

School Policies, Practices, and Environmental Factors for Healthy Eating and Active Living

School Health Education

Healthy People 2010 Objective 7.2	Increase the proportion of middle, junior high, and senior high schools that provide school health education to prevent health problems in the following areas: unhealthy dietary patterns and inadequate physical activity
Healthy People 2010 Objective 7.2h	Increase the proportion of school health education programs that address unhealthy dietary patterns
Healthy People 2010 Objective 7.2i	Increase the proportion of school health education programs that address inadequate physical activity



School Health Index for Physical Activity and Healthy Eating

This is a comprehensive tool that can help your school assess its physical activity and nutrition policies and programs based on national standards and guidelines. Copies can be obtained: <http://www.cdc.gov/nccdphp/dash>

Indicators




Reminder: Consideration of the following questions is dependent on the context of the assessment's focus (i.e., school district, a subset of schools, or a specific identified school).


	Elementary Schools	Middle Schools	Senior High Schools
1. Does the school or school district have a representative committee that oversees the school health programs, including physical activity and nutrition programs?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Does the school or school district offer health education in all grades?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Does the health education curriculum address essential nutrition topics?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Does the health education curriculum address essential physical activity topics?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Does the school nurse or other health services provider identify students with physical activity-and nutrition-related problems such as obesity, anemia, diabetes, eating disorders, and food allergies?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. What is the estimated percentage of students reported by the school nurse or other health services provider to be overweight or obese?	_____ %	_____ %	_____ %

School Physical Education

Healthy People 2010 Objective 22.8	Increase the proportion of elementary, middle, junior high, and senior high schools that require daily physical education for all students.
Healthy People 2010 Objective 22.8a	Increase the proportion of Middle and Junior High Schools that require daily physical education for all students
Healthy People 2010 Objective 22.8b	Increase the proportion of Senior High Schools that require daily physical education for all students
Healthy People 2010 Objective 22.9	Increase participation in daily physical education in schools (students in grades 9 through 12)
Healthy People 2010 Objective 22.9	Increase the proportion of students who spend at least 50% of school physical education class time being physically active (students in grades 9 through 12)
Healthy People 2010 Objective 22.12	Increase access to school physical activity facilities, non-school time

Indicators


 *Reminder: Consideration of the following questions is dependent on the context of the assessment's focus (i.e., school district, a subset of schools, or a specific identified school).*





	Elementary Schools	Middle Schools	Senior High Schools
1. Does the school or the school district require daily Physical Education for all students?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
1a. Percentage of students who participate in daily school Physical Education.	_____%	_____%	_____%
1b. Percentage of students who do not meet school physical fitness testing requirements.	_____%	_____%	_____%
 CT State Department of Education Strategic School Profiles: provides school characteristics, resources, and student performance test results by town. Viewing the school district strategic school profile includes: % of students passing all four parts of the Connecticut Physical Fitness Assessment (CPFA) by town; and the estimated % of students eligible for free-reduced price meals. www.csde.state.ct.us/public/der/find/regular/find_body.htm			
1c. Percentage of students who spend at least 50% of school PE class time being active,	_____%	_____%	_____%
2. Does the school or the school district offer extracurricular sports programs/camps for students?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Percentage of students participating in extracurricular sports programs/camps for students	_____%	_____%	_____%
4. Are elementary students in the school or district provided with at least 20 minutes of recess during each school day?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
5. Can all students within a school or the school district use the school's indoor and outdoor physical activity facilities outside of school hours (e.g., after school, evenings, weekends, and school vacations)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Does the school or school district permit community members to use its track or athletic fields, gyms, pools, courts (e.g., after school, evenings, weekends, and school vacations)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

School Nutrition

Healthy People 2010 Objective 19.2	Increase the proportion of children/adolescents aged 6-19 years whose intake of meals and snacks contribute to good overall dietary quality.
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Indicators


 *Reminder: Consideration of the following questions is dependent on the context of the assessment's focus (i.e., school district, a subset of schools, or a specific identified school).*


	Elementary Schools	Middle Schools	Senior High Schools
1. Does the school or the school district have written policies on nutrition that commit the school to serve and actively promote healthy school meals that meet at a minimum the U.S. Department of Agriculture's School Meal Nutrition Standards.  U.S. Department of Agriculture School Meal Nutrition Standards reference: http://www.fns.usda.gov/cnd/Governance/regulations.htm Code of Federal Regulations. Title 7, Volume 4, Parts 210.10 (b)(c)(d) and 220.8 (a)(b)(c)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Does the school or the school district offer a Breakfast program?  CT State Department of Education: Access program guidance for the National School Lunch Program, School Breakfast Program, and the Special Milk Program. (www.state.ct.us/sde/deps/nutrition/Program_Guidance.html)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Percentage of Students eating breakfast supplied at the school.	_____ %	_____ %	_____ %
4. Percentage of students who arrive at school in the morning without having had any breakfast.	_____ %	_____ %	_____ %
5. Percentage of students who qualify for free or reduced price school meals.  CT State Department of Education Free and Reduced Price Meals Listing of area eligible and non-area eligible schools that have 50% or more of the children eligible for free and reduced price meals. (www.state.ct.us/sde/deps/nutrition/SchoolNutriIndex.htm)	_____ %	_____ %	_____ %
6. Do students within the school or school district have at least 10 minutes to eat breakfast?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Does the school or school district offer a Lunch nutrition program?  CT State Department of Education: Access program guidance for the National School Lunch Program, School Breakfast Program, and the Special Milk Program. (www.state.ct.us/sde/deps/nutrition/Program_Guidance.html)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Approximate percentage of students eating lunch supplied at school.	_____ %	_____ %	_____ %
9. What is the amount of time allotted for lunch period?	_____	_____	_____
10. Does the school or school district regulate/have policy regarding the sale of minimal nutritional value foods and other foods of low nutritive value (soda, cookies, chips, fast food, and candy) in the school vending machines?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Does the school or school district regulate/have policy regarding the sale of minimal nutritional value foods and other foods of low nutritive value (soda, cookies, chips, fast food, and candy) during school fund raising events?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
12. Does the school or school district regulate/have policy regarding the sale of minimal nutritional value foods and other foods of low nutritive value (soda, cookies, chips, fast food, and candy) during school sporting events?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

School Walking and Bicycling Policies

Healthy People 2010 Objective 22.1,2	Increase the proportion of trips made by walking and bicycling.
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Indicators

 *Reminder: Consideration of the following questions is dependent on the context of the assessment's focus (i.e., school district, a subset of schools, or a specific identified school).*

	Elementary Schools	Middle Schools	Senior High Schools
1. Does the school or school district have regulations or restrictions regarding walking/bicycling to school?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. What percentage of children live within walking or bicycling distance of their school within the district?	_____ %	_____ %	_____ %
3. What percentage of students bicycle or walk to schools within the district?	_____ %	_____ %	_____ %
4. Is bicycle parking and bicycle storage space provided at the school or schools within the district?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Does the school or school district take part in Walk Our Children to School Day?  KidsWalk to School Program Community-based program developed by the Centers for Disease Control that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. Online materials include community presentation and train the trainer educational materials on increasing physical activity. www.cdc.gov/nccdphp/dnpa/kidswalk/	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Does the school or schools within the district have traffic calming treatments (i.e., speed bumps, crossing guards, speed limits) in the area around their site?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Does the school or schools within the district have routine local area traffic enforcement (i.e., crossing guards)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

University Health Education Policies, Practices, and Environmental Factors For Healthy Eating and Active Living

Healthy People 2010 Objective 7.3	<p>Increase the proportion of college and university students receiving information on the six priority health risk behavior areas:</p> <ul style="list-style-type: none"> • Poor eating habits • physical inactivity • tobacco use • behaviors that result in intentional or unintentional injury • abuse of alcohol and other drugs • sexual behaviors that result in HIV infection, other sexually transmitted diseases, or unintended pregnancy.
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Indicators



Reminder: Consideration of the following questions is dependent on the context of the assessment's focus (i.e., a subset of universities, or a specific identified university).

1.	Does the college or colleges/universities within the district offer health risk behavior information (i.e., Poor Eating Habits, Physical inactivity) for its students?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	Does the University health services provider actively promote physical activity to students through the following: distribution of educational materials, individual advice, small group discussions, or presentations?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	Does the University health services provider identify students with physical activity-and nutrition-related problems such as obesity, anemia, diabetes, eating disorders, and food allergies?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.	Does the University health services provider refer students with physical activity- and nutrition-related problems to the appropriate school- or community-based services?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.	Does the school counseling, psychological, or social services staff actively promote physical activity to students through the following: distribution of educational materials, individual advice, small group discussions, and presentations?	<input type="checkbox"/> Yes <input type="checkbox"/> No