The School Health Index

The **School Health Index** (SHI) is a valuable tool to help schools implement school health guidelines and related strategies. This self-assessment and planning tool enables schools to identify the strengths and weaknesses of health promotion policies and programs and assists them in developing an action plan for improving the school environment. There are separate versions for elementary schools and for middle and high schools.

Impact on Policies and Programs

Schools across the country have made many changes in their health and safety policies and programs after implementing the SHI. Examples of some of the changes that have been made include the following:

- Physical Activity
 - Developed walking clubs and adopted Kids Walk to School programs
 - Increased time for physical education
 - o Installed fitness stations for student and community use
- Nutrition
 - Offered cooking classes or cooking clubs
 - Incorporated vegetable gardening into science classes
 - o Removed unhealthy food choices from vending machines
- Tobacco
 - Made schools tobacco-free
 - Offered tobacco cessation programs
- Unintentional Injury and Violence Prevention
 - Offered CPR training for staff
 - Revised and update school crisis response plans
 - Provided training on conflict resolution
- Asthma
 - Offered in-service asthma training to staff
 - Used Open Airways curriculum to educate families about asthma
 - Started Power Breathers club for support and asthma education
- Cross-Cutting
 - Sponsored Healthy Activity Nights
 - Provided health tips of the day to students and periodically in school newsletters
 - Created a school health team

To download copies or use the Index online: http://apps.nccd.cdc.gov/shi/default.aspx