Coordinated School Health (CSH) is a systematic approach to improving the health and well-being of all students so they can fully participate and be successful in school. By bringing together all of the major players in a child's life, CSH creates an environment that is supportive of health and learning.
HOW SCHOOLS CAN USE COORDINATED SCHOOL HEALTH FUNDS

**Trainings** for school wellness teams, classroom teachers, physical educators and administrators

**Equipment** used to increase opportunities for moderate to vigorous physical activity in PE lessons and other opportunities for physical activity during the school day

**Curriculum** for classroom teachers and physical education focused on nutrition education and physical activity, active breaks in academic classrooms, and more moderate to vigorous physical activity in PE classes

**Signage** for cafeterias informing and promoting healthy eating choices

**Coordination Kits** that administrators can use as a roadmap to bring a school community together to teach children to be healthy every day

**District Coordinators** whose job it is to implement and support Coordinated School Health measures across multiple campuses

**Family Events** to engage parents in better understanding what makes a child healthy for a lifetime

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CSH & FITNESSGRAM® WORK TOGETHER

FitnessGram is a comprehensive educational, reporting and promotional tool used to assess physical fitness and physical activity levels for children. Texas currently provides funding for FitnessGram, but that funding does not support programing intended to change FitnessGram results.

Coordinated School Health creates programing that improves Fitnesgram results. CSH makes kids healthier, and FitnessGram measures that change.

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This information is brought to you by:

Texas Public Health Coalition
www.texmed.org/publichealthcoalition

& Partnership for a Healthy Texas
www.partnershipforahealthytexas.org

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For sources to the statistics footnoted, visit catchinfo.org/TXCSH