Texas Education Agency, School Health  
[www.tea.state.tx.us/index2.aspx?id=4445](http://www.tea.state.tx.us/index2.aspx?id=4445)
  
- ❑ Healthy Lifestyles Chair, Texas PTA [www.txpta.org/programs/healthy-lifestyles](http://www.txpta.org/programs/healthy-lifestyles)
  
- ❑ Texas Child Nutrition Policy: [www.squaremeals.org/](http://www.squaremeals.org/)
  
- ❑ IT'S TIME TEXAS Web page: [www.itstimetexas.org/shac](http://www.itstimetexas.org/shac)
  
- ❑ Texas Education Laws and Rules:  
[http://tea.texas.gov/Texas Schools/Safe and Healthy Schools/Coordinated School Health/Coordinated School Health Requirements and Approved Programs/](http://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Coordinated_School_Health/Coordinated_School_Health_Requirements_and_Approved_Programs/)

# SHAC Resources

- **State School Health Policy Data Base**  
[www.nasbe.org/healthy\\_schools/hs/](http://www.nasbe.org/healthy_schools/hs/)
- **Whole School, Whole Community, Whole Child — CDC**  
[www.cdc.gov/HealthyYouth/cshp/](http://www.cdc.gov/HealthyYouth/cshp/)  
[cdc.gov/healthyyouth/images/schoolhealth/wscmodel.png](http://cdc.gov/healthyyouth/images/schoolhealth/wscmodel.png)
- **Guide for Improving School Food and Beverage Environment**  
[http://www.cspinet.org/nutritionpolicy/policy\\_options.html](http://www.cspinet.org/nutritionpolicy/policy_options.html)
- **CDC Assessment Tool for Schools SHI**  
<http://www.cdc.gov/healthyschools/shi/index.htm>

## Spring Branch ISD – Coordinated School Health

[cms.springbranchisd.com/health/HealthFitness/tabid/15878/Default.aspx](http://cms.springbranchisd.com/health/HealthFitness/tabid/15878/Default.aspx)

[cms.springbranchisd.com/health/CSH/DSHAC/tabid/26371/Default.aspx](http://cms.springbranchisd.com/health/CSH/DSHAC/tabid/26371/Default.aspx)

- Overview of CSH and links to CDC and Texas PTA for more information
- You tube videos describing the role of CSH
- Repository of meeting minutes and a calendar of upcoming meetings
- tab to descriptions and activities of District/Campus/Student SHACs

# Healthy Tools

# HEALTHY TOOLS.

## BUILD HEALTHIER

- Suite of tools that help local leaders build healthier communities
- Includes free resources for Mayor's Health & Fitness Councils and School Health Advisory Councils

## TEACH HEALTHIER

- Free app available in the App Store and Google Play
- Nutrition and physical activity curriculum that aligns with state and national standards
- Lessons ranging 5 - 60 minutes in length available for grades Pre-K -6



# DEVELOPING & SUPPORTING POWERFUL COMMUNITY HEALTH COLLABORATIVES

## BUILD HEALTHIER

## ABOUT BUILD HEALTHIER

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Build Healthier is comprised of tools and resources designed to help initiate, enhance, and support Mayor's Health and Fitness Councils (MHFCs) and School Health Advisory Councils (SHACs) in communities throughout Texas. Build Healthier is designed to encourage collaboration within your community, and empowers you to drive local efforts towards creating a culture of health for all of your neighbors.

[LEARN ABOUT MAYOR'S HEALTH & FITNESS COUNCILS](#)

[LEARN ABOUT SCHOOL HEALTH ADVISORY COUNCILS](#)

# SHAC in Action Toolkit

The SHAC-in-Action: Partnering for Healthy Kids project is proud to provide access to a variety of best-in-class, SHAC-related tools and resources. Use the links below to access websites, downloads, and online workshops that can help you get started or improve an existing SHAC! Please feel free to [contact us](#) if you have any questions or additional topics for discussion.

## EXTERNAL LINKS & WEBSITES

- [Texas School Health Advisory Committee](#)
- [Texas Action for Healthy Kids](#)
- [Texas Education Agency](#)
- [Access the new revised SHAC Guide](#)

## DOWNLOADABLE RESOURCES

- [SHAC Legislation Timeline](#)
- [School Health Advisory Council Legislation Handout](#)
- [Establishing Your Priorities](#)
- [2013 YRBS EE Complete Set](#)
- [Ten Key Things About SHACs](#)
- [Spanish -Ten Key Things About SHACs](#)

## SHAC ONLINE WORKSHOPS

Date Posted	Time	Duration	Webinar Description
April 25, 2017	11:30 AM	60 Minutes	SHACs in Action - Partnering for School Health - What Does the Law Say? <a href="#">Click here to learn more!</a>
March 28, 2017	11:30 AM	60 Minutes	SHACs in Action - Partnering for School Health - A Healthy School Food Culture. <a href="#">Click here to learn more!</a>
February 28, 2017	11:30 AM	60 Minutes	SHACs in Action - Partnering for School Health - Time for RECESS! <a href="#">Click here to learn more!</a>
October 25, 2016	11:30 AM	60 Minutes	SHAC in Action: Focusing on Social and Emotional Wellbeing. <a href="#">Click here to learn more!</a>
September 27, 2016	11:30 AM	60 Minutes	SHAC in Action: SHACs Impacting Wellness Change. <a href="#">Click here to learn more!</a>
August 30, 2016	11:30 AM	45 Minutes	SHAC in Action: Resources for Recruiting Parents. <a href="#">Click here to learn more!</a>
May 24, 2016	11:00 AM	60 Minutes	SHAC in Action: Campus Improvement Plan and Frisco ISD. <a href="#">Click here to learn more!</a>
April 26, 2016	11:00 AM	60 Minutes	SHAC in Action: Partnering for School Health - Recess Policy. <a href="#">Click here to learn more!</a>



# Teach Healthier

## DOWNLOAD TODAY!



/ITSTIMETX



@ITSTIME



@ITSTIMETX

# #teachhealthier #itstimeLife





# Teach Healthier K-6th

Over 200 lessons for ages 5-18

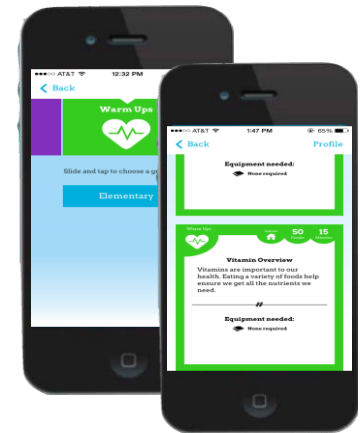
- *Elementary and Secondary students*

Tested by Experts!

- *UT School of Public Health at Austin*
- *Registered Dietitians*

Backed by Standards!

- *NASPE Guidelines*
- *USDA Dietary Guidelines*
- *Texas Essentials of Knowledge and Skills (Health and PE TEKS)*
- *HEPA and Tx POST State Standards*



[www.itstimetexas.org/teach-healthier](http://www.itstimetexas.org/teach-healthier)



# Teach Healthier K-6 Categories

- ✓ *Energizers 5-8 min.*
- ✓ *Warm Ups 10-15 min.*
- ✓ *Workouts 15-20 min.*
- ✓ *Sports 30-45+ min.*
- ✓ *Themed Lessons 45+ min.*





**Pre-K**

# Teach Healthier Pre-K

Developmentally lessons (5-8 min.) appropriate for ages 3

- *Circle Time Lessons*
- *Center Time Lessons*
- *Outdoor Time Lessons*



Created by Experts!

- *Foundation for teaching health, nutrition & physical activity*
- *Emergent Literacy*

Backed by National Standards!

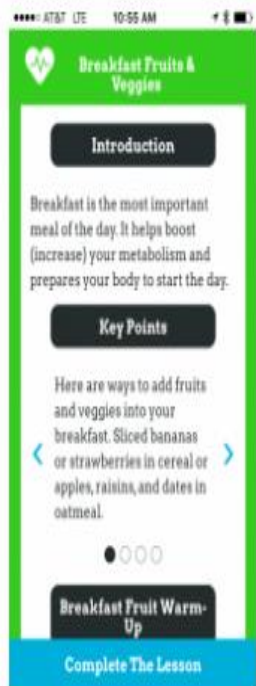
- *Lessons align with NAEYC Pre-K guidelines*

[www.itstimetexas.org/teach-healthier](http://www.itstimetexas.org/teach-healthier)

## Corpus Christi Implements Teach Healthier District-Wide!

Corpus Christi ISD (CCISD) is taking huge strides toward improving the health of their students by implementing the [Teach Healthier Mobile App](#) across the district! Across CCISD's 34 elementary schools, 12 middle schools, and 7 high schools, 158 coaches are integrating the app into their existing physical education curriculum.

The Teach Healthier Mobile App provides educators with free access to hundreds of nutrition and physical activity lessons through their smartphone or tablet. We developed the app with funding from SNAP-Ed and Blue Cross and Blue Shield of Texas, and in conjunction with the University of Texas School of Public Health- Austin Regional Campus. All Teach Healthier lessons align with both the TEKS and national standards.



We began working closely with CCISD three years ago, when the district decided to update its health and physical education curriculum. When the Teach Healthier Mobile App launched in December 2014, CCISD's School Health Advisory Council presented the app to the school board and superintendent, and proposed to implement it throughout the district. CCISD chose to implement the app because it is updated regularly, correlates well with the district's current curriculum, and has readily accessible health and physical education TEKS-aligned lessons that are broken down by grade level and subject matter.

CCISD Health and Physical Education Specialist Richard Torres says, "The app is a great tool, and it just makes sense to implement with our various partners that are talking to our students about the importance of eating healthy, exercise, and sleep."

Corpus Christi coaches are all expected to use the app for health lessons daily and for physical activities twice a week. To incentivize coaches to use the app, CCISD is currently budgeting to purchase an iPad for every campus in the district. In the upcoming years, CCISD plans to purchase an iPad for each coach who uses the app.

Torres says, "The coaches who are using the app love it. As coaches begin to use the app, they realize the information that it provides and the activities that help students understand health lessons."



**Warm-Up!**

# TEACH HEALTHIER

PRE-K



A free mobile app with health, nutrition & physical activity lessons for early childhood educators.



Circle Time Lessons



Center Time Lessons



Outdoor Time Lessons

## DOWNLOAD TODAY!



# JOIN THE CAUSE.

- Apply to Become an IT'S TIME TEXAS Ambassador:  
[itstimetexas.org/becomeanambassador](https://itstimetexas.org/becomeanambassador)
- Sign up for email updates:  
[itstimetexas.org/join-our-cause](https://itstimetexas.org/join-our-cause)
- Connect with us on social media:



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# IT'S TIME

to  
**Make Healthy  
Easier in the RGV!**



[www.itstimetexas.org](http://www.itstimetexas.org)



# Q&A



# CONTACT

**Cindy Salzar- Collier**

**Cindy@itstimetexas.org**

# THANK YOU!