

# Group-7

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# HECAT Training

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# Overview



- What is HECAT?
- Background of problem
- Why is HECAT important?
- Mission, Goals, & Objectives
- HECAT training & Implementation

# What is HECAT?



## Health Education Curriculum Analysis Tool (HECAT)

- Consistent analysis of health education curricula based on National Standards
- Allows schools select or develop appropriate and effective health education curricula
- HECAT can be customized to meet local community needs



# ATOD use in Winona County



According to Minnesota Student Survey:

- Alcohol Use
  - 12% of females in 8th grade (males= 5%)
  - Increases to 15% of females in 11th grade
- Survey did not indicate major tobacco or drug use
  - Preliminary data from focus groups contradicts statistic

# Justification



## Healthy students are better learners

- Dietary Behaviors & Academic Achievement
  - Participation in School Breakfast Program
    - Increased: grades, test scores, & cognitive performance
    - Decreased: school absences

# Justification



## Healthy students are better learners

- Dietary Behaviors & Academic Achievement
  - Hunger & Inadequate Nutrition
    - Decreased grades and ability to focus
    - Increase in school absences and tardies
    - Increase in repeated grades

# Justification



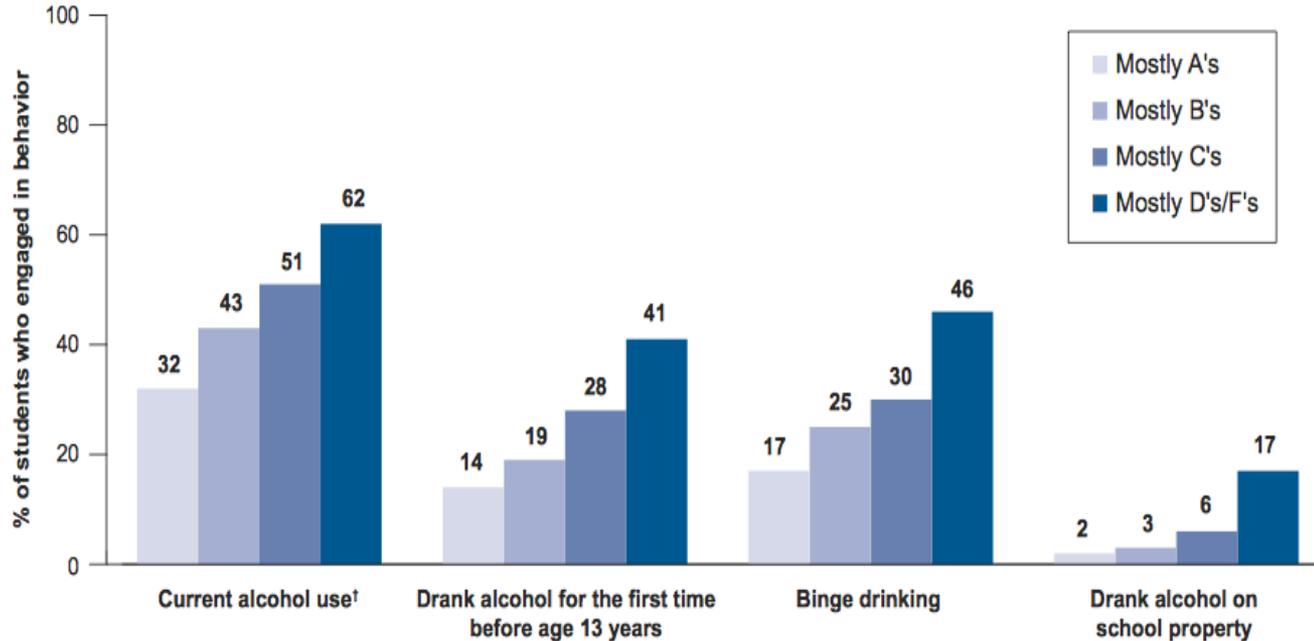
## Healthy Students are Better Learners

- Physical Activity & Academic Performance
  - Brief classroom physical activity breaks (5-10 min)
    - Improved cognitive performance
    - Improved classroom behavior
    - Improved grades on standardized tests
    - Lower dropout rates
    - Overall higher grade point averages

# Justification

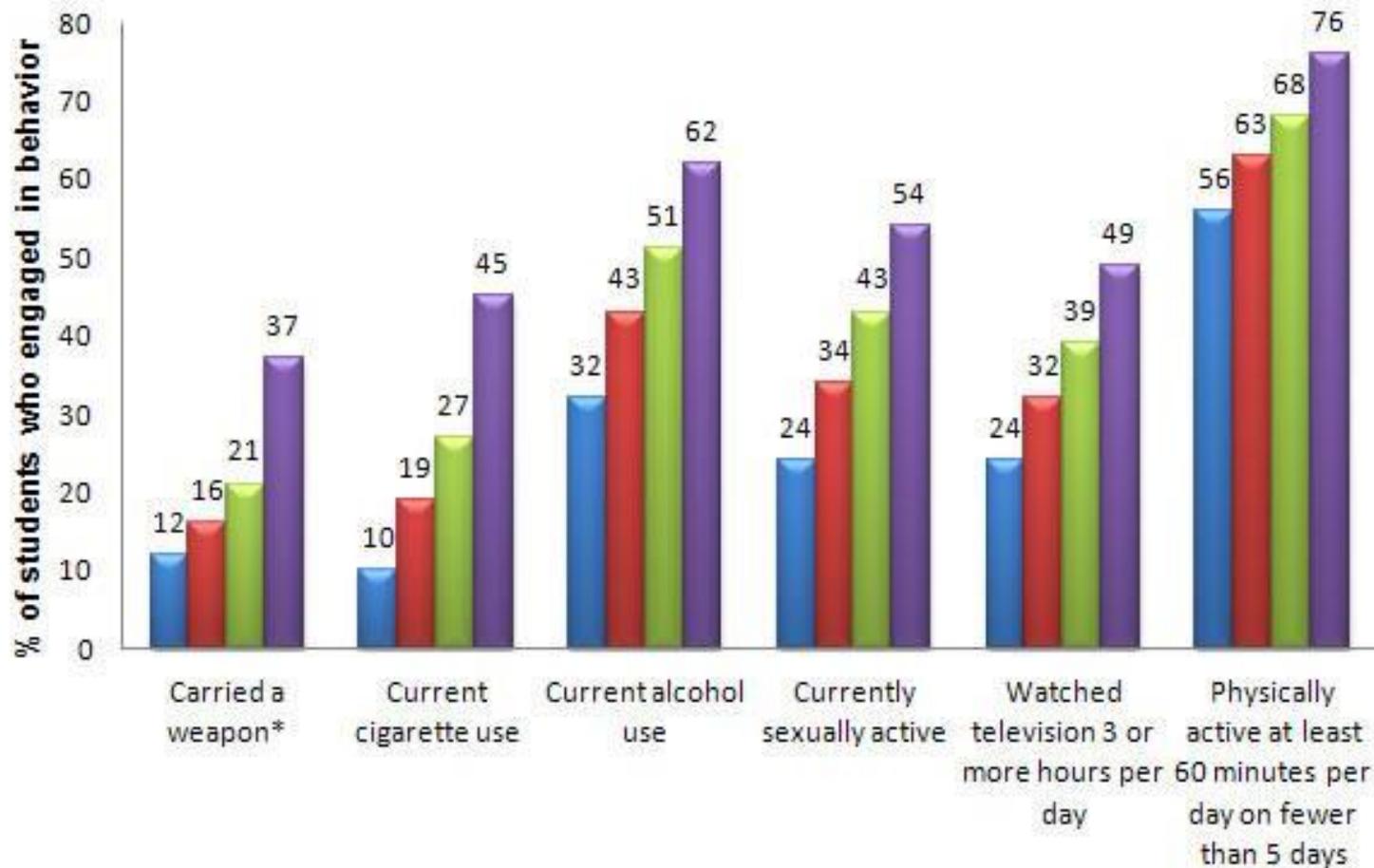


Figure 1. Percentage of high school students who currently drank alcohol, drank alcohol for the first time before age 13 years, had five or more drinks of alcohol in a row (binge drinking), and drank alcohol on school property, by type of grades earned (mostly A's, B's, C's, or D's/F's)—United States, Youth Risk Behavior Survey, 2009



(Alcohol & Other Drug Use and Academic Achievement, 2009)

Mostly A's Mostly B's Mostly C's Mostly D's/F's



# Justification



All students deserve opportunity to be healthy

- Knowledge is power
- Parents rely on school to
- provide health education



# Justification



## School setting is ideal for health education

- Students spend majority of time at school
  - 2 out of 3 meals often provided in school
  - Most of physical activity happens at school
    - If you are not providing it, who is?

# Mission



The mission of this program is to provide training to Winona County Educators about using the HECAT curriculum.





# Objective



- After the HECAT training, 40 % of teachers will use the components and tools obtained.

# HECAT Training



- > Michelle Darst will come in to teach the teachers
- > Dates Pending



# Implementation of Training



## Teacher Workshop Days

- > Winona Middle School (March 10th)
- > St. Charles Secondary (January 19th, March 23rd)
- > Winona Cotter School (January 19th)
- > Lewiston-Altura Intermediate Elementary (January 19th, March 23rd)
- > Hope Lutheran High School ( ? )

# Implementation of Training



- Confirmation Nights

-> Teachers are free

- Half-day Training

-> Any Friday

-> Paid training

- Holiday

\_\_\_\_\_ -> No go



# Continuing Education Units (CEU's)



- Provides 3 out of the 125 hours of professional development
- Fall under Accommodation, Modification, and Adaptation of Curriculum, Materials and Instruction Category

# Summary



- **Correlations**

- Drinking / bad grades
- Carried weapons / bad grades
- Currently smoking / bad grades
- Sexually active / bad grades

- **HECAT**

- Provides teachers with more awareness for teachers to develop a quality standard based curriculum
  - Physical activity breaks
  - Dietary Programs
  - Sex Ed.
- Other trainings are available upon request

# References



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