

# Profiles 2010 - Chronic Disease Prevention

## Iowa Secondary Schools



The **School Health Profiles (Profiles)** is a system of surveys assessing school health policies and practices 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 States*		Iowa
	Median	Range	% CI †
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, or community service activities	65.4	(14.9 – 89.3)	<b>46.3 (41.8 – 50.8)</b>
Percentage of schools that taught 12 key physical activity topics in a required course	56.6	(39.0 – 75.2)	<b>48.4 (43.4 – 53.5)</b>
Percentage of schools that taught about developing an individualized physical activity plan in a required course	77.1	(49.7 – 87.1)	<b>72.1 (67.0 – 76.6)</b>
Percentage of schools in which those who teach physical education were provided with key materials for teaching physical education	71.6	(39.1 – 93.9)	<b>64.8 (60.0 – 69.4)</b>
Percentage of schools that offered opportunities for all students to participate in intramural activities or physical activity clubs	62.8	(40.6 – 87.1)	<b>50.9 (46.4 – 55.4)</b>
Percentage of schools in which children or adolescents use the school's indoor physical activity or athletic facilities for community-sponsored physical activity classes or lessons	81.3	(54.8 – 96.8)	<b>86.3 (82.7 – 89.2)</b>
Percentage of schools that provided parents and families with health information to increase parent and family knowledge of physical activity	44.5	(31.5 – 60.6)	<b>39.7 (34.6 – 45.0)</b>
<b>Nutrition</b>			
Percentage of schools that did not sell less nutritious foods and beverages (baked goods that are not low in fat, salty snacks that are not low in fat, candy, soda pop or fruit drinks that are not 100% juice, and sports drinks) anywhere outside the school food service program	38.4	(8.3 – 81.6)	<b>30.9 (26.9 – 35.1)</b>
Percentage of schools that did not sell soda pop or fruit drinks that are not 100% juice in vending machines or at the school store, canteen, or snack bar	70.2	(45.7 – 97.1)	<b>62.1 (57.5 – 66.5)</b>
Percentage of schools that did not sell sports drinks in vending machines or at the school store, canteen, or snack bar	49.3	(27.0 – 91.6)	<b>34.5 (30.3 – 39.0)</b>
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	9.9	(1.4 – 23.4)	<b>7.8 (5.7 – 10.7)</b>
Percentage of schools that prohibited all forms of advertising and promotion of candy, fast food restaurants, or soft drinks in all locations¶	49.1	(32.1 – 73.0)	<b>34.5 (30.0 – 39.3)</b>
Percentage of schools that used at least 3 different strategies to promote healthy eating	21.0	(8.6 – 50.2)	<b>22.5 (18.4 – 27.2)</b>
Percentage of schools that taught 14 key nutrition and dietary behavior topics in a required health education course	65.5	(40.5 – 88.4)	<b>65.5 (60.3 – 70.3)</b>
Percentage of schools in which the lead health education teacher received professional development during the 2 years before the survey on nutrition and dietary behavior	40.5	(21.0 – 59.0)	<b>31.6 (27.1 – 36.5)</b>

¶ 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.

\* Among the 47 (for teacher survey) or 49 (for principal survey) participating states with weighted survey results.

† 95% confidence interval.

Where can I get more information? Visit [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth) or call 800 CDC-INFO (800-232 4636).



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Tobacco-Use Prevention	Among States*		Iowa
	Median	Range	% CI †
Percentage of schools that prohibited all tobacco use at all times in all locations§	57.4	(23.5 – 79.3)	<b>60.5 (55.5 – 65.4)</b>
Percentage of schools that provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property	26.1	(13.8 – 43.1)	<b>26.7 (22.4 – 31.5)</b>
Percentage of schools that posted signs marking a tobacco-free school zone	79.6	(40.9 – 95.4)	<b>87.0 (83.2 – 90.1)</b>
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	42.0	(17.0 – 85.8)	<b>30.8 (26.6 – 35.3)</b>
Percentage of schools that taught 15 key tobacco-use prevention topics in a required course	52.6	(34.3 – 77.6)	<b>46.3 (41.2 – 51.4)</b>
Percentage of schools in which the lead health education teacher received professional development during the 2 years before the survey on tobacco-use prevention	33.2	(17.3 – 51.3)	<b>17.3 (13.8 – 21.4)</b>
School Health Coordination			
Percentage of schools that used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in nutrition and physical activity	39.9	(20.4 – 77.6)	<b>29.5 (25.5 – 33.9)</b>
Percentage of schools that used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in physical activity, nutrition, and tobacco-use prevention	34.2	(17.7 – 71.9)	<b>24.8 (20.9 – 29.2)</b>
Percentage of schools that provided parents and families with health information to increase parent and family knowledge of tobacco-use prevention, physical activity, and nutrition and healthy eating	27.6	(16.3 – 46.3)	<b>22.9 (18.7 – 27.6)</b>

§ 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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