

JOIN THE
MOVEMENT

WELCOME

+ HEALTH SUMMIT 2019

Thursday, March 28, 2019

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Education Work Group

How Can the Community Assist Our Schools?

SESSION MODERATOR:

Rita Boyd

PANEL MEMBERS:

Dave Deets

Paul Fernandes

Karan Onstott

Lindsey Vollmar

Diana Wilhold

Session Objectives

- Learn connections & pathways between education & health
- Review steps taken to determine our priorities & direction
- Examine dual aims of promoting educational attainment & health literacy
- Discuss practical ways the community can support diverse needs of students

***Education
Work Group***

How Can the Community Assist Our Schools?

Goals of our Work Group

- Promote Educational Attainment
- Promote Health Literacy

What we are working on

- Building partnerships between churches & schools
- Providing health content for children attending summer camps

Our Connection/Contribution to Healthier Together

- Education is one of the most important determinants of health
- Health literacy is a life skill needed to make good decisions about one's health

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What Is the Relationship Between Health & Education?

Educational Attainment  **Health Status**

OR

Health Status  **Educational Attainment**

OR

Health Status  **Educational Attainment**

Years of Life Lost

- Differences in mortality widening
- Having less than HS education for 25 yr olds, doubles the risk of death over 5 years
- Each additional year of education reduces risk of death by 5%
- Translates into 8 year loss of life expectancy
- Deaths attributable to less than HS education exceed deaths due to smoking

Hahn & Truman, 2015; Rogers, Hummert, & Everett, 2012

Other Costs

- Completing HS could save \$40,000 in public health expenses; total unrealized benefit to society of \$209,000
- For young adults without college education est. forgone wealth \$1.7 trillion (2006)
- Return on investment on initiatives to promote HS graduation: \$1.50 - \$3.50

Hahn & Truman (2015)

And not just degrees earned.....

- Any education beyond HS conveys health / longevity benefits
- Includes training, trade school, & certification

Lawrence, Rogers, & Zajacova, (2016)

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How Does Education Influence Health?

- Economic resources – insurance, access to health care, healthier foods, physical well-being
- Cognitive skills- reading comprehension, critical thinking, decision making, & health literacy
- Healthier behaviors- less likely to smoke, be overweight, sedentary, be heavy drinkers
- Psychosocial – less toxic stress, stressful environments, better social support, may have more self-efficacy

Rogers, Hummert & Everett (2015)

Education Is a Public Health Concern

- Strength & consistency of association
*Education is a **fundamental cause** of health & longevity* (Phelan, 2004)
- As a recognized cause of good or poor health, **education** is known as a **social determinant of health**
- *Education is a **public health concern** and demands the attention and collaboration of PH & ED professionals*

Poor Health & Adverse Impact on Educational Attainment

Health & Psychosocial Issues

- ✓ Exposure to trauma
- ✓ Lack of sleep
- ✓ Hunger / Poor quality diets
- ✓ Obesity / Sedentary / Physically unfit
- ✓ Chronic illness especially asthma, but also diabetes, CF, other conditions
- ✓ Poor oral health
- ✓ Repeated infections
- ✓ Lack of vaccinations

Adverse Impact on Academic Performance

- May be associated with poor attendance
- Some associated with behavioral problems
- Some directly impact academic achievement independent of attendance & behavioral issues

In Conclusion

Poor health adversely impacts educational attainment

Low educational attainment is a cause of poor health

Health Status  **Educational Attainment**

Education is a public health concern

Addressing this concern DEMANDS collaboration

Meet Our Panelists

Dave Deets- Superintendent Harmony District 175

Paul Fernandes – Youth Minister Faith Family Church

Karan Onstott – Associate Professor Health Promotion & Wellness McKendree University

Lindsey Vollmar- Children's Ministry St. Matthew UMC

Diana Wilhold - Director BJC School Outreach & Youth Development

What Is the Impact of Acquiring Health Literacy?

Health Literacy: “degree to which individuals can obtain, process, and understanding the basic information and services they need to make appropriate health decisions” – includes understanding of terminology, numeracy, and services (Institute of Medicine)

“Higher educational attainment is associated with increased health knowledge and health literacy.”

https://www.healthypeople.gov/sites/default/files/Framing_AYAH_HP2020_Webinar.pdf

“Increasing health literacy skills” an objective to achieve Health Communication and Health Information Technology.

<https://www.healthypeople.gov/2020/topics-objectives/topic/health-communication-and-health-information-technology>

What Is the Impact of Acquiring Health Literacy?

Low literacy linked to poor health outcomes

- **critical factor in health disparities**
- higher rates of hospitalization and use of emergency services
- **less frequent use of preventive services**
- poor self-care
- **more likely to have chronic conditions and less able to manage them effectively**
- leads to higher healthcare costs
- **poorer psychological health**

Overall estimated cost of **limited health literacy** \$106-236 billion; real present-day costs 1.6-3.6 trillion

<https://health.gov/communication/literacy/quickguide/factsliteracy.htm>

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How Do Things Stand Now?

- **Only 12% of adults have proficient health literacy**
- **Approximately 45% of high school graduates have limited health literacy**
- **14% have Below Basic health literacy**

<https://health.gov/communication/literacy/quickguide/factsliteracy.htm>

What Can We Do?

- **Summer Camps:**
 - **work with health professionals that are leading sessions to identify key terms that can be emphasized during sessions so students will learn to recognize and define them**
 - **conduct a simple pretest and post-test of the students' ability to recognize and define the key terms**

What Can We Do?

- **Work with schools and volunteers to identify health terms that can be integrated into school curricula**
- **Incorporate the REALM-Teen in school testing**
- **Introduce *Navigating the Health Care System (NHCS)* curriculum into school programming. *NHCS* is a 4-unit **health literacy curriculum** that is aligned with the *National Health Education Standards*.**

Our Goal

“The National Action Plan to Improve Health Literacy envisions a restructuring of the ways we create and disseminate all types of health information in this country. The plan also calls us to ensure that all children graduate with health literacy skills that will help them live healthier throughout their lifespan.”

https://health.gov/communication/HLActionPlan/pdf/Health_Literacy_Action_Plan.pdf

TOP 4 WAYS THE COMMUNITY CAN SUPPORT ACADEMIC ACHIEVEMENT

- #1 Funding
- #2 Mentoring
- #3 Volunteering and Social-emotional/trauma support
- #4 Training for parents and Out of school activities

TOP 3 DEFINITIONS OF STUDENT SUCCESS

- #1 Academics
- #2 Social and Emotional Growth
- #3 Parent support at home and Necessary skills/Real-world application

TOP 3 BARRIERS TO A WELL-ROUNDED HEALTH CURRICULUM

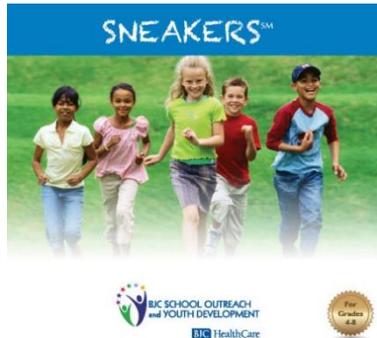
- #1 No budget for materials
- #2 No budget for health teachers
- #3 Not a mandated subject

Education Work Group

BJC School Outreach and Youth Development



Nutrition Education Grades 2 - 5



Physical Education Grades 4 - 6

A poster titled "Explore Health" with a blue header. It features three photos of children: a girl with a glass of water, a boy eating, and a boy with a bowl of food. The text describes the program's focus on nutrition and health knowledge for grades 9-12. The BJC School Outreach and Youth Development logo is at the bottom right, and a Facebook icon is at the bottom left. A footer contains contact information: "For more information, call 314-286-0460 or go to bjcschooloutreach.org."

Healthy Habits Grades 6 - 12

Go to: bjcschooloutreach.org

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Healthier Together – 25 by 2025

A Collective Impact Approach

What's Working...

- St. Louis School-Business Partnership- www.stlsbp.org
- St. Louis Graduates- www.stlouisgraduates.org
- St. Louis Regional Chamber Education Attainment-
www.stlregionalchamber.com
- The Little Bit Foundation- www.thelittlebitfoundation.org
- Ready Readers- www.readyreaders.org
- Oasis Intergenerational Tutoring-
www.oasisnet.org

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THANK YOU

TO OUR PARTNERS

Rita Boyd, SIUE SON-Retired

Cheryl Brunsmann, PSOP

Dave Deets, District 175

Amy Funk, Univ of IL Cooperative Extension

Donna Meyers, St. Elizabeth's

Kristy, Mullins, St. Clair Co. HD

Karan Onstott, McKendree

Mark Peters, St. Clair Co. HD

Susan Sarfaty, Regional Office of Education

Doug Stewart, Memorial BJC

Kelly West, Regional Office of Education

Diana Wilhold, BJC School Outreach & Youth Dev

Add your name to this list

Thanks for Attending

- Consider joining the movement
- Next meeting: April 16, 2019; 8 a.m.
- St. Francis Room, St. Elizabeth's Hospital
- For more information contact rarras@siue.edu