

A team made up of members of different groups within the school—parents, teachers, students, administrators, and other staff—and concerned community members is responsible for completing a questionnaire for each module. Responses to each questionnaire are scored to help you identify your school's strengths and weaknesses. The School Health Index also includes a Planning for Improvement section that helps schools use their Index scores to develop an action plan for each module and for the school as a whole.

The School Health Index is available at no cost and can be completed in as little as 5 hours. Many of the improvements that you'll want to make after completing the Index can be done with existing staff and resources. A small investment of time can pay big dividends in improving students' well-being, readiness to learn, and prospects for a healthy life.

**To obtain a copy of the School Health Index, choose one of the following options:**

- Download from CDC web sites:  
<http://www.cdc.gov/nccdphp/dash>  
or  
<http://www.cdc.gov/nccdphp/dnppa>
- Request by e-mail: [ccinfo@cdc.gov](mailto:ccinfo@cdc.gov)
- Call the CDC Division of Adolescent and School Health Resource Room:  
770-488-3168
- Request by toll-free fax: 888-282-7681

When ordering, please specify either the elementary school version or the middle school/high school version.

**DEPARTMENT OF  
HEALTH & HUMAN SERVICES**

Centers for Disease Control  
and Prevention (CDC)  
Atlanta, GA 30333

**Official Business**

Penalty for Private Use \$300

Return Service Requested



**School Health Index**

FOR PHYSICAL ACTIVITY AND HEALTHY EATING



# A Self-Assessment and Planning Guide



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Centers for Disease Control and Prevention

