

Test Your Knowledge

Answer Sheet

You are a parent who is concerned about the food that is being offered at your child's school. You recently read online about a tool called the School Health Index. You need to pitch the idea to the school principal, but first you need to learn more about it. Use your copy of the SHI to help answer these questions.

1. What are the six health topics that the SHI currently addresses?

1. Physical activity
2. Nutrition
3. Tobacco use prevention
4. Safety (unintentional injury and violence prevention)
5. Asthma
6. Sexual health

2. List the eight different modules of the SHI.

1. School Health and Safety Policies and Environment
2. Health Education
3. Physical Education and Other Physical Activity Programs
4. Nutrition Services
5. School Health Services
6. School Counseling, Psychological, and Social Services
7. Health Promotion for Staff
8. Family and Community Involvement

3. These modules are the eight components of coordinated school health.

4. What do each of the following letters stand for?

T = tobacco

S = safety

N = nutrition

CC = cross-cutting

PA = physical activity

A = asthma

SH = sexual health

5. Place the following SHI activities in the order they should be completed, from first to last (1 to 5):

- 4 Create School Health Improvement Plan by identifying specific steps to implement recommended actions.
- 2 Carefully read through discussion questions and respond on Module Scorecards.
- 3 Complete the Overall Scorecard.
- 1 Put together a school health team.
- 5 Reassess annually.

True or False

- T The SHI should be completed by a school health team, consisting of teachers, administrators, parents, students, community members, and any other interested parties. *(TRUE. One of the most important parts of completing the SHI is doing it as a team.)*
- F The SHI is only available in a print version. *(FALSE. The SHI is also available online at www.cdc.gov/HealthyYouth/SHI.)*
- F The SHI is a research tool to compare schools against each other. *(FALSE. Each school will have its own individual strengths and weaknesses, so schools should not compare their scores to each other.)*
- T The SHI includes cross-cutting questions for issues that apply to all six health topics. *(TRUE. Cross-cutting questions that apply to all health topics addressed in the SHI are found at the beginning of each module.)*
- F The SHI process is complete once schools answer all the self-assessment questions in the modules. *(FALSE. Once schools have identified their strengths and weaknesses by answering the questions, they should then complete the planning process, which will help them develop an action plan for their schools.)*