

# SCHOOL HEALTH INDEX (SHI) 2010-2011 RESULTS

Pima County, Arizona

# 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>

# 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.

# SHI Modules

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

# Pima County SHI Participation (N=107)

Participating District	# Elementary Schools	# Middle/High Schools
1. Ajo School District	None	1
2. Amphitheater School District	2	2
3. Bureau of Indian Education	3	1
4. Flowing Wells Unified School District	9	2
5. Marana Unified School District	10	4
6. Sahuarita Unified School District	2	1
7. Sunnyside Unified School District	6	4
8. Tucson Unified School District	27	15
9. Vail Unified School District	8	6
Not identifiable	2	2
<b>Total</b>	<b>69</b>	<b>38</b>

# 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.

Score Category	Percentage Range
Low	0% - 20%
Low-Mid	21% - 40%
Middle	41% - 60%
Mid-High	61% - 80%
High	81% - 100%

# Pima County SHI Highlights

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.

If 80% or more of schools scored “3/fully in place”

**Strength**



80% +

If 50% or more of schools scored “0/not in place” or “1/under development”

**Needs Improvement**



50% +

# Pima County SHI Results

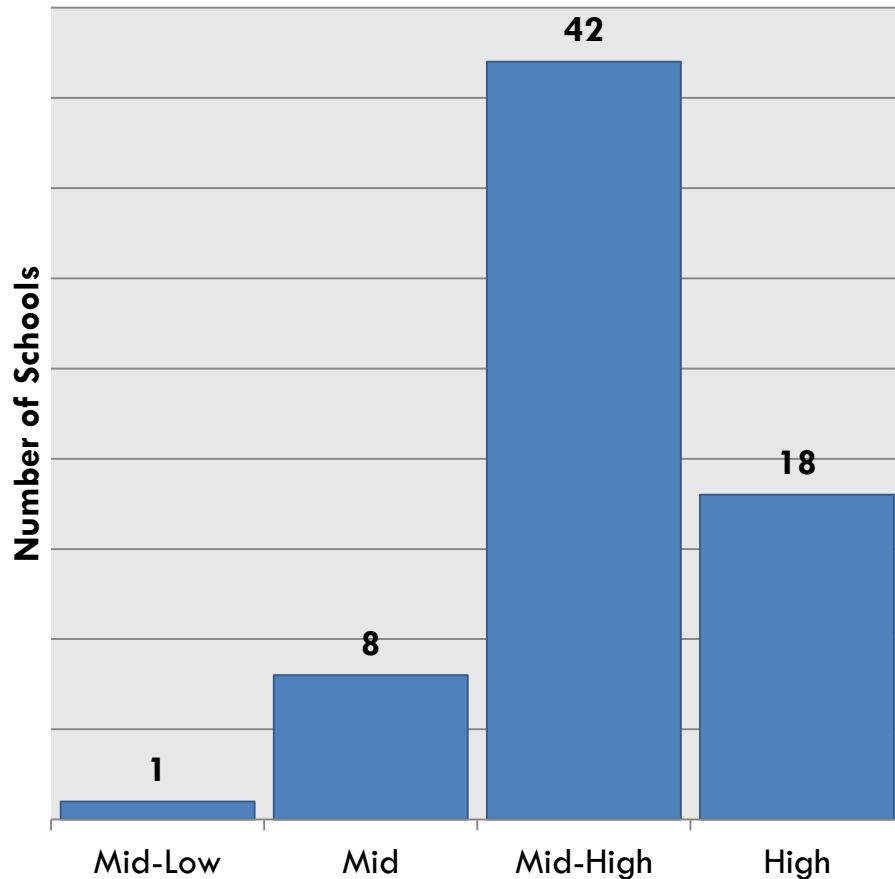
Elementary Schools (ES)

Modules 1-4

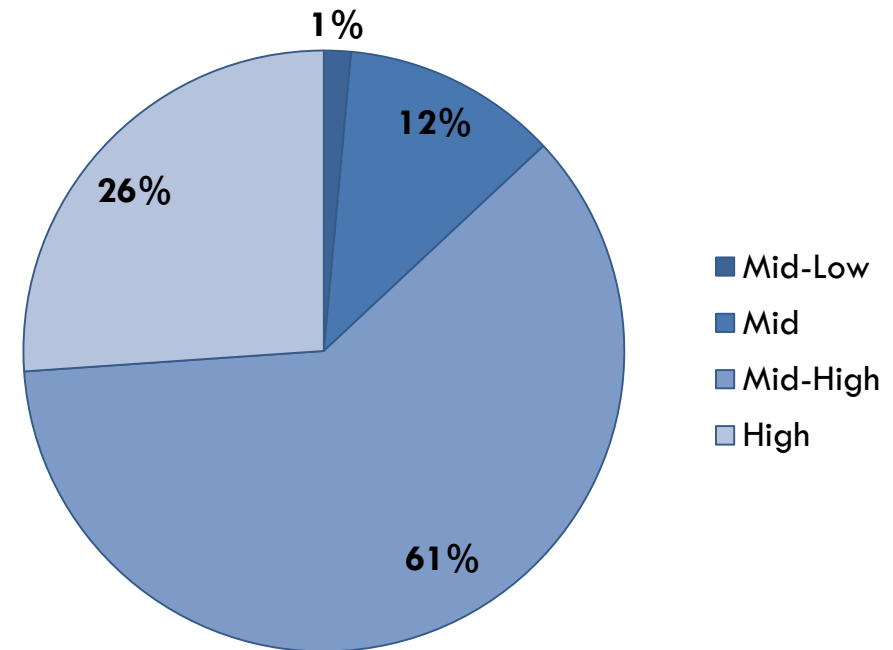


# ES Module 1: School Health and Safety Policies and Environment

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



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



\*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

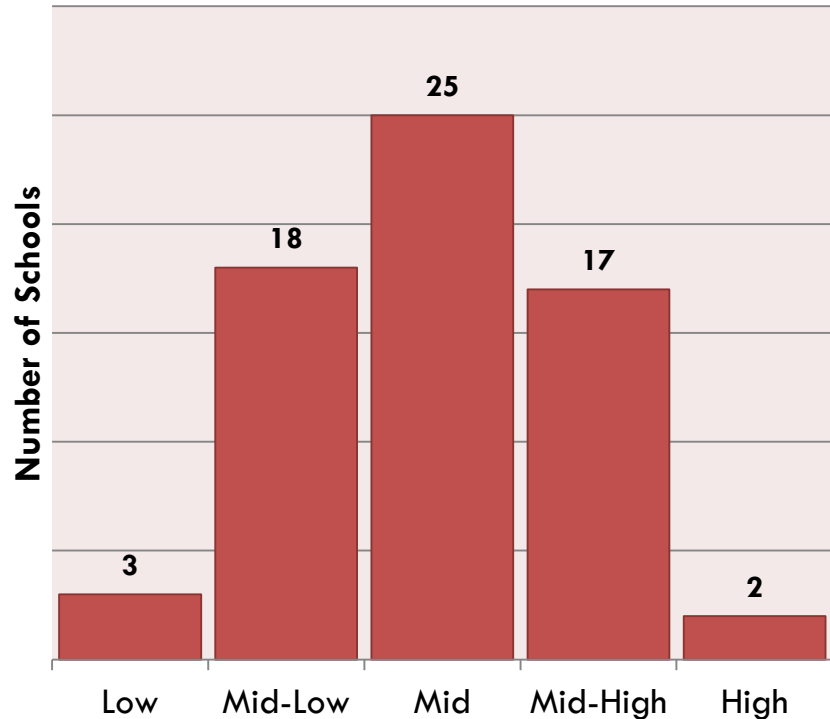
- 69% of participating schools have indoor/outdoor facilities with **very limited** availability to students outside school hours. (PA. 2)

### Asthma

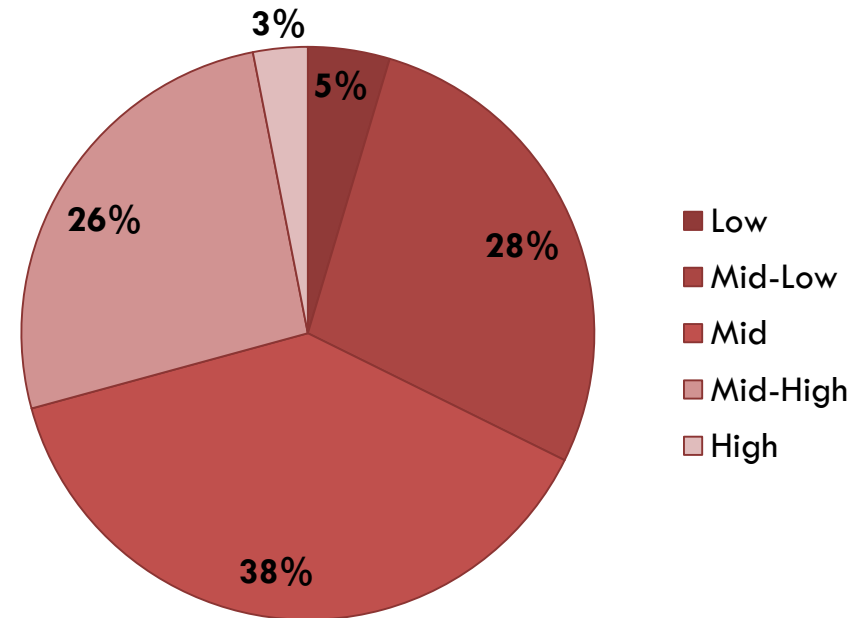
- Only 30% of participating elementary schools have all school staff members receive professional development on asthma management. (A.2)

# ES Module 2: Health Education

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



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



\*Four schools did not submit Module 2 scores.

# ES Module 2: Health Education

## Areas Needing Improvement

### 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

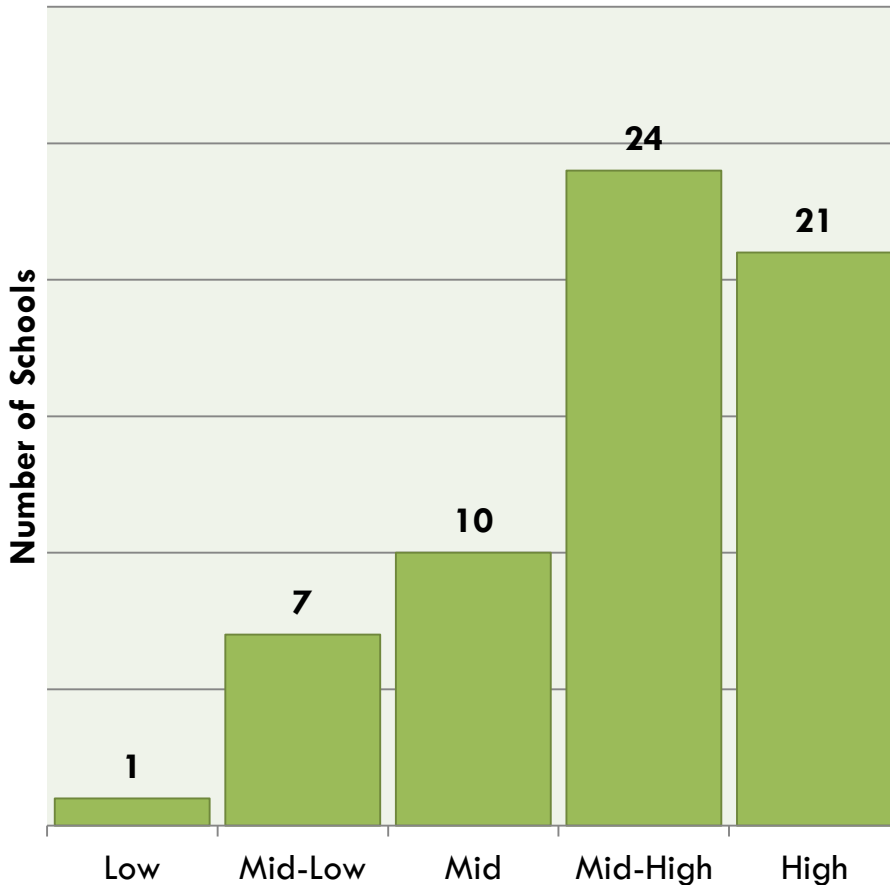
- 51% of participating elementary schools' health education curriculum **do not address or only lightly address** topics on preventing tobacco use. (T.1)

### Asthma

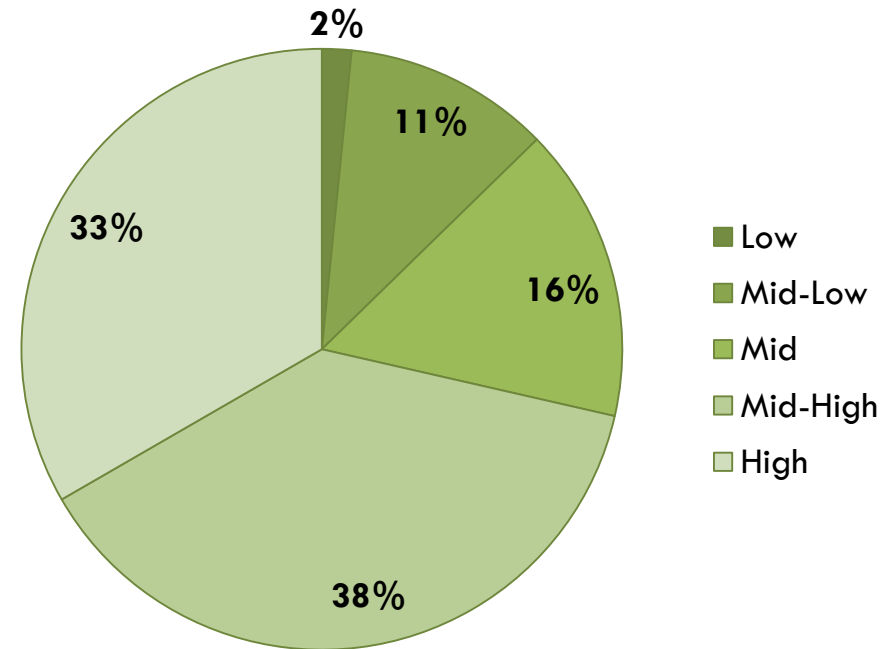
- 85% of participating elementary school's health education curriculum **do not address or only lightly address** topics on asthma awareness. (A.1)

# ES Module 3: Physical Education and Other Physical Activity Programs

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



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



\*Six schools did not submit Module 2 scores.

# ES Module 3: Physical Education and Other Physical Activity Programs

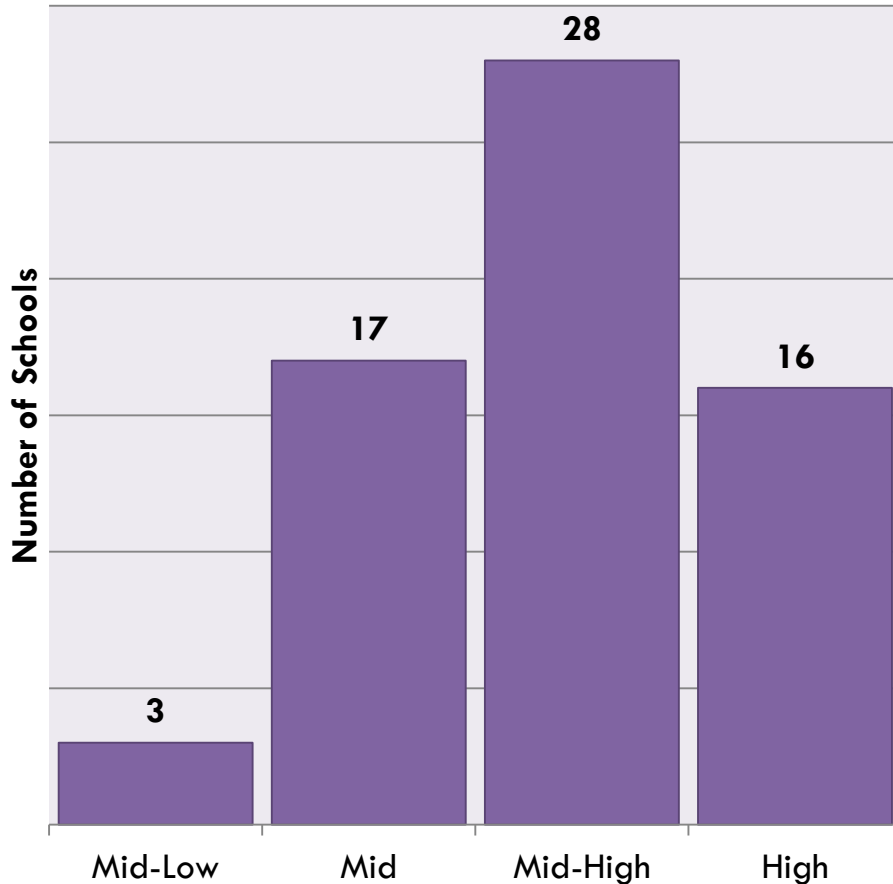
## Area Needing Improvement

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

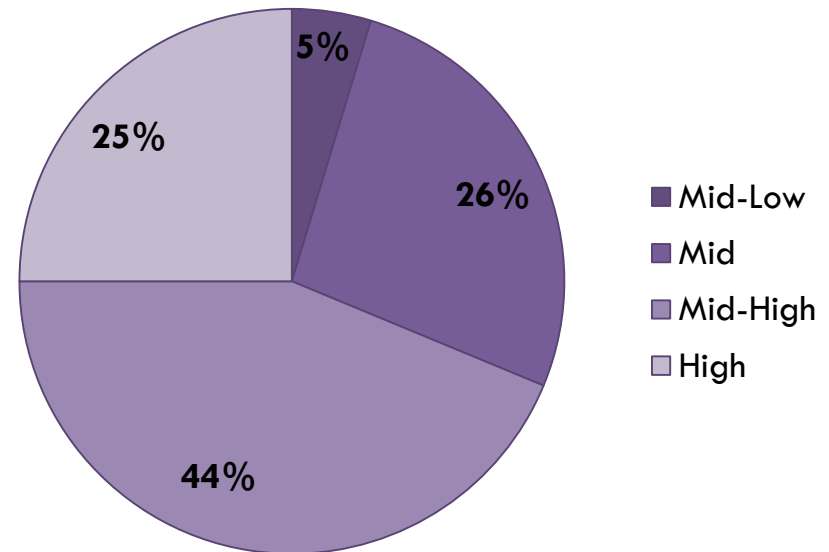
\*150 minutes per week spread over at least three days per week, with daily physical education is recommended.

# ES Module 4: Nutrition Services

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



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



\*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.



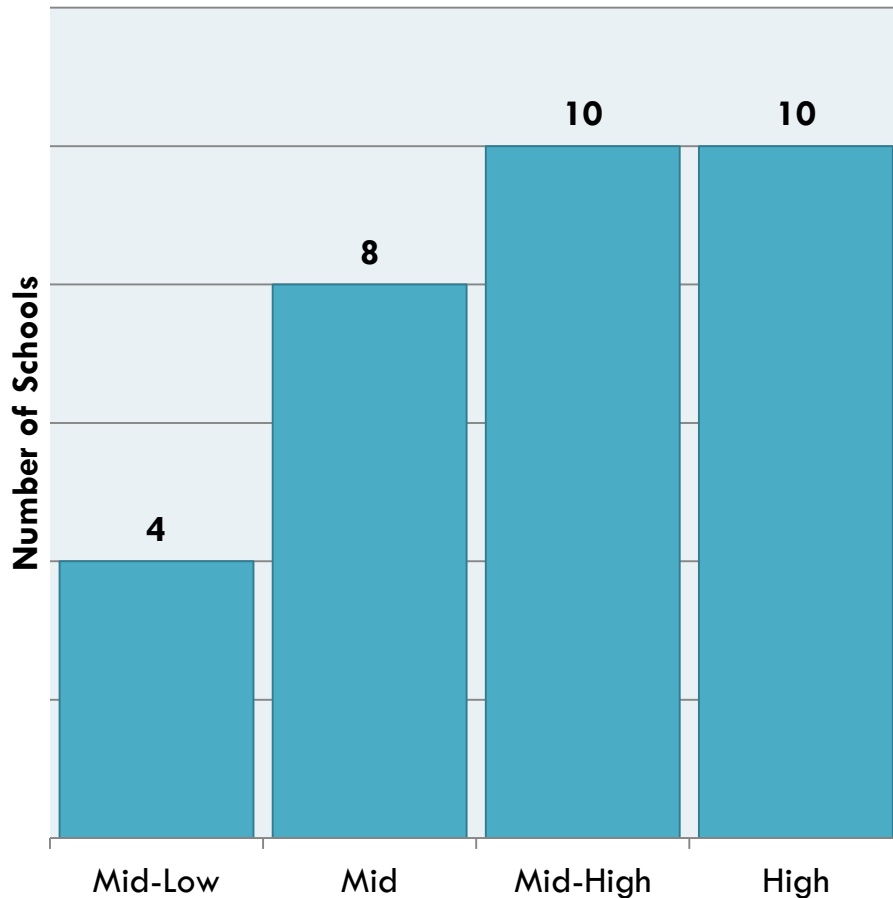
# School Health Index Results

Middle and High Schools (M/HS)

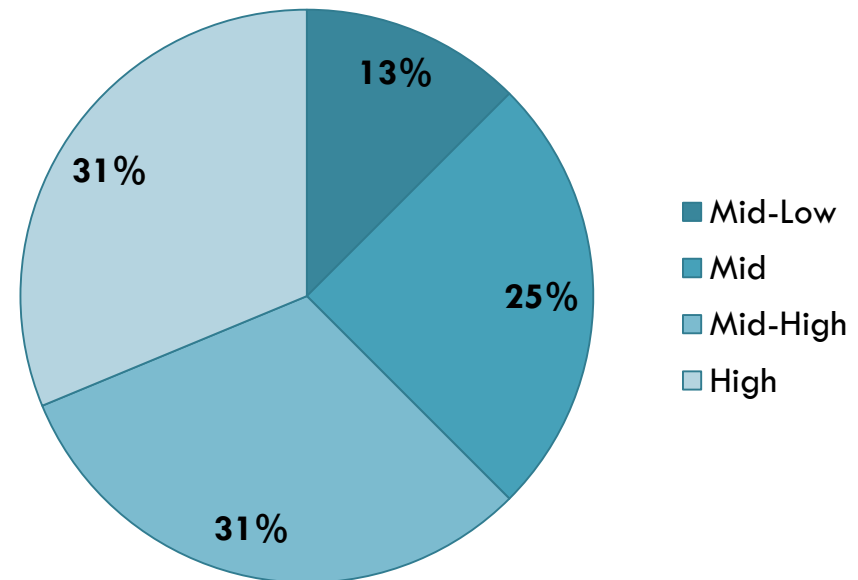
Modules 1-4

# M/HS Module 1: School Health and Safety Policies and Environment

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



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



\*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)

## Areas Needing Improvement

### 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

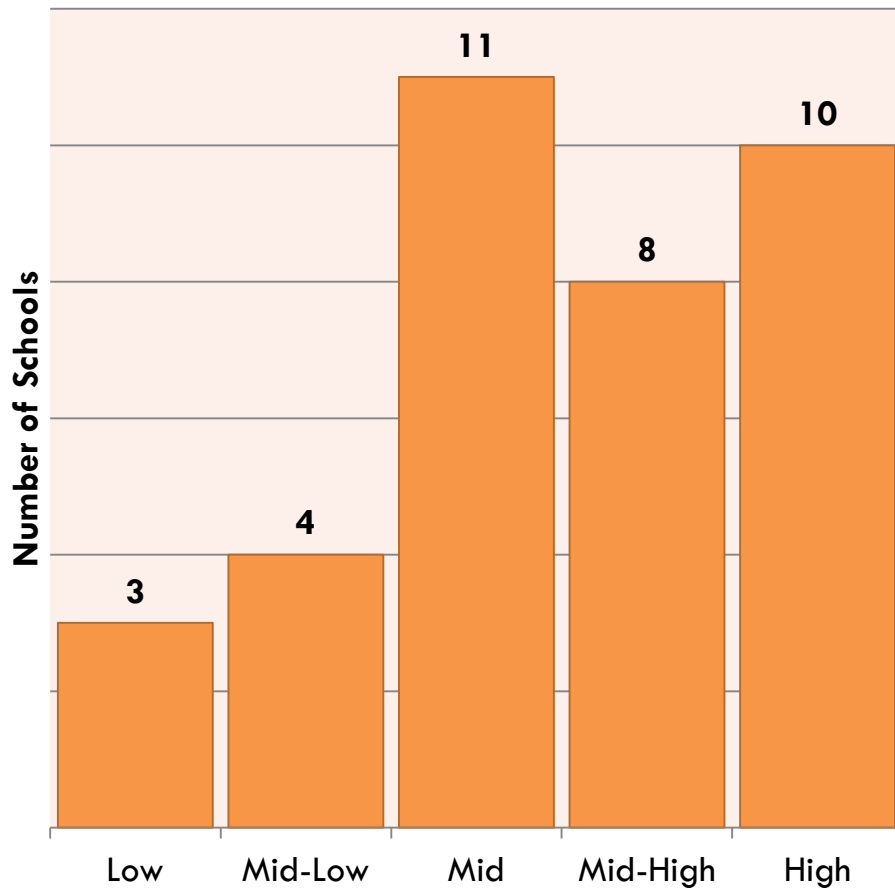
- Only 50% of participating middle/high schools have staff members receive professional development on preventing unintentional injuries, violence, and suicide. (S. 6)

### Physical Activity

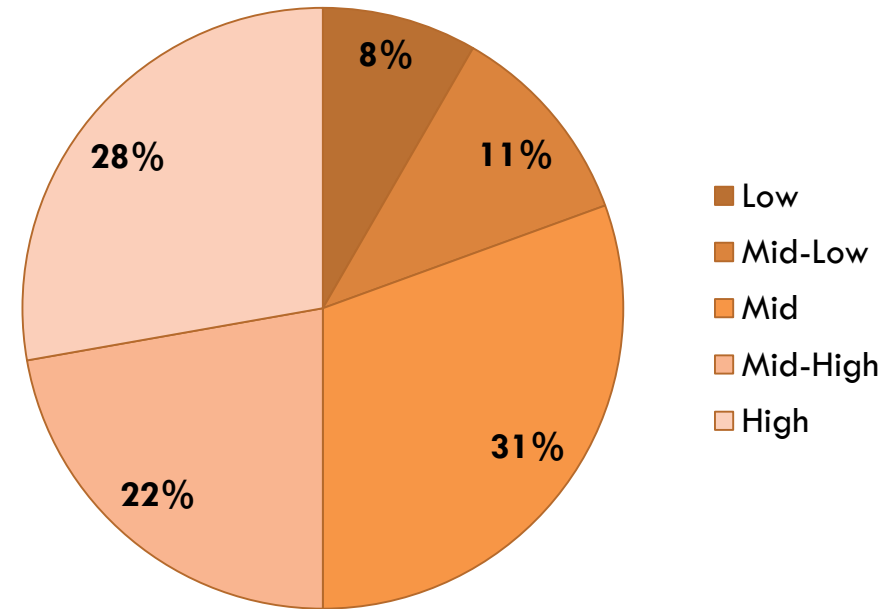
- 45% of participating schools have indoor/outdoor facilities with very limited availability to students outside school hours. (PA. 2)

# M/HS Module 2: Health Education

**# of Schools  
by Score Category (N=36)**



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



# M/HS Module 2: Health Education

## Areas Needing Improvement

### Cross-Cutting

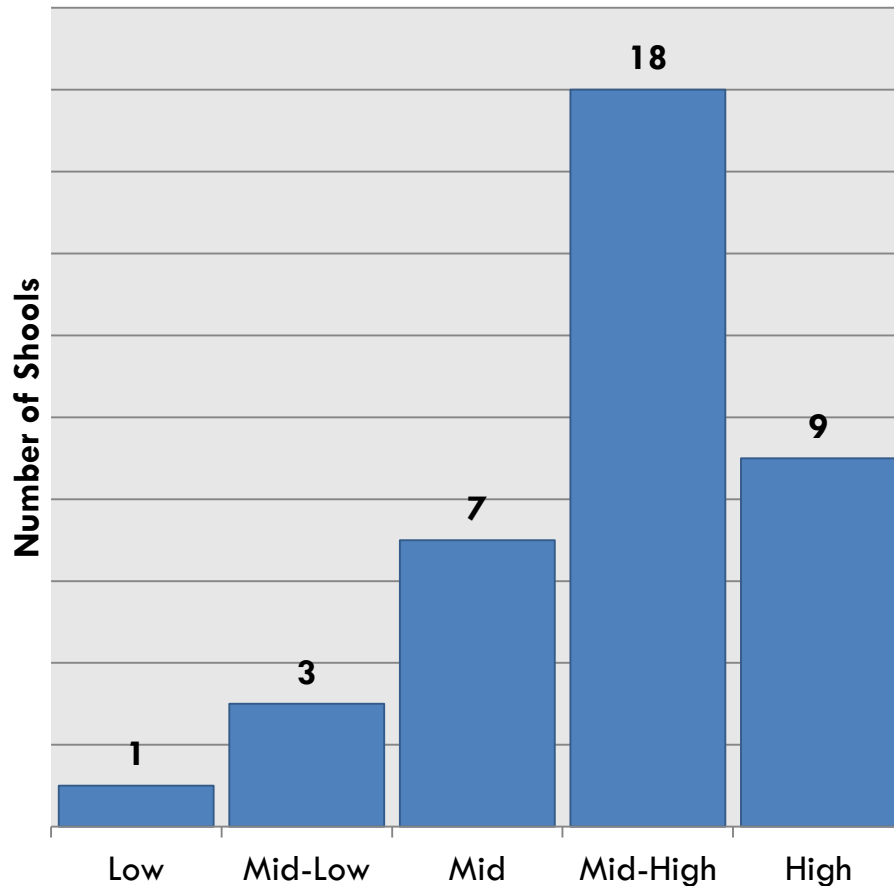
- Only 49% participating middle/high schools teach health education by using a variety of culturally appropriate examples and activities that reflect the community's cultural diversity. (CC. 6)
- Only 42% of participating middle/high schools' health educators use assignments and projects that encourage 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

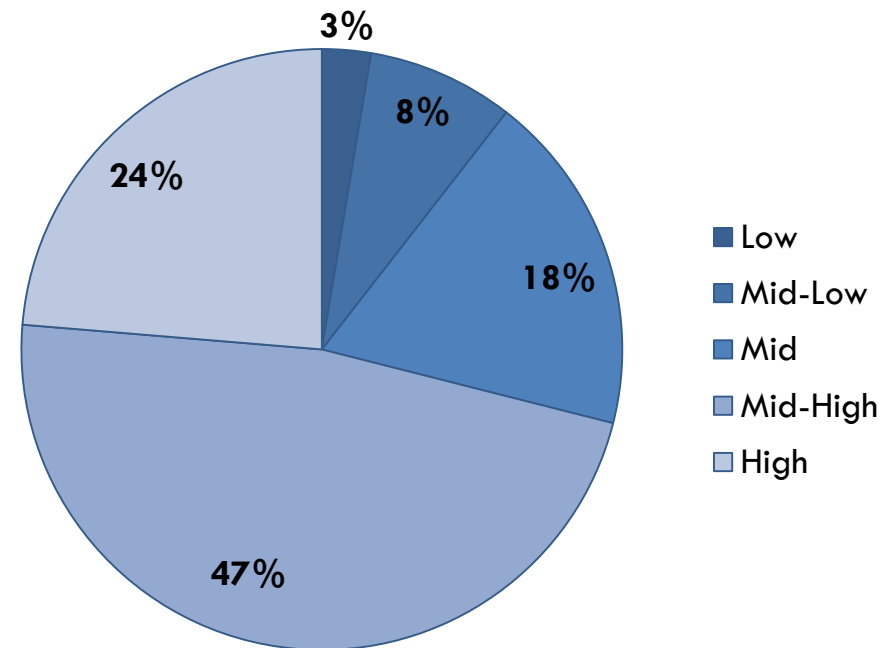
- 81% of participating middle/high schools' health education curriculum **addresses less than 2** of the four essential topics related to asthma awareness. (A. 1)

# M/HS Module 3: Physical Education and Other Physical Activity Programs

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



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



# M/HS Module 3: Physical Education and Other Physical Activity Programs

## Areas of Strength

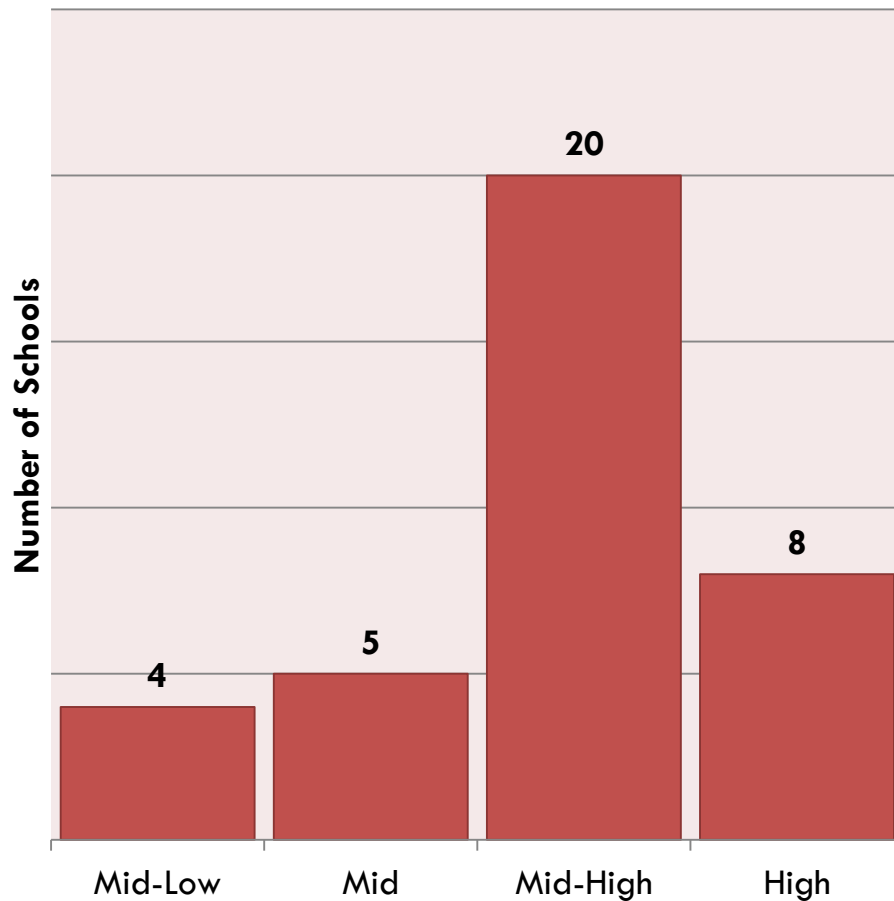
- 89% of participating middle/high schools have physical education grading. (PA. 4)

## Areas Needing Improvement

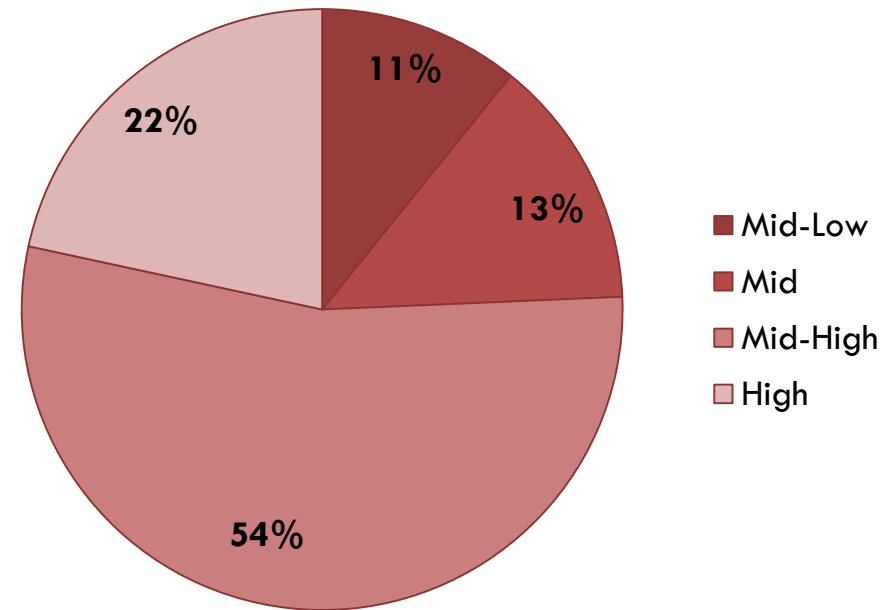
- 66% of participating middle/high schools' students in each grade receive physical education for **less than 134 minutes\* per week**. (PA. 1)
- Only 35% of participating middle/high schools' students design and implement their own individualized physical activity/fitness plans as part of the physical 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)

# M/HS Module 4: Nutrition Services

**# of Schools  
by Score Category\* (N=37)**



**% of Schools  
by Score Category\* (N=37)**



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 ( $\frac{1}{2}$ % or 1% fat) and skim milk every day to its students and staff. (N.3)

## Areas Needing Improvement

### Nutrition

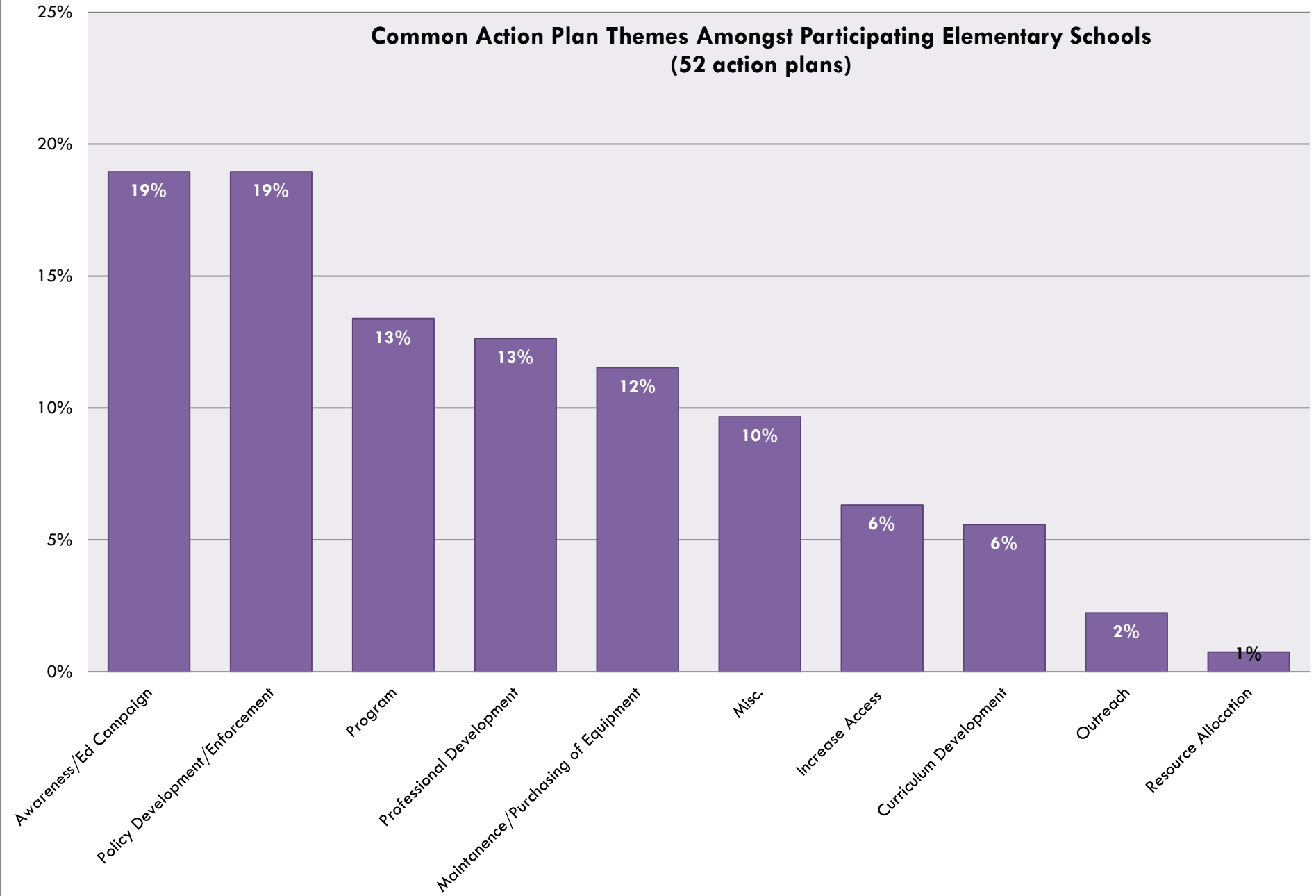
- At 18% of participating middle/high schools fewer than half of the sites outside the cafeteria offer appealing, low-fat fruits, vegetables, or dairy products. (N. 7)
- 69% of participating middle/high schools use **one or no methods\*** to collaborate with teachers to reinforce nutrition education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

\*Three or more methods are preferred.

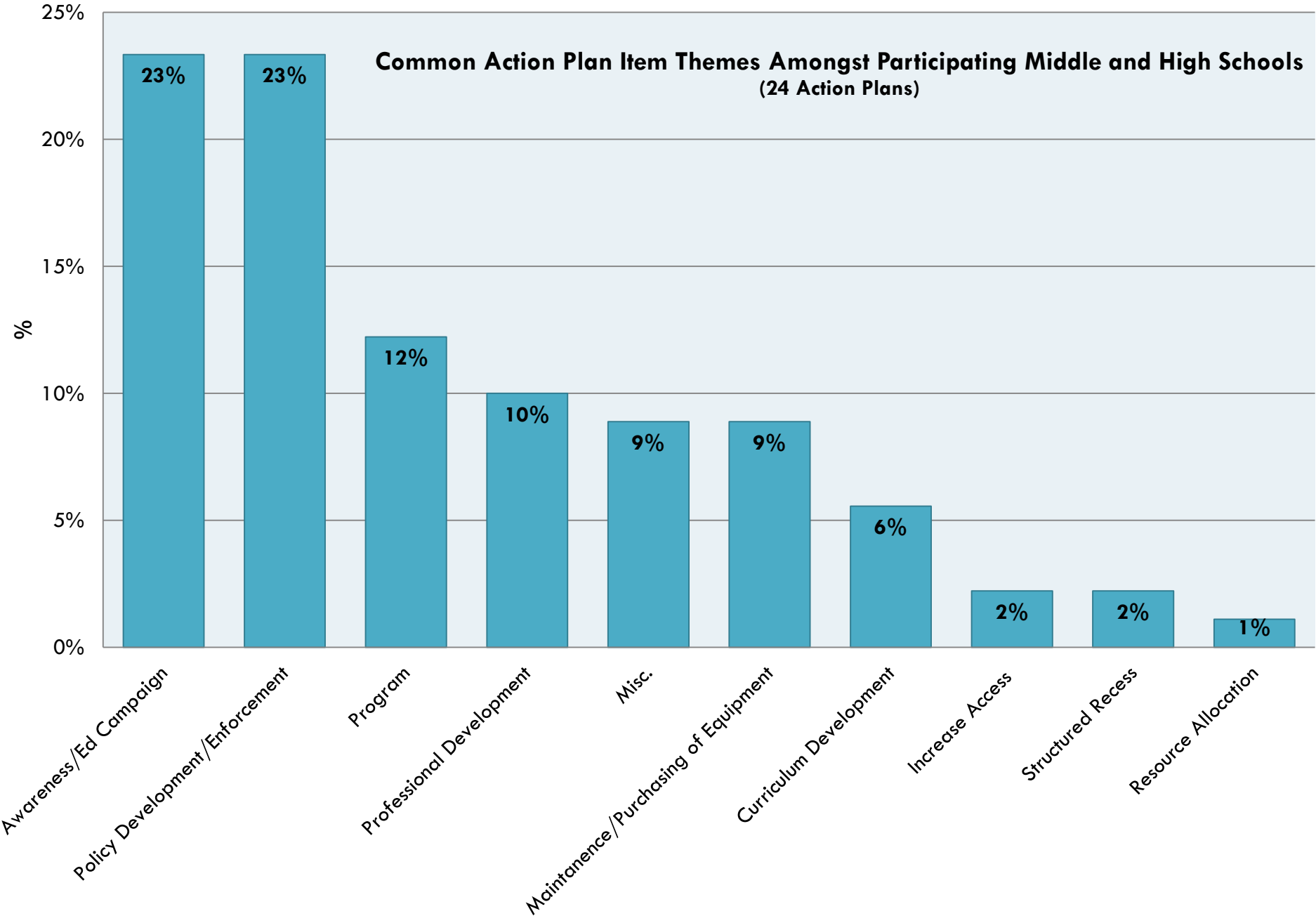
# Action Plans

- 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)





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