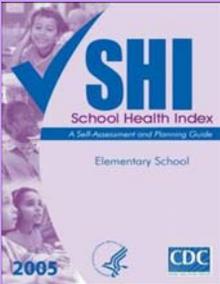
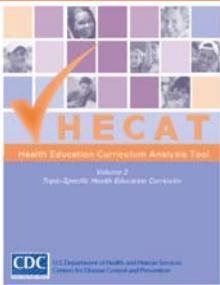




Division of Adolescent and School Health (DASH) Summary of DASH Tools

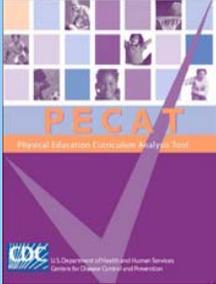
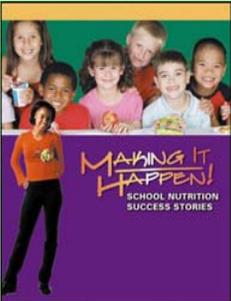
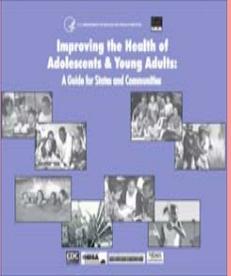


Tool	Purpose	Who Uses It	How It Is Used	Support Materials
<p>School Health Index: A Self-Assessment and Planning Guide (SHI)</p> 	<p>To help schools assess and improve their health and safety policies and programs in the context of a coordinated school health program.</p>	<ul style="list-style-type: none"> • School-level health teams, councils, or committees consisting of administrators, teachers, parents, students, and community members • College/university health education professionals 	<p>A school health team completes eight self-assessment modules to identify strengths and weaknesses of school health policies and programs. A step-by-step action plan to improve prioritized areas is developed. The SHI currently addresses physical activity, healthy eating, tobacco use prevention, unintentional injury and violence prevention, and asthma.</p>	<ul style="list-style-type: none"> • Brochure • FAQs • Training manual
<p>Health Education Curriculum Analysis Tool (HECAT)</p> 	<p>To help schools, school districts and others to analyze health education curricula based on alignment with national health education standards and characteristics of effective health education curricula.</p>	<ul style="list-style-type: none"> • State education and health agency school health education coordinators and specialists • District-level health education curriculum coordinators, curriculum specialists, school health advisory councils, curriculum committees • School-level health education departments, individual health education teachers • College/university health education teacher preparation professionals 	<p>A committee completes analysis of preliminary curriculum considerations (accuracy, acceptability, feasibility, and affordability) and curriculum fundamentals (teacher materials, instructional design, instructional strategies and materials), analyzes the breadth and depth of health-topic concepts and skills in a written curriculum, and completes a summary curriculum score that is used to inform decisions about curriculum selection and revision. Multiple curricula can be analyzed and compared using the same tool.</p>	<ul style="list-style-type: none"> • Brochure • FAQs • PowerPoint presentations • User guides



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<p>Physical Education Curriculum Analysis Tool (PECAT)</p> 	<p>To enable users to analyze written physical education curricula based on alignment with national standards, guidelines, and best practices for quality physical education programs.</p>	<ul style="list-style-type: none"> • District-level physical education coordinators, curriculum specialists, curriculum committees • School-level physical education departments, individual teachers • College/university physical education professionals 	<p>A committee completes the preliminary curriculum analyses (accuracy, acceptability, feasibility, and affordability), analyzes the content and student assessment components of the written curriculum, and develops a curriculum improvement plan.</p>	<ul style="list-style-type: none"> • Brochure • FAQs • PowerPoint presentations • User guides
<p>Making It Happen! School Nutrition Success Stories</p> 	<p>To provide examples and success stories of 32 schools and school districts that have implemented innovative approaches to improve the nutritional quality of foods and beverages sold outside the school meals program.</p>	<p>School health advisory committees, wellness committee members, parents, students, administrators, and food service personnel</p>	<p>Any individual (e.g., principal, parent, school nurse, food service director, student) who wants to improve the food and beverage offerings outside of school meals can use MIH for practical ideas and examples of how to accomplish changes, how to overcome obstacles that may arise, and whom to involve.</p>	<ul style="list-style-type: none"> • Fact sheets • FAQs
<p>Improving the Health of Adolescents and Young Adults: A Guide for States and Communities</p> 	<p>To help guide individuals and organizations through public health processes that address the 21 Critical Health Objectives identified in <i>Healthy People 2010</i> for adolescents and young adults.</p>	<p>Individuals and organizations at the state and local levels</p>	<p>This guide provides a process for defining problems, identifying solutions, and evaluating the impact of a coalition's work. It provides information on using data to shape programs, bringing stakeholders together, and sustaining a coalition.</p>	<ul style="list-style-type: none"> • Promotion and evaluation materials



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<p>Food-Safe Schools Action Guide (FSSAG)</p> 	<p>To help schools work with Cooperative Extension, health departments, and families in efforts to make schools food-safe.</p>	<ul style="list-style-type: none">• Local-, regional-, and state-level school food service directors and managers• Child nutrition program directors• College/university food service professionals• Health departments and Cooperative Extension staff• School nurses, teachers, administrators, and parents	<p>A school-level team assesses the school environment by reviewing the information, resources, and recommendations contained in the multi-media toolkit. Various audiences (e.g., nurses, administrators, parents) use the customized materials to determine actions they can take to prevent, manage, and strengthen response to foodborne illness.</p>	<ul style="list-style-type: none">• Brochures• How-to guides• PowerPoint presentations

www.cdc.gov/HealthyYouth/SchoolHealth/tools.htm

Last updated: November 2009