

# A WORD FROM THE COMMISSIONERS

As the Commissioners of Behavioral Health, Education and Public Health, we are committed to supporting the health and educational success of our Kentucky children and youth. The health and education of our children and youth are *two of our primary unifying concerns*. Academic success of our Kentucky youth is strongly linked with their health. We jointly support initiatives that encourage healthy lifestyles and lead to academic success of our Kentucky children and youth. It is with great enthusiasm and optimism that we offer you the revised 2011 Physical Activity, Nutrition, Tobacco and Asthma Plus (PANTA Plus) School Resource Guide.

The Center for Disease Control and Prevention (CDC) has identified and monitors six priority health-risk behaviors of youth that research shows contribute to the leading causes of death and disability among adults and youth. These six are: injury and violence, alcohol and drug use, tobacco use, poor nutrition, physical inactivity, and sexual risk behaviors. In addition to causing serious health problems, these behaviors also contribute to the educational and social problems that confront the nation and Kentucky, including failure to complete high school, unemployment, and crime. Asthma and dental health are also two major areas of health impacting children and youth that are also included in the surveillance.

This Physical Activity, Nutrition, Tobacco and Asthma (PANTA) Plus School Resource Guide will assist schools as they work towards a coordinated approach to school health. It provides the framework, structure, tools and resources to strengthen and expand your school health program and policies.

Strong collaboration between behavioral health, education and public health at the state and local levels is vital as we work together to improve the educational outcomes of our students through improved school health programs. We applaud your achievements and pledge to work with you to make a difference in the lives of Kentucky children, youth, families and school staff.



Commissioner,  
Kentucky Department  
for Behavioral Health,  
Developmental and Intellectual  
Disabilities



Commissioner,  
Kentucky  
Department of Education



Acting Commissioner,  
Kentucky  
Department for Public Health

