



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



# Planning for Improvement





# **Demonstration**

**School Health Improvement Plan**

# Overall Scorecard

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

**School Health Index**  
*Overall Score Card*

For each module (row), write an X in the one column where the Module Score falls\*

	Low 0 – 20%	21% – 40%	Medium 41% – 60%	61% – 80%	High 81% – 100%
School Health Policies and Environment – Module 1				X	
Health Education – Module 2					X
Physical Education and Other Physical Activity Programs – Module 3			X		
Nutrition Services – Module 4				X	
School Health Services – Module 5	X				
School Counseling, Psychological, and Social Services – Module 6			X		
Health Promotion for Staff – Module 7		X			
Family and Community Involvement – Module 8		X			

\* Some schools like to write the module scores in each box.

# School Health Improvement Plan

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

## School Health Improvement Plan

### Instructions

1. In the first column: list, in priority order, the Actions that the School Health Index team has agreed to implement.
2. In the second column: list the specific Steps that need to be taken to implement each Action.
3. In the third column: list the people who will be responsible for each Step and when the work will be completed.

Actions	Steps	By Whom and When
1.	a. _____ b. _____ c. _____ d. _____ e. _____ f. _____ g. _____	_____ _____ _____ _____ _____ _____ _____

*Continued on next page*

# Activity Instructions

- Remember roles!
- Write your group's Module 1 score into the Practice Overall Scorecard
- Select recommended actions
  - Select approximately 3-5 actions
  - REMEMBER to mix short-term and long-term goals!
- Complete the action plan for **one** action (action, steps to completion, person responsible)

# Activity Debrief

- Each group share your action and the steps needed to implement that action
- Are there any steps missing in this group's action plan?
- What are some common steps we see across plans?

# Discussion

- What was easy about this activity?
- What was difficult about this activity?
- Do you feel that the action plan your group developed is reasonable and feasible?
- Do you feel that your group is now well-equipped with a detailed plan to take action in your school?
- What was one barrier your group faced, and how did you overcome it?
- Now that you've had a little bit of experience with this, what advice would you give to a new user of the SHI?