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SPA Leadership 362

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Project Plan

**Research Question:**

Within the United States, there are several aspects of the education system that play a large role in student success. One of the most prominent issues facing the elementary education system today is student health. There is an accelerating rate of child obesity, inadequate living conditions, and lack of physical activity. In many cases, you must look at this issue on a macro-scale and discover the roots of the problem. There are many students living in poverty, who do not receive proper care and services when they are at home or at school. Therefore, schools are facing the difficult challenge on how they will improve the health of their students, so that they can reach their full potential. There has also been extensive research on how student health influences success. When a child suffers from various physical or mental health conditions, they tend to struggle in school as well. Therefore, student health and academic success seem to directly correlate.

Schools are responsible for promoting the success of all students. However, in order to do this, they must provide adequate services, that will improve the health of their students. Without these services and the promotion of better student health, academic success may not be found. Consequently, this year I would like to focus my research on the question of: how does the physical and mental health of a child effect school success and what services or resources can schools, as institutions, provide to promote these favorable outcomes?

**Annotated Bibliography:**

Allensworth, Diane D. *Schools and Health: Our Nation's Investment*. The National Academies Press , 1997.

This is a book that summarizes the key health care services elementary schools should provide to ensure adequate health and academic success of their students. It is written by Dianne Allansworth who has dedicated her career to researching health services provided by schools and the impact these services have on children. While this source is written for a variety of audiences, its main targets are academics who want to know more about the health services provided by schools. It does have some biased, because it only focuses on services already provided by schools, without giving any other services that should be provided. However, this source is very helpful, as it provides baseline knowledge about what health services are already provided by school systems around the country.

Goldman, Dana, and James P Smith. “The increasing value of education to health.” *Social science & medicine (1982)* vol. 72,10 (2011): 1728-37. doi:10.1016/j.socscimed.2011.02.047

This academic research paper examines the relationship between health and overall educational success. Additionally, it looks at how educated people tend to make better health decisions. It is written by two academics, who have researched this field extensively. It is written mainly for other academics and to inform those who are educated. This source is biased, mainly due to the fact that the only test group is non-Hispanic Whites aged 40-64. The article will be helpful when looking to how current practices could influence the future, but do not give great insight on what is currently happening. A more helpful article would look at elementary aged children, rather than adults.

“Health and Academics.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 13 Aug. 2019, www.cdc.gov/HealthyYouth/health\_and\_academics/index.htm.

This source is an online article that is meant to inform the public about the importance of student health and how it relates to academic success. The source breaks down several different aspects of student health and how poor health in one aspect can directly impact academic success. It argues that academic success can be highly influenced by health-related matters such as sleep, substance abuse, obesity, nutrition, and many others. This particular article does have a bias towards schools and is strongly in favor of schools being the main promoters of student health. This source is very helpful for identifying areas that influence student health the most and the impacts they can have on education.

“Improve the Health of Schools.” *National Archives and Records Administration*, National Archives and Records Administration, letsmove.obamawhitehouse.archives.gov/improve-health-schools.

This online infographic presents the different ways that schools can promote healthy living in students. Additionally, it provides suggestions to schools on how they can improve the health-related services they provide, in order to improve student health, and in turn improve academic success. It was published by the Obama Administration, through the Let’s Move campaign. Its main targets are schools across the country and local officials. Although it is fairly informative, it does have a slight bias, because it does not address many of the obstacles schools face when attempting to implement these programs. Overall, it is a very helpful source, that provides many services that can be implemented by schools to improve student health.

Institute of Medicine (US) Committee on Comprehensive School Health Programs in Grades K-12. “Guidelines for Comprehensive School Health Programs.” *Schools & Health: Our Nation's Investment.*, U.S. National Library of Medicine, 1 Jan. 1997, www.ncbi.nlm.nih.gov/books/NBK232686/.

This source is a portion of a scholarly journal, which was published by the National Health Institute and a variety of other health care organizations. It gives a comprehensive guide to how schools should handle student health. Not only does the journal suggest how schools should improve health services, but also how these services will directly impact students. This journal is very neutral and really only provides research-based evidence to improve health programs within school systems. Overall, this source will most likely be one of the most helpful and will really help answer the research question.

Itrich, Jeffree. “How Health Affects a Child's School Performance.” *UC Health - UC San Diego*, UCSD Health Sciences Communications HealthBeat, 7 Apr. 2006, health.ucsd.edu/news/2006/pages/04\_07\_taras.aspx.

This source is an article written by the University of San Diego Health Department. It highlights the main health factors that can influence a child’s academic success. The article also provides solutions to each of the problems they identify. Therefore, their main audience are parents who have children in elementary, middle, or high school. They provide evidence on how each health problem can impact education and provide research-backed, evidence-based, solutions to these problems. This source is fairly neutral and provides many examples that are back by science. Finally, it is a very helpful source, but does have some limitations. There are only so many examples provided and does not speak specifically to how schools could help students improve their health.

Pizzo, Patrick. *The Relationship between Chemicals Present in the School Environment and Student Health and Student Academic Achievement*, Concordia University Chicago, Ann Arbor, 2017*. ProQuest*, <http://proxyau.wrlc.org/login?url=https://www-proquest-com.proxyau.wrlc.org/docview/1927660762?accountid=8285>.

This source is a scholarly journal which analyzes the short-term effects of chemicals used in school facilities on student health, and how that ultimately impacts a child’s ability to be academically successful. Its audience is mainly for other academic scholars or researchers, but also could be used by those working in education facilities. This source is biased towards the health and well-being of school-aged children, while also believing that all chemicals used by school facilities are harmful in some way. The main argument is showing that there are short-term health effects on students from cleaning chemicals used and they used a variety of types of evidence to prove this theory. Finally, this source is not extremely helpful, but does provide some insight into how even short-term health conditions can have large impacts on a child’s education.

“School-Based Mental Health Services.” *National Association of School Psychologists (NASP)*, National Association of School Psychologists, 2016, www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/school-psychology-and-mental-health/school-based-mental-health-services.

This source is an article, which was published by the National Association of School Psychologist. It was written for school psychologist, with the hope that these mental health professionals would share it with their school community members. The main focus of the article is to call attention to the importance of mental health when striving for academic success. It also highlights the importance of having mental health services within schools, specifically within elementary schools. It recognizes that not many elementary schools currently offer mental health services but wants to emphasize the importance. This article is written by mental health professional, who has a bias in support of mental health services. However, it really makes known how important these services are for the academic success and good health of a child. All in all, this source will be very helpful in showing that mental health and mental health services are just as important in education settings as physical health.

“School Obesity Prevention Recommendations: Complete List.” *Obesity Prevention Source*, 13 Apr. 2016, www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/schools/school-obesity-prevention-recommendations-read-and-print/.

This source was written by the Harvard School of Public Health, which has great credibility within the public health sector. The audience of this source is for school administrators, who are making decisions about health services that will be provided in schools. Although it has little bias, the article is written without acknowledging the challenges some schools will face when trying to implement these ideas. The article calls out the impacts of childhood obesity, arguing that it not only has an impact on educational success, but also on lifelong goals. Therefore, they make suggestions on how schools can implement good nutrition programs to improve the health of students and lower obesity rates. This source will be very helpful in showing what nutrition programs are best for schools to implement to ensure optimal health and academic success.

“Why Education Matters to Health: Exploring the Causes.” *Center on Society and Health*, VCU Center on Society and Health, 1 Sept. 2020, societyhealth.vcu.edu/work/the-projects/why-education-matters-to-health-exploring-the-causes.html.

This source was written by academics at Virginia Commonwealth University, to inform the general public about the importance of education. Additionally, it provides a different stance on how education is important for long-term good health. This particular group has found a connection between those who are well educated and those who are healthy. The article also highlights how the education system plays an important role in providing good health strategies, students can use throughout their lives. Finally, it shows how student health can impact education from early childhood. This source is helpful because it shows the positive impacts schools can make when they establish health lifestyles in young students.

**Literature Review:**

Throughout the United States poor health among children is spreading rapidly and many public schools are not providing adequate services to reverse this issue. However, the health of a child is vital to academic success. Additionally, there are many services that schools could provide to improve the overall health of children, and indirectly improve the academic success of their students. All in all, there needs to be a comprehensive improvement of student health and large increase of school health services in order to improve overall academic success.

Health-risk behaviors and the poor health of a child is “linked to poor grades and test scores and lower educational attainment” (“Health and Academics”). Additionally, “academic success is an excellent indicator for the overall well-being of youth and a primary predictor and determinant of adult health outcomes” (Health and Academics”). Therefore, the health of the child is extremely important not just for the well-being of the child, but also their overall life success. In turn, “School can be one of the primary sites through which children and youth learn about the factors that influence their health” (Institute of Medicine). With this being said, all schools need to implement health programs that promote healthy lifestyles, while also providing adequate health education.

In terms of health, both diagnosed and undiagnosed conditions can have large impacts on a child’s success in school. Some diagnosed conditions could include childhood obesity, common diseases such as strep throat or the common cold, asthma, and poor mental health. Although these medical conditions can play a significant role on academic success, they are not the only factors influencing a child’s health. Insufficient health habitats can also have a significant impact on a child’s health and overall life success.

For example, students must get enough sleep, in order to achieve academic success. In fact, according to Dr. Howard Taras, “poor sleep equals poor grades” (Itrich). Many scholars in the field suggest parents pay close attention to the level of sleep their child is getting each night. They also point out that if a child is struggling in school, it may indicate they are having trouble sleeping. If this is the case, parents should seek medical advice on how to help their child get more sleep (Itrich). One way that schools can help students get more sleep is to push back start times and educate students on proper sleep habits. The CDC recommends that schools should provide “lessons in sleep patterns and sleep disorders, snoring, drowsy driving, and insomnia are among topics teachers can cover in the classroom to help students develop healthy sleep habits” (“Sleep and Health”). Additionally, the CDC recommends that schools adjust their start times depending on the recommended number hours for each age group. Research has shown “that later school start times for adolescents result in more students getting enough sleep”, therefore, schools should adjust accordingly to ensure students are getting adequate levels of sleep (“Sleep and Health”). Overall, sleep is an essential factor influencing student success and schools can take an active role in ensuring students get a healthy level of sleep each night.

Next, students must get plenty of physical exercise and be moving throughout the day. Dr. Taras highlights “that physical activity improves circulation, increases blood flow to the brain and raises norepinephrine and endorphins that are often credited with reducing stress, improving mood, and inducing a calming effect after exercise” (Itrich). Therefore, students must be given plenty of time throughout the day to get their bodies moving. Not only is physical activity recommended by Dr. Taras, it is also highly encouraged by the Let’s Move campaign. This was a program started by the Obama Administration to get more students moving throughout the school day. They promote the importance of physical activity within schools and encourage schools to get children moving in various ways throughout the day. Some suggestions they have include “physical education classes, recess periods for unstructured play in elementary schools, afterschool programs, intramural sports programs and physical activity clubs” (“Improve the Health”). The Let’s Move organization believes that these programs will encourage physical activity in all students, not just those who are very into sports. Overall, physical activity is essential to a healthy lifestyle, especially for children, and therefore must be promoted by schools in various ways.

Additionally, the Let’s Move program started the Healthier U.S. Schools Challenge, which “establishes rigorous criteria for schools’ food quality, participation in meal programs, physical activity, physical education, and nutrition education” (“Improve the Health”). One of the most important factors raised is the emphasis on nutrition. In order for students to maintain a healthy lifestyle and in turn maintain a high academic standard, they must be receiving proper nutrition. Students must maintain a healthy diet in order to maintain a healthy lifestyle and schools can be great role-models.

If staying healthy means maintaining a healthy diet, then there are many steps students and schools can take to implement these good habits. For example, having healthy foods readily available while at school and education on what makes up a healthy diet. Many scholars on the topic argue that schools must be the first line of defense on encouraging healthy eating habits. Students must be taught to make responsible and healthy choices in their meals while at school (Institute of Medicine). According to Dr. Taras, this starts with serving all students a healthy breakfast. Therefore, he strongly believes that “breakfast served at school will get children there on time and a healthy breakfast” (Itrich). Not only does Dr. Taras encourage schools to serve breakfast to students, but the Let’s Move program gives the same advice. The Let’s Move program also states that more than 11 Million students are enrolled in the National School Breakfast Program, in which they receive a meal every morning. Therefore, it is essential for schools to provide a healthy breakfast each morning (“Improve the Health”).

Not only do experts suggest schools provide a healthy breakfast for students to start their day off right, but also maintain a healthy lunch program and a strong nutritional education program. Some of these methods could include starting a school garden, promoting healthy food choices in the cafeteria, and swapping a deep fryer for a salad bar (“Improve the Health”). These methods will give students easy access to healthy foods and they will be “taught to make responsible, healthy choices in their meals” (Institute of Medicine). Additionally, schools are advised to provide meals that “contain the appropriate levels of sodium, calcium and iron” (Institute of Medicine). Schools must ensure that they do not allow students to purchase sugary drinks or high sodium foods. A recent study showed that 56% of elementary students were allowed to purchase sugary drinks from a vending machine during the school day (Itrich). This is only furthering the problem of poor nutrition in schools and exacerbating the decline of health among students.

In addition to promoting a healthy lifestyle, a strong nutrition emphasis will also work to combat childhood obesity. This is not a stand-alone issue, but one that “incites and exacerbates other health conditions” (Itrich). Therefore, students who are considered obese are more likely to suffer from other health conditions such as diabetes, hypertension, asthma, sleep apnea, or overall low quality of life (Itrich). However, if school implement plans to improve nutrition programs, less students will suffer from obesity. In turn, students will suffer from less medical conditions and can have better chances of academic success.

Another factor that can greatly influence student success is mental health. Too many children suffer from mental health disorders, which often go undiagnosed and untreated. In fact, an estimated “one in five children and adolescents experience a mental health problem during their school years” (“School-Based Mental”). In the current education system, these problems typically go untreated and lead to student failure. However, schools are often the optimal locations for children to receive mental health services (“School-Based Mental”). Therefore, schools should implement programs for students to start receiving mental health services. These programs will ensure that mental health problems do not go untreated and that students receive the treatment they need for success. Some of these programs could include “counseling, guidance and psychosocial service activities” that “reduce inappropriate and unhealthy student behavior, promote optimal mental and emotional health and identify and address problems that impede learning” (Institute of Medicine). All in all, the implementation of mental health services in schools will improve learning and therefore, lead to academic success.

In order for schools to promote a strong learning environment, they must protect the health of their students. Student health must make significant improvements, specifically in the areas of sleep, nutrition, and mental health services. Schools should make active efforts to implement programs that will establish proper habits and improve the health of their students.

**Policy Memo:**

**Research Question:** How does the physical and mental health of a child effect school success and what services or resources can schools, as institutions, provide to promote these favorable outcomes?

**Executive Summary:**

One of the most prominent issues facing the elementary education system today is student health. There is an accelerating rate of child obesity, inadequate living conditions, and a lack of physical activity. With these increases in health problems, students are not able to achieve adequate academic success. However, many students with health problems, do not have access to health care services or education on how to live a healthy life. This is where schools must step in and provide an intervention. Schools need to provide health services and education to students, in order to promote healthy living and academic success.

**Background:**

* Throughout the United States poor health among children is spreading rapidly and many public schools are not providing adequate services to reverse this issue. The health of a child is vital to academic success, life accomplishments, and maintaining a long life. Educational institutions are in a unique position, where they have a great power to improve the overall health of a community. There are many services that schools could provide to improve the health of children, and indirectly improve the academic success of their students. In fact, according to the National Library of Medicine, “school can be one of the primary sites through which children and youth learn about the factors that influence their health” (Institute of Medicine). One of the most important services schools can provide is health education. However, health education typically begins very late in the United States public school system. In most states, children do not receive health education courses or curriculum until they have entered middle or high school. This means that most children go until they are 11 or 12 before they receive any health education course. The education system must implement some type of health curriculum in elementary schools, so that children begin learning about their health at a much earlier stage in their life.
* In addition to health education, there are many other aspects of a child’s health that schools can have a large influence over. This means that schools must provide many other programs to encourage good health in their students. Some of these programs could include, “Physical education classes, recess periods for unstructured play in elementary schools, afterschool programs, intramural sports programs and physical activity clubs” (“Improve the Health”). All of these programs instruct students on the importance of physical activity, while also giving them a chance to be active throughout the school day. Physical activity is essential to maintain good health throughout one’s life but must be established as a routine early in life.
* Not only is physical activity an essential part of maintaining a healthy lifestyle, but students must also be educated in how to maintain a healthy diet. Students must learn which foods they should eat so that they get the proper nutrients, while also maintaining a balanced diet. Schools can model this behavior by providing healthy, nutritious meals for their students. One of the first steps schools can take is ensuring that students do not have access to unhealthy food while at school. For example, “a recent study showed that 56% of elementary students were allowed to purchase sugary drinks from a vending machine during the school day (Itrich). By eliminating these types of privileges, students would be consuming less sugar or junk food throughout the day. Many scholars believe that schools should provide a healthy breakfast and lunch for all students, every day. This will establish good habits in their students while also ensuring their students remain healthy and ready for the day.
* The final aspect of health that effects all students is mental health. This is just as important as physical health but can sometime be forgotten by schools or other members of the community. Therefore, schools must take the initiative to implement mental health services within their schools. It has been found that “one in five children and adolescents experience a mental health problem during their school years” (“School-Based Mental”) This type of health issue can be disastrous for a student’s academic achievements, if not treated properly. Schools however are in a very unique position to provide mental health services to their students. They are a prime location where students can continue to learn, while receiving vital services. Implementing a mental health program in every school would greatly increase the academic achievements in each school.
* All in all, schools are vital to maintaining academic success and optimal health in all of their students. Each school should implement programs and services to improve the overall health of their students. This will lead to better academic outcomes and will lead to better health in the long run. The three most important services to focus on are physical activity, nutrition, and mental health. When schools improve student health in each of these areas, they will most likely see great success.

Key Stakeholders:

* There are several stakeholders who would be impacted by this issue. The largest stakeholder is schools. These are institutions that will only benefits from the improvement in health of students. When students learn how to live a healthy life at an early age, they are more likely to live a healthy life. They tend to suffer from less health complications as an adult and achieve more success. Additionally, schools are very unique institutions, as they can serve the entire community, not just their students. Schools can provide areas for the community to receive a healthy meal or a safe location to get physical exercise. For DC Public Schools, one of the key stake holders is Miriam Kenyon. She is the Director of Health Education at DCPS and is responsible for overseeing all health education programs. Additionally, she works to determine what services the school can provide to achieve the greatest success.
* Another key stakeholder is an organization called Action for Healthy Kids. This organization is a non-profit that works to mobilize family school partnerships in order to implement health programs in schools. They work directly with school systems to provide grants that will increase the health programs provided to students. Action for Healthy Kids provide three different types of grants: nutrition education and food access, physical activity and active play, and social emotional health and risk behavior prevention. All three of these grants provide money to schools, in which they can implement new programs or services within their schools. For example, when a school receives a nutrition grant, they could use the money to implement a classroom breakfast program. This would ensure that all students receive a healthy breakfast every morning. When Action for Healthy Kids provides a grant to a school, there is one caveat. Schools can use the money in the area they receive the grant for, but they must also work to improve the other areas of health education. For example, if a school receives a social emotional learning grant, they must also implement physical activity and nutrition programs. This ensures that schools begin to implement a holistic health program.

Appraisal of Past Solutions:

* Although no one would argue that students should not be given adequate health education and services in schools, there are different methods of implementing these plans. Some people believe that simply implementing one short health course each year is adequate for teaching health to students. Additionally, some people would argue that schools should not be responsible for providing some health services. For instance, some people would argue that schools should not feel the responsibility of proving mental health services for students. Some would say that schools should only be responsible for providing great education, but other services should be left up to outside professionals. On another hand, some people would say that instituting new health policies and services in schools would be too expensive. Some schools simply do not have the funds to support certain services. However, this should fall on the government in order to make student health a priority. Additionally, schools would probably find that these programs will provide more benefits than costs.
* Action for Healthy Kids, the non-profit organization that works to improve health services in schools, is a great example of a solution that works. By partnering with schools, they know their target audience and work solely to help that group of people. They also have been extremely successful in ensuring that schools utilize their grant money to improve the health of their students. By having clear expectations for schools when they receive a grant, they ensure that their goals will be met. Finally, by providing money to schools, they build a relationship. After this relationship is built, they can continue to provide more suggestions and improvements for schools. They continue to partner with these schools to keep providing professional development and ensuring schools can successfully implement health programs.

Project plan:

* After researching this issue extensively there are several projects that could be implemented. However, I have decided to focus solely on the social-emotional health of students in the Washington D.C. area. I am planning on starting a Big Brothers Big Sisters style mentoring program at AU. I plan to partner with an elementary school in the area and begin a one-on-one mentoring program. I hope that this program could continue even after this semester.

Conclusion:

 All in all, good physical and mental health are essential for students to achieve academic success. In order to achieve this goal though, schools must be the first line of defense in maintaining healthy habits. Schools must work with their students to educate them on how to live a healthy life and to build healthy lifestyle habits. Schools can do this through three different aspects of health. First, they can ensure that every student is given plenty of time during the day to get physical activity. This may mean getting outside each day for recess or having a gym class each day. Second, they must educate students on healthy eating habits. This means serving a well-balanced breakfast and lunch to every student, every day. Finally, schools must provide mental health service to their students. Their students must maintain good mental health to have great academic success. Overall, schools must take a holistic approach to implementing health programs in order to improve the academic success of all students.

**Criteria Alternative Matrix:**

Criteria Alternative Matrix

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Knows their Population | Accessibility | Feasibility | Number of People Reached | Measurable Effects on Target Population | Total |
| Volunteering at Action for Healthy Kids | 1 | 2 | 2 | 3 | 1 | 9 |
| Providing Resources to DC Public Schools | 3 | 3 | 3 | 4 | 2 | 15 |
| Financially supporting an organization. | 4 | 4 | 4 | 2 | 4 | 18 |
| Working with an organization to build health curriculum for schools | 2 | 1 | 1 | 1 | 3 | 8 |

How does the physical and mental health of a child effect school success and what services or resources can schools, as institutions, provide to promote these favorable outcomes? When investigating a school’s role in promoting healthy lifestyles in the community, there are many feasible solutions. However, every solution takes time, effort, money, and other resources. When successful, students are provided with health education courses and have a greater chance at living a long, healthy life. Overall, any of the solutions presented above will provide great outcomes, but each comes with its own costs and benefits.

 One solution is partnering with Action for Healthy Kids. This is an organization that works with schools around the country to improve health services and promote healthy lifestyles in students. Overall, their mission is to improve the health services within schools so that students achieve academic success and have a healthier life. This organization’s primary focus is on providing grants, which schools can use to implement different health programs. Action for Healthy Kids has three different types of grants, all dealing with a different health focus. The first is a physical education grant, which provides resources to schools that will get students more active. The second grant focuses on nutrition programs. This provides schools with funding to provide healthy food options and teaches students how to build healthy meals. The third and final grant promotes social emotional learning. This places a focus on student mental health and allows schools to implement new mental health services.

 When a school is given a grant from Action for Healthy Kids, there are certain steps they must take to provide a holistic approach to improving their health services. This means that if a school receives a social emotional health grant, they must still implement certain physical education and nutrition programs. Volunteering with this organization would be a great way to execute a social action project. I would know the population I am serving and be able to measure the effects. The organization is clear about who they work with and specifically provide health services funding to schools. Working with this organization would be feasible and accessible social action project for me. Finally, it would have measurable effects on schools who are assisted by the grant funding. The one downside of working with this program is that only a limited number of students will be assisted. The only schools who are able to improve their health services are those who are granted funds. Therefore, there are many schools and students who will not be assisted by supporting this organization. Overall, volunteering with this organization provides many benefits to schools and students; making for a great social action project.

 Another great social action project would be to partner with an organization that develops health curriculums for schools. This would be a very similar project to partnering with Action for Healthy kids. I would work to develop curriculum that schools can implement, so that they can create better health programs. This will give schools the tools to implement health services and create healthier children. Not only will these health curriculums have an impact on students who are currently in the school system, but it can be used for years to come. Overall, by creating health education curriculum I would be participating in a social action project that is achievable now and will serve many students in the future. According to the criteria matrix, this solution is the best method of implementing a social action project.

 A third solution to increasing health services for students in schools and improving academic success is by financially supporting an organization that works toward the same goal. This could include supporting an organization or a specific school. When supporting an organization, one benefit would be that many students would be reached. However, supporting just one school would not reach as many children as possible. Although this solution has the potential to reach many students, it is not feasible for a college student to accomplish. Financially supporting an organization would take numerous resources and access to lots of money. Therefore, it is just not a reasonable solution. If I were to use this solution for my social action project, I would most likely not be successful. The best I would be able to do is provide a donation to an organization, but that would not completely fund the organization. If I wanted to provide financial support to an organization, the best plan would be to partner with this organization, so that I provide a monetary donation, while also providing other services. For instance, I could fundraise enough money to make a donation and then provide my time to help with the organization’s other needs. Overall, this solution would be applicable if combined with another social action project.

 A final solution would be providing resources to the DC Public School System to improve their health education programs. This could include providing monetary aid, creating health education curriculum, working directly in schools, or any other form of aid. This would be a feasible plan for a college student. However, it would not reach many students. It would only have an impact on students in the DC public school system and quite possibly could only have an impact on students in one classroom. Therefore, this is not the best of option for my social action project. This is also highlighted by the criteria matrix. This solution got one of the highest scores, indicating that it would not be a great solution or reasonable social action project for the spring.

 Overall, there are many potential solutions to implementing health education services within public schools. The best solution seems to be creating a health education curriculum that can be used by many schools of a very long time. The least successful option would be financially supporting an organization that already works to fight this problem. All in all, I will strongly consider partnering with an organization to create health education curriculum, while also providing a monetary donation that can be used in the future.