

## Questions: Chapter 10

### ***Health Is Academic: A Guide to Coordinated School Health Programs*** **“School-Site Health Promotion for Staff”**

For Continuing Education Contact Hours

Area of Responsibility:

Responsibility II - Planning Effective Health Education Programs

The following questions are directly related to Chapter 10: “School-Site Health Promotion for Staff” written by J.P. Allegrante in *Health Is Academic: A Guide to Coordinated School Health Programs*.

Please answer the following questions:

**1. The definition of school-site health promotion for staff found at the beginning of Chapter 10 includes:**

- a. Employee assistance programs, screening, and emergency care
- b. Physical and mental health services, insurance programs, and aerobics activities
- c. Assessment, education, and fitness activities for school faculty and staff
- d. All of the above

**2. Examples of reported benefits of school-site health promotion for staff include:**

- a. School staff from 25 states improved their safety, nutrition, and exercise behaviors
- b. A staff wellness program reported a significant drop in teacher absences and saved schools \$8,000 in costs for substitute teachers
- c. Participants in a health promotion program for school staff emerged with positive attitudes and better morale
- d. All of the above

**3. The essential functions of school-site health promotion for staff are promotion of physical, emotional, and mental health, as well as the prevention of disease and disability among school employees. Full-scale programs typically involve:**

- a. Screening and education
- b. Employee health care
- c. Employee assistance programs
- d. Any combination of the above

**4. Examples of risk-factor reduction education and activities for school staff given in Chapter 10 include:**

- a. Special events, such as field days
- b. Information sharing through media such as inserts with pay stubs
- c. Training in first aid and cardiopulmonary resuscitation
- d. All of the above

**5. Employee assistance programs handle confidential information and generally are staffed by:**

- a. Counselors in the employee's school
- b. The psychologist that serves the employee's school
- c. Mental health professionals who serve at the district level
- d. Union-hired mental health professionals

**6. The first major effort to promote health among teachers as an occupational group was:**

- a. Schools Health Lifestyles Program in Battle Creek, Michigan
- b. Oregon's Seaside Health Education Conference
- c. The Health Enhancement Program developed in New York by a physical education teacher
- d. The Team Nutrition Project fostered by the U.S. Department of Agriculture

**7. The PATH program demonstrated:**

- a. How to cope with job stress and burnout while teaching in urban centers
- b. How a university can provide technical assistance for school-site health promotion
- c. How small grants can launch a successful school-site health promotion program
- d. All of the above

**8. Successful school-site health promotion programs:**

- a. Have a strong coordinator and a trained team
- b. Include leadership training and involve teamwork
- c. Work with a variety of providers, including colleges and universities, and with local health care providers, such as hospitals
- d. All of the above

**9. Key concepts that will guide future school health promotion efforts for staff include all of the following except:**

- a. Going beyond individual-level risk reduction activities
- b. Improving methods for evaluating the health outcomes and cost-effectiveness of such programs
- c. Extending the focus to include all school staff, not just teachers and administrators
- d. Using a variety of media to publicize and promote the program

**10. National- and state-level organizations can support school-site health promotion initiatives by doing all of the following except:**

- a. Providing economic and other incentives for schools that implement such programs
- b. Identifying examples of exemplary school-site health promotion for schools to replicate
- c. Creating mandates requiring such programs as part of block grant funding
- d. Monitoring the impact of school-site health promotion efforts on health benefits and insurance claims