



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



# SHI

## School Health Index

FOR PHYSICAL ACTIVITY, HEALTHY EATING,  
AND A TOBACCO-FREE LIFESTYLE



*A Self-Assessment and Planning Guide*

ELEMENTARY SCHOOL

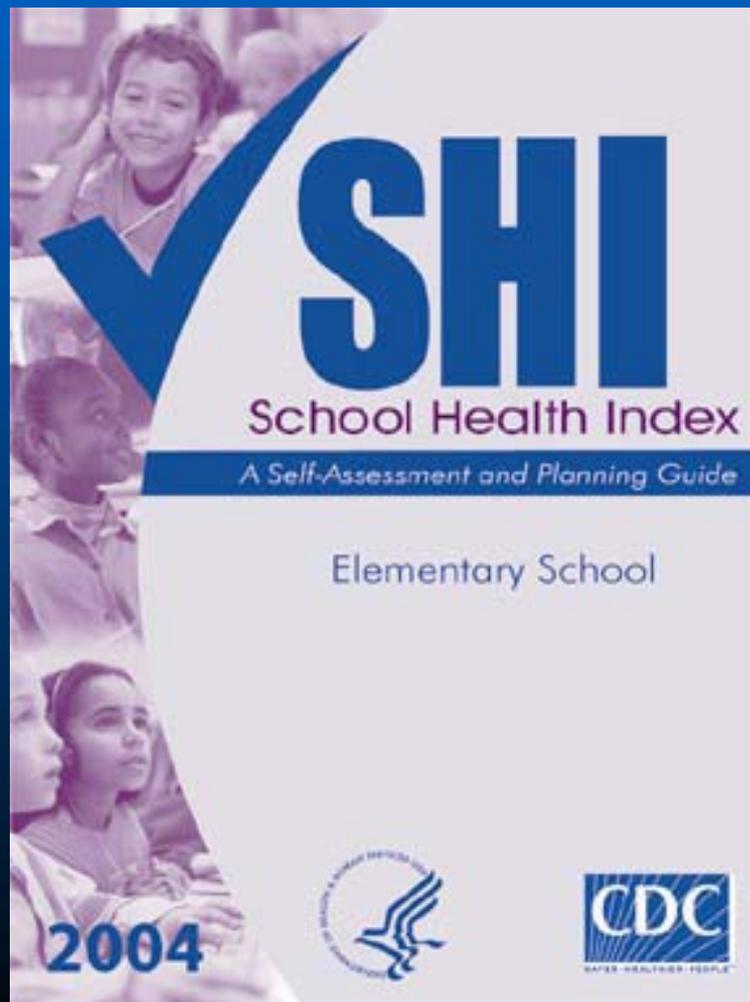


2002  
DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention





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[Healthy Youth Home](#)[School Health Index Home](#)**Prepare**

- [Introduction](#)
- [Instructions](#)

**Assess**

- [Elementary School](#)
- [Middle and High School](#)

**Act**

- [Plan for improvement](#)
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# Healthy Youth!

## School Health Index



### Welcome to the School Health Index!

Schools can use the Index as a self-assessment and planning tool to improve the effectiveness of their health and safety policies and programs. It's easy to use and completely confidential. Learn more in the [Introduction](#).

You can tailor the School Health Index to your school's needs by selecting one or more health topics for printing. Or order a copy through [Comments and Inquiries](#).

### 1. Prepare

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Start by printing and reading the Introduction and Instructions before moving on to step two.

- [Introduction](#)
- [Instructions](#)

### 2. Assess

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Next, identify strengths and challenges of your school's health and safety promotion policies and programs.

- [Elementary School](#)



**SAFER • HEALTHIER • PEOPLE™**

[Healthy Youth Home](#)

[School Health Index Home](#)

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National Center for Chronic Disease Prevention and Health Promotion

# Healthy Youth!

## School Health Index Elementary School

Select one or more health topics

You'll be able to review and print modules relating to your selected health topics.

- Safety
- Physical Activity
- Nutrition
- Tobacco

**Go**

# CDC Guidelines for School Health Programs

CDC  
MORBIDITY AND MORTALITY WEEKLY REPORT

March 7, 1997 / Vol. 46 / No. RR-6

**MMWR**<sup>TM</sup>  
Recommendations and Reports

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**Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People**

Reprinted November 1997

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Public Health Service  
Centers for Disease Control and Prevention (CDC)  
Atlanta, Georgia 30333

CDC  
MORBIDITY AND MORTALITY WEEKLY REPORT

February 25, 1994 / Vol. 43

**MMWR**  
Recommendations and Reports

---

**Guidelines for School Health Programs to Promote Lifelong Healthy Eating**

**Guidelines for School Health Programs to Prevent Tobacco Use and Addiction**

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Public Health Service  
Centers for Disease Control and Prevention (CDC)  
Atlanta, Georgia 30333



CDC  
MORBIDITY AND MORTALITY WEEKLY REPORT

June 14, 1996 / Vol. 45 / No. RR-9

**MMWR**<sup>TM</sup>  
Recommendations and Reports

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**Guidelines for School Health Programs to Promote Lifelong Healthy Eating**

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Public Health Service  
Centers for Disease Control and Prevention (CDC)  
Atlanta, Georgia 30333



CDC  
MORBIDITY AND MORTALITY WEEKLY REPORT

December 7, 2001 / Vol. 50 / No. RR-22

**MMWR**<sup>TM</sup>  
Recommendations and Reports

---

**School Health Guidelines to Prevent Unintentional Injuries and Violence**

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention (CDC)  
Atlanta, GA 30333



# Coordinated School Health Programs



# The *School Health Index* Approach

- Practices and policies recommended on basis of research synthesis and expert opinion
- Multiple changes across multiple components of the school environment
- Community organizing for self-improvement
  - Structured process
  - Site decision-making
  - Genuine, site ownership of change

# School Health Index Format

- Two separate tools
  - Elementary School
  - Middle School / High School
- Each tool is divided into 8 self-assessment modules to follow the Coordinated School Health Program model
- Planning for Improvement section
  - School Health Improvement Plan

# Possible Team Members

- Principal, Assistant Principal
- Physical education teacher(s)
- School food service manager
- Health education teacher(s)
- Classroom teacher(s)
- School nurse
- School counselor

# Possible Team Members

- School psychologist, social worker
- Parents
- Students
- Community-based health care and social services providers
- Community health organization representative (e.g., ACS)
- Local health department staff member

# School Health Index: School Policies and Environment (sample topics)

- Representative school health committee
- Prohibit use of physical activity as punishment
- Daily recess (ES)
- Adequate physical activity facilities
- Student access to facilities outside school hours
- Fundraising supports healthy eating
- Adequate time to eat school meals
- Enforce tobacco-use policies
- Prohibit tobacco use among students, staff, and visitors
- Prohibit tobacco advertising

# Question CC.1

**Representative committee oversees school health programs**

Does the school have a representative\* committee that meets at least twice a year and oversees school health and safety policies and programs?

# CC.1 Scoring Descriptions

3 = Yes.

2 = There is a committee that does this, but it could be more representative.

1 = There is a committee, but it is not representative, **or** it meets less often than twice a year.

0 = No.

# Completed Score Card

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 1: School Health and Safety Policies and Environment**

*Score Card  
(photocopy before using)*

**Instructions**

- Carefully read and discuss the Module 1 Discussion Questions (pages 5-19), which contains questions and scoring descriptions for each item listed on this Score Card.
- Circle the most appropriate score for each item.
- After all questions have been scored, calculate the overall Module Score and complete the Module 1 Planning Questions located at the end of this module (pages 21-22).

	Fully in Place	Partially in Place	Under Develop- ment	Not in Place
CC.1 Representative school health committee	3	2	1	0
CC.2 Written school health and safety policies	3	2	1	0
CC.3 Communicate school health and safety policies to students, parents, staff, and visitors	3	2	1	0
CC.4 Connectedness to school	3	2	1	0
CC.5 Overcome barriers to learning	3	2	1	0
CC.6 Enrichment experiences	3	2	1	0
S.1 Safe physical environment	3	2	1	0
S.2 Maintain safe physical environment	3	2	1	0
S.3 No tolerance for harassment or bullying	3	2	1	0
S.4 Active supervision to promote safety	3	2	1	0
S.5 Written crisis response plan	3	2	1	0
S.6 Staff development on unintentional injuries, violence, and suicide	3	2	1	0
PA.1 Recess	3	2	1	0
PA.2 Access to physical activity facilities outside school hours	3	2	1	0
PA.3 Adequate physical activity facilities	3	2	1	0
PA.4 Prohibit using physical activity as punishment	3	2	1	0
N.1 Prohibit using food as reward or punishment	3	2	1	0
N.2 Fundraising efforts supportive of healthy eating	3	2	1	0
N.3 Restrict access to foods of minimal nutritional value	3	2	1	0
N.4 Restrict access to other foods of low nutritive value	3	2	1	0
N.5 Hands washed before meals and snacks	3	2	1	0
T.1 Prohibit tobacco use among students	3	2	1	0
T.2 Prohibit tobacco use among staff and visitors	3	2	1	0
T.3 Enforce tobacco-use policies	3	2	1	0
T.4 Prohibit tobacco advertising	3	2	1	0

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

9	26	7	0
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(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (75) by subtracting 3 for each question eliminated).

**TOTAL POINTS:** Add the four sums above and enter the total to the right.

**MODULE SCORE =**  
(Total Points / 75) X 100

42
56%



# Completed Overall Score Card

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**School Health Index**  
*Overall Score Card*

For each module (row), write an X in the one column where the Module Score falls\*

	Low 0 – 20%	21% – 40%	Medium 41% – 60%	61% – 80%	High 81% – 100%
School Health Policies and Environment – Module 1			X		
Health Education – Module 2				X	
Physical Education and Other Physical Activity Programs – Module 3				X	
Nutrition Services – Module 4				X	
School Health Services – Module 5			X		
School Counseling, Psychological, and Social Services – Module 6		X			
Health Promotion for Staff – Module 7	X				
Family and Community Involvement – Module 8		X			

\* Some schools like to write the module scores in each box.

# Module 1: Planning Questions

- Planning Question 1

Look back at the scores you assigned to each question. According to these scores, what are the **strengths** and **weaknesses** of your school's policies and environment related to students' health and safety?

- Planning Question 2

For each of the weaknesses identified, list several recommended actions to improve the school's scores (for example, create and maintain a school health committee).



# Completed School Health Improvement Plan

## SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

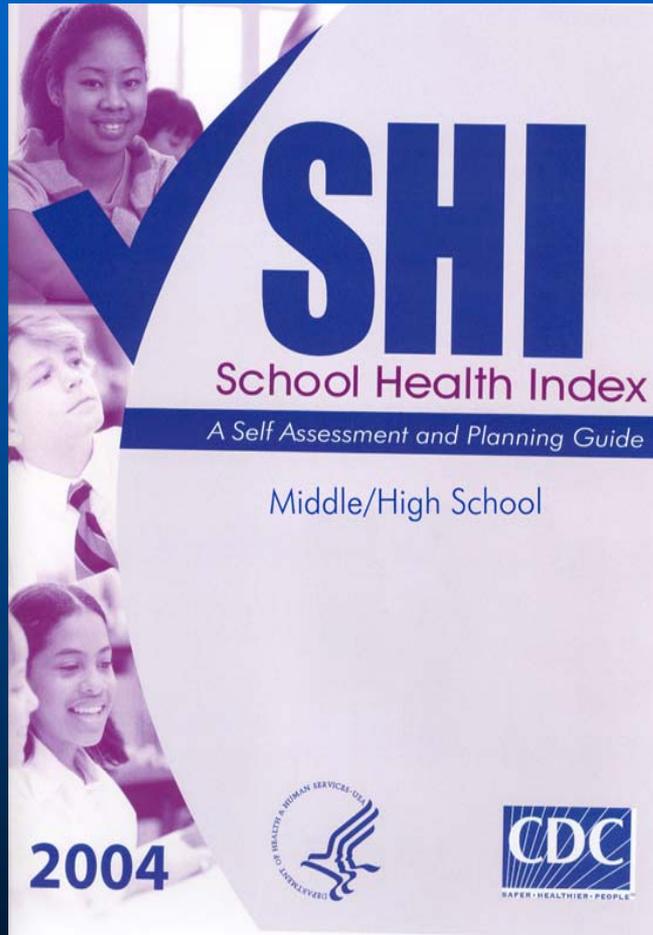
### Sample School Health Improvement Plan

#### Instructions

1. In the first column: list, in priority order, the Actions that the *School Health Index* team has agreed to implement.
2. In the second column: list the specific Steps that need to be taken to implement each Action.
3. In the third column: list the people who will be responsible for each Step and when the work will be completed.

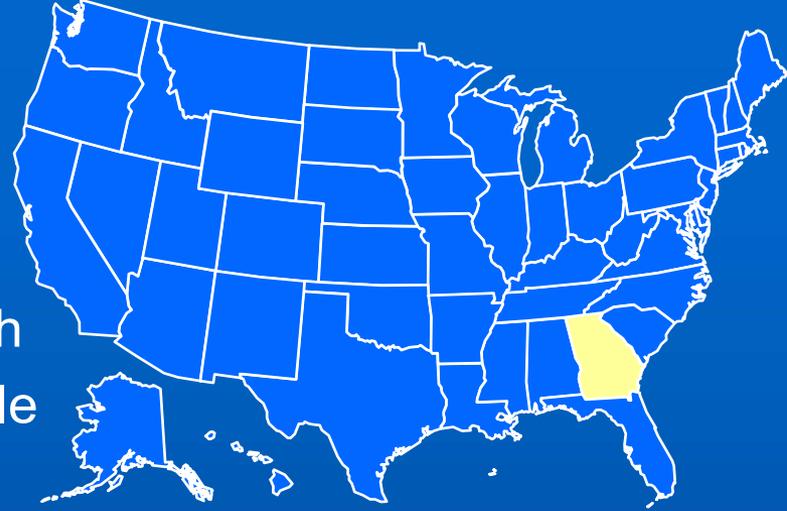
Actions	Steps	By Whom and When
1. Establish new policy to set nutrition standards for competitive foods.	a. Contact other schools and experts to identify model policies.	Sally H. 10/2
	b. Conduct taste tests for healthy alternatives that students like.	Mildred P. 10/23
	c. Meet with principal to get support.	Sally H. 10/25
	d. Develop draft policy.	Henry T. 11/3
	e. Get feedback from teachers, parents, students, administrators, and community members.	Sally H. 11/15
	f. Develop slide show about policy to staff, students, parents, and district.	Mildred P. 11/26
	g. Schedule and deliver presentations to staff, students, and parents.	Henry T. 12/2

# Current Use of the SHI



- Used in 46 U.S. states plus Canada
- Austin >90% of schools; Houston >50% of schools
- Missouri: 300 schools; Montana: 66 schools
- Spanish version (AZ) – “Indice de Salud Escolar”
- Over 3,000 online hits each month

# Dekalb County, Georgia

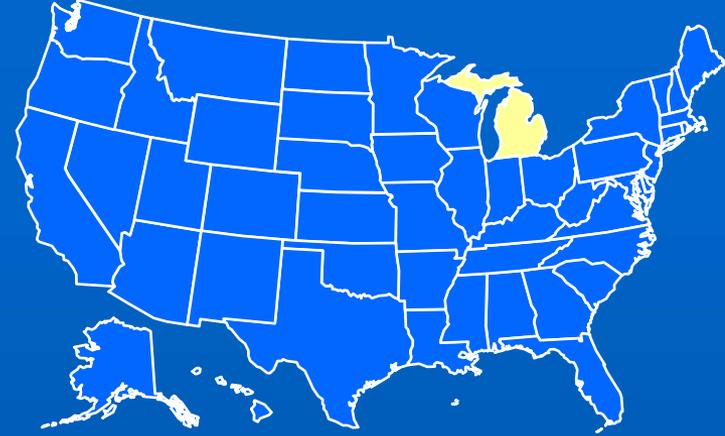


- ❖ Promoted by Boards of Education and Health
- ❖ Elementary schools that complete SHI eligible for up to \$5,000 to implement changes
- ❖ 2001-2002 school year: 20 schools completed SHI
- ❖ 2002-2003: 28 schools have completed SHI
- ❖ 2003-2004: 40 schools implemented SHI

## SAMPLE CHANGES:

- Hiring a PE teacher for the first time
- Developing a walking club and other wellness programs for school staff
- Adding innovative activities to PE program
- Installing fitness stations on campus
- Adding healthy choices to vending machines

# Michigan



- ❖ Promoted by Depts. of Education and Health
- ❖ Schools statewide that complete SHI eligible for \$500-\$1,000 to implement changes
- ❖ 2001-2002: 10 schools implemented SHI
- ❖ 2002-2003: 15 schools have applied for funding
- ❖ 2003-2004: 29 schools complete SHI

## SAMPLE CHANGES:

- Added another lunch line and moved healthy choices to the front of the line
- Salad bar offered every day
- Increased PE time
- Opened gym for student use after school
- Daily fitness breaks in classrooms

## Additional Uses of the SHI

- Source for evaluation instrument items (ME)
- Criteria for awards program (UT, LA, OH)
- Text for teacher training programs (Purdue, Morehead State, GA State, Southeastern LA, FL)
- Part of School Improvement Plan process (TN)

# What Are Schools Telling Us About The CDC's School Health Index? A Qualitative Study

**L. Cheung, S.B. Austin, T. Fung,  
A. Cohen-Bearak, K. Wardle**

**Department of Nutrition, Harvard Prevention Research  
Center on Nutrition and Physical Activity  
Harvard School of Public Health**

# Study Aims

- Assess school staff's process and organization for completing SHI
- Assess school efforts to address nutrition and physical activity in year following completion of SHI

# Methods

- Two year study using qualitative methods
  - In-depth, individual interviews with school staff from Oct 2001 to Sept 2003
- Purposeful sampling: Schools using SHI identified via:
  - City/state departments of education, public health
  - On-line networks of school health professionals
  - Word-of-mouth via school health professionals
- Enrolled six schools in New England, one school district (three schools) in Midwest

# Results Year 2

- Examples of moderate facilitation activities:
  - Cafeteria cut number days French fries served, changed lunch line so kids get to vegetables first
  - Student health fair
  - Subsidized membership to local health club offered to staff
  - Staff wellness day

# Results Year 2

## *Action Plan Facilitators*

- Participants described factors they perceived facilitated implementing action plans
  - Buy-in from school administration before SHI process begun
  - Protected time for team to work together
  - Regular meetings together as team throughout year
  - Team cohesion, maintenance of motivation
  - Shared value in school community that health important to school priorities
  - Small grant for school

# The School Health Index as an Impetus for Policy Change (University of Arizona)

- 13 schools along US / Mexico border
- Process and participation varied
- Immediate changes made:
  - Sale of “unhealthy” snacks after school ended
  - Removal of a vending machine, replacement of soda with water and sports drinks in another
  - Establishment of walking groups before school and during recess
  - Increased utilization of community resources
  - Hiring PE teachers and developing new course
- Barriers to further change: staff turnover, limited time and resources



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# SHI

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