

Did you know that in Massachusetts...

- ◆15% of teens smoke daily
- ◆54% of teens have used alcohol in the past 30 days
- ◆31% of teens have smoked marijuana in the past 30 days
- ◆36% of teens have been a physical fight within the past year

However, a five year evaluation of CHSP has shown a...

- ◆25% decrease in high school tobacco use
- ◆31% decrease in middle school alcohol use
- ◆29% decrease in high school marijuana use
- ◆30% decrease in high school violence

SOURCES:

1. 1997 Massachusetts Youth Risk Behavior Survey
2. Year V Evaluation of the Health Protection Fund.

Health & Academics: Making the Link



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Health & Academics: Making the Link

The purpose of Comprehensive School Health Programs...

Through health literacy, self-management skills and health promotion, comprehensive school health programs teach health concepts & promote habits that enhance health and wellness. Risk behaviors can jeopardize the health and wellness of students as well as have a detrimental impact on school performance. Schools are vital and efficient settings in which to teach about health; including the need of students to develop independent thinking and decision making skills.

(Executive Summary, Year V Evaluation of the Health Protection fund, October, 1999).

Research shows that comprehensive school health programs can reduce and prevent risk behaviors such as tobacco, alcohol, and drug use, violence, early sexual activity, and physical inactivity.

(Hawkins et al., 1999 and Botvin et al., 1997)

Comprehensive School Health Programs (CSHP)



A Comprehensive School Health Program (CSHP) can assist schools in creating a coordinated, challenging and rigorous academic environment while promoting physical, social and emotional health. The Massachusetts CSHP model illustrated above provides a structure for organizing all school health & human services-related programs.

*For more information about the CSHP model, please refer to the Massachusetts Health Curriculum Framework Guiding Principles.

In schools where components of Comprehensive School Health Programs are implemented students have experienced...

- Increased grade point averages (Hawkins et al., 1999)
- Increased course grades in math & English (Murphy et al., 1996)
- Increased achievement scores in reading (Lindmark et al., 1996)
- Increased standardized test performance (Simun, 1996)
- Increased attendance (U.S. Senate, 1993)
- Increased graduation rates (Pitway Charitable Foundation, 1992)
- Increased ability to set goals, identify problems, make decisions and communicate (Mohai, 1991)
- Increased cognitive development and awareness (U.S. Senate, 1993)