



Trends Over Time: 2000-2016¹

About SHPPS: SHPPS is a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels. SHPPS was conducted at the following levels during each cycle:

Level	1994	2000	2006	2012	2014	2016
State	✓	✓	✓	✓		
District	✓	✓	✓	✓		✓
School	✓	✓	✓		✓	
Classroom	✓	✓	✓		✓	

SHPPS 2016 assessed the characteristics of selected components of the Whole School, Whole Community, Whole Child model (<https://www.cdc.gov/healthyyouth/wsc/index.htm>): health education; physical education and physical activity; nutrition environment and services; health services; counseling, psychological, and social services; social and emotional climate; physical environment; and employee wellness in a nationally representative sample of public school districts. Each district designated a respondent for each questionnaire. Respondents had primary responsibility for or were the most knowledgeable about the policies and practices addressing the school health program component assessed by that questionnaire.

Health Education

Percentage of Districts with Specific Health Education Policies and Practices, SHPPS 2000, 2006, 2012, and 2016					
Policy or practice	2000	2006	2012	2016	Trend
Requires schools to follow any national, state, or district health education standards	68.8	79.3	82.4	81.7	Increased
Requires elementary schools to teach the following health topics:					
Alcohol or other drug use prevention	81.3	79.0	78.4	63.9	Decreased
HIV prevention	58.6	48.6	40.1	29.0	Decreased
Infectious disease prevention	NA	NA	70.5	55.1	Decreased
STD prevention	39.4	32.8	29.1	22.9	Decreased
Tobacco use prevention	79.9	81.1	79.7	65.9	Decreased
Violence prevention	73.4	83.6	85.8	86.3	Increased
Requires middle schools to teach the following health topics:					
HIV prevention	81.9	79.0	75.7	70.6	Decreased
Suicide prevention	53.8	62.3	65.1	65.4	Increased
Violence prevention	71.6	83.8	86.3	85.0	Increased
Has specified time requirements for middle school health education	NA	66.9	58.7	52.3	Decreased
Requires high schools to teach violence prevention	74.5	85.0	88.3	87.3	Increased
NA=Not asked in this survey year.					

Physical Education and Physical Activity

Percentage of Districts with Specific Physical Education and Physical Activity Policies and Practices, SHPPS 2000, 2006, 2012, and 2016					
Policy or practice	2000	2006	2012	2016	Trend
Requires elementary schools to teach physical education	82.6	93.3	93.6	92.6	Increased
Requires or recommends that schools at each level use Fitnessgram:					
Elementary schools	12.8	21.5	36.5	53.4	Increased
Middle schools	9.5	24.1	40.2	54.8	Increased
High schools	8.3	21.2	40.3	47.3	Increased
Requires schools to meet the meet the physical education needs of students with disabilities by using the following strategies:					
Mainstreaming into regular physical education as appropriate	82.3	98.5	97.8	97.2	Increased
Providing adapted physical education as appropriate	74.6	92.7	92.8	91.0	Increased
Using modified equipment or facilities in regular physical education	65.0	93.2	91.5	89.4	Increased
Using teaching assistants in regular physical education	57.2	86.5	79.2	78.6	Increased
Requires students to wear appropriate protective gear:					
When engaged in interscholastic sports	73.4	84.2	83.7	83.7	Increased
When engaged in physical activity clubs or intramural sports	40.8	44.8	57.9	51.6	Increased
NA=Not asked in this survey year.					

Physical Environment

Percentage of Districts with Specific Physical School Environment Policies and Practices, SHPPS 2000, 2006, 2012, and 2016					
Policy or practice	2000	2006	2012	2016	Trend
Has an indoor air quality management program	NA	35.4	47.7	48.9	Increased
Provided funding for training or offered training to custodial or maintenance staff on how to reduce the use of hazardous materials*	NA	NA	74.8	63.3	Decreased
Includes green design when building new school buildings or renovating existing buildings	NA	13.4	30.0	28.0	Increased
Provided funding for professional development or offered professional development for school faculty and staff on how to implement school-wide policies and programs related to integrated pest management*	NA	27.4	41.4	43.9	Increased
NA=Not asked in this survey year.					
*During the 2 years before the study.					

Healthy and Safe School Environment (includes Social and Emotional Climate)

Percentage of Districts with Specific School Environment Policies and Practices, SHPPS 2000, 2006, 2012, and 2016					
Policy or practice	2000	2006	2012	2016	Trend
Requires schools at each level to use security or surveillance cameras inside or outside the school building					
Elementary schools	11.0	29.1	59.0	75.9	Increased
Middle schools	16.4	37.2	68.6	82.9	Increased
High schools	19.2	46.4	74.9	85.4	Increased
Requires schools at each level to assign staff or adult volunteers to monitor school restrooms					
Middle schools	57.5	54.1	47.6	43.4	Decreased
High schools	59.3	52.7	47.5	42.8	Decreased
Supports or promotes walking or biking to and from school	NA	17.5	30.2	32.9	Increased
Prohibits electronic aggression or cyber-bullying that interferes with the educational environment*	NA	NA	82.0	93.2	Increased
Prohibits cigarette smoking outside on school grounds, including parking lots and playing fields among:					
Faculty and staff	78.3	86.8	92.4	95.0	Increased
School visitors	72.1	76.8	91.1	93.0	Increased
Prohibits cigarette smoking at off-campus, school-sponsored events among:					
Faculty and staff	75.7	82.2	89.0	91.9	Increased
School visitors	61.8	70.2	81.1	82.2	Increased
Requires inspection and maintenance of smoke alarms	72.2	89.8	91.6	91.0	Increased
Has adopted a student drug-testing policy	NA	25.5	29.6	37.5	Increased
Has one or more district-level councils, committees, or teams that addressed:†					
Alcohol or other drug use prevention	NA	86.1	84.6	69.6	Decreased
HIV prevention	NA	66.1	64.2	49.2	Decreased
Tobacco use prevention	NA	84.2	82.5	70.6	Decreased
Provided any funding or offered to help schools establish a school health council, committee or team‡	42.9	50.5	39.4	30.7	Decreased
Provided funding for professional development or offered professional development‡ for school faculty and staff on how to implement school-wide policies and programs related to:					
Alcohol use prevention	NA	73.3	62.8	58.9	Decreased
Illegal drug use prevention	NA	76.7	64.9	63.8	Decreased
Tobacco use prevention	NA	70.0	58.8	56.7	Decreased
<p>NA=Not asked in this survey year. *Even if it does not occur on school property or at school-sponsored events. †Among districts with a district-level school health council, committee, or team. ‡During the 2 years before the study.</p>					

Health Services and Counseling, Psychological, and Social Services

Percentage of Districts with Specific Health Services and Counseling, Psychological, and Social Services Policies and Practices, SHPPS 2000, 2006, 2012, and 2016					
Policy or practice	2000	2006	2012	2016	Trend
Requires schools to provide the following health services:					
Alcohol or other drug use treatment	46.2	33.6	30.4	19.0	Decreased
Assistance with enrolling in Medicaid or SCHIP	44.4	38.9	34.9	33.0	Decreased
Identification or school-based management of acute illnesses	50.0	68.8	70.9	68.4	Increased
Identification or school-based management of chronic health conditions (e.g., asthma or diabetes)	46.5	76.0	80.5	76.2	Increased
Instruction on self-management of chronic health conditions	NA	44.7	48.6	66.5	Increased
Requires schools to provide the following prevention services:					
HIV prevention	47.4	46.6	39.5	31.7	Decreased
STD prevention	45.0	44.9	36.7	32.2	Decreased
Violence prevention	59.2	70.0	77.9	77.4	Increased
Requires a newly hired school nurse to have a Registered Nurse's license	95.6	75.1	86.1	79.0	Decreased
Requires school counseling, psychological, or social services staff to participate in the development of Individualized Health Plans when indicated	38.5	58.6	57.2	69.3	Increased
Requires schools at each level to have a specified ratio of counselors to students:					
Elementary schools	NA	NA	26.4	16.2	Decreased
Middle schools	NA	NA	28.1	16.8	Decreased
High schools	NA	NA	32.0	19.8	Decreased
Has someone in the district who oversees or coordinates counseling, psychological, or social services	62.6	71.9	63.1	79.5	Increased
NA=Not asked in this survey year.					

Employee Wellness

Percentage of Districts with Specific Employee Wellness Policies and Practices, SHPPS 2000, 2006, 2012, and 2016					
Policy or practice	2000	2006	2012	2016	Trend
Requires each school to have someone to oversee or coordinate employee wellness programs	NA	18.0	15.7	30.6	Increased
Provided funding for health risk appraisals or offered health risk appraisals for employees*	NA	12.3	25.9	40.6	Increased
NA=Not asked in this survey year.					
*During the 12 months before the study.					

Nutrition Environment and Services

Percentage of Districts with Specific Nutrition Environment or Services Policies and Practices, SHPPS 2000, 2006, 2012, and 2016					
Policy or practice	2000	2006	2012	2016	Trend
Almost always or always used healthy food preparation practices*					
Prepared vegetables without using butter, margarine, or a cheese or creamy sauce	59.1	48.4	63.5	74.3	Increased
Reduced the amount of salt called for in recipes or used low-sodium recipes	32.6	28.3	46.1	76.4	Increased
Reduced the amount of sugar called for in recipes or used low-sugar recipes	12.7	17.5	30.3	55.2	Increased
Used low-sodium canned vegetables instead of regular canned vegetables	7.4	14.3	34.4	75.8	Increased
Used other seasonings instead salt	33.0	32.5	46.9	67.8	Increased
Used part-skim or low-fat cheese instead of regular cheese	34.1	50.3	69.4	81.5	Increased
Used skim, low-fat, soy, or nonfat dry milk instead of whole milk	67.4	77.9	90.7	89.0	Increased
Requires schools to restrict the availability of deep-fried foods	NA	42.1	48.0	58.9	Increased
Made results of last evaluation or assessment of implementation of wellness policy available to the public†	NA	NA	53.0	65.9	Increased
Requires newly hired district food service director to have ServSafe or other food safety certification	NA	54.0	70.1	76.2	Increased
Receives a specified percentage of soft drink sales receipts	NA	64.4	41.6	38.1	Decreased
Receives incentives from soft drink sales (e.g., cash awards or donations of equipment, supplies, or other donations) once receipts total a specified amount	NA	32.5	13.9	9.1	Decreased
Prohibited from selling soft drinks produced by more than one company	NA	43.0	24.7	18.4	Decreased
*During the 30 days before the study, among districts that have primary responsibility for cooking foods for schools in the district.					
†Among the districts that have evaluated or assessed the implementation of their policy.					
NA=Not asked in this survey year.					

¹ This fact sheet presents data for selected variables. Those variables not included might have changed significantly, not changed significantly, or not have been available in previous cycles. Regression analyses took into account all available years of data for each variable. To account for multiple comparisons, selected changes are included only if the p-value from the regression analysis was less than .01, and either the difference between the two endpoints was greater than 10 percentage points, or the 2016 estimate increased by at least a factor of two or decreased by at least half as compared to the baseline estimate.

Where can I get more information? Visit www.cdc.gov/shpps or call 800-CDC-INFO (800-232-4636).