

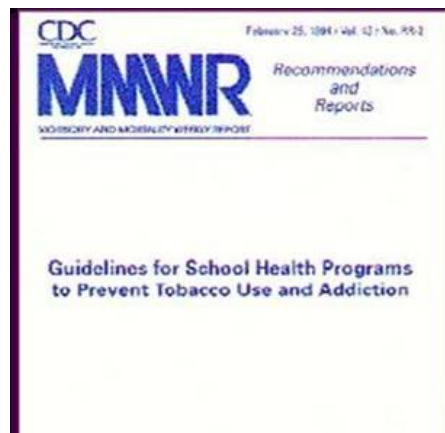
CDC's School Health Index: A Self-Assessment and Planning Guide

Flemington-Raritan School District In-Service Day
November 5, 2013

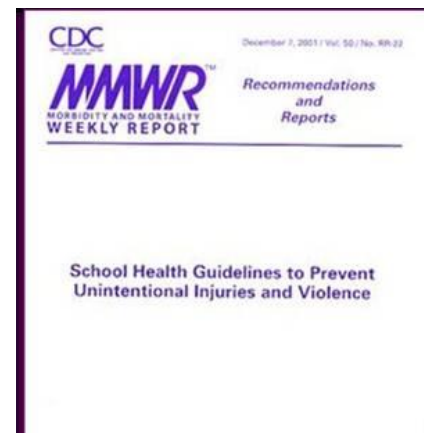
What is the Purpose of the SHI?

- Enables schools to identify strengths and weaknesses of health promotion policies and programs.
- Enables schools to develop an action plan for improving student health.
- Engages teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.

CDC Guidelines and Strategies for School Health Programs



School Health Guidelines to Promote Healthy Eating and Physical Activity



Strategies for Involving Parents in School Health



SCHOOL CONNECTEDNESS

STRATEGIES FOR INCREASING PROTECTIVE FACTORS AMONG YOUTH



Strategies for Addressing Asthma Within a Coordinated School Health Program



Coordinated School Health (CSH)



School Health Index Results 2005

		Low 0%-20%	Low 21% – 40%	Medium 41% – 60%	Medium 61%-80%	High 81% – 100%
School Health Policies and Environment – Module 1	Elementary					X
	Middle					X
Health Education – Module 2	Elementary					X
	Middle				X	
Physical Education and Other Physical Activity Programs – Module 3	Elementary					X
	Middle					X
Nutrition Services – Module 4	Elementary			X		
	Middle			X		
School Health Services – Module 5	Elementary					X
	Middle					X
School Counseling, Psychological, and Social Services – Module 6	Elementary					X
	Middle					X
Health Promotion for Staff – Module 7	Elementary			X		
	Middle			X		
Family and Community Involvement – Module 8	Elementary				X	
	Middle		X			

School Health Index Results November 2013

		Low 0%-20%	Low 21% – 40%	Medium 41% – 60%	Medium 61%-80%	High 81% – 100%
School Health Policies and Environment – Module 1	Elementary				79.8%	
	Middle					
Health Education – Module 2	Elementary					93%
	Middle				64%	
Physical Education and Other Physical Activity Programs – Module 3	Elementary				76%	
	Middle				76%	
Nutrition Services – Module 4	Elementary				64%	
	Middle					
School Health Services – Module 5	Elementary					86%
	Middle					
School Counseling, Psychological, and Social Services – Module 6	Elementary				62%	
	Middle					
Health Promotion for Staff – Module 7	Elementary	18%				
	Middle					
Family and Community Involvement – Module 8	Elementary				66.7%	
	Middle				76%	

The School Health Improvement Plan

The top three areas in need of improvement were identified as:

- Nutrition Services
- Health Promotion for Staff
- Counseling Services

Where Do We Go From Here?

