

Nutrition

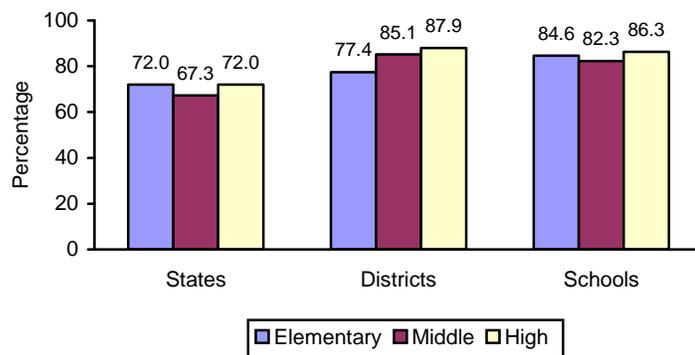
About SHPPS: SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the *Journal of School Health*, Volume 77, Number 8, October 2007.

Health Education

During the 2 years preceding the study:

- The percentage of states that provided funding for staff development or offered staff development on nutrition and dietary behavior to those who teach health education increased from 76.0% in 2000 to 88.0% in 2006.¹
- The percentage of districts that provided funding for staff development or offered staff development on nutrition and dietary behavior to those who teach health education increased from 43.3% in 2000 to 65.3% in 2006.

Percentage of States, Districts, and Schools That Required Teaching Nutrition and Dietary Behavior, by School Level



| Percentage of Schools in Which Teachers Taught* Nutrition and Dietary Behavior Topics as Part of Required Instruction, by School Level | | | |
|--|------------|--------|------|
| Topic | Elementary | Middle | High |
| Dietary Guidelines for Americans | NA | 67.0 | 73.7 |
| Food guidance using MyPyramid | 76.9 | 76.1 | 77.7 |
| Preparing healthy meals and snacks | 76.4 | 75.9 | 76.7 |

* In at least 1 elementary school class or in at least 1 required health education course in middle schools or high schools.

- Among classes in which nutrition and dietary behavior was taught, the median number of hours of required instruction teachers provided on nutrition and dietary behavior decreased from 4.6 in 2000 to 3.4 in 2006 among elementary school classes.

Health Services and Mental Health and Social Services

| Percentage of Schools That Provided Nutrition and Dietary Behavior Counseling in One-on-One or Small-Group Sessions and Eating Disorders Treatment Services | | |
|---|--|-----------------------------|
| Location | Nutrition and Dietary Behavior Counseling* | Eating Disorders Treatment† |
| At school by health services or mental health and social services staff | 77.0 | 66.8 |
| Through arrangements with organizations or professionals outside the school | 18.3 | 27.3 |

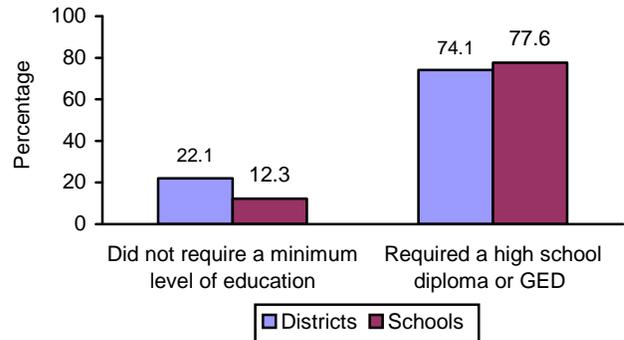
* Among elementary, middle, and high schools.
 † Among middle and high schools.

¹ Selected changes between 2000 and 2006 are included if they met at least 2 of 3 criteria ($p < .01$ from a t-test, a difference greater than 10 percentage points, or an increase by at least a factor of 2 or decrease by at least half). Variables are not included if they do not meet these criteria or if no comparable variable existed in both survey years.

Nutrition Services

- 68.6% of schools offered breakfast to students and 63.0% participated in the USDA reimbursable School Breakfast Program.
- 99.3% of schools offered lunch to students and 84.2% participated in the USDA reimbursable National School Lunch Program.
- 11.7% of elementary schools, 19.0% of middle schools, and 23.5% of high schools offered brand-name fast foods from companies such as Pizza Hut, Taco Bell, or Subway.
- Among the 62.4% of schools in which staff at the school level had responsibility for deciding what food to order, in a typical week, 41.1% of all milk ordered was 1%, 34.3% was 2%, 14.0% was skim milk, and 9.3% was whole milk.
- The percentage of schools that offered deep-fried potatoes to students decreased from 40.0% in 2000 to 18.8% in 2006.
- Among school food service managers who served as study respondents, 4.1% had not completed high school and 49.3% had no more than a high school diploma or GED.
- 25.4% of schools started serving lunch before 11:00am. On average, students had 22.8 minutes to eat lunch once they were seated.

Percentage of Districts and Schools That Did Not Require a Newly Hired School Food Service Manager to Have a Minimum Level of Education and Percentage That Required a High School Diploma or GED



Percentage of Schools That Offered Low-Fat a la Carte Foods, and Percentage of Schools That Almost Always or Always Used Healthy Food Preparation Practices,* 2000 and 2006

| | 2000 | 2006 |
|---|------|------|
| Low-Fat a la Carte Foods | | |
| Bread sticks, rolls, bagels, pita bread, or other bread products | 50.8 | 67.1 |
| Lettuce, vegetable, or bean salads | 52.6 | 72.8 |
| Low-fat salty snacks | 38.2 | 53.2 |
| Low-fat or nonfat yogurt | 35.5 | 50.3 |
| Vegetables other than potatoes | 51.0 | 70.8 |
| Healthy Food Preparation Practices | | |
| Used part-skim or low-fat cheese instead of regular cheese | 31.0 | 45.9 |
| Reduced the amount of salt called for in recipes or used low-sodium recipes | 34.1 | 45.8 |
| Trimmed fat from meat or used lean meat | 56.2 | 66.4 |
| Removed skin from poultry or used skinless poultry | 40.2 | 54.6 |
| Steamed or baked vegetables other than potatoes | 67.0 | 81.9 |

*During the 30 days preceding the study.

Healthy and Safe School Environment

- 32.7% of elementary schools, 71.3% of middle schools, and 89.4% of high schools had either a vending machine or a school store, canteen, or snack bar where students could purchase foods or beverages.
- Among the 96.8% of elementary schools that provided recess, recess was regularly scheduled immediately before lunch for all classes in 10.4% of these schools, and immediately after lunch in 49.6%.

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