



School Health Policies and Practices Study (SHPPS)

Health Education

School Questionnaire Content

Health Education Standards

Health Education Requirements

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

Staffing and Professional Development

Collaboration with School Staff and Outside Organizations

Health Education Program Promotion

Health Education Coordinator

- Educational background
- Certifications



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Physical Education and Activity School Questionnaire Content

Physical Education Standards

Required Physical Education and Instructional Content

- Student exemption from physical education
- Physical education activities taught
- Structure of requirements
- 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

Physical Activity Clubs and Intramural Sports

Community Use of School Facilities

Physical Education Coordinator

- Educational background
- Certifications

Interscholastic Sports



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Health Services

School Questionnaire Content

Student Health Records

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

Immunization Requirements

- Types of immunizations required for school entry
- Exemption from immunizations

Tuberculosis Screening and Testing

Procedures for the Administration of Student Medications

Funding/Medicaid

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

School-Based Health Centers

Health Services Program Communication with Families, Faculty, and Staff

Student Health Screening

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
- School nurse collaboration with school staff and outside organizations

Educational Requirements

Other Health Services Staffing

Facilities and Equipment

Standard Precautions

**Health Service Records and Reports**

- Absenteeism
- Injuries
- Illnesses

Health Services Provided to Students

- Standard health services (provided to all students)
- Services provided to medically fragile students

Other Services

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

Services at Other Sites**Health Services Coordinator**

- Educational background
- Licensure
- Professional development



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Nutrition Services

School Questionnaire Content

Organization of School Meals and Snacks

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

Food Ordering

Food Preparation

- 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
- Food safety training
- Cafeteria inspections
- Use of electronic point of sale system for foods and beverages
- Written plans for school closures, food safety, and students with food allergies

Nutrition Services Program Promotion

Collaboration with School Staff and Outside Organizations

Food Service Manager

- Educational background
- Credentials and certifications



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Healthy and Safe School Environment

School Questionnaire Content

General School Environment

- Student enrollment
- Dress codes and identification badges
- School security
- 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
- Policies on electronic aggression or cyber-bullying
- School-wide programs to prevent violence
- School plans related to suicide prevention

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

Alcohol Use Prevention

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

Illegal Drug Use Prevention

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

Injury Prevention and Safety

- Inspection and maintenance of school equipment
- Student use of protective gear
- Student, family, and community involvement in injury prevention and safety efforts
- Playground safety (elementary schools only)
- Sun safety

**Physical School Environment**

- Periodic inspection of school physical facilities
- School plans for remediation of lead and PCBs
- Pest management
- Frequency of cleanings, sanitizing, and disinfecting areas within schools
- Indoor air quality
- Drinking water quality
- Purchase of low-emitting products
- Training for custodial or maintenance staff

Crisis Preparedness, Response, and Recovery

- School plan to address crisis preparedness, response, and recovery
- Training for staff, students, and students' families on crisis preparedness, response, and recovery plans
- 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**

- Community service and service learning opportunities and requirements
- Participation in role model or mentoring programs (e.g., Big Brothers Big Sisters)

Physical Activity

- Recess (elementary schools only)
- Physical activity breaks

Food and Beverages Available Outside of the School Meal Programs

- Types of foods/beverages offered at school events and student parties
- Availability of junk food
- Foods and beverages available in vending machines, school stores, canteens, and snack bars
- Foods and beverages sold for fundraising
- Advertisement and promotion of soft drinks, junk food, and fast food restaurants

School Health Coordination

- School health council, committee, or team
- School improvement plan
- School health coordinator responsibilities and educational background



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Mental Health and Social Services

School Questionnaire Content

Staffing Characteristics

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

Collaboration with School Staff and Outside Organization

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

Mental Health and Social Services Coordinator

- Educational background
- Certifications
- Professional development



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Faculty and Staff Health Promotion School Questionnaire Content

Health Insurance

Required Examinations and Screenings Prior to and During Employment

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

Faculty and Staff Health Promotion Activities and Services

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

Employee Assistance Program

Health Risk Appraisals

Off-site Health Promotion Activities

Planning and Coordination of Health Promotion Activities and Services

- Needs assessments
- Incentives for participation in faculty and staff health promotion programs
- Collaboration with school staff
- Promotion of activities and services for faculty and staff
- Coordinator of health promotion activities and services



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Health Education

Classroom Questionnaire Content

General Course Characteristics and Content

- Class description
- Topics for student instruction
- Resources used to teach health education

Alcohol or Other Drug Use Prevention Instruction

Tobacco Use Prevention Instruction

Nutrition and Dietary Behavior Instruction

Physical Activity and Fitness Instruction

Sexual Health Instruction

- Pregnancy prevention
- Human immunodeficiency virus (HIV) prevention
- Sexually transmitted disease (STD) prevention

Emotional and Mental Health Instruction

Suicide Prevention Instruction

Violence Prevention Instruction

Injury Prevention and Safety Instruction

Personal Health and Wellness Instruction

Teaching Techniques

- Methods to highlight diversity and cultural values
- Family and community involvement in health education
- Student assessments
- Teaching students with long-term disabilities

Health Education Teacher

- Educational background
- Certifications
- Professional development



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Physical Education and Activity Classroom Questionnaire Content

General Course Characteristics

Physical Activities

- Topics for student instruction
- Time spent on different types of activities

Teaching and Evaluation Techniques

- Teaching methods
- Family and community involvement in physical education
- Fitness testing
- Individualized physical activity plans
- Student assessment

Students with Disabilities

Physical Education Teacher

- Educational background
- Certifications
- Professional development