



# Tennessee Coordinated School Health

*Where health and academics merge to create student success!*

Tennessee leads the nation by providing a state-funded Coordinated School Health (CSH) initiative in every school district. A full time CSH Coordinator ensures a systematic approach is implemented to create and sustain healthy school environments so students can receive the support needed to make healthy choices.

Education reforms have not succeeded in improving the performance of all students, particularly those who do not arrive at school ready to learn. Coordinated School Health encourages healthy lifestyles, provides needed supports to at-risk students, and helps reduce the prevalence of health-related problems that impair academic success.

Research is clear ... healthy students are better learners, better learners are more likely to graduate, and graduates are more likely to become productive citizens.

The Coordinated School Health model provides an evidence-based framework to address the needs of the whole child.

## **As a result of having Coordinated School Health in Tennessee schools:**

More Tennessee students are at a healthy weight.

The quality of foods and drinks offered at schools has improved.

Access to health care services has improved.

Improved nurse-to-student ratios have resulted in increased class time for students.

Students have more opportunities for physical activity during the school day.

Access to health education has increased for students.

Numerous community partnerships have been formed.

Significant resources have been secured to help school systems expand their capacity to address school health priorities.



## The goals of Tennessee's Coordinated School Health initiative include:

- Improve the health and academic status of all Tennessee students
- Build and maintain state and local partnerships to address school health priorities
- Create an understanding about the relationship between health and academics
- Maximize resources and avoid duplication of services through effective coordination and communication
- Utilize data to develop and maintain school health priorities

## If you walked into a Tennessee school on any given day you would probably see as a result of Coordinated School Health and their many partnerships:

- A walking trail
- Student and staff exercise rooms
- Students receiving health screenings
- A Healthy School Team meeting
- Health education classes using updated curriculum
- School-based health clinic
- School health fair
- A bullying prevention program
- New and stronger school health policies
- Staff health screenings
- Fryers removed from cafeteria
- Additional school nurses, social workers, and counselors
- Salad bars
- Additional physical education teachers using updated curriculum and equipment
- New or updated playgrounds



Clinton City Schools:  
Elementary Blaze Team



Cumberland County  
Schools: Walking Trails



Sumner County Schools:  
Tasty Days



Bristol City Schools:  
Power of Play 5k



Lakeland Municipal  
School District: PE

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*Join Tennessee's school health improvement efforts to ensure a healthier and more productive future for our citizens.*

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