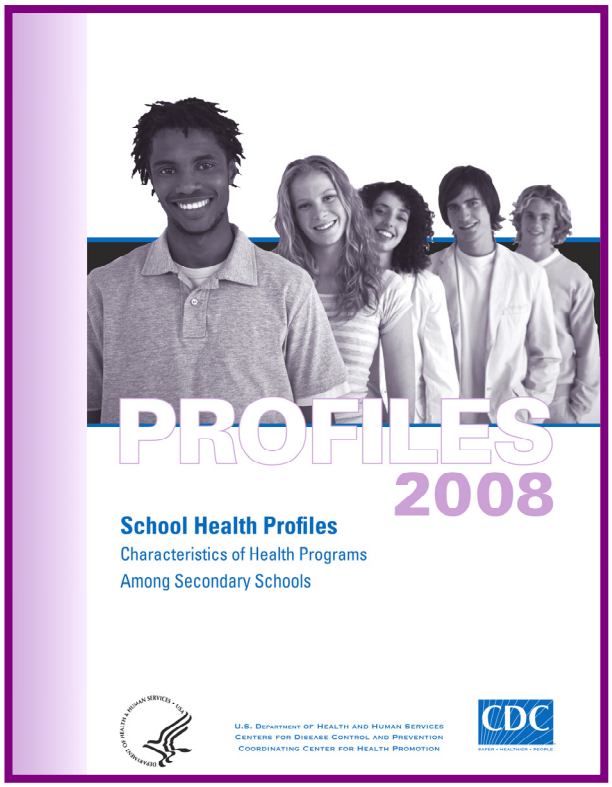


PROFILES

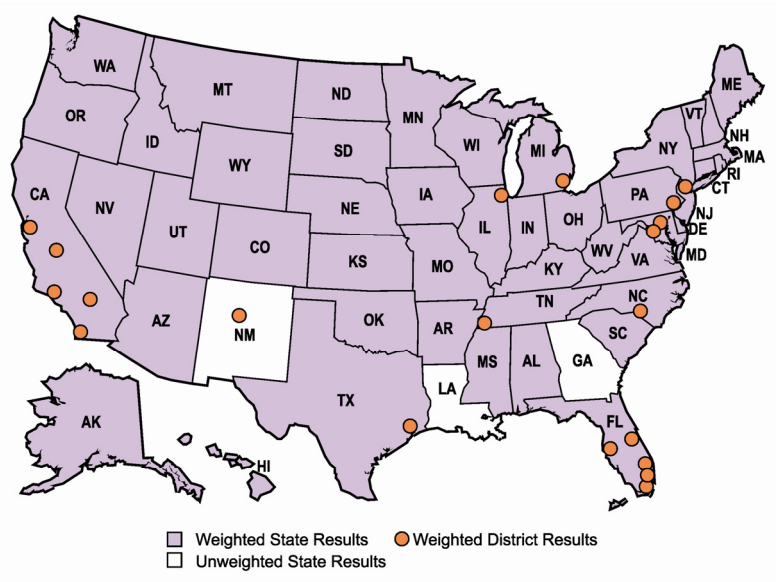
School Health Profiles

What is the School Health Profiles?

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

- School health education requirements and content
- Physical education requirements
- School health policies related to HIV infection/AIDS, tobacco-use prevention, and nutrition
- Asthma management activities
- Family and community involvement in school health programs

State and District Participation – Profiles, 2008



How are Profiles data used?

State, local, and territorial education and health officials use Profiles data to

- Compare school health policies and programs across states, large urban school districts, and territories
- Advocate for required health education
- Identify health education topics and skills that are taught
- Identify family and community involvement in school health programs
- Identify topics for professional development
- Improve school health programs and policies
- Determine how well schools address the health needs of their students

How do specific states and school districts use their Profiles data?

- In Michigan, Profiles data showing that mental health was the professional development topic least often covered, but most requested, helped drive statewide efforts to identify and provide professional development opportunities and led to partnerships with Institutes of Higher Education to provide more training on mental health in teacher preparation programs.
- The Arkansas Department of Education used Profiles data to look at the implementation and knowledge of several components of Arkansas Act 1220 of 2003 to Combat Childhood Obesity, including the requirement that all schools conduct the School Health Index every year.
- The Massachusetts Department of Elementary and Secondary Education analyzed Profiles data to look at changes in school vending machine offerings over time to identify positive changes and areas needing further improvement.

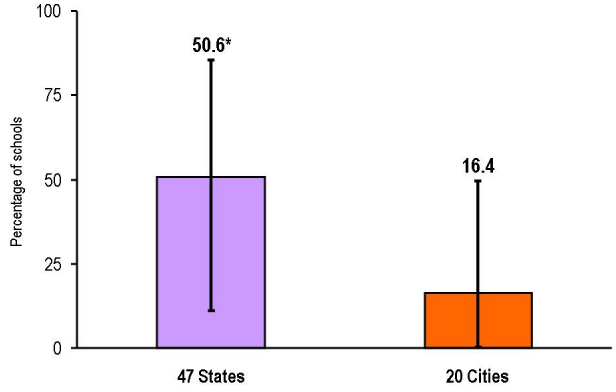
How is Profiles conducted?

Profiles is conducted among a sample of secondary schools in a state, large urban school district, or territory. Profiles data are collected from self-administered questionnaires from the principal and the lead health education teacher at each sampled school. In 2008, 47 states, 20 cities, and 4 territories obtained weighted data. Weighted data means that at least 70% of the principals or lead health education teachers in the sample completed the survey. Weighted data represent the state, school district, or territory, whereas unweighted data represent only the schools that completed the questionnaire.

Among states, the average number of principals participating was 253, and the average number of teachers participating was 249. Among school districts, the average number of principals participating was 66, and the average number of teachers participating was 54. Among territories, the average number of principals participating was 13, and the average number of teachers participating was 12.

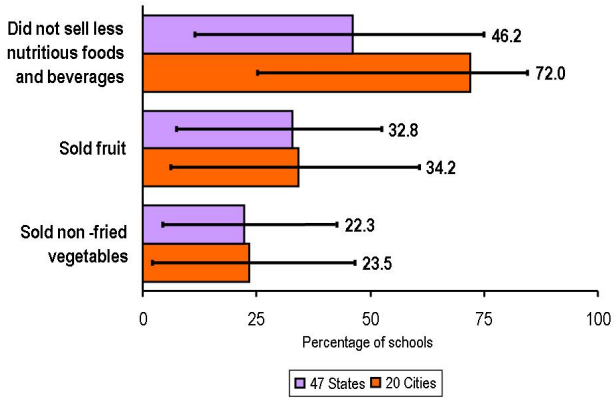
What are some results from Profiles data?

Figure 1: Range and median percentage of schools that required students to take 2 or more health education courses



*Percentages shown indicate median; I-bars represent range of percentages.

Figure 2: Range and median percentage of schools that did not sell less nutritious foods and beverages* in vending machines or at the school store, canteen, or snack bar, and sold fruit or non-fried vegetables in these venues



*Baked goods that are not low in fat, salty snacks that are not low in fat, candy, or soda pop or fruit drinks that are not 100% juice.

Figure 3: Range and median percentage of schools that taught 11 key HIV, STD, and pregnancy prevention topics in a required course, by grade level

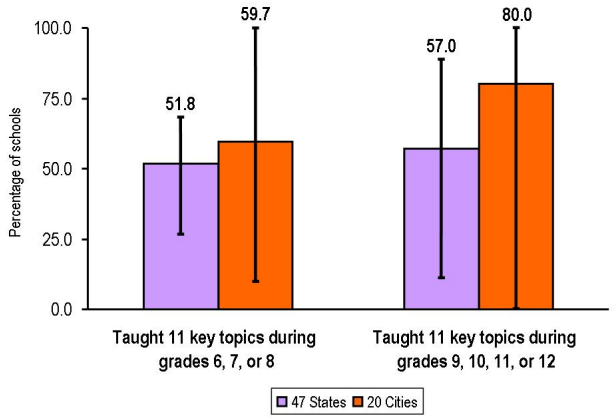
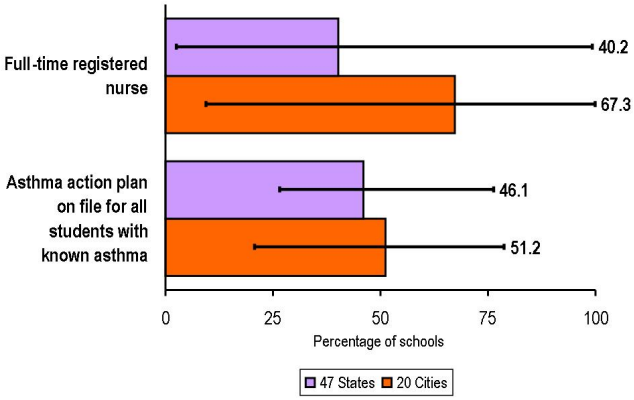


Figure 4: Range and median percentage of schools with a full-time registered nurse who provides health services to students at school, and that had an asthma action plan on file for all students with known asthma



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

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention