Profiles 2012 - Chronic Disease Prevention

Iowa Secondary Schools

The **School Health Profiles (Profiles)** is a system of surveys assessing school health policies and practices in states, territories, and large urban school districts. Profiles surveys are conducted biennially among representative samples of middle and high school principals and lead health education teachers.

Physical Education and Physical Activity	Among States* Median	Among States* Range	Iowa % CI †
Percentage of schools that require physical education for students in any of grades 6 through 12	97.7	(63.3 – 100.0)	**99.3 (97.9 – 99.8)**
Percentage of schools in which those who teach physical education were provided with key materials for teaching physical education	70.1	(37.0 – 93.1)	**59.3 (54.4 – 64.1)**
Percentage of schools that offered opportunities for all students to participate in intramural activities or physical activity clubs	62.8	(33.3 – 85.9)	**42.3 (37.8 – 46.9)**
Percentage of schools that taught 12 key physical activity topics in a required course	59.5	(35.1 – 78.2)	**51.6 (47.2 – 55.9)**
Percentage of schools that have a joint use agreement for shared use of physical activity facilities	65.2	(40.9 – 86.6)	**58.5 (54.2 – 62.7)**
Percentage of schools that offer required physical education, classroom-based physical activity breaks, intramural sports, and interscholastic sports and have a joint use agreement for shared use of physical activity facilities	17.6	(5.8 – 29.7)	**10.6 (8.1 – 13.7)**
Nutrition			
Percentage of schools in which students could not purchase soda pop or fruit drinks that are not 100% juice from vending machines or at the school store, canteen, or snack bar	69.9	(43.9 – 95.8)	**84.8 (81.0 – 88.0)**
Percentage of schools in which students could not purchase sports drinks from vending machines or at the school store, canteen, or snack bar	54.0	(26.2 – 93.3)	**46.8 (42.1 – 51.6)**
Percentage of schools that did not sell less nutritious foods and beverages anywhere outside the school food service program	42.7	(12.9 – 88.0)	**43.3 (38.6 – 48.0)**
Percentage of schools that allowed students to have access to drinking water	84.4	(63.5 – 95.9)	**75.9 (71.4 – 80.0)**
Percentage of schools that always offered fruits or non-fried vegetables in vending machines and school stores, canteens, or snack bars and during celebrations when foods and beverages are offered	11.0	(2.1 – 23.3)	**5.6 (3.7 – 8.4)**
Percentage of schools that placed fruits and vegetables near the cafeteria cashier, where they are easy to access	70.8	(38.1 – 87.0)	**61.0 (56.4 – 65.4)**
Percentage of schools that priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages	9.5	(2.5 – 28.5)	**9.4 (7.0 – 12.6)**
Percentage of schools that provided information to students or families on the nutrition and caloric content of foods available	47.3	(34.7 – 70.9)	**47.3 (42.4 – 52.2)**
Percentage of schools that taught 14 key nutrition and dietary behavior topics in a required course	67.9	(37.4 – 87.2)	**62.0 (57.5 – 66.3)**
Percentage of schools that prohibited all forms of advertising and promotion of candy, fast food restaurants, or soft drinks in all locations (in school buildings; on school grounds, including on the outside of the school building, on playing fields, or other areas of the campus; on school buses or other vehicles used to transport students; and in school publications)	45.7	(31.5 – 74.4)	**38.4 (33.5 – 43.5)**

* Among the 43 (for teacher survey) or 45 (for principal survey) participating states with weighted survey results.

† 95% confidence interval.

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

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Tobacco-Use Prevention	Among States*		Iowa	
	Median	Range	%	CI †
Percentage of schools that prohibited all tobacco use at all times in all locations (including cigarettes, smokeless tobacco, cigars, and pipes; by students, faculty and school staff, and visitors; in school buildings; outside on school grounds; on school buses or other vehicles used to transport students; and at off-campus, school-sponsored events; during school hours and non-school hours)	57.4	(32.5 – 80.4)	**55.4**	**(50.3 – 60.3)**
Percentage of schools that taught 15 key tobacco-use prevention topics in a required course	51.0	(24.7 – 80.2)	**42.9**	**(38.3 – 47.6)**
Percentage of schools that provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property	25.9	(9.8 – 48.2)	**21.5**	**(18.0 – 25.5)**
Percentage of schools in which the lead health education teacher received professional development during the 2 years before the survey on tobacco-use prevention	26.3	(14.0 – 53.1)	**16.7**	**(13.3 – 20.8)**
Percentage of schools that sometimes, almost always, or always required students who were caught smoking to participate in an assistance, education, or cessation program	39.6	(13.3 – 95.9)	**35.9**	**(31.2 – 40.9)**
Percentage of schools that posted signs marking a tobacco-free school zone	82.7	(63.7 – 96.6)	**85.3**	**(81.4 – 88.5)**
School Health Coordination				
Percentage of schools that used the School Health Index or other self-assessment tool to assess their policies, activities, and programs in physical activity, nutrition, and tobacco-use prevention	33.1	(18.4 – 65.0)	**18.4**	**(15.2 – 22.1)**
Percentage of schools that provided parents and families with health information to increase parent and family knowledge of tobacco-use prevention, physical activity, and nutrition and healthy eating	23.8	(11.3 – 45.5)	**18.6**	**(14.9 – 22.9)**

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