



National Association of School Nurses

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Contact: Shirley Schantz, NASN Nursing Education Director
National Association of School Nurses
8484 Georgia Avenue, Suite 420
Silver Spring, MD 20910
(240) 821-1130

Arkansas School Nurses Take Initiative Against Childhood Obesity and Diabetes

700+ School Nurses Participate in Childhood Obesity Prevention and Diabetes Management Programs

(Silver Spring, MD) June will kick off a series of Arkansas programs which will educate over 700 Arkansas school nurses in student health and wellness. These nurses are taking great strides in promoting school health and community wellness by participating in the *School Nurse Childhood Obesity Prevention Education (S.C.O.P.E.)* and *Helping Administer to the Needs of the Student with Diabetes in School (H.A.N.D.S.)* programs developed by the National Association of School Nurses. S.C.O.P.E. empowers school nurses to develop strategies to assist students, families, staff and the community to promote healthy weight. H.A.N.D.S. equips the school nurse with current diabetes knowledge, and provides tools and resources to facilitate effective diabetes management for students at school.

NASN Nursing Education Director, Shirley Schantz will join experts to speak at the Arkansas School Nurses Association annual conference on June 8th, 2010, made possible by collaboration with the Arkansas School Nurses Association, Arkansas Department of Health, Arkansas Department of Education, and the Education Service Cooperatives of Arkansas. Arkansas is ranked the 8th most obese state in America. While Arkansas has been addressing the issue of childhood obesity for several years, "School nurses are in a unique position to identify and respond to the problem of childhood obesity by working with families, school staff and the community to implement policies for healthy lifestyles in school," says Schantz. "The role of the school nurse must be part of the solution to affect a change in the direction and behavior for schools and students." Arkansas continues to demonstrate its dedication to health and wellness by educating all its school nurses in identifying, treating, and preventing childhood obesity and diabetes management education simultaneously.

Both programs focus on evidence-based prevention and interventions. S.C.O.P.E. subject matter includes the causes and consequences of childhood obesity and how to collaborate with school and community resources to address the challenges of overweight and obesity. H.A.N.D.S. provides the school nurse with current knowledge, skills and resources to ensure safe and effective diabetes management at school.

NASN supports the role of the school nurse in ensuring children's health. NASN recommends that parents talk to their school nurse about 1) assessing for childhood overweight and associated health risks, 2) concerns about the management of diagnosed diabetes at school, and 3) methods to keep children healthy, in school and ready to learn. For more information about the S.C.O.P.E. or H.A.N.D.S. programs or other resources for children's health, please visit NASN's Web site at www.nasn.org.

NASN

The National Association of School Nurses is a non-profit specialty nursing organization, organized in 1968 and incorporated in 1977, representing school nurses exclusively. NASN has over 14,000 members and 51 affiliates, including the District of Columbia and overseas. The mission of the NASN is to improve the health and educational success of children and youth by developing and providing leadership to advance the school nursing practice. To learn more about NASN, please visit us on the Web at www.nasn.org or call 866-627-6767.