



Arizona Strategic Plan

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AZ Public School Breakdown

- 216 districts
- 1,924 schools
- 1,112,146 students enrolled
- 403 charter holders
- 525 charter schools
- 157,438 students enrolled in charter schools
- 10-17 y/o = 14.2% obese (32/51)
- HS students = 12.3% obese (32/48)
- Overall Population
 - 83% White, 31% LatinX
- Child Population
 - 39% White, 44% LatinX

Participates in:

- Fresh Fruit and Vegetable Programs
- National School Breakfast and Lunch programs
- K-5th grade has 2 recesses
- Promotes recess from K-12
- Has not updated Health Standards since 2009/ the 20110-2011 school years
- Breaks Down goals into K-2, 3-5, 6-8, 9-12
- Over 13,000 students are Arizona direct entry freshman from Arizona high schools
 - Of Which, 84% were admitted without academic deficiencies
 - These students averaged a 2.9 GPA in their first term (Fall 2014)

High School Student Youth Risk Behavior Surveillance Survey

- 19.2% of HS students rode with a driver who had been drinking
- 15.6% of HS students carried a weapon on school property
- 21.1% of HS students were in a physical fights
- 15.2% and 19.2% of HS students were bullied online/ school property
- 36.3% of HS students felt sad or hopeless (everyday for 2 weeks +, stopped activities, w/in last 12 months)
- 14.6% made a plan, 19.2% seriously considered attempting, and 11.3% attempted suicide
- 29.9% ever tried cigarette smoking, 51.0% ever used an electronic vapor (16.1% currently used in past 30 days)
- 54.9% of HS student smokers did not try to quit smoking at all for the 12 months before the survey & currently smoke
- 33.1% of HS students currently drink alcohol, 38.8% drink alcohol given to them by someone else
- 15.4% of HS students used prescription pain medication without a doctor's prescription
- 34.0% of HS students have ever had sexual intercourse, 47.4% did not use a condom, 73.9% did not use birth control
- 22.5% of HS students do not drink milk
- 17.2% did not eat breakfast during the 7 days before the survey, 65.2% did not eat breakfast all 7 days during the 7 days before the survey
- 53.7% , 75.5% were not physically activity for at least 60 minutes a day per 5, 7 days
- 53.6% of HS students did not go physical education on one or more days in an average school week
- 15.9% overweight, 12.3% obese, but 31.9% described themselves as slightly or very overweight

Strategic Plan Idea: MINDFULNESS



From the YRBSS, the highest rates of concern all came from a place of only thinking about the current moment and had high levels of negative behavioral risk factors. To combat this: utilizing mindfulness in different ways can decrease these numbers in: health education and life skills, physical activity and education, family, school, and community partnerships, staff wellness, safe enviro, emotional and social wellbeing, health services, and nutrition.

Mission: Arizona Public Schools to create a safe, healthy, opening, and mindful environment for students and staff to encourage academic and personal growth.

- Mindfulness workshops included in teacher personal development
- Introduction of journaling in English classes, journals stay in the classroom for elementary and middle school students, high school students can bring them home
- Bring mindfulness into all aspects of health education
- Find ways to talk about bullying through Social Studies and English curriculum
- Find ways to bring the negative effects of smoking and excessive drinking into Science classes
- Find ways to bring physical activity from PE into the school day



Team Members & Partners

Team Members

- Overall DoE and DoH will be primary creators with information from the per-district representative
- PER-DISTRICT TO MAKE IT THEIR OWN
 - Superintendent
 - School Board member
 - Current student Parents
 - Previous student parents
 - School Nurse and guidance counselor
 - HS student class presidents

Partners

- local outreach centers
- local foundations
- parents
- the local communities
- Utilize the WSCC Model with mindfulness at the center
- AZ Department of Health
- AZ Department of Education
- Alliance for a Healthier Generation



Resources

Arizona Department of Education. (2010) K-12 Standards Section - Standards: Health (2010).. Retrieved from <http://www.azed.gov/standards-practices/standardshealth/>

Arizona Public University Board of Regents. (18 November 2015). 2015-2016 High School Report Card. Retrieved from <https://www.azregents.edu/sites/default/files/public/2014-15-High-School-Report-Card.pdf>

Centers for Disease Control and Prevention. (2017). Arizona, High School Youth Behavior Survey, 2017. Retrieved from <https://nccd.cdc.gov/youthonline/app/Results.aspx?LID=AZB>

The State of Obesity. (2018). Arizona. Retrieved from <https://stateofobesity.org/states/az/>



Tips & Suggestions from Class

- Dig a little deeper
- More background on policies and programs in place. Make sure the plan is doable and relevant
- Really like bringing it into all the different subjects on all aspects of health : makes it more relevant and relatable to the kids
- Incorporation is great
- Achievement gaps with latinX and white
- Cultural relevance and cultural corporation