



**2023-24  
NFHS BOARD OF DIRECTORS  
PRIORITIES**

**STUDENT MENTAL,  
EMOTIONAL AND PHYSICAL  
WELLNESS**



# STUDENT MENTAL, EMOTIONAL AND PHYSICAL WELLNESS

## ***2023-24 NFHS BOARD OF DIRECTORS - PRIORITIES***

The NFHS will provide national guidance through development of educational programs and resources, support for research on wellness issues, collaboration and advocacy efforts, and the creation of opportunities for shared learning.

- Sports Medicine Advisory Committee (SMAC) -The NFHS SMAC will continue to provide guidance regarding rules development, health and safety guidelines/recommendations, working with state health agencies, and the overall role that the NFHS plays- or does not play- in the sports medicine ecosystem
- Enhance collaborative efforts with related organizations- ex. school counselors, school administrators, school-based university programs
- Expand educational resources that address mental, emotional and physical wellness of all involved in education-based programs
- Incorporate focus on mental, emotional and physical wellness into NFHS meetings and programs as appropriate
- Conduct a national Mental and Emotional Wellness campaign.



Launched in 2023

**#WESEEYOU**





# 2021-2025 NFHS STRATEGIC PLAN

## STUDENT MENTAL, EMOTIONAL AND PHYSICAL WELLNESS





# STUDENT MENTAL, EMOTIONAL AND PHYSICAL WELLNESS

## *2021-2025 NFHS STRATEGIC PLAN*

**BELIEF** → Education-based athletics and performing arts/fine arts activities promote physical, mental and emotional wellness during the most important time of a young person's life. These activities are essential in promoting a physically healthy lifestyle; developing character attributes such as leadership, teamwork, self-discipline, empathy and civic engagement; boosting academic performance; and encouraging positive relationships.





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**CHALLENGE** → The variety and nature of education-based programs differ greatly relative to accessibility, allocation of resources, defined purpose, leadership, organization, and measured outcomes. As a result, students with mental and emotional wellness issues often are not provided necessary supports and are identified as the group with the highest school dropout rates. In addition, starting at the youth level, there is an obesity epidemic, leading to shortened lifespans due to unhealthy nutrition and exercise habits.





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## *2021-2025 NFHS STRATEGIC PLAN*

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**OPPORTUNITY** → Capitalizing on multiple avenues for engaging the NFHS membership and stakeholder communities, the NFHS can provide national guidance through development of educational programs and resources, support for research on wellness issues, collaboration and advocacy efforts, and the creation of opportunities for shared learning.





# STUDENT MENTAL, EMOTIONAL AND PHYSICAL WELLNESS

## ***2021-2025 NFHS STRATEGIC PLAN – FOCUS AREAS***

- Increase the level of expertise on the NFHS Sports Medicine Advisory Committee to enable its guidance.
- Develop a strategy for the role of the NFHS.
- Consider establishing a Performing Arts Medical Advisory Committee or enhance expertise on the Sports Medicine Advisory Committee (specialists in auditory, musical risks, vocal health); consortium (NATA, PAMA, AATA).
- Explore collaborative efforts with other organizations, such as school counselors association, administrators, medical organizations, school-based university programs (e.g., Yale Center for Emotional Intelligence), American Association of Adapted Sports Programs (AAASP), United Sound, Special Olympics of North America (SONA).







# STUDENT MENTAL, EMOTIONAL AND PHYSICAL WELLNESS

## *2021-2025 NFHS STRATEGIC PLAN – FOCUS AREAS*

- Consider separate committee to address mental and emotional wellness issues.
- Sponsor Educational Summit(s) that put experts in front of membership.
- Expand educational resources that address mental, emotional and physical wellness of everyone involved in education-based programs (students, coaches, officials, administrators, etc.)
- Monitor federal and state legislative activity.





# STUDENT MENTAL, EMOTIONAL AND PHYSICAL WELLNESS

## *2021-2025 NFHS STRATEGIC PLAN – FOCUS AREAS*

- Continue research, including High School RIO.
- Monitor outside efforts relative to education-based programs.
- Pursue funding where appropriate, such as the NFHS Foundation.
- Continue risk minimization efforts within the NFHS rules-writing process (public-facing educational component, evidence-based focus, expertise, approach to cultural components).

