



School Health Policies and Practices Study (SHPPS) 2012

Health Education

School Questionnaire Content

Standards and Objectives

- Health education standards
- Goals, objectives, and student outcomes

Health Education Requirements

- Health topics for student instruction
- Structure of requirements
- Time requirements
- Health education centers
- Health Education Staff
- Grading students in required health education

Staffing and Professional Development

Collaboration with School Staff and Local Agency Staff

Health Education Program Promotion

Health Education Coordinator

- Education
- Certifications



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Physical Education and Activity

School Questionnaire Content

Standards

- Physical education standards
- School-provided curricula and other materials

Required Physical Education

- Criteria for student exemption from physical education
- Physical education concepts, skills, and activities for student instruction
- Structure of requirements

Instructional Content

- Required instruction on physical education
- Time requirements
- Physical education staff

Student Assessment

Use of Protective Gear

Physical Activity and Discipline

Physical Education for Students with Disabilities

Physical Education Facilities

Staffing and Professional Development

- Maximum student-to-teacher ratio
- Required education and certifications for physical education staff

Collaboration and Promotion

Intramural Activities and Physical Activity Clubs

- Types of intramural activities available to students
- Provision of transportation home for students who participate in after-school activities/clubs

- Intramural coaches

Community Use of School Facilities

Physical Education Coordinator

- Education
- Certifications

Interscholastic Sports

- Types of sports
- Policies, regulations, rules for interscholastic sports
- Requirements for coaches and volunteer athletic aides



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Health Services

School Questionnaire Content

Student Health Records

- Information obtained and kept in student health records
- Immunization records
- Health Insurance Portability and Accountability Act (HIPAA)

Immunization Requirements

Tuberculosis Screening Testing

Procedures for the Administration of Student Medication

Funding/Medicaid

- Funding for standard health services
- Schools serving as Medicaid providers

School-Based Health Centers

Health Services Program Promotion

Health Services Program Communication with Families, Faculty, and Staff

Student Health Screenings

School Nurse Staffing and Collaboration

- Number and types of health services staff and hours spent at school
- School nurse participation in the development of Individualized Education Plans (IEPs), Individualized Health Plans (IHPs) and 504 plans
- School nurse participation in teaching courses and/or working on health service activities with students
- School nurse collaboration with school staff and outside organizations

Educational Requirements

Other Health Services Staffing

- School physician
- School health aides

Facilities and Equipment

Standard Precautions

Health Service Records and Reports

- System to track student visits to the school nurse
- System to track student absenteeism

Injury Reports

Illness Reports

Health Services Provided to Students

- Services and immunizations provided as part of standard health services
- Medically fragile students

Other Services

- One-on-one or group counseling
- Other services provided by school health services staff

Services at Other Sites

- Arrangements with outside health services professionals or organizations
- Types of services available

Health Services Coordinator

- Education
- Licensure
- Professional development



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Nutrition Services

School Questionnaire Content

Breakfast and Lunch Organization

- Breakfast and lunch options offered to students
- Amount of time students have to eat once seated
- Food variety and availability

Food Ordering

- Primary responsibility for deciding which foods to order
- Amount and types of milk offered at the school
- Nutrition services use of produce from a school garden

Food Preparation

- On-site preparation of student meals
- Reduction or substitution of ingredients
- Fat-reducing techniques to prepare meat, poultry, and vegetables
- Use of HACCP-based recipes

Food Variety and Availability

- A la carte items offered
- Availability of butter and salt to students

School Cafeterias

- Capacity of cafeteria during peak meal times
- Provision of nutrition-related education to students
- Training of school cafeteria staff
- Cafeteria inspections
- Use of electronic point of sale system for foods and beverages
- Written crisis response plan for nutrition services program
- Availability of hand-washing or hand-sanitizing stations

Nutrition Services Program Promotion

Collaboration with School Staff and Outside Organizations

Food Service Manager

- Education
- Credentials
- Certifications



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School Policy and Environment

School Questionnaire Content

General School Environment

- Student Enrollment
- Student access to free source of drinking water
- Dress codes and identification badges
- Use of personal communication devices, such as cell phones
- School security staff
- Student handbook or code of conduct
- Transportation to and from school
- Joint use agreements

Violence Prevention

- Policies on physical fighting, weapon possession and use, and gang activity
- Student, family, and community involvement in violence prevention efforts
- Policies on bullying and harassment
- Policies on electronic aggression or cyber-bullying

Tobacco Use Prevention

- Policies regarding tobacco use by students, faculty/staff, and school visitors

Alcohol Use Prevention

- Policies regarding alcohol use by students
- Student, family, and community involvement in alcohol use prevention plans

Illegal Drug Use Prevention

- Policies regarding illegal drug possession or use by students
- Student, family, and community involvement in illegal drug use prevention plans
- Student drug testing

Injury Prevention and Safety

- Inspection and maintenance of school equipment

- Seat belt use on school property
- Student, family, and community involvement in injury prevention and safety plans
- Use of safety guidelines in Handbook for Public Playground Safety (elementary schools only)
- Sun safety

Physical School Environment

- Periodic inspection of school physical facilities
- School plans for remediation of lead and PCBs
- Integrated pest management
- Frequency of cleanings, sanitizing, and disinfecting areas within schools
- Indoor air quality
- Purchase of low-emitting products
- Use, storage, and disposal of hazardous materials

Crisis Preparedness and Response

- School plan to address crisis preparedness, response, and recovery
- Training for staff, students, and students' families on crisis preparedness, response, and recovery plans
- Efforts to educate students and parents about crisis preparedness, response, and recovery
- Involvement of students, parents, community agencies, and other community members in the development and evaluation of the crisis preparedness, response, and recovery plan
- School membership in the local emergency planning committee

Family Involvement in the School

Community Service and Service Learning

- Policies requiring students to participate in community service or service learning
- Participation in role model or mentoring programs (e.g., Big Brothers/Big Sisters)

Physical Activity

- Policies regarding recess (elementary schools only)
- Participation in physical activity outside of physical education class
- Walking or biking to or from school

Food and Beverages Available Outside of the School Meal Programs

- Influences on students' dietary behavior while at school
- Types of foods/beverages offered at school events and student parties
- Availability of junk food
- Foods and beverages available in vending machines

- Soft drink sales

School Health Coordination

- School health council, committee, or team
- School staff and local agencies represented in the council
- School health and safety policies and activities
- School improvement plan
- School health coordinator education, training, and responsibilities



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Mental Health and Social Services

School Questionnaire Content

Staffing Characteristics

- Number of school guidance counselors, school psychologists, and social workers and hours spent at school
- Required education and certifications for school guidance counselors, school psychologists, and school social workers

Collaboration with School Staff and Local Agency Staff

Mental Health and Social Services Program Promotion

Mental Health and Social Services Program Facilities and Equipment

Provision of Mental Health and Social Services

- Services available to students
- Student assistance programs
- Student support teams
- School mental health and social services staff participation in the development of Individualized Education Plans (IEPs), Individualized Health Plans (IHPs), and 504 plans

Mental Health and Social Services Provided at Other Sites

- Arrangements with other mental health and social services professionals
- Types of services

Mental Health and Social Services Coordinator

- Education
- Certifications
- Professional development



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Faculty and Staff Health Promotion School Questionnaire Content

Health Insurance

- Services covered by health insurance
- Sick leave

Required Examinations and Screenings Prior to and During Employment

- Physical health examinations
- Illegal drug use screening
- Tuberculosis screening and testing
- Influenza vaccinations

Faculty and Staff Health Promotion Activities and Services

- Health screenings
- Health promotion activities and services offered to faculty and staff
- Health-related sessions offered as part of professional development
- Facilities or equipment available to staff for physical activity

Employee Assistance Program

Health Risk Appraisals

Off-site Health Promotion Activities

Planning and Coordination of Health Promotion Activities and Services

- Objectives for planning health-related activities or services
- Conduct of needs assessments on health promotion activities or services
- Incentives to school faculty and staff for participation in health promotion programs
- District-level collaboration with other district-level staff and outside agencies or organizations
- Coordinator of health promotion activities and services