

School Health Assessments
Pima County, Arizona
Communities Putting Prevention to Work Initiative (CPPW) 2010-2012

UA College of Public Health, Evaluation Team
Contact: Rebecca Drummond / drummond@email.arizona.edu / 626-3668

As part of the CPPW initiative, a county-wide approach was used to foster the implementation of Coordinated School Health. These efforts included the use of several best practices, including the designation of Wellness Coordinator, formation of School Health Advisory Councils, and assessment of: 1) current health risk behaviors of Pima County high school students, 2) the health environment of Pima County schools, and 3) district Local Wellness Policies.

YOUTH RISK BEHAVIOR SURVEY 2010 (YRBS) <http://www.cdc.gov/healthyouth/yrbs/index.htm>

- ❖ 1300 students, grades 9-12, from 21 traditional public high schools completed the YRBS
- ❖ Results are statistically representative of all Pima County high school students
- ❖ Survey addresses:
 - Injury and Violence, including mental health and suicidal ideation
 - Sexual behaviors that lead to increased risk of pregnancy, STD and HIV/AIDS
 - Tobacco, Alcohol, and other substance use
 - Nutrition, Physical Activity, and Overweight/Obesity prevalence
 - School/Community Connectedness
- ❖ Handouts: 1) Copy of Pima survey, and 2) Various summaries of results:
 - Overview (all results)
 - AZ and US Comparisons for specific health
 - Risk behaviors taking place while school grounds
 - CPPW Interest Questions: Chronic Disease, Mental Health, School Connectedness

SCHOOL HEALTH INDEX (SHI) <http://www.cdc.gov/healthyouth/shi/index.htm>

- ❖ 107 schools completed 4* (of 8) SHI modules (69 elementary, 38 middle/high school)
- ❖ Modules:
 - **School Health and Safety Policies and Environment***
 - **Health Education***
 - **Physical Education and Other Physical Activity Programs***
 - **Nutrition Services***
 - School Health Services
 - School Counseling and Psychological Services
 - Health Promotion for Staff
 - Family and Community Involvement
- ❖ 109 Action Plans were collected (85 elementary, 24 middle/high school)
- ❖ Handouts: 1) PowerPoint summarizing results

WELLNESS SELF ASSESSMENT TOOL (WellSAT) <http://wellsat.org>

- ❖ 9 school districts assessed their Local Wellness Policy using the WellSAT, representing 186 schools
- ❖ WellSAT uses guidelines from Institute of Medicine, CDC...and others
- ❖ Strength and Comprehensive scores are calculated
- ❖ Handouts: 1) PowerPoint summarizing results, 2) Assessment tool, 3) Recommendations for Pima County