

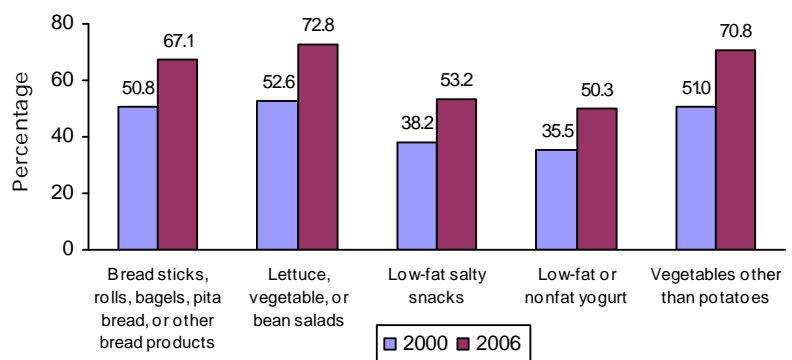
## Changes Between 2000 and 2006<sup>1</sup>

**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.

### Nutrition

- The percentage of schools that offered deep-fried potatoes to students decreased from 40.0% in 2000 to 18.8% in 2006.
- The percentage of schools that sold cookies or other baked goods not low in fat as part of fund-raising for any school organization decreased from 67.3% in 2000 to 54.3% in 2006.
- The percentage of districts prohibiting schools from using food or food coupons as a reward increased from 11.3% to 26.1%.
- The percentage of districts that required newly hired food service managers to have at least a high school diploma or GED increased from 49.4% to 74.1%.

**Percentage of Schools That Offered Low-fat a la Carte Foods, by Food Item, 2000 and 2006**



**Percentage of Schools That Almost Always or Always Used Healthy Food Preparation Practices,<sup>\*</sup> 2000 and 2006**

Practice	2000	2006
Used part-skim or low-fat cheese instead of regular cheese	31.0	45.9
Trimmed fat from meat or used lean meat	56.2	66.4
Removed skin from poultry or used skinless poultry	40.2	54.6

<sup>\*</sup> During the 30 days preceding the study.

**Percentage of States and Districts That Required That Schools Be Prohibited from Offering Junk Foods<sup>\*</sup> in School Settings, 2000 and 2006**

School Setting	States		Districts	
	2000	2006	2000	2006
A la carte during breakfast and lunch periods	20.0	42.0	23.1	38.9
Concession stands	2.0	6.1	1.4	5.5
School stores, canteens, or snack bars	6.0	32.0	3.9	18.9
Student parties	2.0	8.0	1.4	11.5
Vending machines	8.0	32.0	4.1	29.8

<sup>\*</sup> Defined as foods or beverages that have low nutrient density (i.e., they provide calories primarily through fats or added sugars and have minimal amounts of vitamins and minerals).

- The percentage of schools in which students could purchase bottled water from vending machines or in school stores, canteens, or snack bars increased from 29.7% in 2000 to 46.2% in 2006.
- Among schools that sold soda pop, sports drinks, or fruit drinks that were not 100% juice in vending machines or school stores, the percentage that sold these drinks during school lunch periods decreased from 68.4% in 2000 to 47.7% in 2006.

<sup>1</sup> 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 a decrease by at least half). Variables are not included if they did not meet these criteria or if no comparable variable existed in both survey years.

## Physical Education and Activity

- The percentage of districts that required elementary schools to teach physical education increased from 82.6% in 2000 to 93.3% in 2006.
- The percentage of states that required elementary schools to provide students with regularly scheduled recess increased from 4.1% to 11.8% and the percentage of districts with this requirement increased from 46.3% to 57.1%.
- The percentage of states that prohibited schools from using physical activity to punish students for bad behavior in physical education increased from 2.1% in 2000 to 16.0% in 2006, and the percentage of states that actively discouraged schools from this practice also increased, from 25.5% in 2000 to 56.0% in 2006.
- The percentage of states that required newly hired staff who teach physical education at the elementary school level to have undergraduate or graduate training in physical education increased from 51.1% in 2000 to 64.7% in 2006.
- Among schools that required physical education, the percentage that required students who failed required physical education to repeat it increased from 25.1% in 2000 to 35.6% in 2006.

<b>Percentage of States and Districts That Provided Funding for Staff Development or Offered Staff Development on Selected Topics to Those Who Teach Physical Education During the 2 Years Preceding the Study, 2000 and 2006</b>				
<b>Topic</b>	<b>States</b>		<b>Districts</b>	
	<b>2000</b>	<b>2006</b>	<b>2000</b>	<b>2006</b>
Administering or using fitness tests	30.6	61.2	49.8	62.5
Evaluating student performance in physical education	54.0	71.4	48.0	62.2
Encouraging family involvement in physical activity	24.5	59.2	28.0	51.0
Methods to increase the amount of class time students are physically active	28.0	55.1	32.6	54.3

## Tobacco-Use Prevention

- The percentage of states with policies that prohibited all tobacco use in all locations<sup>1</sup> increased from 24.5% in 2000 to 38.0% in 2006, and the percentage of schools with such policies increased from 46.3% to 63.6%.
- The percentage of states that had adopted a policy stating that districts or schools would provide tobacco-use prevention services in one-on-one or small-group sessions increased from 19.6% in 2000 to 40.0% in 2006.

<sup>1</sup> Prohibited 1) cigarette smoking and smokeless tobacco use among all students, all faculty and staff, and all school 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; and 2) cigar or pipe smoking by all students, all faculty and staff, and all school visitors.

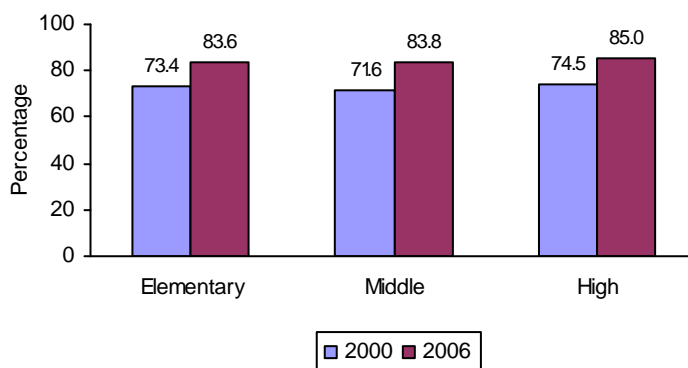
## Violence Prevention

- The percentage of elementary schools and middle schools that participated in a program to prevent bullying increased from 63.0% in 2000 to 77.3% in 2006.
- The percentage of districts that required schools to use security or surveillance cameras increased from 2000 to 2006 for all school levels (elementary schools, from 11.0% to 29.1%; middle schools, from 16.4% to 37.2%; high schools, from 19.2% to 46.4%).
- The percentage of districts that required schools to conduct routine locker searches increased from 35.4% to 57.1% for middle schools and from 44.0% to 63.4% for high schools.

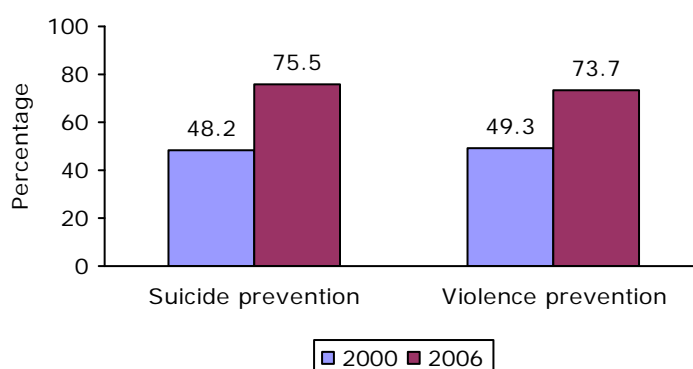
## Health Education

- The percentage of states that required middle schools to teach about human sexuality increased from 46.0% to 58.8%, and the percentage of states that required high schools to teach about human sexuality increased from 46.9% to 60.8%.
- The percentage of states that required middle schools to teach about pregnancy prevention increased from 45.1% to 58.8%, and the percentage of states that required high schools to teach about pregnancy prevention increased from 45.1% to 58.0%.
- The percentage of districts that required elementary schools to teach about injury prevention and safety increased from 66.2% in 2000 to 77.4% in 2006, and the percentage of districts that required middle schools to teach about injury prevention and safety increased from 66.7% to 80.3%.
- The percentage of districts that provided funding for or offered staff development on nutrition and dietary behavior during the 2 years preceding the study to those who taught health education increased from 43.3% in 2000 to 65.3% in 2006.
- The median number of hours teachers spent teaching violence prevention decreased from 4.9 in 2000 to 2.6 in 2006 among elementary schools and from 4.1 to 2.5 among high schools.

**Percentage of Districts That Required Schools to Teach About Violence Prevention, by School Level, 2000 and 2006**



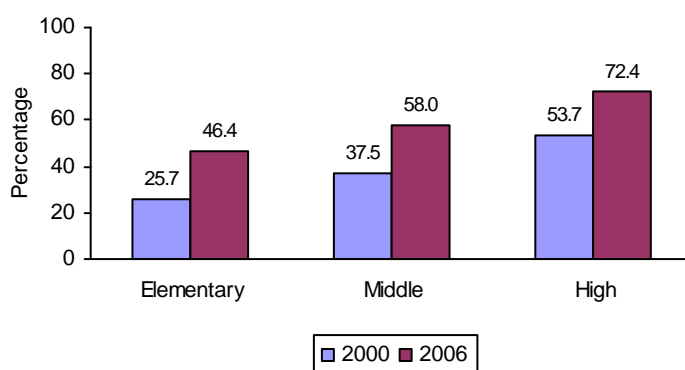
**Percentage of High Schools That Taught About Suicide and Violence Prevention in at Least 1 Required Course, 2000 and 2006**



## Health Services and Mental Health and Social Services

- The percentage of middle schools and high schools in which health services or mental health and social services staff provided HIV counseling, testing, and referrals increased from 31.9% in 2000 to 62.0% in 2006.
- The percentage of schools in which health services staff provided identification or school-based management of chronic health conditions increased from 57.9% in 2000 to 81.9% in 2006.
- The percentage of elementary schools that permitted students to carry and self-administer a prescription quick-relief inhaler increased from 59.3% in 2000 to 76.9% in 2006.
- The percentage of states that had adopted a policy stating that student assistance programs will be offered to all students increased from 34.0% to 55.6%, and the percentage of districts that had adopted a similar policy increased from 51.2% to 73.0%.
- The percentage of schools with a dedicated phone line for mental health and social services increased from 37.5% in 2000 to 50.7% in 2006, and the percentage that had an answering machine reserved for mental health and social services increased from 26.0% in 2000 to 48.6% in 2006.

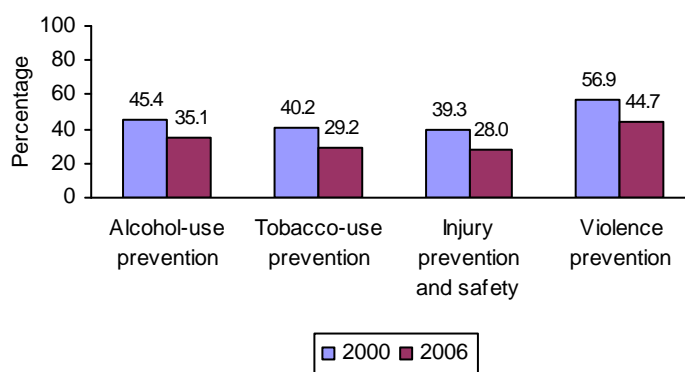
**Percentage of Schools That Permitted Students to Carry and Self-Administer an Epinephrine Autoinjector, by School Level, 2000 and 2006**



## Family Involvement

- The percentage of districts that provided families with information on school health program activities related to health education increased from 61.2% in 2000 to 80.1% in 2006.

**Percentages of Schools in Which Students' Families Helped Develop, Communicate, or Implement Policies and Activities, by Type, 2000 and 2006**



## Faculty and Staff Health Promotion

- The percentage of schools offering stress management education during the 12 months preceding the study decreased from 36.3% to 22.4%.
- During the 12 months preceding the study, the percentage of districts that provided funding for or offered faculty and staff nutrition education increased from 11.0% to 32.1%, and the percentage that provided funding for or offered weight management increased from 12.7% to 27.8%. In addition, the percentage of districts that provided funding for or offered physical activity programs increased from 24.2% to 36.3%.

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