

# Nutrition

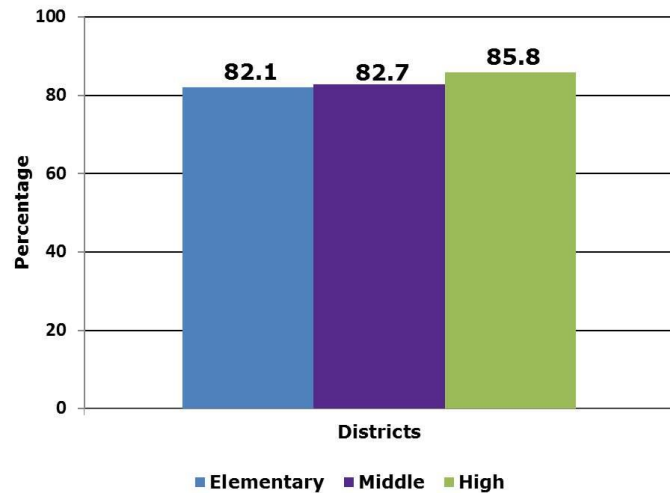
**About SHPPS:** SHPPS is a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels. SHPPS was conducted in 1994, 2000, and 2006. The 2012 study collected data at the state and district levels only. School- and classroom-level data collection will take place in 2014.

## Health Education

During the 2 years before the study:

- 73.5% of states provided funding for professional development or offered professional development to those who teach health education on nutrition and dietary behavior.
- The percentage of districts that provided funding for professional development or offered professional development to those who teach health education on nutrition and dietary behavior increased from 43.3% in 2000 to 62.9% in 2012.<sup>1</sup>

**Percentage of Districts That Required Teaching About Nutrition and Dietary Behavior at Each School Level**



## Faculty and Staff Health Promotion

- The percentage of districts that provided funding for or offered nutrition education for faculty and staff during the 12 months before the study increased from 11.0% in 2000 to 32.9% in 2012.

## Nutrition Services

- 80.8% of districts required all schools to offer breakfast to students and 96.6% of districts required all schools to offer lunch to students.
- The percentage of districts that made information available to students on the nutrition and caloric content of foods available to them increased from 46.0% in 2000 to 68.2% in 2012. Similarly, the percentage of districts that made information available to families on the nutrition and caloric content of foods available to students increased from 35.3% in 2000 to 52.7% in 2012.
- 72.5% of states evaluated the implementation of local wellness policies at the district or school level.
- 35.5% of districts had no single individual responsible for ensuring compliance with the district's wellness policy.

<sup>1</sup> Regression analyses were performed that took all available years of data into account. To account for multiple comparisons, selected changes are included only if the p-value from the trend analysis was less than .01, and either the difference between the two endpoints (2000 and 2012) was greater than 10 percentage points or the 2012 estimate increased by at least a factor of two or decreased by at least half as compared to the 2000 estimate.

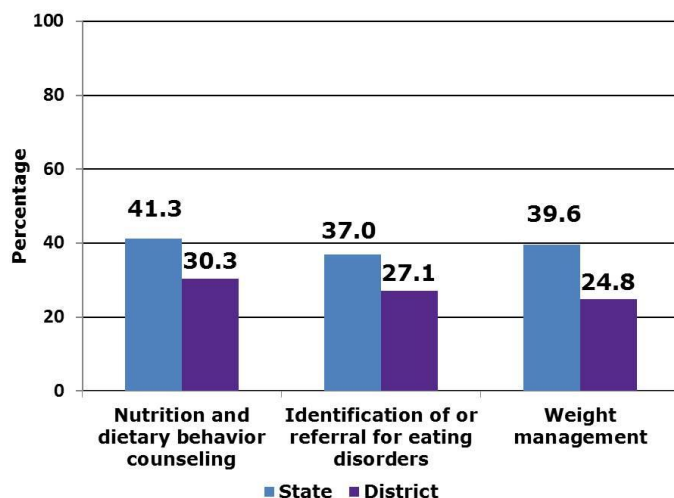
## Nutrition Services (continued)

Percentage of Districts That Almost Always or Always Used Healthy Reduction Techniques for Food Preparation—2000, 2006, and 2012			
Reduction Technique	2000	2006	2012
Reducing the amount of fats and oils in recipes or using low-fat recipes	25.3	26.4	41.4
Reducing the amount of salt in recipes or using low-sodium recipes	32.6	28.3	46.1
Reducing the amount of sugar in recipes or using low-sugar recipes	12.7	17.5	30.3

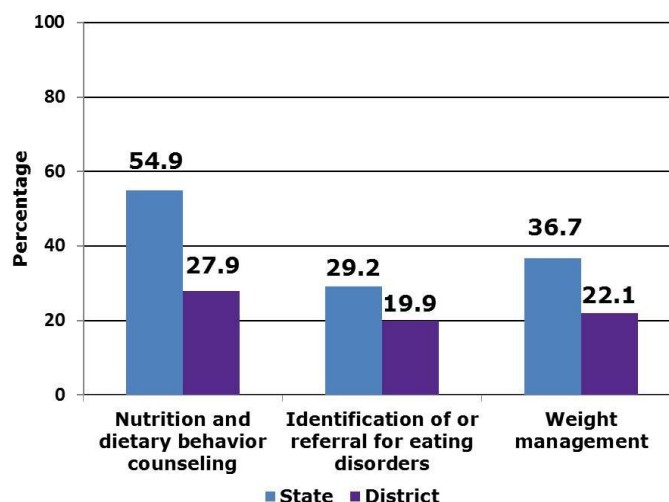
## Health Services and Mental Health and Social Services

Percentage of Districts That Required Schools to Provide Nutrition-Related Services	
Service	Districts
Nutrition and dietary behavior counseling	24.9
Identification of or referral for eating disorders	32.9
Weight management	12.7

**Percentage of States and Districts That Provided Funding for Professional Development or Offered Professional Development to Mental Health or Social Services Staff on Nutrition-Related Services During the 2 Years Before the Study**



**Percentage of States and Districts That Provided Funding for Professional Development or Offered Professional Development to School Nurses on Nutrition-Related Services During the 2 Years Before the Study**



- 21.7% of districts had arrangements with any organizations or mental health or social services professionals to provide identification or referral for eating disorders at other sites not on school property.
- 13.5% of districts had arrangements with any organizations or mental health or social services professionals to provide weight management services at other sites not on school property.

Where can I get more information? Visit [www.cdc.gov/shpps](http://www.cdc.gov/shpps) or call 800 CDC INFO (800 232 4636).

