

PROFILES

School Health Profiles

What is the School Health Profiles?

The School Health Profiles (Profiles) is a system of surveys assessing school health policies and programs in states and large urban school districts. Profiles surveys are conducted biennially by state and local education and health agencies among middle and high school principals and lead health education teachers. Profiles monitors the current status of

- School health education requirements and content
- Physical education requirements
- Health services
- Nutrition-related policies and practices
- Family and community involvement in school health programs

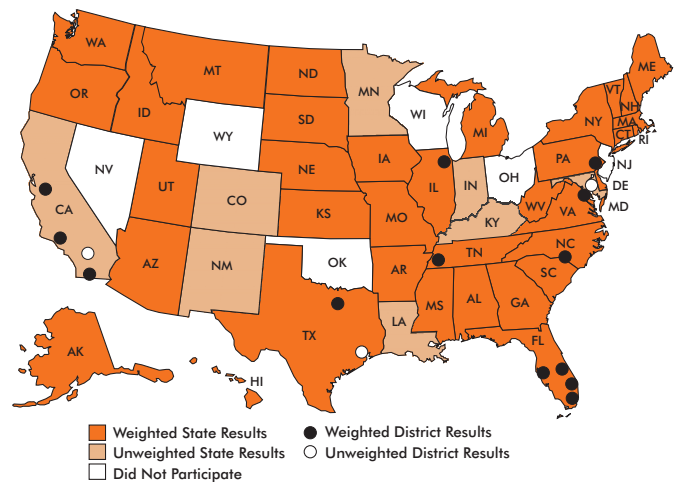
- School health policies on HIV and AIDS prevention, tobacco-use prevention, violence prevention, and physical activity
- Professional preparation and staff development for lead health education teachers

How are Profiles data used?

State and local education and health officials use Profiles data to

- Compare school health policies and programs across states and large urban school districts
- Advocate for required health education
- Identify health education topics and skills that are taught
- Identify topics for staff development
- Improve school health programs and policies
- Determine how well schools address the health and safety needs of their students

State and District Participation – Profiles, 2006



How do specific states and school districts use their Profiles data?

- The Rhode Island Departments of Education and Health used Profiles data to plan and prioritize technical assistance activities with school districts to support the development of health and physical education curricula. Both agencies also used data from Profiles to support a legislative bill requiring that only healthier snacks and beverages be sold or distributed in schools.
- The State of Alaska Department of Education and Early Development used 2006 Profiles data to identify the staff development needs of health education and physical education teachers. The department also conducted statewide training on several health topics.
- The Montana Office of Public Instruction used Profiles data to support several legislative bills and recommendations to increase the amount of time spent by students in physical education classes. Montana schools also used Profiles data in their School Wellness policy development and implementation efforts.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

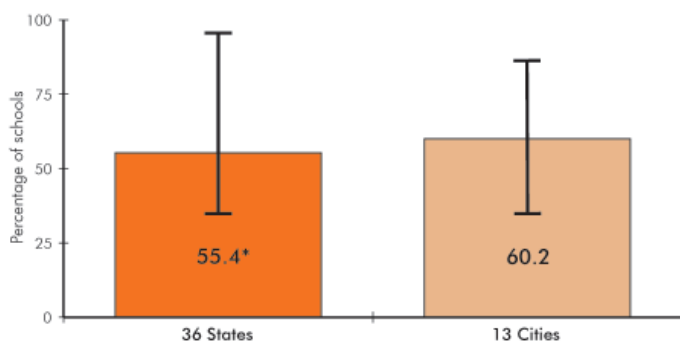
How is Profiles conducted?

Profiles is conducted among samples of secondary schools in states or large urban school districts. Profiles data are collected from self-administered questionnaires from the principal and the lead health education teacher at each sampled school. In 2006, Profiles was conducted by 44 states and 16 cities. Among these, 36 states and 13 cities obtained weighted data, and 8 states and 3 cities obtained unweighted data. Weighted data means that at least 70% of the principals or lead health education teachers in the sample completed the survey. Weighted data represent the state or school district, whereas unweighted data represent only the schools that completed the questionnaire.

Among states, the average number of principals participating was 250, and the average number of teachers participating was 238. Among school districts, the average number of principals participating was 62, and the average number of teachers participating was 60.

What are some results from Profiles data?

Figure 1. Among schools that required a health education course, range and median percentage that required students who fail the course to repeat it



*Median percentages; I- bars represent range of percentages.

Figure 2. Range and median percentage of all schools that provided an Asthma Action Plan or Individualized Health Plan for all students with asthma and schools in which a student would ever be permitted to carry and self-administer a prescription quick-relief inhaler

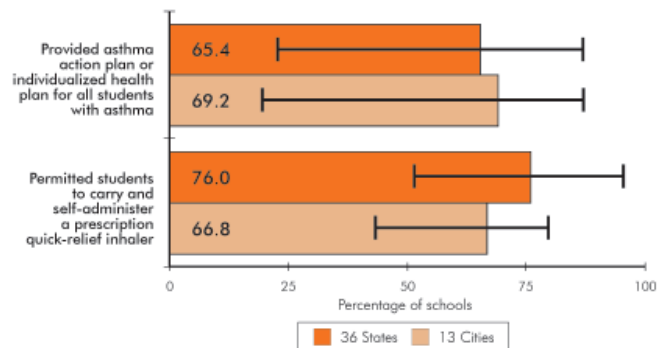
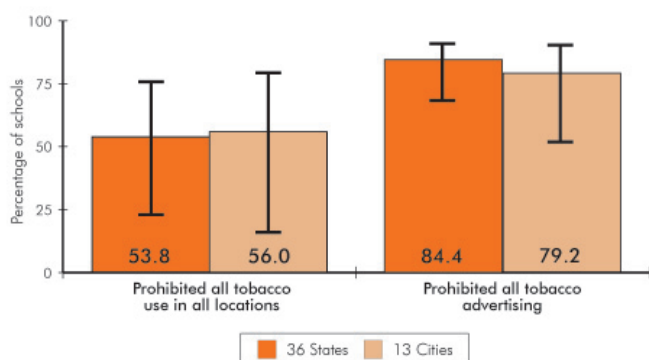


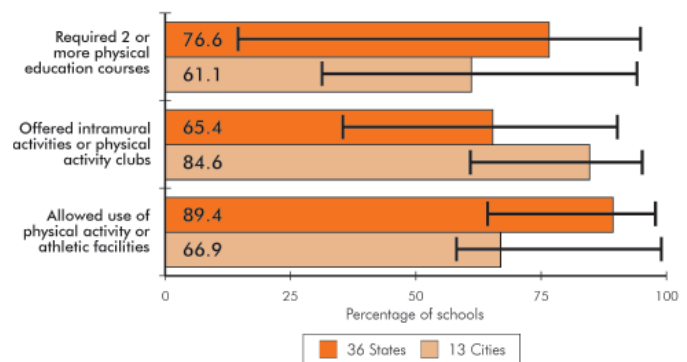
Figure 3. Range and median percentage of all schools that prohibited all tobacco use in all locations* and prohibited all tobacco advertising**



*Prohibited all tobacco use (including cigarettes, smokeless tobacco, cigars, and pipes), by students, faculty and 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.

**In school buildings, on school grounds, on school buses and other school vehicles, in school publications, and through sponsorship of school events, and prohibited students from wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters.

Figure 4. Range and median percentage of schools that required 2 or more physical education courses, offered opportunities for students to participate in intramural activities or physical activity clubs, or allowed use of physical activity or athletic facilities*



*For community-sponsored sports teams, classes, or lessons outside of school hours or when school is not in session.

Where can I find more information?

For additional resources and assistance with Profiles data, visit www.cdc.gov/HealthyYouth/profiles or call (888) 231-6405