

# Education & Health Snap Shot

We have the power to build healthy communities for the next generation.

## Health Happens In Schools

Education and Health are TOP priorities for Building Healthy Communities South Kern. Creating healthy school environments that embrace and value healthy minds and bodies through education and access to quality school food, beverage and exercise, leads to healthy habits for more productive school days and brighter futures.



**BUILDING HEALTHY  
COMMUNITIES**  
CONSTRUYENDO COMUNIDADES SALUDABLES  
SOUTH KERN · SUR DE KERN

health  
happens  
here 

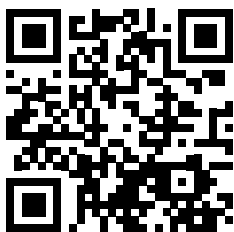
An initiative of  
The California Endowment.



**BUILDING HEALTHY  
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# Education & Health Snap Shot

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To learn more about Building Health Communities South Kern use your smart phone qr code reader app.

We have the power to build healthy communities for the next generation. Let's work together to improve our communities and create a brighter future for our children. Join the BHC-SK initiative and help us build healthy communities.



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# Why Focus On Schools?

**W**e focus on schools because that's where our kids are! California children spend the majority of their waking weekday hours in school, and usually eat one or two of their daily meals on campus. Because young people spend so much of their time at school, schools are uniquely positioned to create positive change. They are trusted places and can support parents' efforts to teach healthy habits that last a lifetime.

Education and Health are TOP priorities for Building Healthy Communities South Kern (BHC-SK). Our goal is to create healthy habits for more productive school days and brighter futures. When students are healthy in mind and body, they miss less school, focus better in class, and are more likely to graduate. **For this reason, BHC-SK places education as a top priority** and is working closely with education leaders, parents, and students to create positive learning environments where students can thrive. That means quality school food and beverages, incorporating exercise in the school day, and re-thinking how students are disciplined leads to improved behavior and better decision-making.

## Who lives in South Kern?

Residents in South Kern are very young, have little education and are likely to live in poverty.

- Roughly 40% of the population is 19 years old or younger.
- More than one out of three residents under 18 (37%) live below the federal poverty line.
- Nearly half of all residents (47.6%), regardless of age, live below 150% of the federal poverty line.
- Half of South Kern households earn less than \$37,000 per year, and individuals earn an average of \$11,556 per year.
- Most South Kern residents are Latino (79%), a population that has been growing in the area over the past several decades; just 15 years before that, the area's population was 53% Latino.
- More than one in three residents (39%) were born outside of the United States.
- More than one in four (27%) live in a household where English is not spoken at all, or is not spoken by anyone over the age of 13.

## Did You Know?

Five elementary and middle school districts and one high school are encompassed in South Kern boundaries: Arvin High, Arvin Union, Di Giorgio, Greenfield Union, Lamont, and Vineland. Many high school students from Golden Valley and Mira Monte High Schools also live in South Kern. Between 82% and 100% of students in South Kern elementary districts qualify for free and reduced lunch. Four of the five elementary districts have between 52% and 65% of their student population classified as English Learners. Total student body is roughly 18,600.



1

**Social and Emotional Support**



2

**Healthy School Meals and Beverages**



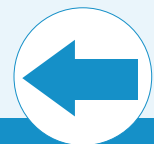
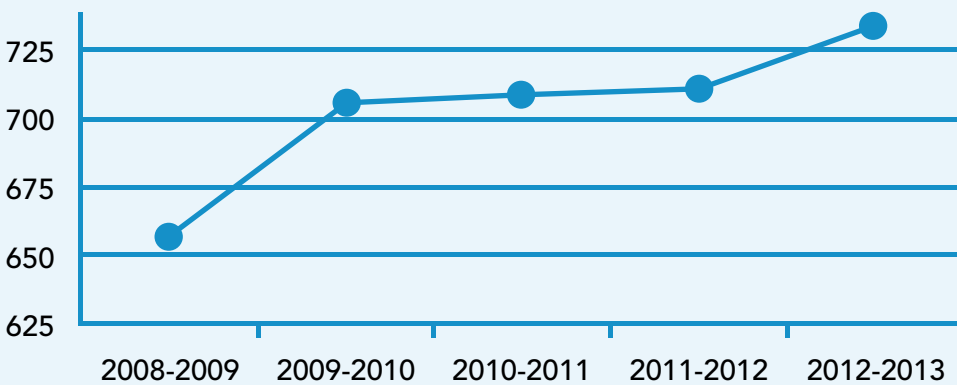
3

**Physical Activity and Education**



II

**Improvement in grades and academic test scores**



## Arvin Union School District API, 2009-2013

“Arvin Union School District firmly believes that focusing on health and wellness, along with building respectful relationships with students and parents, and building positive and collaborative relationships with our community has had a significant and positive impact on student achievement. Through Building Health Communities South Kern we are starting to see the impacts of our work.”

*Michelle McLean, Superintendent*

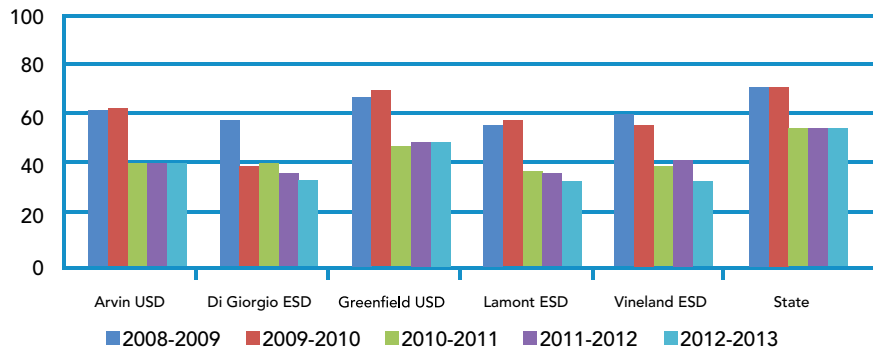


## Increased Physical Activity

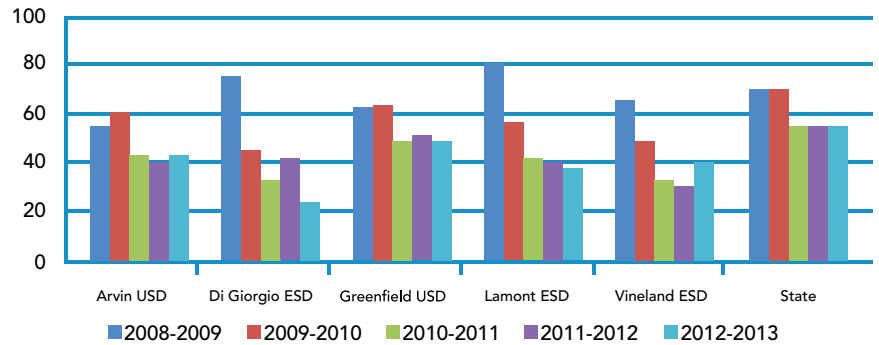
Not only does physical fitness impact student health, it also influences academic success. Studies show that physical activity during the school day, including physical education classes, recess, and short physical activity breaks in class, improve cognitive skills, academic achievement, and behavior.

In the 2011-2012 school year, 40% of all 5th, 7th, and 9th grade students tested as high risk and in need of improvement on the BMI portion of their fitness test. The only way to improve student health is through a healthy diet and increased physical activity.

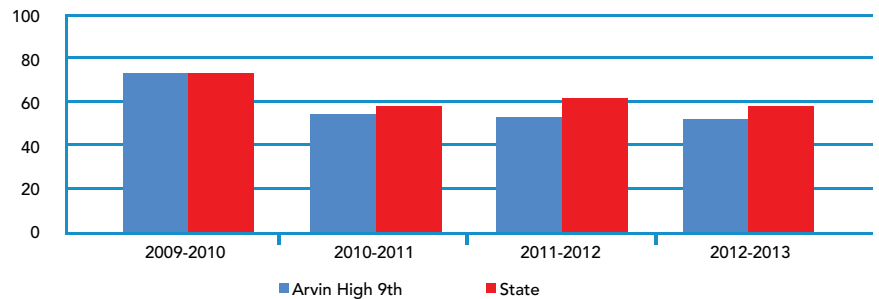
% Of Students With A Healthy Weight, 5th Grade



% Of Students With A Healthy Weight, 7th Grade



% Of Students With A Healthy Weight, 9th Grade



# Obese students are more likely to :

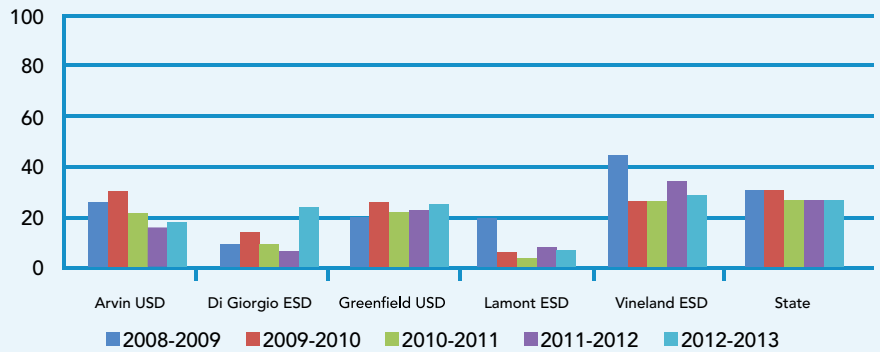
- Have learning disabilities
- Have ADHD
- Have emotional and behavioral problems
- Have developmental delays
- Miss school
- Repeat a grade



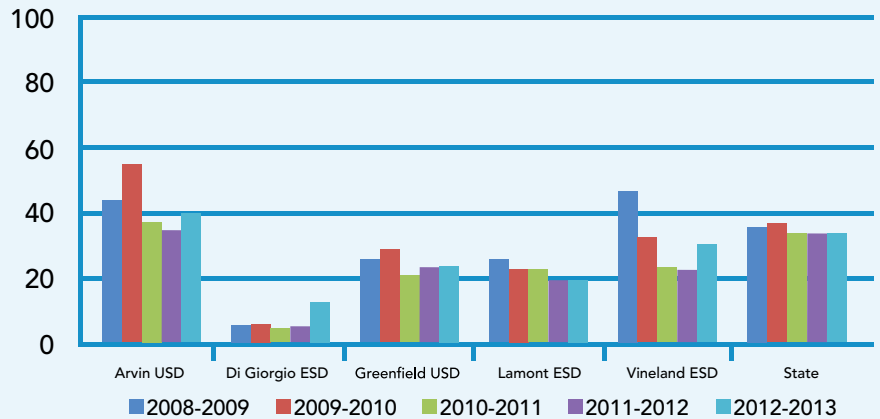
Not only does physical activity impact student performance, it also establishes life-long activity and wellness habits.

## How Are South Kern Students Doing?

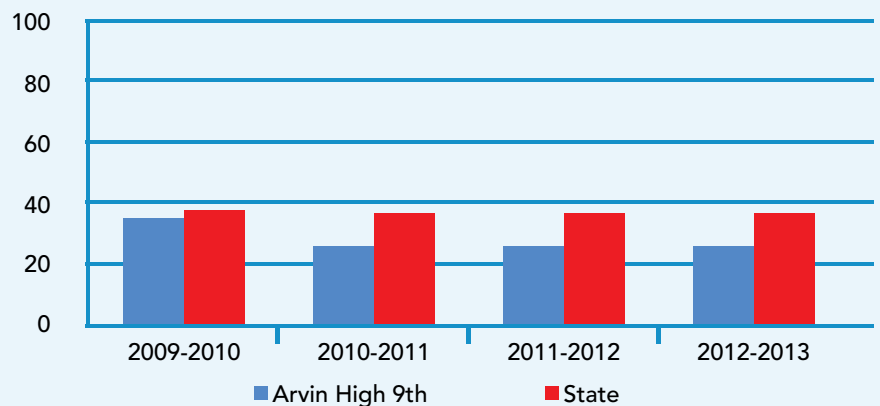
% Of Students Fit In All Six Areas, 5th Grade



% Of Students Fit In All Six Areas, 7th Grade



% Of Students Fit In All Six Areas, 9th Grade



In order to see improvement, the columns in these graphs should be higher each year. In South Kern, our children's fitness results are getting worse.



BHC-SK's partnership with Bakersfield College (BC) has increased college-going for youth in the South Kern area. Since 2009, improvements include:

**34%**

increase of young adults enrolled in any BC program

**406%**

increase in Arvin High students concurrently enrolled at BC

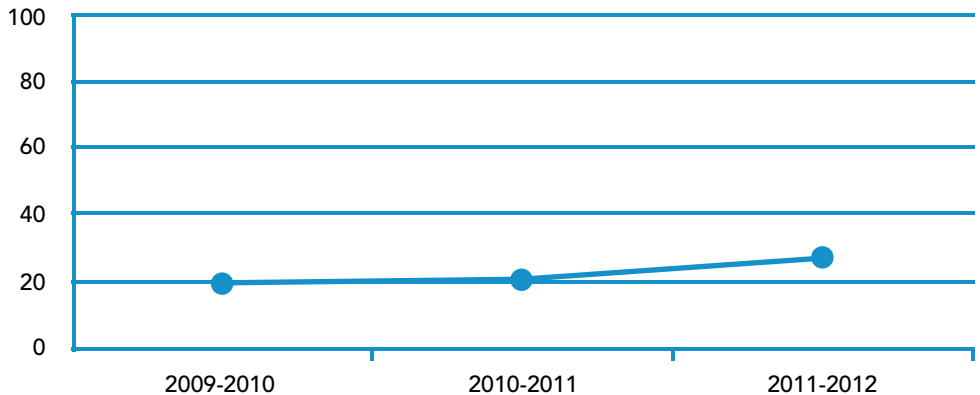
**19%**

more students from South Kern enrolled at the main BC campus

## Supporting Every Student's Success

Students who are suspended and/or expelled are more often involved in the juvenile justice system, which is a precursor for adult incarceration. Incarceration, as a juvenile or adult, is related to increased risk for diseases such as HIV and Hepatitis C. It is also associated with poor mental health and suicide. Staying in school not only improves potential earning power, but it may also lead to less stress, better physical health, and a longer and healthier life.

**% of Arvin High Grads with UC/CSU Courses**

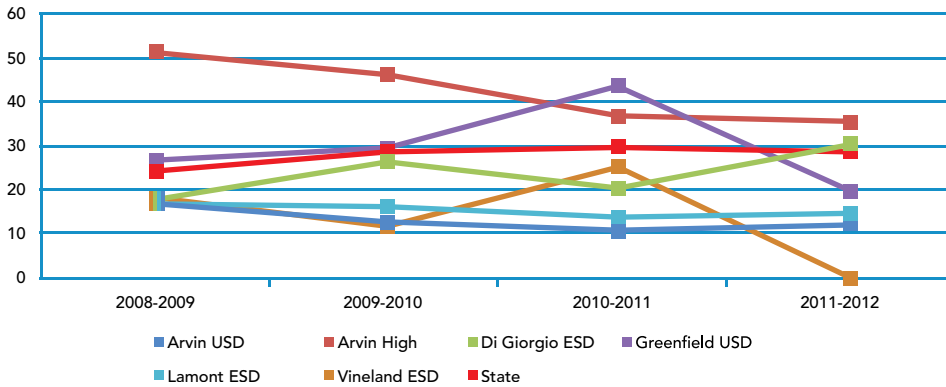


While BHC-SK continues to address the reasons students are not in school, the students who are attending are doing well. Each year, approximately three-quarters of Arvin High students who take the California High School Exit Exam (CAHSEE) are passing both the math and ELA portions of the exam. There has also been an increase in the percentage of Arvin High seniors who graduate having completed all of the courses required for entrance into the UC or CSU university systems.



Not only are truant students not in the classroom to learn, they are in violation of the law. Both the youth and their parents may be subject to legal penalties. A student is truant when they have 18 or more unexcused absences in one school year.

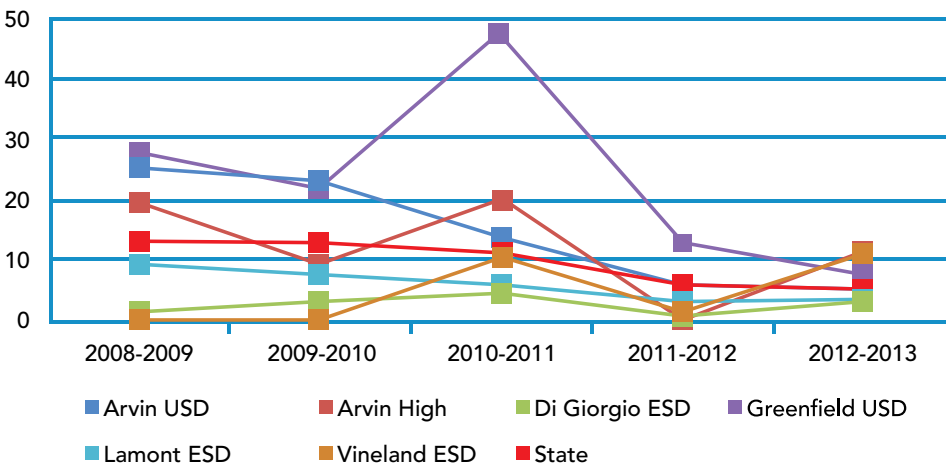
# Truancy Rates



Nearly all six districts in the South Kern area have improved or maintained truancy rates.

South Kern has seen a marked decrease in suspensions since 2010, but a small increase in suspension numbers this year shows we still have more work to do in our districts.

# Suspension Rates



Passed in 2012, AB 1729 requires principals, before suspending a student, to use alternatives to suspension designed to correct that student's specific misbehavior, including positive behavior support and restorative justice, unless the student committed a severe offense.

## Positive Behavioral Interventions & Supports

In 2013, four districts in South Kern started implementing Positive Behavioral Interventions and Supports (PBIS). Utilizing a systems change approach, PBIS is not just a class or a book that students read, but rather, it is a school-wide program that both alters the climate of the school and changes the way behaviors are addressed. All school staff are trained and included in the process, allowing for students to receive consistent messaging and expectations. Interventions are tailored to the specific needs of each school site, allowing for solutions that are meaningful for each student population.

# What Have We Accomplished?

Over the last three years, BHC-SK has developed RESIDENT POWER and VOICE to be leaders and advocates for their children's health and academic achievement. Parents are informing and participating in decision-making processes that impact student health and school environments through their active engagement in School Wellness Committees.

## Increased Physical Activity

- At one school site, Lamont School District piloted "recess before lunch" which offers structured exercise stations. Unanticipated outcome: after-lunch referrals to the principal's office decreased to zero.
- "Parent Partners" from Arvin, Greenfield, and Lamont School Districts are championing change in these school districts by participating on School Wellness Committees.
- In 2012-2013, staff from Arvin and Lamont School Districts were trained in SPARK curriculum; a Center for Disease Control model program designed to increase physical activity and combat obesity at school.

## Healthy Foods and Beverages

- Arvin, Greenfield, Lamont, and Vineland School Districts have nutritional policies that meet or exceed federal standards. This benefits over 15,000 students.
- Arvin School District parents worked with law enforcement to ensure street vendors selling unhealthy snacks near the schools complied with a local ordinance that prohibits vendors so close to schools.
- Arvin, Lamont and Vineland School Districts are offering "Breakfast in the Classroom" and fresh fruits and vegetables throughout the day.
- Five Head Start programs have installed filtration systems to offer quality drinking water to nearly 400 preschoolers and staff.
- Arvin Union School District board approved installation of filtration systems in high traffic areas in schools to provide quality drinking water to more than 3,200 students and staff.

## School Discipline Reform

- Four districts are implementing Positive Behavioral Intervention and Supports (PBIS) to improve school climate and reduce suspensions.
- The Kern Education Justice Collaborative, which consists of parents, legal advocates and local groups, are advocating for restorative justice practices in the Kern High School District.
- Greenfield Union School District institutionalized anti-bullying reporting protocols.
- More than 550 South Kern students with a history of disciplinary infractions have been mentored through the BHC AmeriCorps mentoring program.

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Children born in neighborhoods with safe parks, fresh produce and clean drinking water can live up to 20 years longer than those born in less advantaged neighborhoods. In communities with poverty, poor air quality, stores that promote liquor and junk food, and a lack of sidewalks or parks, residents are much less likely to be healthy.

In California, many communities are making our children unhealthy. In South Kern, the community faces many struggles including poverty, unhealthy air, unemployment, and low educational attainment. Living in South Kern should not predict how long you live....but it does.

# What We Are Working To Achieve

## By 2020,

- Parents and youth partner with teachers and educational institutions to promote children's success.
- Child development programs will help parents and children be prepared to enter kindergarten.
- Student academic success in local schools will increase.
- Youth have positive and supportive environments and are learning and exhibiting positive behavior.
- South Kern has a college-bound culture.

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## What is BHC?

Building Healthy Communities is a comprehensive community initiative that is creating a revolution in the way Californians think about and support health in their communities. Residents are proving that they can make health happen in their neighborhoods, schools and with prevention—and in doing so, they are creating a brighter future for their children. In South Kern, over 1,200 residents, youth, businesses and organizations are leading the Building Healthy Communities South Kern (BHC-SK) effort to positively change the health of our communities through a shared vision, goals and action plan. Residents in Arvin, Lamont, Weedpatch and the unincorporated areas of Greenfield are proving that we have the power to build healthy communities for the next generation.

Inspired in 2009 by The California Endowment, a private foundation, BHC-SK is promoting healthy change in the areas of:



**Economic Development:**  
Creating a vibrant local economy.



**Education:**  
Improving pre-K to adult education.



**Environment:**  
Creating a healthy environment with clean air and water.



**Health:**  
Increasing access to a better health care system.



**Recreation:**  
Improving recreation activities, facilities, and parks.



In partnership with The California Endowment.

Although making real change can be difficult, our children deserve clean water, healthy food, safe places to learn and play, and access to health care so they can live long healthy lives. People who live, work and play in South Kern are proving that we have the power to make health happen in our communities.

# How Do I Get Involved In BHC-SK?

## What's Next?

- Implement solutions for accessing clean drinking water in schools.
- Build capacity of school nurses to be champions for healthy school environments.
- Engage parents in Local Control Formula Funding priority setting.
- Enforce physical activity and education in schools.
- Implement trauma-informed approaches to mitigate trauma and chronic stress among boys of color in high schools.

## Contact Information

We have the power to build healthy communities for the next generation. Let's work together to improve our communities and create a brighter future for our children. Join the BHC South Kern initiative and help us build healthy communities.

To get involved, call 661-845-2724 or visit [www.healthysouthkern.org](http://www.healthysouthkern.org)  
Lamont Weedpatch Family Resource Center/Lamont School District  
7839 Burgundy Avenue, Lamont, CA 93241



## Partners

- AmeriCorps
- Arvin Family Resource Center
- Arvin High School
- Arvin High Health Careers Academy
- Arvin Union School District
- Bakersfield College
- CADRE
- California Rural Legal Assistance
- California State University Bakersfield
- Community Water Center
- Dolores Huerta Foundation
- Edmund G. Brown Institute for Public Affairs
- Faith in Action
- Farmworker Institute for Education and Leadership Development
- Garden Pathways
- Greater Bakersfield Legal Assistance, Inc.
- Greenfield Family Resource Center
- Greenfield Union School District
- Greenfield Walking Group
- Kern County Public Health Services Department - Call to Action
- Lamont SAL
- Lamont School District
- Lamont Weedpatch Family Resource Center
- New America Media
- Project LEAN
- South Kern Sol
- South Kern Youth Collaborative
- UCSF Doctor Academy
- Unidad Popular Benito Juarez
- Venice Arts
- Vineland School District

**Our vision:** everyone who lives, works and plays in South Kern partnering to create a healthy, safe and clean community that embraces our cultures and fosters opportunity for all residents, especially youth, to develop their full potential.