

School Health Resources

The Utah Department of Health offers many resources for schools. This guide provides information on health-related topics your school can use to help keep students healthy.

To navigate this document, click on any of the titles with a box and it will direct you to the Web site where you can locate more information.

Arthritis

<http://health.utah.gov/arthritis>

Juvenile Arthritis Facts

Information regarding symptoms, types, and causes of Juvenile Arthritis.

School Success

Basic information for teachers, parents and students on making the school experience the best it can be for children with arthritis.

Asthma

<http://health.utah.gov/asthma>

Action Plan

An individual guide, developed with the help of a doctor, that indicates triggers to avoid and what to do in an emergency or during an asthma attack.

Training

A training for school staff about asthma. The training takes just 15-20 minutes and covers what to do in case of an asthma attack.

Winning With Asthma

A free, 25-minute online training for students, athletic coaches, PE teachers, and referees.

Asthma (continued)

Self-Administration Form

This form provides the necessary written information to allow a student to carry an inhaler.

Recess Guidance

Guidelines for schools to use to determine whether to cancel outdoor recess on bad air days.

Ozone Recommendations

Recommendations for outdoor physical activity in the summertime that avoid unhealthy exposure to summertime ozone air pollution.

School Advocates

Advocates promote programs and resources available to help students self-manage their asthma, as well as being a voice for students who have asthma.

Resources

A list of resources, fact sheets and programs for schools and parents to help students with asthma.

Cancer Control

www.health.utah.gov/utahcancer

Activities, Fact Sheets, and Lesson Plans

Resources to help students learn about preventing skin cancer.

Communicable Disease Investigation and Response

www.health.utah.gov/epi/comdisease.html

Infectious Disease Information

Concise infectious disease information (signs/symptoms, spread, treatment, control, exclusion policies, and prevention) for a variety of audiences including health care professionals.

Infectious Disease Outbreaks and Clusters

Current information regarding infectious disease outbreaks or clusters occurring in Utah and nationwide.

Infectious or Communicable Disease Reporting

Determining what diseases in the state are reportable and how to report them.

Infectious Disease Data

Monthly and yearly infectious disease reports for Utah. These reports can be viewed and downloaded.

Diabetes

<http://health.utah.gov/diabetes>

Glucagon Information

The materials support Senate Bill 08 (the glucagon bill), which allows for emergency administration of glucagon to persons with diabetes, by trained volunteers, in Utah schools.

Insulin Management

Information for school nurses on general insulin administration and management.

American Diabetes Association Diabetes Care at School

How to manage diabetes at school, including written care plans.

Resources

General diabetes information for school personnel.

Physical Activity

How to incorporate physical activity for students with diabetes into schools.

Diabetes (continued)

General Forms

Information for school personnel and a school plan form for parents/school nurses.

National Diabetes Education Program School Materials

Downloadable materials for school personnel and students.

Insulin Pump Forms

General guidelines for school personnel about students with diabetes on insulin pump therapy.

Heart Disease and Stroke

www.hearhighway.org

Gold Medal Schools

Creating opportunities for students to eat healthy, be active, and stay tobacco-free by implementing policy and environmental changes in schools.

Gold Medal Schools Guide

Provide ideas, support, and instructions for each level in the Program.

List Serv

Information sent to schools each month regarding Physical Activity, Nutrition, and Tobacco Prevention.

Parent Page

Resources to help parents adopt the Gold Medal Schools program in the home. This page is updated on the 1st of each month with physical activity, nutrition, and tobacco prevention ideas to do at home with your students.

Power-Up

GMS Power-Up will help middle/junior high schools develop policies and environmental changes that support good nutrition, physical activity, and staying tobacco-free by creating a sustainable and healthy school environment.

Power-Up Guide

Provides ideas, support, and instructions for each level in the Program.

Immunizations

<http://health.utah.gov/immu/index.html>

Web Site

Features the Immunization Guidebook each fall as a resource for schools to use as they assess students' immunization status. Educational materials are available on the site for school personnel as they prepare their annual immunization report. Links are provided for parents and school personnel for immunization schedules and vaccine information.

Maternal and Infant Health

<http://health.utah.gov/mihp>

Plan Your Health. Live Your Life.

A plan to help teens decide when or if they want to become a parent, even if being a mom or dad is years away. This resource includes information on planning for things like college or a career, and goals to improve personal health.

Oral Health

<http://health.utah.gov/oralhealth/>

Training Modules, Curriculum, and Guides

Different ways to teach dental health.

Dental Benefits-Clinics/Providers

Provides places and facilities to get care.

Physical Activity, Nutrition, and Obesity

<http://health.utah.gov/obesity>

Unplug 'n Play

A statewide effort to reduce screen time exposure among elementary school age-children and their parents.

Height-Weight Measurement Project Report

The report describes results of the height/weight measurement project, trends in overweight and obesity among elementary school students statewide, health and other implications of obesity, and what schools can do to reduce obesity.

Tobacco Prevention and Control

www.tobaccofreeutah.org

A School's Guide to Comprehensive Tobacco Control

Walks school district personnel through implementing CDC guidelines for School Health Programs. The guide also provides ideas and suggestions for accomplishing required activities, includes evaluation tools, and links to additional resources.

Current Utah Tobacco Facts

Current data on tobacco use in Utah.

Fun Sheets, Brochures, Videos, Order Forms

Grade-specific Tobacco-Free Fun Sheets are designed to be used in classrooms to supplement lessons on tobacco prevention.

Violence and Injury Prevention

<http://health.utah.gov/vipp>

Green Ribbon Month Packet

Pedestrian/Bicycle Safety

This is your guide for planning a successful Green Ribbon Month. It includes educational activities and tips on how to get the community involved.

Safe Routes to School (SRTS) and Student Neighborhood Access Program (SNAP)

Learn how to create a SNAP plan to get kids to school safely. Learn how your school can apply for SRTS funding to help improve safety conditions on routes your students use to get to school.

School/Student Injuries

Learn about school/student injury concerns for your school (playground, shop, and sports injuries, etc.). Find information about tracking and reporting injuries.

Walk to School Day

Schools can register here for walk to school day. Find a professional resource person in your area. Download promotional and educational tools and other helpful resources.

Violence and Injury Prevention (continued)

Bicycle Skills Rodeo Packet

Resource guide to setting up and conducting a bicycle skills rodeo.

Pedestrian Safety Resources

Download scooter and pedestrian information for safety fairs.

Bicycle Safety Resources

Download bicycle safety information for safety fairs.

Dating Violence Prevention

Download material to educate your students about healthy relationships, the risks of dating violence, and how to stay safe in a relationship.

Child Passenger Safety

Learn the right way a child should be riding in a vehicle, whether in a car seat, booster seat, or seat belt. Also, learn how to do a Safety Belt Fit Test and when a child is ready to ride safely in the front seat.

Teen Memorial Booklet

Stories told by parents who've lost a teen in a motor vehicle crash, and what can be done to keep other teens safe.

Teen Driving Survival Guide

Activities for the classroom or student groups to implement that emphasize safe driving.

Current Utah Violence and Injury Prevention Facts

Current data on teen motor vehicle crashes, bicycle injuries, playground injuries, etc.



For more information about the Utah Department of Health, Bureau of Health Promotion and our programs, please visit our Web site:

www.health.utah.gov

