School Health Index

- Self-assessment and planning tool for schools to improve their health and safety policies and programs. It's easy to use and completely confidential.

- The SHI was developed by CDC in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies to:
  - Enable schools to identify strengths and weaknesses of health and safety policies and programs
  - Enable schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan
  - Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health

- [http://www.cdc.gov/healthyyouth/SHI/index.htm](http://www.cdc.gov/healthyyouth/SHI/index.htm)
Health Topics Addressed by the SHI

- Physical Activity and Physical Education (PA)
- Nutrition (N)
- Tobacco Use Prevention (T)
- Asthma (A)
- Unintentional Injury and Violence Prevention (i.e. safety) (S)
- Cross-Cutting (CC)*
  - Addresses issues that are relevant to all five health topics.

*Not a health topic but is used as a category in the grouping of questions.
1. School Health and Safety Policies and Environment*
2. Health Education*
3. Physical Education and Other Physical Activity Programs*
4. Nutrition Services*
5. School Health Services
6. School Counseling and Psychological Services
7. Health Promotion for Staff
8. Family and Community Involvement

*Modules completed as part of the Pima County, AZ Communities Putting Prevention to Work Initiative
# Pima County SHI Participation (N=107)

<table>
<thead>
<tr>
<th>Participating District</th>
<th># Elementary Schools</th>
<th># Middle/High Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ajo School District</td>
<td>None</td>
<td>1</td>
</tr>
<tr>
<td>2. Amphitheater School District</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3. Bureau of Indian Education</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>4. Flowing Wells Unified School District</td>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td>5. Marana Unified School District</td>
<td>10</td>
<td>4</td>
</tr>
<tr>
<td>6. Sahuarita Unified School District</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>7. Sunnyside Unified School District</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>8. Tucson Unified School District</td>
<td>27</td>
<td>15</td>
</tr>
<tr>
<td>9. Vail Unified School District</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>Not identifiable</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>69</strong></td>
<td><strong>38</strong></td>
</tr>
</tbody>
</table>
SHI Overall Scoring Criteria

- Each module item is scored: 0, 1, 2, or 3.
  - 0 = Not in place
  - 1 = Under development
  - 2 = Partially in place
  - 3 = Fully in place

- After each module is completed, a total percentage score is calculated from the tallied points, and a score category is assigned.

<table>
<thead>
<tr>
<th>Score Category</th>
<th>Percentage Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>0% - 20%</td>
</tr>
<tr>
<td>Low-Mid</td>
<td>21% - 40%</td>
</tr>
<tr>
<td>Middle</td>
<td>41% - 60%</td>
</tr>
<tr>
<td>Mid-High</td>
<td>61% - 80%</td>
</tr>
<tr>
<td>High</td>
<td>81% - 100%</td>
</tr>
</tbody>
</table>
The percentage of schools that scored a “0”, “1”, or “3” per item was calculated.

- If 80% or more of the schools responded “3/fully in place” to a specific item, the item was recognized as a strength of participating Pima County schools.

- If 50% or more of the schools responded “0/not in place” or “1/under development” to a specific item, it is considered an area that needs improvement across participating Pima County schools.
Pima County SHI Results

Elementary Schools (ES)

Modules 1-4
ES Module 1: School Health and Safety Policies and Environment

# Elementary Schools by Score Category* (N=69)

- Mid-Low: 1
- Mid: 8
- Mid-High: 42
- High: 18

% Elementary Schools by Score Category (N=69)

- Mid-Low: 1%
- Mid: 12%
- Mid-High: 26%
- High: 61%

*No school scored “low” (0%-20%)
## ES Module 1: School Health and Safety Policies and Environment

### Areas of Strength

#### Tobacco Prevention Use
- **97%** of participating elementary schools prohibit tobacco use among students. ([T.1](#)).
- **98%** of participating elementary schools prohibit tobacco use among school staff and visitors. ([T.2](#)).
- **94%** of participating elementary schools prohibit tobacco advertising. ([T.4](#)).
- **87%** of participating elementary schools enforce tobacco-use policies. ([T.3](#)).

#### Asthma
- **84%** of participating elementary schools have written policies that permit students to self-carry and self-administer prescribed medications for asthma. ([A.1](#)).

### Areas Needing Improvement

#### Safety
- Only **45%** of participating elementary schools have all school staff receive professional development on preventing unintentional injuries, violence, and suicide. ([S.6](#)).

#### Physical Activity and Education
- **69%** of participating schools have indoor/outdoor facilities with **very limited** availability to students outside school hours. ([PA.2](#)).

#### Asthma
- Only **30%** of participating elementary schools have all school staff members receive professional development on asthma management. ([A.2](#)).
ES Module 2: Health Education

Number of Elementary Schools by Score Category (N=65*)

- Low: 3
- Mid-Low: 18
- Mid: 25
- Mid-High: 17
- High: 2

% of Elementary Schools by Score Category (N=65*)

- Low: 3%
- Mid-Low: 5%
- Mid: 26%
- Mid-High: 28%
- High: 38%

*Four schools did not submit Module 2 scores.
ES Module 2: Health Education

Cross-Cutting

- Only 26% of participating elementary schools has their health educators participate at least once a year in professional development/continuing education in health education. (CC.7)
- Only 27% of participating elementary schools has their health educators receive professional development in delivering the health and safety curriculum. (CC.8)
- Only 47% of participating elementary schools use a sequential health education curriculum that is consistent with state or national standards for health education. (CC.2)

Safety

- 61% of participating elementary schools’ health education curriculum do not address or only lightly address topics on preventing unintentional injuries, violence, and suicide. (S.1)

Tobacco Use Prevention

- 51% of participating elementary schools’ health education curriculum do not address or only lightly address topics on preventing tobacco use. (T.1)

Asthma

- 85% of participating elementary school’s health education curriculum do not address or only lightly address topics on asthma awareness. (A.1)
ES Module 3: Physical Education and Other Physical Activity Programs

### # of Elementary Schools by Score Category (N=63*)

<table>
<thead>
<tr>
<th>Score Category</th>
<th>Number of Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>1</td>
</tr>
<tr>
<td>Mid-Low</td>
<td>7</td>
</tr>
<tr>
<td>Mid</td>
<td>10</td>
</tr>
<tr>
<td>Mid-High</td>
<td>24</td>
</tr>
<tr>
<td>High</td>
<td>21</td>
</tr>
</tbody>
</table>

### % of Elementary Schools by Scoring Category (N=63*)

- Low: 2%
- Mid-Low: 11%
- Mid: 33%
- Mid-High: 16%
- High: 38%

*Six schools did not submit Module 2 scores.*
ES Module 3: Physical Education and Other Physical Activity Programs

Area Needing Improvement

- 77% of participating elementary schools’ students in each grade receive physical education for less than 89 minutes per week*. (PA. 1)

*150 minutes per week spread over at least three days per week, with daily physical education is recommended.
ES Module 4: Nutrition Services

# of Elementary Schools by Score Category* (N=64**)

<table>
<thead>
<tr>
<th>Score Category</th>
<th>Number of Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-Low</td>
<td>3</td>
</tr>
<tr>
<td>Mid</td>
<td>17</td>
</tr>
<tr>
<td>Mid-High</td>
<td>28</td>
</tr>
<tr>
<td>High</td>
<td>16</td>
</tr>
</tbody>
</table>

% of Elementary Schools by Score Category* (N=64**)

- Mid-Low: 5%
- Mid: 26%
- Mid-High: 44%
- High: 25%

*No school scored “low” (0%-20%). **Five schools did not submit Module 4 scores.
ES Module 4: Nutrition Services

**Areas of Strength**

- 94% of participating elementary schools offer nutritious breakfast and lunch programs that are fully accessible to all students. (N. 1)

- 88% of participating elementary schools’ food service offer low-fat and skim milk every day. (N. 3)

**Areas Needing Improvement**

- At 69% of participating elementary schools, fewer than half of the sites outside the cafeteria offer appealing, low-fat fruits, vegetables, or dairy products. (N. 7)

- 55% of participating elementary schools use **one or no methods** to collaborate with teachers to reinforce nutrition education lessons taught in the classroom. (N. 10)

*Three or more methods are preferred.*
School Health Index Results

Middle and High Schools (M/HS)
Modules 1-4
M/HS Module 1: School Health and Safety Policies and Environment

# of Schools by Score Category* (N=32)

<table>
<thead>
<tr>
<th>Score Category</th>
<th>Number of Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-Low</td>
<td>4</td>
</tr>
<tr>
<td>Mid</td>
<td>8</td>
</tr>
<tr>
<td>Mid-High</td>
<td>10</td>
</tr>
<tr>
<td>High</td>
<td>10</td>
</tr>
</tbody>
</table>

% of Elementary Schools by Score Category* (N=32)

- Mid-Low: 25%
- Mid: 31%
- Mid-High: 31%
- High: 13%

*No school scored “low” (0%-20%)
M/HS Module 1: School Health and Safety Policies and Environment

Areas of Strength

**Tobacco Use Prevention**
- 96% of participating middle/high schools prohibit advertising of tobacco-industry names, logos, and other identifiers in all prescribed locations. (T. 4)
- 90% of participating middle/high schools prohibit the use of tobacco among staff and visitors 24 hours a day in all school buildings, property, vehicles, and events. (T. 2)
- 90% of participating middle/high schools prohibit the use of tobacco among students 24 hours a day in all school buildings, property, vehicles, and events. (T. 1)
- 81% of participating middle/high schools enforce tobacco use policies in all six of the prescribed ways. (T. 3)

**Nutrition**
- 74% of participating middle/high schools have fundraising efforts which more than half of the time include selling foods high in fat, sodium, or added sugars. (N. 2)

**Asthma**
- Only 22% of participating middle/high schools have staff members receive professional development on asthma management. (A. 2)

**Safety**
- Only 50% of participating middle/high schools have staff members receive professional development on preventing unintentional injuries, violence, and suicide. (S. 6)

**Physical Activity**
- 45% of participating schools have indoor/outdoor facilities with very limited availability to students outside school hours. (PA. 2)
M/HS Module 2: Health Education

# of Schools by Score Category (N=36)

- Low: 3
- Mid-Low: 4
- Mid: 11
- Mid-High: 8
- High: 10

% of Elementary Schools by Score Category (N=36)

- Low: 8%
- Mid-Low: 11%
- Mid: 28%
- Mid-High: 22%
- High: 31%
Cross-Cutting

- Only 49% participating middle/high schools teach health education by using a variety of culturally appropriate examples and activities that reflect the community’s cultural diversity. (CC. 6)

- Only 42% of participating middle/high schools’ health educators use assignments and projects that encourage students to interact with family members and community organizations. (CC. 7)

- Only 46% of participating middle/high schools have their health educators participate in professional development/continuing education courses in health education. (CC. 9)

- Only 44% of participating middle/high schools have their health educators participate in professional development/continuing education courses in delivering the health and safety curriculum. (CC. 10)

Asthma

- 81% of participating middle/high schools’ health education curriculum addresses less than 2 of the four essential topics related to asthma awareness. (A. 1)
M/HS Module 3: Physical Education and Other Physical Activity Programs

**# of Schools by Score Category (N=38)**

<table>
<thead>
<tr>
<th>Score Category</th>
<th>Number of Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>3</td>
</tr>
<tr>
<td>Mid-Low</td>
<td>7</td>
</tr>
<tr>
<td>Mid</td>
<td>18</td>
</tr>
<tr>
<td>Mid-High</td>
<td>9</td>
</tr>
</tbody>
</table>

**% of Schools by Score Category (N=38)**

- Low: 3%
- Mid-Low: 8%
- Mid: 24%
- Mid-High: 18%
- High: 47%
M/HS Module 3: Physical Education and Other Physical Activity Programs

Areas of Strength

- 89% of participating middle/high schools have physical education grading. (PA. 4)

Areas Needing Improvement

- 66% of participating middle/high schools’ students in each grade receive physical education for less than 134 minutes* per week. (PA. 1)

- Only 35% of participating middle/high schools’ students design and implement their own individualized physical activity/fitness plans as part of the physical education program. (PA. 6)

- 62% of participating middle/high schools have less than 50% of boys and less than 50% of girls participate in school-sponsored extracurricular physical activity programs. (PA. 14)

*225 minutes per week spread over at least three days per week, with daily physical education is preferred.
No school scored “low” (0%-20%)
**M/HS Module 4: Nutrition Services**

### Areas of Strength

**Nutrition**
- 95% of participating middle/high schools offer breakfast and lunch programs that are fully accessible to all students. (N. 1)
- 81% of participating middle/high schools offer low-fat (1/2% or 1% fat) and skim milk every day to its students and staff. (N.3)

### Areas Needing Improvement

**Nutrition**
- At 18% of participating middle/high schools fewer than half of the sites outside the cafeteria offer appealing, low-fat fruits, vegetables, or dairy products. (N. 7)
- 69% of participating middle/high schools use one or no methods* to collaborate with teachers to reinforce nutrition education lessons taught in the classroom. (N. 10)

*Three or more methods are preferred.*
Action Plans

- Action Plans were collected from
  - 85 Elementary schools
  - 24 Middle / High schools

- General themes/ categories were identified
  - Activities/campaigns to raise awareness at school
  - Develop/ enforce policy
  - Develop / implement a specific program
  - Professional development on specific topic/skill
  - Purchase or improve maintenance or ground/equipment
  - Increase access to health foods or physical activity
  - Develop/obtain/modify specific curricula
  - Community outreach (families, community organizations)
  - Resource allocation (grants, partnerships, etc.)
Common Action Plan Themes Amongst Participating Elementary Schools
(52 action plans)
Common Action Plan Item Themes Amongst Participating Middle and High Schools
(24 Action Plans)