



RMC Health Fact Sheet

Who is RMC Health?

RMC Health is a non-profit organization in Lakewood, Colorado, that works to improve the mental, physical, social, and emotional health of children and youth by providing innovative professional development—training, coaching, and resources—to district superintendents, school administrators, health teachers, school nurses, and physical education teachers, as well as government agencies and non-profit organizations throughout the country.

What do we do?

Through research-based professional development (training, one-on-one assistance, and resources), we provide knowledge and build skills in order to improve the health of children and youth and transform the health culture in a school, district, or community. All of our trainings include customized design, delivery, and follow-up support to ensure learning will be relevant and applied.

RMC Health has worked in several topic areas related to the health of children and youth, addressing childhood obesity (nutrition and physical activity), behavioral health, healthy sexuality (including HIV and STD prevention), and the use of alcohol, tobacco, and other drugs.

Who do we work with?

RMC Health has provided training and technical assistance to more than 35,000 individuals who work in schools, districts, and communities across the nation. Our school clients include teachers, counselors, principals, and school nurses. We've also worked extensively with state education departments as well as many state health departments, local education and health departments, and non-governmental organizations that share our vision of healthy youth. We've worked in every state, the District of Columbia and six U.S. territories.

RMC Health understands that each individual trained will pass on the knowledge to countless children and their families.

Over our 39-year history, RMC Health has established and maintained valuable relationships and collaborative efforts with several key partners, agencies, and funders engaged in healthy school initiatives. For more than 17 years, RMC Health has partnered with the Colorado Department of Education and Colorado Department of Public Health and Environment to champion healthy schools. RMC Health serves on the statewide Inter-Agency School Health Management Team that provides oversight for Colorado's strategic health plan and coordinates complementary school health initiatives for efficient use of resources.

What don't we do?

Although RMC Health's team loves children, our mission is to provide professional development to adults who, in turn, take this knowledge and promote healthy behaviors for children and youth—most often in schools, but also throughout communities.

How do we work?

RMC Health uses adult learning theory, brain-based learning, and other research-based best practices, tailoring our services to overcome specific challenges and developing original solutions for each client. We have created our own distinctive RMC Health method to meet objectives and deliver outstanding value and return for our partners. RMC Health has a three-year plan, including accountability measures, to address the following strategic goals:

- Provide professional development services and products that measurably increase the effectiveness of the professionals with whom we work
- Demonstrate innovation through our practices and communication using the latest research, methods, experience, and evaluation
- Articulate the value of research-based professional development to improve the health outcomes of youth

What are some examples of our work?

- **Healthy Schools Colorado**, developing Coordinated School Health Programs in schools in 14 districts, including policy, systems, and cultural and environmental changes
- **Colorado Comprehensive Health Education Standards** trainings for educators (RMC staff helped write the current set of Colorado Comprehensive Health Education Standards)
- **HEAL**, a project to promote a culture of healthy eating and active living in Denver Public Schools in the high-risk
 - Children's Corridor
- **Second Chance**, a computer-based alternative to suspension program for students in Colorado who violate their school tobacco policy
- **Read4Health**, creating lesson plans that combine Colorado's literacy and health education standards
- **Fee-based trainings and technical assistance** for clients across the U.S., such as a tobacco-prevention policy training for a county health department, staff wellness programs for a school district, and program evaluation technical assistance for two non-governmental organizations (one that promotes quality physical education and one that promotes safe schools)

Who are the people behind the work?

Yes, we take our work seriously and care deeply about the health of Colorado's K-12 students, but we still take time to enjoy life. Our staff enjoys everything our state has to offer, including spending time in the mountains, traveling, kayaking, cycling, rock climbing, cooking, gardening, swimming, reading, shopping, supporting our sports teams, and most importantly, doing all of these things with our friends and families.

More information: rmc.org/newsroom or Wendy Larsen at wendyl@rmc.org