

Texas State Board Review of Health TEKS

Committee Report

General Feedback

Overall, responding to guiding question 1, the framework proposed is well-crafted and thought out and I recommend the strands and sub-strands and the timing of those as summarized in chart form are solid and well-written-no changes recommended. I think the proposed framework does allow for a complete and logical development of the concepts overall (question 2). Regarding the third question, I think the current Texas Essential Knowledge and Skills (TEKS) are remarkably comprehensive and cover most if not all of the concepts proposed in the new framework. Placing the topics from the current TEKS into the new framework is very doable but seems beyond the scope of this initial review. To reiterate, the main strands in the proposed framework are covered comprehensively in the current (now older version) TEKS. Regarding question 4, the proposed framework (in the recent statutes) introduces named diseases (diabetes, cardiovascular disease, obesity, and oral disease) that are lacking in the current TEKS. I will include those references in the following analysis of needed updates to the current TEKS.

Regarding question 6, reading through each grade levels' topics in succession was duplicative but needed for each level. No recommendations for eliminating topics. However, I do not see how the instructor can cover every topic because it is so comprehensive in the time allowed; especially, one semester (1/2 credit) in the high school grade 9-10th, covering all of these concepts. Question 7 will be addressed in the following section.

Specific Feedback (on current TEKS)

Subchapter A Elementary

Kindergarten

115.2(b)(6)(C) control spread of germs with ADDITION of covering mouth when coughing or sneezing

115.2(b)(7)(A) add concept of overheating/dehydration; note dressing for warmth is for comfort but does not prevent illness (or colds)

First Grade

115.3(b)(8)(B) emphasize hot weather problems (overheating/dehydration)

Second Grade

115.4(b)(1)(C) poor diet links to diabetes, cardiovascular disease (CVD), and obesity

Third Grade

115.5 (b)(1)(D) unbalanced diet leads to diabetes, cardiovascular disease (CVD), and obesity

Fourth Grade

115.6(b)(1)(A) Add detriments of excess food (calories) can lead to diabetes, CVD, and obesity

115.6(b)(12)(E) 10(A) and 12(E) are similar, could eliminate one. Recommend avoiding any lists of “subset” groups of individuals. All individuals (inclusive) should be shown respect and consideration during all interaction and communication.

Fifth Grade

115.7(b)(1)(B) unhealthy food choices can lead to diabetes, CVD, and obesity

115.7(b)(1)(D) excess calories over energy expenditure leads to obesity

115.7(b)(4)(C) biggest myth-cold temperature causes illness (or colds)

115.7.(b)(4)(D) eliminate polio, add influenza

Subchapter B Middle School

Sixth Grade

115.22(b)(1)(D) affirm this is a good time to introduce concept of body image and eating disorders (i.e., bulimia, anorexia nervosa)

115.22(b)(1)(G) add to screen for diabetes, CVD, and obesity

115.22(b)(7)(C) affirm link with drinking and drugs to risky driving (1) and early undesired sexual involvement (2)

115.22(b)(7)(F) include self-injury (i.e., cutting, suicide)

115.22(b)(7)(H) affirm

115.22(b)(10)(C) remove HIV vaccine as an example, replace with Human Papilloma Virus (HPV) vaccine

115.22(b)(12)(G) showing respect for all individuals is to be cultivated, regardless of any individual differences. Recommend not listing any examples of types of individuals. All is all inclusive of individuals that are to be shown respect during communication. This is the antidote to bullying covered in #14.

115.22(b)(13)(D) ADD and avoiding early sexual involvement

115.22(b)(13)(E) include implications of teenage pregnancy’s effect on long-term goals (i.e. high school graduation)

Seventh and Eighth Grade

115.23(b)(1)(C) and suicide

Submitted by Jack Lesch

115.23(b)(1)(E) What are the three (3) prescription drugs abused-opioids, anxiety/sleep (i.e., benzodiazepines), and stimulants (i.e. amphetamines for ADHD)? Not stated in TEKS

115.23(b)(3)(A) add screening for diabetes, CVD, and obesity

115.23(b)(4)(D) affirm, concept of statutory rape

115.23(b)(6)(E) affirm importance

115.23(b)(6)(F) affirm importance

115.23(b)(9)(A,B) effect of media's role in early sexual involvement

Subchapter C High School

Ninth-Tenth Grades

115.32(b)(2)(A) include in disease prevention of diabetes, CVD, and obesity

115.32(b)(4)(C) add and sexual behaviors

115.32(b)(5)(C) add sexual harassment and dating violence

115.32(b)(7)(D,E) add preventing early sexual involvement

115.32(b)(8)(A)reword- delete "such as", insert "to promote"

115.32(b)(8)(D) and sexual harassment and dating violence (i.e., rape)

115.32(b)(8)(E,F) affirm important

115.32(b)(14)(B,C) affirm important

115.32(b)(17)(E) add early sexual involvement

Eleventh-Twelfth Grades

115.33(c)(3)(D,E) affirm important

115.33(c)(7)(A) add and early sexual involvement

115.33(c)(13)(D) affirm important

115.33(c)(14)(E, F) affirm important

Specific Feedback (on statutes)

Appendix A

Submitted by Jack Lesch

(1)-Health instruction statutory requirements on diabetes education program and parenting/paternity awareness need to be added. I have inserted diabetes into multiple updates and at individual grade levels for the current TEKS. Parenting legalities need to be addressed. Physical activity, family violence, teenage pregnancy, alcohol awareness, bullying/harassment and prescription drug abuse all have line items and are addressed in the current TEKS.

(2) Health-related instruction, information, and or programs such as Cardio-Pulmonary Resuscitation (CPR) (TEC 28.023) can be taught in any class, probably best in Physical Education (PE).

Student Health Advisory Committee (SHAC) (TEC)(28.004 a-c) can be considered in administrative policy of the school

Human Sexuality Instruction (TEC 28.004 [e-j]) required teaching already in TEKS. This is mainly delineating administrative rules about parental involvement in the review of curriculum

Sexual Harassment-in current TEKS

Dating Violence Prevention-in current TEKS

Bullying Prevention Policies-in current TEKS

Hazing-needs to be considered as administrative policy within the school (not necessary in the curriculum)

Internet Safety-could be added to health curriculum as it relates to the dangers (i.e., addiction) to pornography, could be taught in computer education class as well

Sexting-could be added to health curriculum as it relates to early sexual involvement and dating violence

Bacterial Meningitis-make information available about vaccine in health

Child abuse anti-victimization-could be added to health curriculum, in current TEKS

Sexual abuse-maltreatment of children-could be added to health curriculum; as well as training for adults to recognize and discuss with students

Coordinated School Health Programs (CSHP) required-I have suggested ongoing sub-strands to teach about diabetes, CVD, obesity, and oral disease starting in elementary school (grades K-5)

CSHP implementation-should be administrative policy within the school; does not need to be a part of the health curriculum

Submitted by Jack Lesch

Response to cardiac arrest- should be administrative policy within the school; in health class may be important to make students aware of where a defibrillator is located in the school/gym/stadium

Resource List (internet safety)-could be added to health curriculum{avoiding pornography) or computer class as information

Mental health, substance abuse prevention, suicide prevention- touched on in current TEKS, could definitely go deeper

Appendix B addendum to required health instruction statutes

HB18 Mental health, substance abuse, alcohol; diabetes (type II), CVD, and obesity are included in updates of current TEKS specifically for these three disease areas.

HB16 Cardiac Evaluation with option for EKG-This statute is NOT a medically proven approach to indentifying unsuspected heart disease (it is based on family history and requires an echocardiogram to diagnose (not an EKG); more appropriate to be discussed with teams, coaches, and trainers

HB111 Training teachers-should be in administrative policy with the individual schools

HB403 Training board of trustee about sexual abuse/trafficking-should be in administrative policy

HB455 Recess-should be administrative policy within the individual school

HB496 Injury Response-should be administrative policy within the individual school

HB961 Concussion- should be administrative policy within the individual school

HB1026 Positive Character Traits-could be included in health curriculum

SB11 Mental Health promotion, add suicide-include in health curriculum

SB435 Opioid education added teaching-in current TEKS; will teachers or staff be administering naloxone (medication requiring a prescription) for opioid overdose?

Respectfully Submitted,

Jack W. Lesch, M.D.