



School Health Policies and Practices Study (SHPPS)
Health Education
District Questionnaire Content

Health Education Standards

Elementary, Middle, and High School Instruction

- Health education standards for each school level
- Health topics for student instruction
- Resources provided by the district
- Health education requirements
- Required education and certifications for health education staff

Staffing and Professional Development

- Requirements for continuing education credits
- District-provided professional development on health topics and teaching methods

Collaboration with District-Level Staff and Outside Organizations

Health Education Program Promotion and Evaluation

Health Education Coordinator

- Educational background
- Certifications



School Health Policies and Practices Study (SHPPS)
Physical Education and Activity
District Questionnaire Content

Physical Education Standards

Elementary, Middle, and High School Instruction

- Physical education standards for each school level
- Physical education requirements
- Student exemption from physical education
- Physical education curriculum
- Resources provided by the district
- Student assessment
- Fitness testing
- Required education and certifications for physical education staff
- Physical activity breaks and recess

Physical Education for Students with Disabilities

Use of Protective Gear

Physical Activity and Discipline

Staffing and Professional Development

- Requirements for continuing education credits
- District-provided professional development on physical education topics

Collaboration with District-Level Staff and Outside Organizations

Physical Education Program Promotion and Evaluation

Interscholastic Sports

- Requirements for interscholastic sports coaches and volunteer athletic aides
- Policies related to concussion in student athletes

Physical Education Coordinator

- Educational background
- Certifications



School Health Policies and Practices Study (SHPPS)

Health Services

District Questionnaire Content

Student Health Records

Required Immunizations

Tuberculosis Screening and Testing

Procedures for Student Medications

Funding/Medicaid

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

Collaboration with District-Level Staff and Outside Organizations

School Health Services Program Evaluation

Data Reporting Requirements

- Injuries
- Illnesses
- Weight status (BMI)
- Attendance/absenteeism

Standard Precautions

Student Health Screening

Other Services

- Other services provided to students
- School nurse participation in Individualized Education Plans (IEPs) and Individualized Health Plans (IHPs)

Staffing Characteristics and Professional Development

- Required education and licensure for school nurses
- Maximum student-to-school nurse ratio
- District-provided professional development on health services topics

School-based Health Center Services

Services at Other Sites

Health Services Coordinator

- Educational background
- Licensure



School Health Policies and Practices Study (SHPPS)

Nutrition Services

District Questionnaire Content

Menu Planning and Food Ordering

- Methods used to plan school menus and evaluate nutritional content
- Food procurement contracts

Food Preparation

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

Collaboration with District-Level Staff and Outside Organizations

Nutrition Services Program Promotion and Evaluation

District Wellness Policy

Staffing and Professional Development

- Required education, credentials, and certifications for district food service directors and school food service managers
- District-provided professional development on nutrition services topics

Nutrition Services and Child Nutrition Requirements and Recommendations

- Policies to offer breakfast and lunch to students
- Requirements or recommendations about types of foods offered
- Availability of “junk foods” at school
- Availability of fruits, vegetables, or whole grain foods at school
- Requirements or recommendations about healthful beverages
- Requirements or recommendations about brand-name fast foods
- Unplanned school dismissal or school closure
- Policies regarding the use of food or food coupons as rewards

District Food Services Director

- Educational background
- Credentials and certifications



School Health Policies and Practices Study (SHPPS)

Healthy and Safe School Environment

District Questionnaire Content

General School Environment

- Dress codes and identification badges
- School security
- Use of personal communication devices, such as cell phones
- Standard distance for busing students

Transportation To and From School

- Policies that support or promote walking or biking to and from school
- Policies that support or promote the use of public transportation for student, faculty, and staff to travel to and from school

Joint Use Agreements

Violence Prevention

- Policies on gang activity
- Policies on bullying
- Policies on electronic aggression or cyber-bullying

Tobacco Use Prevention

- Policies prohibiting tobacco use by students, faculty, staff, and visitors on school property
- Policies prohibiting tobacco advertisements on school property or at school-sponsored events
- Policies prohibiting tobacco use during any school-related activity for students, faculty, staff and visitors

Student Drug Testing

Injury Prevention and Safety

- Inspection and maintenance of school equipment
- Student use of protective gear
- Playground safety and the use of playground monitors (for districts containing elementary schools)
- Sun safety



Physical School Environment

- District policies on building maintenance, indoor air quality, pest control, and chemicals
- Policies regarding inspection for and remediation of mold, lead, and PCBs
- Policies regarding school buses
- Policies regarding the use of low-emitting products
- Policies regarding water quality testing
- Policies regarding use of green design for new school facilities
- Policies regarding school siting

Crisis Preparedness, Response, and Recovery

- District plan to address crisis preparedness, response, and recovery
- Involvement of students, parents, community agencies, and other community members in the development and evaluation of the plan

Community Service and Service Learning

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

Foods and Beverages Available Outside of the School Meal Programs

- Policies on advertisements for soft drinks and junk food on school property
- Policies on prohibiting students access to vending machines
- Policies on the sale of soft drinks

Professional Development for School Faculty and Staff

School Health Coordination

- School health councils, committees, or teams
- District-level school improvement plans
- District coordinator of health and safety policies and activities



School Health Policies and Practices Study (SHPPS)
Mental Health and Social Services
District Questionnaire Content

Provision of Services

- Policies regarding student assistance programs and student support teams
- Policies regarding mental health or social services staff participation in the development of Individualized Education Plans (IEPs), Individualized Health Plans (IHPs), and 504 plans
- Funding for mental health and social services

Collaboration with District-Level Staff and Outside Organizations

Mental Health and Social Services Program Promotion and Evaluation

Staffing Characteristics

- Required education and certifications of newly hired school counselors, psychologists, and social workers
- Maximum student-to- counselor ratio

Professional Development Offered to Mental Health, Social Services, or Other School Staff

Services Provided at Other Sites

Mental Health and Social Services Coordinator

- Educational background
- Certifications



School Health Policies and Practices Study (SHPPS)

Faculty and Staff Health Promotion

District Questionnaire Content

Health Insurance

Required Examinations and Screenings Prior to and During Employment

- Physical health examinations
- Drug testing
- Tuberculosis screening and testing
- Influenza vaccinations

Health Promotion Activities and Services

- Health screenings
- Other activities and services
- Physical activity programs, facilities, and equipment

Employee Assistance Programs

Health Risk Appraisals

Off-site Health Promotion Activities

Planning and Coordination

- Needs assessments
- Incentives for participation in faculty and staff health promotion programs
- District-level collaboration with other district-level staff and outside agencies or organizations
- Coordinator of health promotion activities and services