



# Iowa

## Chronic Disease Prevention Fact Sheet, Profiles 2006

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 among representative samples of middle and high school principals and lead health education teachers.

Physical Education (PE) and Physical Activity	Among States *		Iowa
	Median	Range	% CI †
Percentage of schools that required students to take 2 or more PE courses	76.6	(14.4 – 94.6)	<b>84.9 (81.2 – 87.9)</b>
Among schools that required a PE course, percentage in which students could not be exempted from taking a required PE course for enrollment in other courses, high physical fitness competency test score, and participation in school or community sports, other school activities, vocational training, and community service activities	71.3	(17.0 – 95.2)	<b>50.5 (46.6 – 54.4)</b>
Among schools that required a PE course, percentage that required students who failed the course to repeat it	55.6	(37.9 – 80.6)	<b>62.2 (58.2 – 66.0)</b>
Percentage of schools that taught 13 physical activity topics in a required health education course	40.3	(20.1 – 62.0)	<b>35.8 (31.4 – 40.4)</b>
Percentage of schools that taught in a required health education course about developing an individualized physical activity plan	60.4	(29.1 – 79.6)	<b>51.7 (47.0 – 56.4)</b>
Percentage of schools in which the lead health education teacher received staff development during the past two years on physical activity and fitness	48.3	(27.5 – 64.6)	<b>27.5 (23.6 – 31.6)</b>
Percentage of schools that offered opportunities for students to participate in intramural activities or physical activity clubs	65.4	(35.4 – 90.1)	<b>44.7 (40.3 – 49.3)</b>
Among schools that offered intramural activities or physical activity clubs, percentage that provided students with transportation home after intramural activities or physical activity clubs	30.8	(10.3 – 76.5)	<b>32.0 (25.9 – 38.8)</b>
Percentage of schools in which children or adolescents used school facilities for community-sponsored sports teams, classes, or lessons outside of school hours or when school was not in session	89.4	(64.0 – 97.6)	<b>90.2 (88.1 – 92.0)</b>
<b>Tobacco-Use Prevention</b>			
Percentage of schools that prohibited all tobacco use in all locations ¶	53.8	(22.8 – 76.3)	<b>25.3 (21.7 – 29.3)</b>
Percentage of schools that provided referrals to tobacco cessation programs for students	47.9	(17.8 – 81.2)	<b>47.5 (42.8 – 52.3)</b>
Percentage of schools that prohibited all tobacco advertising **	84.4	(68.8 – 91.6)	<b>86.5 (83.0 – 89.4)</b>
Percentage of schools that posted signs marking a tobacco-free school zone	67.5	(38.0 – 93.2)	<b>59.8 (55.2 – 64.2)</b>
Percentage of schools that taught 16 tobacco-use prevention topics in a required health education course	49.3	(23.1 – 74.5)	<b>37.7 (33.2 – 42.3)</b>
Percentage of schools in which the lead health education teacher received staff development during the past two years on tobacco-use prevention	34.6	(16.7 – 49.7)	<b>16.7 (13.5 – 20.4)</b>

\* Among the 36 participating states with weighted principal survey results and the 34 states with weighted teacher survey results.

† 95% confidence interval.

¶ Prohibited all tobacco use (including cigarettes, smokeless tobacco, cigars, and pipes) by students, faculty and staff, and visitors in school buildings, on school property, in school buses or other vehicles used to transport students, and at off-campus school-sponsored events.

\*\* Prohibited tobacco advertising in school buildings, on school grounds, on school buses or other 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.



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Nutrition and Food Service	Among States *		Iowa
	Median	Range	% CI †
Among schools that served lunch to students, percentage that allowed students 20 or more minutes to eat lunch once they were seated	82.8	(64.7 – 95.9)	<b>66.8 (62.5 – 71.0)</b>
Percentage of schools in which students could purchase the following food or beverages from vending machines or at the school store, canteen, or snack bar:			
Fruits or vegetables	27.1	(6.6 – 46.8)	<b>28.2 (24.2 – 32.7)</b>
100% fruit juice or vegetable juice	65.0	(41.0 – 78.6)	<b>72.5 (68.4 – 76.3)</b>
Bottled water	79.5	(55.6 – 90.8)	<b>85.9 (82.1 – 89.0)</b>
1% or skim milk	40.3	(10.7 – 66.2)	<b>44.1 (39.7 – 48.6)</b>
Chocolate candy	40.3	(8.4 – 82.9)	<b>46.6 (41.9 – 51.4)</b>
Salty snacks that are not low in fat	47.4	(11.0 – 75.9)	<b>48.3 (43.2 – 53.4)</b>
Soda pop or fruit drinks that are not 100% juice	62.5	(25.3 – 86.0)	<b>74.9 (70.5 – 78.9)</b>
Percentage of schools that did not allow students to purchase candy; snacks that are not low in fat; soda pop, sports drinks, or fruit drinks that are not 100% juice; or 2% or whole milk during school lunch periods	65.2	(18.7 – 96.1)	<b>64.5 (59.3 – 69.3)</b>
Percentage of schools that taught 14 nutrition and dietary behavior topics in a required health education course	57.4	(23.8 – 78.0)	<b>43.2 (38.8 – 47.7)</b>
Percentage of schools in which the lead health education teacher received staff development during the past two years on nutrition and dietary behavior	35.4	(21.3 – 72.8)	<b>30.3 (26.4 – 34.5)</b>

Where can I get more information?

Visit [www.cdc.gov/healthyyouth/profiles](http://www.cdc.gov/healthyyouth/profiles) or call 800-CDC-INFO (800-232-4636).



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

