



FAQs

• Who should come to a workshop?

Anyone who works on school health issues— this might include school administrators, health educators, physical educators, curriculum specialists, government agency staff, university professionals, community volunteers, and others who work with schools.

• How much does a workshop cost?

CDC pays for the trainer's travel expenses (including air/car, hotel, per diem) and an honorarium for his/her time and expertise. Workshop coordinators are responsible for funding and securing other workshop logistics, including the facility, downloading and printing some workshop materials, and refreshments.

• How long are the workshops?

Workshops should be a minimum of 4 hours and up to 8 hours in length.

• What is the specific criteria for a workshop?

Please visit www.cdc.gov/healthyyouth/tths for specific criteria.

Workshops Available

For more information please contact:

770.488.6128
tths@cdc.gov

www.cdc.gov/healthyyouth/tths



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Workshops Available - www.cdc.gov/healthyyouth/tths



The link between health and academic success

Training Tools for Healthy Schools provides workshops designed and delivered by qualified trainers to help improve school health policies, programs, and curricula:



Health Education Curriculum Analysis Tool (HECAT)



Physical Education Curriculum Analysis Tool (PECAT)



School Health Guidelines to Promote Healthy Eating and Physical Activity (SHG)



School Health Index: A Self-Assessment and Planning Guide (SHI)

To request a workshop or learn more about Training Tools for Healthy Schools, visit

www.cdc.gov/healthyyouth/tths





 **Health Education Curriculum Analysis Tool (HECAT)**

The Health Education Curriculum Analysis Tool (HECAT) provides state, regional, and local education agencies with a common set of tools to assist with the selection or development of health education curricula. The HECAT contains guidance, analysis tools, scoring rubrics, and resources for carrying out a clear, complete, and consistent examination of health education curricula. The HECAT results can help schools select or develop appropriate and effective health education curricula, strengthen the delivery of health education, and improve the ability of health educators to influence healthy behaviors and healthy outcomes among school-age youth. The HECAT is customizable to meet local community needs and conform to the curriculum requirements of a state or school district.

<http://www.cdc.gov/healthyouth/hecat>

 **Physical Education Curriculum Analysis Tool (PECAT)**

The Physical Education Curriculum Analysis Tool (PECAT) is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards. PECAT helps users enhance, develop, or select appropriate and effective physical education curricula for the delivery of quality physical education, which will improve the ability of schools to positively influence motor skills and physical activity behaviors among school-age youth. The results of the PECAT can be used by school districts to enhance existing physical education curricula, develop curricula, or select published curricula that will deliver high quality physical education to students.

<http://www.cdc.gov/healthyouth/pecat>

 **School Health Guidelines to Promote Healthy Eating and Physical Activity (SHG)**

Schools play a critical role in improving the dietary and physical activity behaviors of children and adolescents. School Health Guidelines to Promote Healthy Eating and Physical Activity (SHG) is a resource that outlines nine guidelines and strategies to serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students. Each of the nine guidelines is accompanied by a set of implementation strategies developed to help schools work toward achieving each guideline. The SHG were developed through a synthesis of research and best practices related to promoting healthy eating and physical activity in schools, as well as the *Dietary Guidelines for Americans*, the *Physical Activity Guidelines for Americans*, and the *Healthy People 2020* objectives.

<http://www.cdc.gov/healthyouth/npao/strategies.htm>

 **School Health Index: A Self-Assessment and Planning Guide (SHI)**

The School Health Index (SHI) is a self-assessment and planning tool for schools to improve their health and safety policies and programs. The SHI has eight modules that each correspond to a component of coordinated school health. The SHI is designed to

- enable schools to identify strengths and weaknesses of health and safety policies and programs;
- enable schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan; and
- engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.

<http://www.cdc.gov/healthyouth/shi>

