



# Fact Sheet: Nutrition Services

From CDC's 1994 School Health Policies and Programs Study (SHPPS)

## About the School Health Policies and Programs Study (SHPPS)

*SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Results from the 1994 SHPPS were published in the Journal of School Health, Volume 65, Number 8, October 1995.*

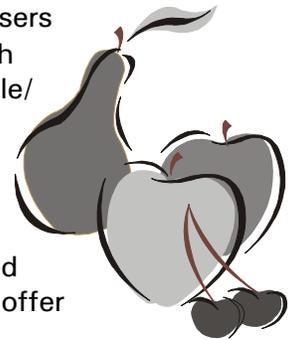
## Food Service

### School Meals Served

- ◆ 96% of middle/junior and senior high schools served lunch five days a week, and 61% served breakfast five days a week.
- ◆ 73% of middle/junior and senior high schools participated in the National School Lunch Program, and 43% participated in the School Breakfast Program.

### Nutrition Policies

- ◆ 78% of middle/junior and senior high schools had vending machines that students could use. 15% of middle/junior high schools and 34% of senior high schools permitted students to use school vending machines at any time.
- ◆ Foods sold as school fund raisers were allowed to compete with school meals in 25% of middle/junior high schools and 42% of senior high schools.
- ◆ 17% of middle/junior and senior high schools contracted with fast food restaurants to offer foods for school meals.

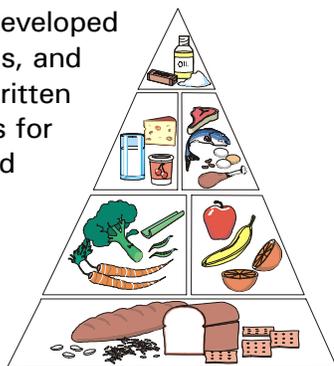


## Percentage of Middle/Junior and Senior High Schools That Regularly Implemented Fat-Reducing Practices

Practice	Percentage of schools
Drain browned meat before adding to other ingredients	92%
Offer lowfat salad dressing	62%
Offer fresh green salads daily	58%
Offer 1% lowfat or skim milk	56%
Prepare vegetables without using fat	55%
Trim fat from meat before or after cooking	46%
Rinse browned meat with hot water to remove grease	41%
Do not make butter or margarine available	31%
Remove skin from poultry before or after cooking	29%

## Professional Requirements

- ◆ 22% of states offered and 10% required certification for district-level food service directors; 20% of states offered and 6% required certification for school-level food service directors.
- ◆ 65% of districts had developed written job descriptions, and 45% had developed written performance standards for district and school food service staff.



## Nutrition Education

- ◆ 93% of middle/junior and senior high schools made menus available to students, staff, and families; 70% displayed nutritional materials in the cafeteria; 41% provided estimates of the nutritional and caloric content of foods; and 21% had food service staff make presentations in classrooms.
- ◆ During the two years preceding the survey, 75% of states and 17% of districts offered in-service training for teachers on nutrition, and 10% of teachers\* received such training.
- ◆ 69% of states and 80% of districts required nutrition education; 84% of middle/junior and senior high schools included nutrition education in a required course.

### Percentage of Middle/Junior and Senior High School Teachers Teaching Specific Nutrition Education Topics

Topic	Percentage of teachers teaching topic
Choosing healthy meals and snacks	62%
Label reading	56%
Signs and symptoms of eating disorders	56%
Healthy weight management	49%
Risks associated with crash diets	48%
Five a day (fruits and vegetables)	42%
Dietary Guidelines for Americans	40%
Preparing healthy meals and snacks	40%

\*SHPPS interviewed both teachers of courses that focused primarily on health education topics, and teachers of courses that included some health education content but focused primarily on another subject (e.g., biology).

## For More Information

For additional information on SHPPS, contact the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717, telephone 770-488-3257, <http://www.cdc.gov/nccdphp/dash>