

## Why Use the School Health Index?

Title: Chapter 2; About the School Health Index; Why Use the School Health Index? Image of Active Child icon.

### Video Summary

- Enable schools to identify strengths and weaknesses of their health and safety policies and programs.
- Enable schools to develop a School Health Improvement Plan.
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.

### Audio Script

Today's youth face a variety of health issues. As school health advocates, we have an opportunity and responsibility to improve the lives of young people.

The fundamental mission of schools is to help young people acquire the knowledge and skills needed to become productive and healthy adults. Promotion of healthy behaviors and creation of healthy environments are critical parts of the mission. Schools can contribute to the physical health of students. Healthy students perform better in school and have fewer absences.

The School Health Index offers a team approach to improving school health and safety policies and programs. It is a straightforward tool that gives administrators, staff, parents, and students an opportunity to work together to create a healthier school.

The purpose of the School Health Index is to:

- Enable schools to identify strengths and weaknesses of its health and safety policies and programs;
- Enable schools to develop a School Health Improvement Plan; and
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.

The School Health Index is designed for use at the school level. It can also be used at the district level with appropriate adaptation.