



2014 Overview

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 at all levels in 1994, 2000, and 2006. The 2012 study collected data at the state and district levels only, and the 2014 study collected data at the school and classroom levels only.

SHPPS assesses the characteristics of all school-based components of the Whole School, Whole Community, Whole Child model:¹ health education; physical education and physical activity; nutrition environment and services; health services; counseling, psychological, and social services; social and emotional climate; physical environment; employee wellness; family engagement; and community involvement.

Results

Component	Total	Elementary schools	Middle schools	High schools
Health education	57.9	49.5	57.4	79.6
Physical education and activity	85.4	86.2	80.2	89.9
Nutrition services	85.9	87.7	81.5	86.8
Health services	75.6	77.0	72.0	76.7
Counseling, psychological, and social services	67.3	70.2	63.5	65.1
Employee wellness	33.7	30.1	36.7	38.6
All school health and safety policies and activities	53.5	56.0	53.1	47.8

Physical Education and Physical Activity

- 3.6% of elementary schools, 3.4% of middle schools, and 4.0% of high schools required daily physical education or its equivalent (150 minutes per week in elementary schools; 225 minutes per week in middle schools and high schools) for the entire school year (36 weeks) for students in all grades in the school.
- 82.8% of elementary schools provided daily recess for students in all grades in the school.
- 54.7% of schools offered intramural sports programs or physical activity clubs to students, and 26.5% of elementary schools, 84.8% of middle schools, and 94.1% of high schools offered students opportunities to participate in interscholastic sports.

¹ Centers for Disease Control and Prevention. Whole School, Whole Community, Whole Child. Available at: <http://www.cdc.gov/healthyyouth/wsc/index.htm>.

Health Education

Percentage of Schools in Which Students are Required to Receive Instruction on Specific Health Topics, by School Level				
Topic	Total	Elementary schools	Middle schools	High schools
Alcohol or other drug use prevention	62.3	50.0	66.7	86.9
Asthma	36.8	30.3	38.3	51.0
Emotional and mental health	62.6	52.3	66.6	83.0
Foodborne illness prevention	41.0	31.8	37.9	67.7
HIV prevention	41.4	16.0	57.9	81.7
Human sexuality	48.0	34.0	54.9	73.6
Infectious disease prevention	62.5	61.1	56.7	73.7
Injury prevention and safety	69.2	67.2	64.8	80.0
Nutrition and dietary behavior	74.1	68.9	75.1	85.9
Other STD prevention	38.2	8.7	59.0	83.1
Physical activity and fitness	67.2	62.9	65.8	79.7
Pregnancy prevention	32.2	5.6	47.7	76.5
Suicide prevention	39.1	20.4	47.9	73.7
Tobacco use prevention	65.7	57.5	66.6	84.7
Violence prevention	77.3	75.5	76.0	83.5

Nutrition Environment and Services

- 88.3% of schools provide students with access to free drinking water in the cafeteria during mealtimes, and 74.1% of schools permit students to have a drinking water bottle with them in all locations during the school day.
- 22.3% of schools have a school food garden and 34.7% have a self-serve salad bar.
- 20.6% of elementary schools, 47.4% of middle schools, and 75.4% of high schools had either a vending machine or a school store, canteen, or snack bar where students could purchase food or beverages. In all schools, the most common beverage sold was bottled water (34.6%) and the most common foods sold were low-fat salty snacks (25.7%), low-fat baked goods (21.7%), and low-sodium snacks (20.8%).
- During the 12 months before the study, 47.3% of schools sold chocolate candy and 52.7% sold baked goods not low in fat for school fundraisers.

Health Services

- 37.9% of elementary schools, 47.5% of middle schools, and 58.1% of high schools had a full-time registered nurse-to-student ratio of 1:750 or better.
- 4.6% of schools have a school-based health center that provides primary care to students and 34.5% of schools have arrangements with organizations or healthcare professionals to provide health services to students at other sites not on school property.
- While more than 90% of schools provide administration of medications, CPR, and first aid, less than 66% provide prevention services, such as tobacco-use prevention, in one-on-one or small-group settings.

Counseling, Psychological, and Social Services

- 78.5% of schools had a part-time or full-time school counselor, 56.2% of schools had a part-time or full-time school psychologist, and 45.3% had a part-time or full-time school social worker.
- 58.2% of schools offered student assistance programs and 86.2% had student support teams.
- 40.5% of schools have arrangements with organizations or mental health or social services professionals to provide services to students at other sites not on school property.

Healthy and Safe School Environment (includes Social and Emotional Climate)

- 79.7% of schools participated in a program to prevent bullying.
- 65.3% of schools prohibited all tobacco use during any school-related activity.
- 12.4% of schools had a crisis preparedness plan provided by the district, 36.5% had one adapted from a district-level plan to meet the school's needs, and 36.5% had their own plan.

Physical Environment

- On average, schools were 47.6 years old, with 19.9% having undergone a major renovation to the main instructional building.
- 46.4% of schools had an indoor air quality management program.
- 57.5% of schools had a formal joint use agreement either directly or through the school district, most often for the use of facilities for indoor or outdoor recreation or physical activity.

Employee Wellness

- 37.2% of schools offer employee assistance programs.
- 37.4% of schools offer blood pressure screening for faculty and staff, but less than one fourth of schools offer screening for body mass index, diabetes, oral health, serum cholesterol, or cancer.

Family Engagement and Community Involvement

- Among the 35.7% of schools with one or more school health councils (groups that offered guidance on the development of policies or coordinated activities on health topics), 45.6% had representation from students' parents or families.
 - 62.4% of elementary schools, 79.0% of middle schools, and 95.0% of high schools provide community service opportunities for students.
 - 41.8% of schools had a written School Improvement Plan that includes health-related objectives on family and community involvement.
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Methods

School-level data were collected by computer-assisted personal interviews with designated faculty or staff respondents in a nationally representative sample of public and private elementary, middle, and high schools. These respondents had primary responsibility for or were the most knowledgeable about the school health program component being studied. Questionnaires were designed to describe school-level practices specific to each school health program component.

Classroom-level data were collected by computer-assisted personal interviews with teachers of randomly selected classes in participating elementary schools and randomly selected required health and physical education courses in participating middle and high schools. Questionnaires were designed to describe required instruction and techniques used in teaching health topics and physical education.

Response Rates, by Level			
Level	Number of Eligible Schools or Classes	Number of Responding Schools or Classes*	Response Rate (%)
School	828	631	76.2
Classroom			
Health education	529	495	93.6
Physical education	791	758	95.8
* Completed at least one questionnaire module.			

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