## 2018 SCHOOL HEALTH PROFILES SCHOOL PRINCIPAL QUESTIONNAIRE

This questionnaire will be used to assess school health programs and policies across your state or school district. Your cooperation is essential for making the results of this survey comprehensive, accurate, and timely. Your answers will be kept confidential.

#### **INSTRUCTIONS**

- 1. This questionnaire should be completed by the **principal** (or the person acting in that capacity) and concerns only activities that occur in the **school listed below for the grade span listed below**. Please consult with other people if you are not sure of an answer.
- 2. Please use a #2 pencil to fill in the answer circles completely. Do not fold, bend, or staple this questionnaire or mark outside the answer circles.
- 3. Follow the instructions for each question.
- 4. Return the questionnaire in the envelope provided.

# Person completing this questionnaire

Name:	
Title:	
School name:	
Telephone nur	mber:
	To be completed by the agency conducting the survey
School name:	Grade span:

	Surv	vey ID	
0	0	0	0
1	1	1	1
2	2	2	2
3	2 3 4 5	3	3
4	4	4	4
5	5	2 3 4 5 6	2 3 4 5 6
6	6	6	6
7	7	7	7
1 2 3 4 5 6 7 8	7 8 9	7 8 9	7 8 9
9	9	9	9

# 2018 SCHOOL HEALTH PROFILES PRINCIPAL QUESTIONNAIRE

1. Has your school ever used the School Health Index or other self-assessment tool to assess your school's policies, activities, and programs in the following areas? (Mark yes or no for each area.)

	Area	Yes	No
a.	Physical education and physical activity	0	0
b.	Nutrition	0	0
c.	Tobacco-use prevention	0	0
d.	Chronic health conditions (e.g., asthma, food allergies)	0	0
e.	Unintentional injury and violence prevention (safety)	0	0
f.	Sexual health, including HIV, other STD, and		
	pregnancy prevention	0	0

2. The Elementary and Secondary Education Act requires certain schools to have a written School Improvement Plan (SIP). Many states and school districts also require schools to have a written SIP. Does your school's written SIP include health-related objectives on any of the following topics? (Mark yes or no for each topic, or if your school does not have a SIP, mark "No SIP.")

	Topic	Yes	No	No SIP
a.	Health education	0	0	0
b.	Physical education			
c.	Physical activity	0	0	0
d.	School meal programs	0	0	0
e.	Foods and beverages available at school			
	outside the school meal programs	0	0	0
f.	Health services	0	0	0
g.	Counseling, psychological, and social			
	services	0	0	0
h.	Physical environment			
i.	Social and emotional climate	0	0	0
j.	Family engagement	0	0	0
k.	Community involvement	0	0	0
1.	Employee wellness	0	0	0

3. During the past year, did your school review health and safety data such as Youth Risk Behavior Survey data or fitness data as part of your school's improvement planning process? (Mark one response.)

(a)	Yes

© Our school did not engage in an improvement planning process during the past year.

<sup>(</sup>b) No

4.	Each local education agency participating in the National School Lunch Program or
	the School Breakfast Program is required to develop and implement a local wellness
	policy.

During the past year, has anyone at your school done any of the following activities? (Mark yes or no for each activity.)

Yes	No
0	0
0	0
0	0
0	0
0	0
3	
0	0
equirements	
0	0

- 5. Currently, does someone at your school oversee or coordinate school health and safety programs and activities? (Mark one response.)
  - a Yes
  - (b) No
- 6. Is there one or more than one group (e.g., school health council, committee, team) at your school that offers guidance on the development of policies or coordinates activities on health topics? (Mark one response.)
  - (a) Yes
  - **ⓑ** No → Skip to Question 8

dentified student health needs based on a review of relevant data	0	0
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team	0	0
and activities to school administrators or the school improvement team	0	0
improvement team  Sought funding or leveraged resources to support health and safety priorities for students and staff  Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members  Reviewed health-related curricula or instructional materials  Assessed the availability of physical activity opportunities	0	0
Sought funding or leveraged resources to support health and safety priorities for students and staff	0	0
and safety priorities for students and staff	0	
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members	0	
and activities to district administrators, school administrators, parent-teacher groups, or community members		0
parent-teacher groups, or community members		0
parent-teacher groups, or community members		0
Assessed the availability of physical activity opportunities	0	
* * * * * * * * * * * * * * * * * * * *		0
* * * * * * * * * * * * * * * * * * * *		
for students	0	0
Developed a written plan for implementing a Comprehensive		
· · · · · · · · · · · · · · · · · · ·	that	
		0
Tom universit cultures. (wank one response.)		
	School Physical Activity Program (a multi-component approach provides opportunities for students to be physically active before during, and after school)	School Physical Activity Program (a multi-component approach that provides opportunities for students to be physically active before, during, and after school)

During the past year, has any school health council, committee, or team at your

#### SEXUAL ORIENTATION

10.	Does your school have a student-led club that aims to create a s accepting school environment for all youth, regardless of sexual gender identity? These clubs sometimes are called gay/straight response.)	lorientation	or	
	<ul><li>(a) Yes</li><li>(b) No</li></ul>			
11.	Does your school engage in each of the following practices related to lesbian, gay, bisexual, transgender, or questioning (LGBTQ) youth? (Mark yes or no for each practice.)			
	Practice	Yes	No	

#### BULLYING AND SEXUAL HARASSMENT

(Definitions: "Bullying" means when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student repeatedly. "Sexual harassment" means unwelcome conduct of a sexual nature, including unwelcome sexual advances, requests for sexual favors, and other verbal, nonverbal, or physical conduct of a sexual nature. "Electronic aggression," sometimes called cyber-bullying, is a type of bullying or sexual harassment that occurs when students use a cell phone, the Internet, or other electronic communication devices to send or post text, pictures, or videos intended to threaten, harass, humiliate, or intimidate other students.)

- 12. During the past year, did all staff at your school receive professional development on preventing, identifying, and responding to student bullying and sexual harassment, including electronic aggression? (Mark one response.)
  - (a) Yes
  - (b) No
- 13. Does your school have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression? (Mark one response.)
  - (a) Yes
  - (b) No
- 14. Does your school use electronic (e.g., e-mails, school web site), paper (e.g., flyers, postcards), or oral (e.g., phone calls, parent seminars) communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression? (Mark one response.)
  - (a) Yes
  - (b) No

#### REQUIRED PHYSICAL EDUCATION

(Definition: Required physical education means instruction that helps students develop the knowledge, attitudes, skills, and confidence needed to adopt and maintain a physically active lifestyle that students must receive for graduation or promotion from your school.)

15. Is a <u>required physical education course</u> taught in each of the following grades in your school? (For each grade, mark yes or no, or if your school does not have that grade, mark "grade not taught in your school.")

	Grade			Grade not taught in your school
a.	6	0	0	0
b.	7	0	0	0
c.	8	0	0	0
d.	9	0	0	0
e.	10	0	0	0
f.	11	0	0	0
g.	12	0	0	0

#### PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

<b>16.</b>	During the past year, did any physical education teachers or specialists at your school
	receive professional development (e.g., workshops, conferences, continuing education,
	any other kind of in-service) on physical education or physical activity? (Mark one
	response.)

<b>(a)</b>	Ves
(a)	1 68

17. Are those who teach physical education at your school provided with each of the following materials? (Mark yes or no for each material.)

	Material	Yes	No
a.	Goals, objectives, and expected outcomes for physical		
	education	0	0
b.	A chart describing the annual scope and sequence of instruction		
	for physical education	0	0
c.	Plans for how to assess student performance in physical		
	education	0	0
d.	A written physical education curriculum	0	0
e.	Resources for fitness testing	0	0
f.	Physical activity monitoring devices, such as pedometers or		
	heart rate monitors, for physical education	0	0

<sup>(</sup>b) No

mural or ry for egardless
or y for
se.)
activity r physical
No
0
strict and munity y or e
<b>No</b> 0
0

#### TOBACCO-USE PREVENTION POLICIES

23. Has your school a	adopted a policy	prohibiting tobacco	<b>use?</b> (Mark one response.)
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- a Yes
- **ⓑ** No → Skip to Question 27
- 24. Does the tobacco-use prevention policy specifically prohibit use of each type of tobacco for each of the following groups during any school-related activity? (Mark yes or no for each type of tobacco for each group.)

		<b>Students</b>	Faculty/Staff	<b>Visitors</b>
	Type of tobacco	Yes No	Yes No	Yes No
a.	Cigarettes	00	00	00
b.	Smokeless tobacco (e.g., chewing			
	tobacco, snuff, dip, snus)	00	00	00
c.	Cigars	00	00	00
d.	Pipes	00	00	00
e.	Electronic vapor products (e.g., e-cigar	rettes,		
	vape pipes, hookah pens)	00	00	00

25. Does the tobacco-use prevention policy specifically prohibit tobacco use during each of the following times for each of the following groups? (Mark yes or no for each time for each group.)

		Stude	<u>ents</u>	<u>Faculty</u>	<u>/Staff</u>	<u>Visite</u>	<u>ors</u>
	Time	Yes	No	Yes	No	Yes	No
a.	During school hours	0	0	0	0	0	0
b.	During non-school hours	0	0	0	0	0	0

**26.** Does the tobacco-use prevention policy specifically prohibit tobacco use in each of the following locations for each of the following groups? (Mark yes or no for each location for each group.)

		Stude	<u>ents</u>	Faculty/	<u>/Staff</u>	<u>Visit</u>	ors
	Location	Yes	No	Yes	No	Yes	No
a.	In school buildings	0	0	0	0	0	0
b.	Outside on school grounds, including						
	parking lots and playing fields	0	0	0	0	0	0
c.	On school buses or other vehicles						
	used to transport students	0	0	0	0	0	0
d.	At off-campus, school-sponsored						
	events	0	0	0	0	0	0

27.	Does your school post signs marking a tobacco-free school zone, that is, a specified
	distance from school grounds where tobacco use is not allowed? (Mark one response.)

- a Yes
- (b) No

#### NUTRITION-RELATED POLICIES AND PRACTICES

- 28. When foods or beverages are offered at school celebrations, how often are fruits or non-fried vegetables offered? (Mark one response.)
  - (a) Foods or beverages are not offered at school celebrations
  - (b) Never
  - © Rarely
  - d Sometimes
  - Always or almost always
- 29. Can students purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar? (Mark one response.)
  - a Yes
  - **ⓑ** No → Skip to Question 31

# 30. Can students purchase each of the following snack foods or beverages from vending machines or at the school store, canteen, or snack bar? (Mark yes or no for each food or beverage.)

	Food or beverage	Yes	No
a.	Chocolate candy	0	0
b.	Other kinds of candy	0	0
c.	Salty snacks that are not low in fat (e.g., regular potato chips)	0	0
d.	Low sodium or "no added salt" pretzels, crackers, or chips	0	0
e.	Cookies, crackers, cakes, pastries, or other baked goods that		
c	are not low in fat		
f.	Ice cream or frozen yogurt that is not low in fat		
g.	2% or whole milk (plain or flavored)		
h.	Nonfat or 1% (low-fat) milk (plain)	0	0
i.	Water ices or frozen slushes that do not contain juice	0	0
j.	Soda pop or fruit drinks that are not 100% juice	0	0
k.	Sports drinks (e.g., Gatorade)	0	0
1.	Energy drinks (e.g., Red Bull, Monster)	0	0
m.	Plain water, with or without carbonation (e.g., Dasani, Aquafina,		
	Smart Water)	0	0
n.	Calorie-free, flavored water, with or without carbonation		
	(e.g., Dasani Flavors, Aquafina FlavorSplash)	0	0
0.	100% fruit or vegetable juice		
p.	Foods or beverages containing caffeine	0	0
q.	Fruits (not fruit juice)		
r.	Non-fried vegetables (not vegetable juice)	0	0

31. During this school year, has your sch for each.)	
	Yes No
a. Priced nutritious foods and beve increasing the price of less nut	erages at a lower cost while tritious foods and beverages0
	ences and strategies to promote
	00
	vailable00
	00
e. Provided opportunities for stude learn about food safety, food prelated topics	
f. Served locally or regionally gro	
	ole garden0
h. Placed fruits and vegetables nea	r the cafeteria cashier, where they00
<ol> <li>Used attractive displays for fruit</li> </ol>	
	students00
k. Labeled healthful foods with ap	pealing names
	00
	ain water00
	ing students food or food coupons
	or good academic performance0
	and beverages (e.g., candy, baked
goods) from being sold for fur	ndraising purposes00
32. Does your school prohibit advertisem drinks in each of the following location	nents for candy, fast food restaurants, or soft ons? (Mark yes or no for each location.)
Location	Yes No
	00
b. On school grounds including on building, on playing fields, or	the outside of the school other areas of the campus0
	es used to transport students00
d. In school publications (e.g., new	-
e. In curricula or other educational	materials (including assignment covers, and electronic media)0

33.	Are students permitted to have a drinking water bottle with them day? (Mark one response.)	during	g the sc	chool
	<ul><li>(a) Yes, in all locations</li><li>(b) Yes, in certain locations</li><li>(c) No</li></ul>			
34.	Does your school offer a free source of drinking water in the follow (Mark yes or no for each location, or mark NA if your school does not location.)			s?
	Location  a. Cafeteria during breakfast	0 0 0	0 0 0	0
HEA	LTH SERVICES			
35.	Is there a full-time registered nurse who provides health services to school? (A full-time nurse means that a nurse is at the school durit hours, 5 days per week.) (Mark one response.)  (a) Yes (b) No			your
36.	Is there a part-time registered nurse who provides health services your school? (A part-time nurse means that a nurse is at the school a week, less than all school hours, or both.) (Mark one response.)			
	<ul><li>a Yes</li><li>b No</li></ul>			
37.	Does your school have a school-based health center that offers hea students? (School-based health centers are places on school campustudents can receive primary care, including diagnostic and treatm These services are usually provided by a nurse practitioner or phy (Mark one response.)	ıs whei nent se	re enro ervices.	lled
	<ul><li>(a) Yes</li><li>(b) No</li></ul>			

Does	s your school provide the following services to students? (Mark yes ice.)	or no	for eac
	Service	Yes	No
a.	HIV testing	0	0
b.	HIV treatment (ongoing medical care for persons living with HIV).		
c.	STD testing		
d.	STD treatment	0	0
e.	Pregnancy testing	0	0
f.	Provision of condoms	0	0
g.	Provision of condom-compatible lubricants (i.e., water- or silicone-based)	0	0
h.	Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])	0	0
i.	Prenatal care		
j.	Human papillomavirus (HPV) vaccine administration	0	0
k.	Assessment for alcohol or other drug use, abuse, or dependency		
1.	Daily medication administration for students with chronic health conditions (e.g., asthma, diabetes)	0	0
m.	Stock rescue or "as needed" medication for any student experiencing a health emergency (e.g., asthma episode,		
n.	severe allergic reaction)		
	<b>Tessionals not on school property for the following services?</b> (Mark service.)	yes or	no for
		Yes	No
a.	HIV testing		
b. c.	IIIV to a to a control of the contro	Λ	^
	HIV treatment (ongoing medical care for persons living with HIV). nPEP (non-occupational post-exposure prophylaxis for HIV		
	nPEP (non-occupational post-exposure prophylaxis for HIV a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive)	0	0
d.	nPEP (non-occupational post-exposure prophylaxis for HIV a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive) STD testing	0	0
e.	nPEP (non-occupational post-exposure prophylaxis for HIV a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive) STD testing	0 0	0 0 0
	nPEP (non-occupational post-exposure prophylaxis for HIV a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive) STD testing	0 0 0	0 0 0
e.	nPEP (non-occupational post-exposure prophylaxis for HIV a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive) STD testing	0 0 0	0 0 0
f.	nPEP (non-occupational post-exposure prophylaxis for HIV a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive) STD testing	0 0 0 0	0 0 0 0
e. f. g. h.	nPEP (non-occupational post-exposure prophylaxis for HIV a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive) STD testing	00000	0 0 0 0 0
e. f. g. h. i.	nPEP (non-occupational post-exposure prophylaxis for HIV a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive) STD testing	0	0 0 0 0 0
e. f. g. h.	nPEP (non-occupational post-exposure prophylaxis for HIV a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive) STD testing	0	0 0 0 0 0

38.

40.	Does your school have a protocol that ensures students with a chronic condition that
	may require daily or emergency management (e.g., asthma, diabetes, food allergies)
	are enrolled in private, state, or federally funded insurance programs if eligible?
	(Mark one response.)

- a Yes
- (b) No
- 41. Does your school routinely use school records to identify and track students with a current diagnosis of the following chronic conditions? School records might include student emergency cards, medication records, health room visit information, emergency care and daily management plans, physical exam forms, or parent notes. (Mark yes or no for each condition.)

	Condition	Yes	No
a.	Asthma	0	0
b.	Food allergies	0	0
c.	Diabetes	0	0
d.	Epilepsy or seizure disorder	0	0
e.	Obesity	0	0
f.	Hypertension/high blood pressure	0	0
g.	Oral health condition (e.g., abscess, tooth decay)		

42. Does your school provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have any of the following chronic conditions? Include referrals to school-based health centers, even if they are located on school property. (Mark yes or no for each condition.)

	Condition	Yes	No
a.	Asthma	0	0
b.	Food allergies	0	0
c.	Diabetes	0	0
d.	Epilepsy or seizure disorder	0	0
e.	Obesity	0	0
f.	Hypertension/high blood pressure	0	0
g.	Oral health condition (e.g., abscess, tooth decay)	0	0

- 43. Which of the following best describes your school's practices regarding parental consent and notification when sexual or reproductive health services, such as STD testing or pregnancy testing, are provided by your school? (Mark one response.)
  - (a) This school does **not provide** any sexual or reproductive health services.
  - (b) Parental consent is required before any sexual or reproductive health services are **provided**.
  - © Parental consent is **not** required for sexual or reproductive health services and parents are provided with information about services **provided** only upon request.
  - d Parental consent is **not** required for sexual or reproductive health services, but parents may be notified depending on the service **provided**.
  - e Parental consent is **not** required for sexual or reproductive health services, but parents are notified about all services **provided**.
  - Parental consent is **not** required for sexual or reproductive health services and parents are **not** notified about any services **provided**.
- 44. Which of the following best describes your school's practices regarding parental consent and notification when sexual or reproductive health services, such as STD testing or pregnancy testing, are referred by your school? (Mark one response.)
  - (a) This school does **not refer** any sexual or reproductive health services.
  - (b) Parental consent is required before any sexual or reproductive health services are **referred**.
  - © Parental consent is **not** required for sexual or reproductive health services and parents are provided with information about **referrals** provided only upon request.
  - Parental consent is **not** required for sexual or reproductive health services, but parents may be notified depending on the **referral** provided.
  - Parental consent is **not** required for sexual or reproductive health services, but parents are notified about all **referrals** provided.
  - (f) Parental consent is **not** required for sexual or reproductive health services and parents are **not** notified about any **referrals** provided.

## FAMILY AND COMMUNITY INVOLVEMENT

45.	<b>During this school year, has your school done any of the following activities?</b> (Maryes or no for each activity.)		? (Mark
	Activity	Yes	No
	a. Provided parents and families with information about how	0	0
	<ul><li>to communicate with their child about sex</li><li>b. Provided parents with information about how to monitor</li></ul>	0	0
	their child (e.g., setting parental expectations, keeping track		
	of their child, responding when their child breaks the rules)	0	0
	c. Involved parents as school volunteers in the delivery of health		
	education activities and services	0	0
	d. Linked parents and families to health services and programs in the community	0	0
	e. Provided disease-specific education for parents and families		0
	of students with chronic health conditions (e.g., asthma, diabetes).	0	0
46.	Does your school use electronic (e.g., e-mails, school web site), paper (e. postcards), or oral (e.g., phone calls, parent seminars) communication to parents about school health services and programs? (Mark one response)  (a) Yes	o inf	
	(a) Yes (b) No		
47.	Does your school participate in a program in which family or community member serve as role models to students or mentor students, such as the Big Brothers Big Sisters program? (Mark one response.)		
	a Yes		
	(b) No		
48.	Service learning is a particular type of community service that is designed to meet specific learning objectives for a course. Does your school provide service-learning opportunities for students? (Mark one response.)		
	a Yes		
	<b>ⓑ</b> No		
49.	<b>Does your school provide peer tutoring opportunities for students?</b> (Maresponse.)	ırk or	ie
	<ul><li>a Yes</li><li>b No</li></ul>		

<b>50.</b>	During the past two years, have students' families helped develop or implement
	policies and programs related to school health? (Mark one response.)

- a Yesb No

Thank you for your responses. Please return this question naire.