



HEALTH EDUCATION

UNDERSTANDING THE WSCC MENUS OF EVIDENCE-BASED PRACTICES

To make evidence-based practices (EBPs) more easily understood and accessible to schools, university partners of Healthy School Successful Students have developed Menus of Evidence-based Practices for each component of the WSCC model.

EBPs are shown to increase academic success, graduation rates, and student safety, while decreasing bullying and fostering a positive school climate. When school administrators and staff use EBPs, they are better able to produce successful outcomes for students and school communities.

With the variety of evidence-based strategies that the Menus provide allows schools and districts will be able to find a practice that fits their time and funding availability.

WHAT IS IT?

- Health education refers to the planned experiences in which students gain knowledge to make healthy choices. These experiences include a wide range of topics such as substance use, physical safety, and emotional, sexual, and physical health.

BENEFITS OF FOCUSING ON HEALTH EDUCATION

- Evidence-based health education programs have been found to reduce tobacco and alcohol use, body dissatisfaction, reduce depressive symptoms, suicidal ideation, and violent aggression.
- Students who are most at-risk typically show the greatest gains from health education programming.

EVIDENCE-BASED STRATEGIES

- Substance abuse programs that use peers as leaders and group discussion resulted in higher rates of attitude change towards substance use.
- Prevention programs that target body image problems were most successful when they were interactive, involved parents, and focused on self-esteem.
- A curriculum for middle school students that incorporated culturally relevant issues and themes was found to be more effective than those that did not.

DISCOVER YOUR STRATEGY

- Check out the Health Education Menu of Evidence-based Practices to find what works for your school community!

CONTACT

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