



School-Aged Youth

I N I T I A T I V E

@ A G L A N C E

Yes, a few things have changed at C.H.E.F. and our newsletter readers are getting the first glimpse. The redesigned C.H.E.F. logo reaffirms our mission of providing health education for life—from early childhood through the school-age years and into older adulthood. And although our look has changed, our commitment to providing you with helpful, trustworthy information remains the same. We hope you enjoy our fresh face as you stay up to date on C.H.E.F.'s school-aged youth activities.

*Larry Clark
President & CEO*

Fall Greetings!

Welcome to the fall issue of School-Aged Youth @ A Glance. This newsletter will inform you about Comprehensive Health Education Foundation's (C.H.E.F.®) school health initiatives, current information and resources on health. If you have any comments or suggestions, please e-mail Gail Tanaka (galt@chef.org) or Julie Peterson (juliep@chef.org).

The Healthy Schools Leadership Program Update

The Healthy Schools Leadership Program held a weeklong summer session in July. During this session participants focused on the development of personal and public leadership skills, team development, and the development of a project plan for implementation.

We would like to spotlight one of the teachers involved in the program. Kathleen Dooley currently teaches eighth grade science and wellness at Kulshan Middle School in the Bellingham School District. She has been a teacher for 22 years and has been described by staff as a caring and

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The Healthy Schools Leadership Program Update *(continued)*



sincere person. Kathleen developed the wellness program at Kulshan and it has been integrated with the physical education program. The focus is to teach the youth “lifelong learning.”

Kathleen has been involved in many areas of health and physical education. In the Bellingham School District, she has been a member of the Tobacco Education Committee and serves as a member of the District Health Committee. Because of her extensive knowledge of health and wellness curriculum, she was selected to be a member of the district health and wellness committee. Kathleen was also selected to represent the Bellingham School District on the Washington State Health and content specification committee. She describes herself as someone who will always challenge herself and her students. She has been a valuable team member of the Healthy Schools Leadership Program.

Kulshan Middle School is located in Bellingham, Washington, which is the last major city on the far northwest Washington coastline just before the Canadian border. It is a wonderful place to settle, pursue a career and raise a family.

To learn more about Kulshan Middle School and their involvement in the healthy schools leadership program, keep an eye on their Web site at **www.kms.bham.wednet.edu**.

NATIONAL MIDDLE SCHOOL ASSOCIATION 29TH ANNUAL CONFERENCE

“Building Bridges to the Future”

October 31–November 2,
Portland, Oregon

Kathleen Dooley and Gigi Morganti from the Healthy Schools Leadership Program will be presenting on their school health program at the conference.

Contact NMSA at
1-800-528-NMSA (6672)
or at their Web site:
www.nmsa.org.



This newsletter and information about our initiatives can be found on our Web site at **www.chef.org**.

PALS (Physical Activity for Local Students)

A guide for school/community collaboration to support and create physical activity opportunities for young adolescents



C.H.E.F. is very excited about our new project PALS (Physical Activity for Local Students). The major goal of PALS is to help schools, other community organizations and individuals develop partnerships that create and support physical activity opportunities for young adolescents. PALS does this through a series of simple steps that help schools and communities conduct a needs assessment, develop and implement action plans, evaluate their progress and plan for the future.

PALS is a product of a strong partnership between C.H.E.F. and the National Middle School Association. It is funded by The Centers for Disease Control and Prevention Division of Adolescent and School Health. C.H.E.F. anticipates PALS will be available for dissemination in late October. For more information contact **Nicole Thomas** at C.H.E.F., **1-800-323-2433**, or e-mail her at **Nicolet@chef.org**.



National Healthy Schools Summit

A partnership of more than 25 national education, fitness, nutrition, and health organizations will hold a Summit: ***Taking Action for Children's Nutrition and Fitness***. The two-day Summit will be held in Washington D.C. on October 7–8, 2002.

The Summit comes in response to recent reports linking student health to student achievement as well as to a number of studies about the crisis in child obesity and other concerns that affect students' performance. In December 2001, the U.S. Surgeon General's office released ***The Call to Action to Prevent and Decrease Overweight and Obesity***, a report that made clear the need for widespread support to develop solutions to one of the nation's most dire and important public health issues. This event will provide solutions for the health and education community to implement in their communities and schools. This collaboration is dedicated to improving children's performance in school through better nutrition and physical education.

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Adolescent Tobacco Use and Prevention

The Center for Disease Control has identified six adolescent risk factors that put youth at risk for serious health problems, both now and in the future. It is no surprise that tobacco use is one of those six risk factors.

Almost 3,000 youth start smoking each day and adolescents that begin to smoke at an earlier age are more likely to develop long-term nicotine addiction than later starters. Every day in Washington State, 65 youth become smokers. 1 out of 3 of these smokers will die prematurely. Youth smoking is on the rise and in 1999, 5% of sixth graders, 15% of eighth graders, 25% of tenth graders and 29% of twelfth graders reported smoking.

Washington State has set goals to reduce the proportions of youth in 10th and 12th grade who are current smokers by 2% per year through 2010. These goals are more conservative than the *Healthy People 2010* goals and are based on the observed success of tobacco control programs in other states.

The Washington State Department of Health launched a statewide comprehensive tobacco prevention and control program in 2000, based on best practices from other states and with the advice of a statewide tobacco council. The funding is coming from the settlement between the tobacco industry and a group of state Attorneys General, led by Washington Attorney General Christine Gregoire. The intervention and prevention strategies that are a part of the statewide plan are listed below.

Intervention and Prevention Strategies

Cessation Programs. A multicomponent telephone counseling service has been shown to be effective in

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The average age that youth begin smoking is twelve.

—*Department of Health*



The number of deaths attributed to tobacco use is greater than the number of deaths from AIDS, car crashes, alcohol, suicides, homicides, fire, and illegal drugs combined.

—*Centers for Disease Control*

Adolescent Tobacco Use and Prevention *(continued)*

helping adult tobacco users to quit. This is also being used as an intervention for adolescents. Call the Washington tobacco quit line at 1-877-270-STOP.

Public Education & Awareness. Media campaigns targeted toward high-risk youth have been shown to reduce smoking initiation among youth. Successful campaigns contain carefully developed themes that resonate with the target audience. Mass media strategies that targeted education and awareness campaigns using print and other media are also effective in reducing tobacco use.

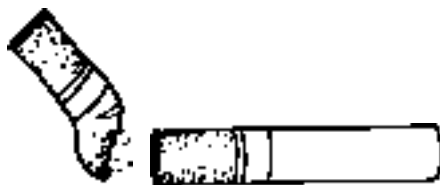
Community-Based Programs. The Centers for Disease Control and Prevention recommends community-based programs as an important element of comprehensive state tobacco prevention and control programs. Implementing smoking bans and restrictions and working with health care providers to give smokers strong messages to quit and referral to other services (such as a quit line) are two community-based interventions that have been successful in reducing tobacco use.

School-Based Programs. A recently released long-term study of a curriculum-based tobacco prevention program found that education alone is unlikely to reduce tobacco use among youth. Rather, *comprehensive* school-based tobacco prevention programs that include curriculum, policy, staff training, parent involvement, intervention services for youth, and partnerships with communities have been successful in reducing rates of smoking among youth.

These effective strategies are a part of what is being done to reduce tobacco use in Washington State. Youth also need support from their parents, communities, peers, and schools. We all have an opportunity to make a difference during these maturing years.

For more information on youth and tobacco use visit the American Cancer Society online at www.cancer.org or visit the American Lung Association at www.alaw.org.

The Web site www.outrageavenue.com is an excellent resource on tobacco for teens that contains interesting information, freebies, and much more.



C.H.E.F.[®] Grant Guidelines

We have a new look to our grant guidelines and materials. However, the focus of our grantmaking efforts remains the same: to support leadership, collaboration, and program efforts that *strengthen health education for life* in Washington State.



At C.H.E.F., we believe strongly that health education is a tool that serves individuals throughout their entire lives and so we encourage the delivery of health education through a wide spectrum of organizations and approaches.

We have a special interest in Washington state efforts that:

- Are collaborative or community-based
- Serve low-income, ethnically diverse, or rural populations
- Use new methods and avenues to deliver health education
- Make use of intergenerational or cross-age interaction

In the spring cycle of 2002, we funded the following organizations within our school-aged youth initiative area:

- **Busy Buddies Child Development Center:** Healthy and Safety Program (\$3,800)
- **Grand Coulee Dam School District:** Strengthening Families Programs (\$3,846)

For more information about C.H.E.F.'s grant program, you may call Sue Haughton at **206-824-2907** or go on-line at **www.chef.org/grants.htm**. Our deadline dates are September 30 and April 30.

C.H.E.F.[®] has a new contract . . .

with Public Health Seattle & King County to assess resources and services for tobacco control, and to facilitate workshops for faith communities that want to address tobacco issues.

For more information, contact Karen Lewis at karenl@chef.org.

National Healthy Schools Summit *(continued)*

Following the National Summit, Washington State will hold their own Summit. The Washington State Dairy Council and Comprehensive Health Education Foundation will lead this effort. More information will follow on when this event will take place.

For more information about the Healthy Schools initiative and to get involved in the Healthy Schools Teams, call **800-416-5136** or visit the Summit Web site at **www.ActionForHealthyKids.org**. Washington will be represented at the National Summit.

SAVE THE DATE **October 25–26, 2002**

**Washington Alliance for Health,
Physical Education, Recreation and
Dance (WAHPERD) Conference**
"Get Up and Go"

Shoreline Center, Shoreline, WA

You can preregister online at www.wahperd.com
or contact Bob Melson, Executive Director,
for more information at 1-800-501-7348.

We are recruiting to fill the position of Director – School-Aged Youth Initiative. Visit our Web site at www.chef.org/jobs.htm for information.

JERRY WARREN



It is with great regret that we announce the departure of our friend and colleague, **Jerry Warren**.

We were fortunate at C.H.E.F. to benefit for 12 years from Jerry's knowledge, leadership and passion in the area of school health. Those of you who know Jerry are aware that his name is synonymous with healthy students, schools and communities.

Jerry has accepted a position with the Federal Way School District. We wish him well.

If you have questions about the School-Aged Youth Initiative, contact Gail Tanaka at **206-824-2907** or gailt@chef.org.