

Using a Coordinated School Health Approach in Tennessee's Schools

COMPREHENSIVE HEALTH EDUCATION

- ➤ Include asthma education in the K-12 Comprehensive Health Education curriculum that is aligned with the Michigan Model of Health
- ➤ Integrate information about asthma into other health related courses.

PHYSICAL EDUCATION/PHYSICAL ACTIVITY

- ➤ Review Asthma Action Plan for students with asthma and provide accommodations as appropriate.
- > Encourage appropriate physical activity.
- ➤ Assist students with asthma management during asthma emergencies involving the appropriate personnel.

NUTRITION SERVICES

- ➤ Educate food service staff regarding asthma action plans.
- ➤ Educate food service staff regarding common food allergies and their correlation to respiratory events.
- ➤ Create/maintain a positive lunchroom environment and vending machine policies that encourage and supports healthy food choices.



HEALTH SERVICES

- > Create asthma action plans for students with asthma and share with appropriate staff.
- ➤ School nurses identify students with asthma and assist with case management.
- ➤ Educate staff on signs and symptoms/triggers of asthma.

ASTHMA

YOUTH, PARENT & COMMUNITY INVOLVEMENT

- ➤ Utilize community service organizations to provide professional development for asthma prevention and management.
- ➤ Communicate with parents/guardians about asthma related policies, procedures, management,
- ➤ Involve students and families in the annual review of Individual Health Care Plans (IHPs).



COUNSELING & BEHAVIORAL SERVICES

- ➤ Establish strong communication with health care providers, encourage them to provide asthma action plans.
- > Facilitate appropriate referrals to school and community services for students with asthma.
- > Provide appropriate emotional supports for students with eating disorders.
- ➤ Secure a release of information exchange to assist with, coordination of health, behavioral, and academic planning/support.

STAFF WELLNESS

- ➤ Provide asthma education/resources to staff.
- ➤ Promote smoking cessation classes and education to staff

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PHYSICAL & SOCIAL ENVIRONMENT

- ➤ Monitor the physical environment including mold, dust, cleaning chemicals, and other contributors to asthma.
- ➤ Keep maintenance director and administration informed of identified problems and their resolution.