

The National PTA and California State PTA consider health education to be of major importance. Local units can promote health education.

- Promote Physical, Mental and Emotional Health Education.
- Help parents recognize and respond to the health and nutrition needs of their families.
- Encourage compliance with health education directives in the curriculum, including HIV/AIDS education, as mandated by state law.
- Work for improvement in health care services, particularly in the school nurse-to-student ratios, and community.
- Work for better health facilities in school and community.
- Stress concept of wellness and prevention.
- Emphasize the importance of healthy lifestyles and modeling these lifestyles for children.
- Promote a school environment that is consistent with health education in the classroom.
- Make parent cognizant of and responsive to environmental issues and hazards that may jeopardize the health of their children and families.

RECOMMENDED ACTION

- Work with program chairman to facilitate at least one PTA meeting about health issues.
- Arrange to have a health display table at PTA meetings. Selected health pamphlets should be available for distribution.
- Submit health-related articles for unit newsletter. Ask the school nurse for articles and suggestions.
- Participate in ongoing health projects of the National PTA and California State PTA.
- Support health-related events, including Birth Defects Prevention Month, Red Ribbon Week, National Infant and Toddler Immunization Month, School Nurse Day, National Nutrition Month, World AIDS Day, and the Great American Smoke Out.
- Encourage volunteerism in the areas of student screening for hearing, vision, scoliosis, etc.
- Request line item in PTA budget for student health and welfare needs.
- Support effective health, physical, nutrition and environmental education in schools.

ADDITIONAL PROJECT MIGHT INCLUDE

- Plan a community and wellness fair including speakers, health-related demonstrations, displays and video materials provided by local agencies (Community and Wellness Fairs 7.10, 301).
- Represent PTA on allied agency committees and school district committees or task forces, such as HIV/AIDS curriculum task force and immunization coalition.
- Meet with school nutrition/food services director to determine if PTA can assist with school nutrition services.
- Encourage participation in first aid and Cardiopulmonary Resuscitation (CPR) classes.
- Prepare and distribute a list of community health agencies', hotlines for drug/alcohol abuse, child abuse, and crisis intervention.
- Work with school site administrators to assure tuberculosis testing of all school volunteers; encourage regular TB testing days.
- Support school-based immunization programs and parent education related to the benefits of immunization.

ADDITIONAL RESOURCES

- Alliance Working Antibiotic Resistance Education (AWARE) (www.aware.md)
- American Academy of Pediatrics (www.aap.org)
- American Cancer Society (www.cancer.org)
- American Heart Association (www.americanheart.org)
- American Lung Association (www.lungusa.org) (www.californialung.com)
- National Resource Council (Environmental) (www.nrdc.org)

FOR MORE INFORMATION

- American Diabetes Association (www.diabetes.org)
- American Dental Association (www.ada.org)
- California State PTA, Council or District PTAs Health Chairman
- California Dietetic Association (www.dietitian.org)
- California March of Dimes (www.marchofdimesca.org)
- California School Nurses Organization (www.csno.org)
- California State Dept. of Health Services (www.dhs.ca.gov)
- Community Hospitals
- County Health Department Health Educator

County Health and Mental Health Departments
Centers for Disease Control and Prevention (www.cdc.gov)
Dairy Council of California (www.dairycouncilofca.org)
Environmental Protection Agency (www.epa.gov)
Healthy Kids Resource Center (www.hkresources.org)
Light for Life Foundation (www.yellowribbons.org)
Local county or city health department bulletins
National Institute on Drug Abuse (NIDA) (www.drugabuse.gov)
National Mental Health Association (www.nmha.org)
National Resources Defense Council Children's
Environmental Initiative & Children Environmental Health
(www.cehn.org)
National School Food Service Association (www.nsfsa.org)

OTHER RESOURCES

PTA in California (official newsletter of the California State PTA)
California State PTA website (www.capta.org)
Our Children (National PTA magazine)
Annual Resources for PTAs (National PTA)
National PTA website (www.pta.org)
California State PTA Vice President for Health
(health@capta.org) or 213.620.1100 ext. 306

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