

National Prevention Strategy

Partners in Prevention

EARLY LEARNING CENTERS, SCHOOLS, COLLEGES, *and* UNIVERSITIES



Healthy & Safe
Community
Environments

Clinical &
Community
Preventive Services

Empowered
People

Elimination
of Health
Disparities

The National Prevention Strategy aims to guide our Nation in the most effective and achievable means for improving health and well-being. Aligning and coordinating prevention efforts across a wide range of partners is central to the success of the National Prevention Strategy. Engaging partners across disciplines, sectors, and institutions can change the way communities conceptualize and solve problems, enhance implementation of innovative strategies, and improve individual and community well-being.

WHY PARTNER WITH THE NATIONAL PREVENTION STRATEGY?

Partners play a variety of roles and are trusted members of the communities and populations they serve. Opportunities for prevention increase when those working in housing, transportation, education, and other sectors incorporate health and wellness into their decision making. For example, a university can help demonstrate the business case for prevention and share those findings with corporate decision makers (e.g., board chairs, corporate officers).

RECOMMENDATIONS: NATIONAL PREVENTION STRATEGY STRATEGIC DIRECTIONS

Healthy and Safe Community Environments

- ▶ Integrate appropriate core public health competencies into relevant curricula (e.g., nursing, medicine, dentistry, allied health, pharmacy, social work, education) and train professionals to collaborate across sectors to promote health and wellness.
- ▶ Include training on assessing health impact within fields related to community planning and development (e.g., urban planning, architecture and design, transportation, civil engineering, agriculture) and encourage innovation in designing livable, sustainable communities.
- ▶ Implement policies and practices that promote healthy and safe environments (e.g., improving indoor air quality, addressing mold problems, reducing exposure to pesticides and lead, ensuring that drinking water sources are free from bacteria and other toxins, implementing and enforcing tobacco free policies).

Clinical and Community Preventive Services

- ▶ Train providers (e.g., doctors, nurses, dentists, allied health professionals) to use health information technology and offer patients recommended clinical preventive services as a routine part of health care.

- ▶ Promote the use of evidence-based preventive services within existing health services (e.g., school health programs).

Empowered People

- ▶ Provide input, guidance, and technical assistance to State, local and Territorial health departments in assessing health impacts and conducting comprehensive health improvement planning.
- ▶ Incorporate health education into coursework (e.g., by embedding health-related tasks, skills, and examples into lesson plans).

Elimination of Health Disparities

- ▶ Conduct research to identify new, effective policy and program interventions to reduce health disparities.
- ▶ Conduct outreach to increase diversity (e.g., racial/ethnic, income, disability) in health care and public health careers.
- ▶ Offer preventive services (e.g., mental health services, oral care, vision and hearing screenings) for all children, especially those at risk.
- ▶ Develop and implement local strategies to reduce health, psychosocial, and environmental conditions that affect school attendance and chronic absenteeism.



RECOMMENDATIONS: NATIONAL PREVENTION STRATEGY PRIORITIES

Tobacco-Free Living

- ▶ Promote tobacco-free environments.
- ▶ Restrict marketing and promotion of tobacco products to children and youth.

Preventing Drug Abuse and Excessive Alcohol Use

- ▶ Adopt policies and programs to decrease the use of alcohol and other drugs on campuses.
- ▶ Implement programs for reducing drug abuse and excessive alcohol use (e.g., student assistance programs, parent networking, peer-to-peer support groups).

Healthy Eating

- ▶ Implement and enforce policies that increase the availability of healthy food in schools, including a la carte lines, school stores, vending machines, and fundraisers.
- ▶ Update cafeteria equipment (e.g., remove deep fryers, add salad bars) to support the provision of healthier foods.
- ▶ Eliminate high-calorie, low-nutrition drinks from food vending machines, cafeterias, and school stores and provide greater access to water.
- ▶ Implement policies restricting marketing of unhealthy foods and drinks.
- ▶ Provide nutrition education.

Active Living

- ▶ Provide daily physical education and recess that maximize time spent being physically active.
- ▶ Participate in fitness testing (e.g., the President's Challenge) and support individualized self-improvement plans.
- ▶ Support walk- and bike-to-schools programs (e.g., Safe Routes to School) and work with local governments to make decisions about selecting school sites that can promote physical activity.
- ▶ Limit passive screen time.
- ▶ Make physical activity facilities available to the local community during non-school hours.

Injury and Violence Free Living

- ▶ Encourage youth to use seat belts, bicycle helmets, and motorcycle helmets, and to not drive while distracted or under the influence of alcohol or drugs.
- ▶ Collect and report statistics on crimes that result in injuries on or around campuses and issue timely warnings to campus communities about crimes that may threaten safety and health.
- ▶ Implement policies, practices, and environmental design features to reduce school violence and crime (e.g., classroom management practices, cooperative learning techniques, student monitoring and supervision, limiting and monitoring access to buildings and grounds, performing timely maintenance).

Reproductive and Sexual Health

- ▶ Support medically accurate, developmentally appropriate, and evidence-based sexual health education.
- ▶ Support teen parenting programs and assist teen parents in completing high school, which can promote health for teen both parents and children.
- ▶ Provide students with confidential, affordable reproductive and sexual health information and services consistent with Federal, State, and local regulations and laws.
- ▶ Implement mentoring or skills-based activities that promote healthy relationships and change social norms about teen dating violence.

Mental and Emotional Well-Being

- ▶ Implement programs and policies to prevent abuse, bullying, violence, and social exclusion; build social connectedness; and promote positive mental and emotional health.
- ▶ Implement programs to identify risks and early indicators of mental, emotional, and behavioral problems among youth and ensure that youth with such problems are referred to appropriate services.
- ▶ Ensure students have access to comprehensive health services, including mental health and counseling services.

 Find more information at:

Website:

www.surgeongeneral.gov/nationalpreventionstrategy

Email:

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Twitter:

#NPSAction

Communities, including homes, schools, public spaces, and work sites, can be transformed to support well-being and make healthy choices easy and affordable.

