



Coordinated Approach
To Child Health



THE UNIVERSITY of TEXAS
HEALTH SCIENCE CENTER AT HOUSTON
SCHOOL OF PUBLIC HEALTH

HOW CAN THE SCHOOL NURSE HELP?

The list below offers suggestions for nurses to become involved and support coordinated school health.

- ★ Educate and familiarize yourself with:
 - ✓ the health status of children in the U.S. and in Texas (e.g. obesity, type 2 diabetes, cardiovascular disease)
 - ✓ CATCH and its components
 - ✓ physical activity, food service and nutrition, and school health trends.
- ★ Participate in a CATCH Training.
- ★ Be a member of your campus CATCH Committee, consider becoming your school's CATCH Champion - lead the CATCH effort on your campus!
- ★ Assist teachers with teaching the classroom lessons.
- ★ Attend CATCH committee meetings.
- ★ Present the health status of children and CATCH to faculty, PTA, school board (go to the CATCH website to download the presentations).
- ★ Reinforce the CATCH philosophy (healthy foods, physical activity) to children and parents who visit the clinic.
- ★ Role model healthy behaviors in front of children and school staff.
- ★ Encourage staff wellness activities - e.g. healthy foods in the teacher's lounge.
- ★ Share successes and challenges with other schools and stakeholders.
- ★ Along with other health screenings of children, include screening for BMI.
 - ✓ Guidelines for Collecting Heights and Weights on Children and Adolescents in School Settings - <http://www.cnr.berkeley.edu/cwh/resources/childrenandweight.shtml>
 - ✓ CDC Growth Chart Training Modules - <http://www.cdc.gov/nccdphp/dnpha/growthcharts/training/modules/index.htm>
 - ✓ Use and Interpretation of CDC Growth Charts - http://www.cdc.gov/nccdphp/dnpha/growthcharts/guide_intro.htm
 - ✓ Boys and Girls BMI-for-age Growth Charts - http://www.cdc.gov/nchs/about/major/nhanes/growthcharts/clinical_charts.htm
 - ✓ Sample letter to send home to parents with BMI results - http://www.dhss.state.mo.us/dnhs_pdfs/R_NPE_M5-06_sample_letter.pdf
- ★ Coordinate and develop interest in CATCH at the local, district, regional or community level by contacting and coordinating with one or more of the following:
 - ✓ School Health Specialist at the Regional Education Service Center
 - ✓ local health department nutrition or wellness representative
 - ✓ local Foundations
 - ✓ local American Heart Association, Cancer Society or Diabetes Association, Texas Medical Association, etc. representative

CATCH Texas CATCHTexas.org

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