



Houston

Chronic Disease Prevention Fact Sheet, Profiles 2008

The School Health Profiles (Profiles) is a system of surveys assessing school health policies and programs in states, territories, and large urban school districts. Profiles surveys are conducted biennially among representative samples of middle and high school principals and lead health education teachers.

Physical Education and Physical Activity	Among Cities*		Houston %
	Median	Range	
Percentage of schools that taught a required physical education course in all grades in the school	66.5	(22.6 – 100.0)	90.8
Percentage of schools in which students could not be exempted from taking required physical education for enrollment in other courses, high physical fitness competency test score, and participation in school or community sports, other school activities, vocational training, and community service activities	54.3	(9.3 – 85.6)	37.0
Percentage of schools that taught 12 key physical activity topics in a required course	57.6	(25.3 – 76.6)	72.6
Percentage of schools that taught about developing an individualized physical activity plan in a required course	78.2	(41.3 – 100.0)	89.1
Percentage of schools in which those who teach physical education were provided with key materials for teaching physical education	86.4	(50.7 – 96.0)	95.3
Percentage of schools that offered opportunities for all students to participate in intramural activities or physical activity clubs	83.9	(63.1 – 100.0)	83.4
Percentage of schools that provided parents and families with health information to increase parent and family knowledge of physical activity	53.8	(19.3 – 79.6)	63.6
Nutrition			
Percentage of schools that did not sell less nutritious foods and beverages anywhere outside the school food service program	72.0	(24.1 – 85.2)	26.3
Percentage of schools that always offered fruits or non-fried vegetables in vending machines and school stores, canteens, or snack bars, and during celebrations when foods and beverages are offered	14.8	(3.6 – 29.8)	13.7
Percentage of schools that prohibited all forms of advertising and promotion of candy, fast food restaurants, or soft drinks in all locations¶	60.8	(39.6 – 77.9)	69.6
Percentage of schools that used at least three different strategies to promote healthy eating	21.2	(8.4 – 41.8)	20.8
Percentage of schools that taught 14 key nutrition and dietary behavior topics in a required health education course	56.7	(25.3 – 80.7)	67.4
Percentage of schools in which the lead health education teacher received professional development during the two years before the survey on nutrition and dietary behavior	50.0	(6.3 – 81.1)	68.0

* Among the 19 participating cities with weighted survey results.

¶ In school buildings; on school grounds, including on the outside of the school building, on playing fields, or other areas of the campus; on school buses or other vehicles used to transport students; and in school publications.

§ Prohibited the use of all tobacco, including cigarettes, smokeless tobacco, cigars, and pipes; by students, faculty and school staff, and visitors; in school buildings; outside on school grounds; on school buses or other vehicles used to transport students; and at off-campus, school-sponsored events; during school hours and non-school hours.



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Tobacco-Use Prevention	Among Cities*		Houston %
	Median	Range	
Percentage of schools that prohibited all tobacco use at all times in all locations§	51.1	(17.7 – 98.1)	51.1
Percentage of schools that provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property	27.3	(10.0 – 60.5)	30.8
Percentage of schools that posted signs marking a tobacco-free school zone	70.0	(44.6 – 96.2)	59.3
Percentage of schools that sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program	53.0	(25.0 – 87.2)	47.3
Percentage of schools that taught 15 key tobacco-use prevention topics in a required course	50.9	(23.8 – 79.4)	79.4
Percentage of schools in which the lead health education teacher received professional development during the two years before the survey on tobacco-use prevention	46.2	(6.3 – 83.8)	65.9
Percentage of schools that gathered and shared information with students and families about media or community-based tobacco-use prevention efforts during the two years before the survey	45.0	(30.9 – 77.5)	53.3
Percentage of schools that worked with local agencies or organizations on efforts to reduce tobacco use during the two years before the survey	48.1	(26.6 – 71.2)	60.7

Where can I get more information?

Visit www.cdc.gov/healthyyouth/profiles or call 800-CDC-INFO (800-232-4636).



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

