

We Choose Health

Focus is directed at the prevention of chronic disease through a 16 county collaborative effort aimed at building healthier communities by assisting in the development of policy, systems, and environmental changes. Local health departments in the southern most region of Illinois are working together with Southern Illinois Healthcare and local healthy community coalitions to implement strategic efforts in their local communities that will benefit the region through:

- Increasing the number of parks, ball fields and other outdoor spaces that provide smoke free environments
- Increasing the availability of smoke-free multi-unit housing
- Supporting worksites in adopting and implementing wellness policies
- Expanding the number of schools utilizing coordinated school health programming
- Increasing local support of breast feeding



Get Involved- Contact Your Local Representative:

Egyptian Health Dept.	618-272-4691
Franklin-Williamson Health Dept.	618-993-8111 ext. 223
Hamilton County Health Dept.	618-643-3522 ext. 114
Jackson County Health Dept.	618-684-3143 ext. 100 /134
Perry County Health Dept.	618-357-5371 ext. 119
Randolph County Health Dept.	618-443-2995 ext. 115
Southern Illinois Healthcare	618-457-5200 ext. 67847
Southern Seven Health Dept.	618-634-2297



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SIU School of Medicine - Center for Rural Health and Social Service Development
 TRANSFORMING SOUTHERN ILLINOIS INTO A REGION THAT SUPPORTS AND ENHANCES HEALTHY LIVING.

www.hsidn.org

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WE CHOOSE HEALTH

Making our communities places where the healthy choice is the easy choice through policy, systems, and environment



Coordinated
 School Health
 Initiative

Coordinated School

Focus is aimed at modifying the environment to make the healthy choice practical, available, and sustainable for the whole community. We Choose Health efforts are specifically directed toward:

- Creating policy changes within organizations and at the community level
- Creating systematic changes that impact all elements of an organization, institution, or system
- Creating environmental changes that impact the economic, social, and/or physical environment

Coordinated School Health (CSH) is a systematic approach to improving the health and well-being of all students so they can fully participate and be successful in school. The process involves bringing together school administrators, teachers, other staff, students, families, and community members to assess health needs, set priorities, plan, implement, and evaluate all health-related activities. CSH typically integrates health promotion efforts across eight interrelated components that already exist to some extent in most schools.

Source: CDC. *School Health Programs: Improving the Health of Our Nation's Youth—At A Glance 2011*, Atlanta

We Choose Health will support local community groups in their pursuit of coordinated school health.



How To Get Started

- **Contact your local WCH representative**
- **Establish a wellness committee**
- **Review your wellness policy**
- **Complete the CDC's School Health Index**

Your local health department and Southern Illinois Healthcare will be happy to help you throughout this process.

Eight Components of Coordinated School Health

- **Health Education**— opportunities to acquire the knowledge, attitudes, and skills necessary for making health-promoting decisions, achieving health literacy, adopting health-enhancing behaviors, and promoting the health of others
- **Physical Education**—opportunities for students to gain the necessary skills and knowledge for lifelong participation in physical activity
- **Health Services**—preventative services, education, emergency care, referrals, and management of acute and chronic health problems—designed to prevent health problems and injuries and ensure care for students
- **Nutrition Services**—provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students
- **Counseling, Psychological and Social Services**—improve students' mental, emotional, and social health and include individual and group assessments, interventions, and referrals
- **Healthy and Safe School Environment**—includes the physical and aesthetic surroundings and the psychosocial climate and culture of the school
- **Health Promotion for Staff**—provides opportunities for school staff members to improve their health status through activities such as health assessments, health education, and health-related fitness activities
- **Family and Community Involvement**—Includes an integrated school, parent, and community approach that enhances the health and well-being of students

<http://www.cdc.gov/healthyouth/cshp/components.htm>