

**School Health Advisory Committee
Annual Advisory Report
2008-09**

Respectfully Submitted by: Janet Henke, Chair

COMMITTEE CHARGE

To review and advise on the coordinated school health program, which includes health education and instruction, school environment, health policies, and health services

To review and advise on family life and education materials and curriculum

COMMITTEE MEMBERS

College of William and Mary
Nancy West
Kelly Charles

WJCC Public Schools Liaison
Janice Fowler (Health Services Supervisor)

Community Members
Janet Henke
Dr. Mary Jo Hill (Family Physician/parent)
Keri Houser (Peninsula Health District/VDH)
Elizabeth Peak (Parent)
Chief Robert Ryalls (JCC Fire Department)

WJCCPS Members
Denise Corbett (SHIP Coordinator)
Jane Haley (Child Nutrition Services)
Jeannie Trainum (Health/PE)

Executive Summary

The School Health Advisory Committee (SHAC) met six times during the 2008-09 school year. Minutes were recorded, distributed, and approved at each meeting. The main focus for SHAC was staff wellness. SHAC requested and received an overview of WJCC Public Schools' (WJCCPS) school-based staff wellness programs offered this year as well as the number of participants in each offering. In addition, a survey on staff wellness was requested by SHAC and sent out by the SHIP staff using "survey monkey" in order to assess the current offerings as well as learn why some staff do not take advantage of staff wellness programs. This survey not only looked at barriers to access, but also assessed what would encourage employees to take part in an employee wellness program and what type of programs would draw interest.

SHAC learned that SHIP provided assistance to individual schools in planning and implementing various staff-wellness programs on-site (one of the major incentives of employees) at 10 of 14 school locations. A total of 294 employees took part in the various offerings during the school year. In addition 238 employees took part in the WJCC-In-Action wellness-program (8 school sites and 2 office sites). A Health Screening was offered in partnership with WJCCPS Human Resources Department to arrange employee health checks through the division sponsored health insurance plan. Screenings were offered at Central Office, Student Services, and Operations (which includes transportation employees (i.e. bus drivers). A total of 85 employees took part in this program (50 from Operations). In addition, SHIP arranged for an additional health screening day for transportation employees who do not participate in the division sponsored health insurance plan. This screening was conducted by representatives from a local hospital and a county parks and recreation facility. Ten bus drivers participated in this program.

Results of the staff wellness survey were as follows:

- Of the 537 respondents (a 30% return rate)
 - 51.4% were teachers
 - 43.5% were support staff
 - 5.2% were administrators
- Nearly 70% participated in The Local Choice health insurance plan through WJCCPS
- Nearly 57% reported participating in staff wellness programs at work
 - 65.2% took part in the WJCC-In-Action 8 week long wellness program where teams competed for exercise minutes and fruit/vegetable daily intake
 - 28.8% of respondents participated in pedometer challenges
 - Others participated in exercise classes and Weight Watchers-at-work programs
- A clear majority of employees who responded were most likely to participate in staff wellness programs that were offered after work (87.5%)
- Employee respondents expressed interest in the following topics
 - stress management (83.8%)
 - weight management (68.3%)
 - creating a fitness routine (66.1%)

- Respondents preferred the following wellness program offerings
 - Fitness Classes (58.9%)
 - Individualized Programs (51.8%)
 - Massage Therapy (49.9%)
- 63.3% of respondents reported that they would be willing to pay for programs
 - half with the stipulation that the cost would be less than \$5 per session
 - half were willing to pay between \$5 and \$10 per session
- 67.2% of respondents reported that a discount/savings on health insurance was the preferred incentive that would motivate staff to participate in a staff wellness program

Recommendations to the WJCC School Board follow:

1. Support fully the WJCC Student Wellness Policy (JHCF) adopted in June, 2006. Although there has been significant progress in the first two years of implementation, SHAC recognizes there have been some challenges. Challenges have included uneven enforcement of the policy throughout the division. SHAC particularly sees the following Wellness Policy Regulations as needing strong administrative support to ensure enforcement:
 - Consistent compliance with respect to fundraising and school celebrations

SHAC recognizes that progress has been made in many areas (e.g not using food as a reward and having healthy classroom celebrations) but considers adhering to the Wellness Policy and Regulations a high priority.
2. Support WJCC School Division plans for sustainability of the successful School Health Initiative Program (SHIP) programs and activities currently being funded by the Williamsburg Community Health Foundation.
3. Support the Staff Wellness programs currently in place (i.e. WJCC-in-Action, health screenings, and SHIP supported staff wellness activities) and the expansion of other staff wellness opportunities to reach those not currently participating.
4. Support the study of the cost benefits of staff wellness programs in terms of the effects of insurance savings and employee absences.
5. Support the formation of a study group to develop more comprehensive staff wellness programs that will support not only school based staff but also staff at Central Office, Student Services and Operations.