School Health Practices in 48 States: Results from School Health Profiles 2014

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Background: Why Did CDC Establish School Health Profiles?

• Data needed to help states funded by CDC monitor progress on their school health efforts
  ▪ Performance Measures for cooperative agreements
• Compiled data can be useful in providing a national picture of school health practices
What is the School Health Profiles (Profiles)?

- Profiles is a system of surveys assessing school health policies and practices in states, territories, and large urban school districts.
- Profiles surveys are conducted biennially (during even-numbered years) by state, territorial, and local education and health agencies with technical assistance from CDC.
- Profiles questionnaires are administered to middle and high school principals and lead health education teachers.
Topics Monitored by Profiles

- School health education requirements and content
- Physical education and physical activity
- Practices related to bullying and sexual harassment
- School health policies related to tobacco-use prevention and nutrition
- School-based health services
- Family engagement and community involvement
- School health coordination
Profiles Methods

- **Representative samples drawn for each state**
  - Population: Public schools serving students in grades 6 through 12
  - Strategy: Random, systematic, equal-probability sampling or census
- **Self-administered questionnaires**
  - Mail: Paper-and-pencil computer-scannable booklets
  - Web: Secure online systems
- **Data are weighted to reflect the likelihood of school selection and to adjust for nonresponse**
  - Only data from states with response rates ≥70% are weighted
- **Trends over time within state calculated using logistic regression**
<table>
<thead>
<tr>
<th>Sample size (range)</th>
<th>Principal Survey</th>
<th>Lead Health Education Teacher Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>64 - 654</td>
<td></td>
<td>66 - 660</td>
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<tr>
<td>Sample size (range)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>70% - 91%</td>
<td></td>
<td>70% - 89%</td>
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<tr>
<td>Response rate (range)</td>
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</table>

Sample Sizes and Response Rates

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</tr>
</thead>
<tbody>
<tr>
<td># of states</td>
<td>38</td>
<td>38</td>
<td>43</td>
<td>41</td>
<td>44</td>
<td>50</td>
<td>50</td>
<td>49</td>
<td>50</td>
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<tr>
<td># of large urban school districts</td>
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<td>13</td>
<td>14</td>
<td>13</td>
<td>16</td>
<td>21</td>
<td>20</td>
<td>19</td>
<td>21</td>
</tr>
<tr>
<td># of territories</td>
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<td>--</td>
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<td>--</td>
<td>--</td>
<td>5</td>
<td>6</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td># of tribal governments</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>2</td>
<td>2</td>
<td>2</td>
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</tr>
<tr>
<td>Total # of sites</td>
<td>48</td>
<td>51</td>
<td>57</td>
<td>54</td>
<td>60</td>
<td>78</td>
<td>78</td>
<td>75</td>
<td>74</td>
</tr>
<tr>
<td>Total % of sites with weighted data</td>
<td>77%</td>
<td>75%</td>
<td>77%</td>
<td>70%</td>
<td>82%</td>
<td>94%</td>
<td>99%</td>
<td>92%</td>
<td>96%</td>
</tr>
</tbody>
</table>
State and District Participation, Profiles 2014
Profiles Release: December 9, 2015
Overview of the School Health Profiles
Questionnaires and item rationales
Comprehensive results
Fact sheet
Publications and journal articles
Participation history
Frequently asked questions
Data file request form
School Health Coordination
Percentage of secondary schools that currently have someone who oversees or coordinates school health and safety programs and activities
Percentage of secondary schools that had a school health council, committee, or team that offers guidance on the development of policies or coordinates activities on health topics

School Health Profiles, 2014
Percentage of secondary schools that used the School Health Index or other self-assessment tool to assess their policies, activities, and programs in HIV, STD, and teen pregnancy prevention; physical activity; nutrition; and tobacco-use prevention

School Health Profiles, 2014
Health Education
Percentage of secondary schools with a health education curriculum that addresses all 8 national standards for health education

School Health Profiles, 2014
Percentage of secondary schools that required students to take 2 or more health education courses

School Health Profiles, 2014
HIV, STD, and Pregnancy Prevention
Percentage of secondary schools in which those who teach sexual health education are provided with key materials for teaching sexual health education

School Health Profiles, 2014
Percentage of secondary schools that taught the benefits of being sexually abstinent in a required course

School Health Profiles, 2014
Percentage of secondary schools that taught how to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy in a required course

School Health Profiles, 2014
Percentage of secondary schools that taught how to correctly use a condom in a required course

School Health Profiles, 2014
High Schools:
Teach the Benefits of Being Sexually Abstinent

School Health Profiles, 2008-2014
High Schools: Teach Importance of Using Condoms Consistently and Correctly

School Health Profiles, 2008-2014
Middle Schools: Teach the Benefits of Being Sexually Abstinent

School Health Profiles, 2008-2014
Middle Schools: Teach importance of Using Condoms Consistently and Correctly

School Health Profiles, 2010-2014
Practices Related to Safe and Supportive Environments
Percentage of secondary schools with a gay/straight alliance or similar club

School Health Profiles, 2014
Percentage of secondary schools that prevent bullying and sexual harassment, including electronic aggression, among all students

School Health Profiles, 2014
Percentage of secondary schools that implement parent engagement strategies for all students

*School Health Profiles, 2014*
Percentage of secondary schools that implement school connectedness strategies

School Health Profiles, 2014
Middle and High Schools: Professional Development on Teaching Students of Different Sexual Orientations or Gender Identities

School Health Profiles, 2010-2014
Middle and High Schools:
Provide Curricula that Include HIV, STD, or Pregnancy Prevention
Information Relevant to LGBTQ Youth
Middle and High Schools: Have a Gay/straight Alliance or Similar Club

School Health Profiles, 2008-2014
School Health Services
Percentage of secondary schools that have a full-time registered nurse who provides health services to students

School Health Profiles, 2014
Percentage of secondary schools that provide students with on-site services or referrals to healthcare providers for 7 sexual health services

School Health Profiles, 2014
Percentage of secondary schools that identify and track students with chronic conditions* that may require daily or emergency management

*For example, asthma or food allergies.

School Health Profiles, 2014
Tobacco-Use Prevention
Percentage of secondary schools that prohibited all tobacco use at all times in all locations*

*Prohibited the use of all tobacco, including cigarettes, smokeless tobacco, cigars, and pipes, by students, faculty and school staff, and visitors, in school buildings, outside on school grounds, on school buses or other vehicles used to transport students, and at off-campus, school-sponsored events, during school hours and non-school hours.

School Health Profiles, 2014
Percentage of secondary schools that posted signs marking a tobacco-free school zone

School Health Profiles, 2014
Nutrition
Percentage of secondary schools that did not sell less healthy foods and beverages* in vending machines or at the school store, canteen, or snack bar

*Baked goods not low in fat, salty snacks not low in fat, chocolate candy, other kinds of candy, soda pop or fruit drinks that are not 100% juice, and sports drinks.

School Health Profiles, 2014
Percentage of secondary schools that allowed students to purchase fruits and vegetables from vending machines or at the school store, canteen, or snack bar

School Health Profiles, 2014
Percentage of secondary schools that offer fruits or non-fried vegetables when foods or beverages are offered at school celebrations

School Health Profiles, 2014
Percentage of secondary schools that prohibited all forms of advertising and promotion of candy, fast food restaurants, or soft drinks in all locations*

*In school buildings; on school grounds, including on the outside of the school building, on playing fields, or other areas of the campus; on school buses or other vehicles used to transport students; and in school publications.

School Health Profiles, 2014
Percentage of secondary schools that priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages

School Health Profiles, 2014
Percentage of secondary schools that placed fruits and vegetables near the cafeteria cashier, where they are easy to access

School Health Profiles, 2014
Percentage of secondary schools that allowed students to have access to drinking water

School Health Profiles, 2014
Percentage of secondary schools that taught 20 key nutrition and dietary behavior topics in a required course

School Health Profiles, 2014
Physical Education And Physical Activity
Percentage of secondary schools in which students participate in physical activity breaks in classrooms during the school day*

*Outside of physical education.

*School Health Profiles, 2014
Percentage of secondary schools that offered opportunities for all students to participate in intramural sports programs or physical activity clubs

School Health Profiles, 2014
Percentage of secondary schools that offer opportunities for students to participate in physical activity before the school day*

Through organized physical activities or access to facilities or equipment for physical activity.

School Health Profiles, 2014
Percentage of secondary schools that have a joint use agreement for shared use of physical activity facilities

School Health Profiles, 2014
Percentage of secondary schools that have established, implemented, or evaluated a Comprehensive School Physical Activity Program

School Health Profiles, 2014
Percentage of secondary schools that taught 13 key physical activity topics in a required course

School Health Profiles, 2014
Discussion

Profiles results:

• Show wide variability across states for some variables but remarkable similarity for other variables
• Show strengths in school health policies and practices as well as areas for improvement
• Can be used at both the state and national levels to monitor school health practices and focus efforts to improve them
Uses of Profiles Data

Education and health officials use Profiles data to

- Describe school health policies and practices and compare them across jurisdictions
- Identify professional development needs
- Plan and monitor programs
- Support health-related policies and legislation
- Seek funding
- Garner support for future surveys
Examples of Uses of Profiles Data

• **Montana**
  - Used Profiles results to develop customized technical assistance plans for selected schools to increase attention towards nutrition, physical activity, and employee wellness

• **Florida**
  - Used Profiles results to develop the agenda for their Healthy Schools Summer Academy professional development event

• **Alaska**
  - Used Profiles data to help write a grant to support rural school health services
Limitations

- Data apply only to public middle schools and high schools
- Differences between middle schools and high schools might be masked
- Data are self-reported by principals and lead health education teachers and might be subject to bias
- Results do not provide an in-depth assessment of all elements of school health
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Web site: [www.cdc.gov/schoolhealthprofiles](http://www.cdc.gov/schoolhealthprofiles)
The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.