



SCHOOL HEALTH PROFILES SURVEY (PROFILES)

Data from the School Health Profiles Survey (Profiles) show how schools address a variety of health issues, including health education; physical education; tobacco use prevention; nutrition; health services; family and community involvement in schools; and professional development of health education teachers. Profiles makes it possible to assess the degree to which schools are able to implement recommended health practices, some of which are mandated by law, and establish policy trend data for a variety of health issues.

Profiles is a pair of questionnaires for secondary schools — one completed by principals, the other by health education teachers. The Profiles Survey is conducted every two years, in even-numbered years, by the Oregon Department of Education in partnership with the Oregon Public Health Division. The following are some findings from the 2004-2010 surveys.

School Improvement Plans

One way a school can successfully address student health issues is to include health-related objectives in the School Improvement Plan. In 2010 about 70 percent of public and charter secondary schools reported including one or more health-related goals in their plans. Commonly reported goals centered around:

- Creating healthy and safe school environments;
- Family and community involvement;
- Mental health and social services.

Including these goals in a School Improvement Plan recognizes the importance of physical, social and emotional health to student learning.

To see examples of health-related School Improvement Plan goals and objectives, please visit www.healthoregon.org/hklb.

Competitive foods in schools

In response to concerns about the contribution of sweetened beverages and high-calorie snacks to childhood obesity, Oregon passed a law in 2007 (ORS 336.423) setting minimum nutritional standards for all competitive foods sold in schools K-12.

Competitive foods sold in schools include a la carte entrees and beverages available in cafeteria or snack bars; foods sold in student stores; vending machines; or as fundraisers at school. The law was designed to provide access to healthier foods for students and limit calorie levels. Schools have dramatically

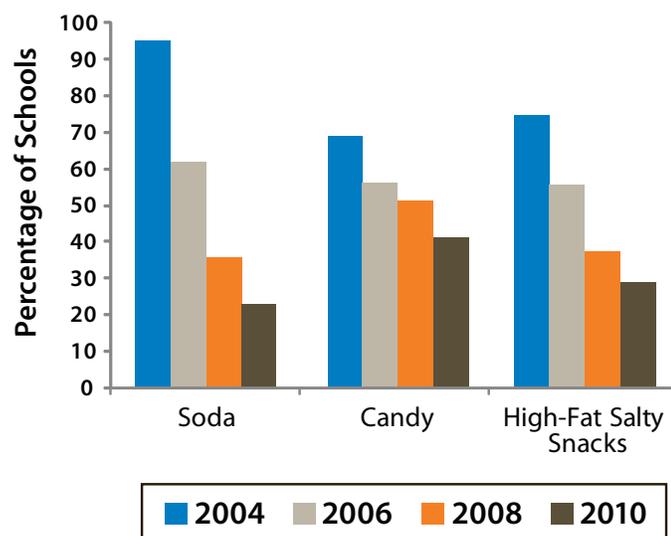
reduced the availability of sweetened beverages and reduced high-calorie snacks on school grounds.

- In 2004, students were able to purchase soda in the great majority of Oregon's schools.
- By 2010 soda was sold in only one in five schools.
- Similarly, candy was sold in approximately 70 percent of schools in 2004 but only 40 percent in 2010.

We will be interested to see if this trend is continued in the 2012 data. Oregon Action for Healthy Kids has created a website at http://www.oregonactionforhealthykids.org/index_files/Page1075.htm that offers information

continued on back

Percent of Oregon Secondary Schools in Which Students Could Purchase Soda, Candy, and High-Fat Salty Snacks, 2004-2010



about nutrition in schools, such as nutrition guidelines and standards; ideas on providing healthier foods at staff meetings and student parties; and ways to improve school concessions.

Comprehensive tobacco use prevention policies

Oregon Administrative Rule 581-021-0110 (Tobacco-Free Schools) requires school districts to establish comprehensive tobacco use prevention policies. These policies prohibit all types of tobacco use by students, staff and visitors on all parts of school property and at off-campus school-sponsored events. Data show an increase in the percentage of secondary schools reporting comprehensive policies; however, only 60 percent have implemented *all* parts of the policies.

- Almost all schools have procedures in place to inform students, faculty and staff about policies that prohibit use of tobacco on school grounds and at school events.
- Approximately 10 percent of schools do not have procedures for informing visitors of these policies.
- Thirty percent of schools do not have policies that prohibit visitors from using tobacco at off-campus, school-sponsored events.

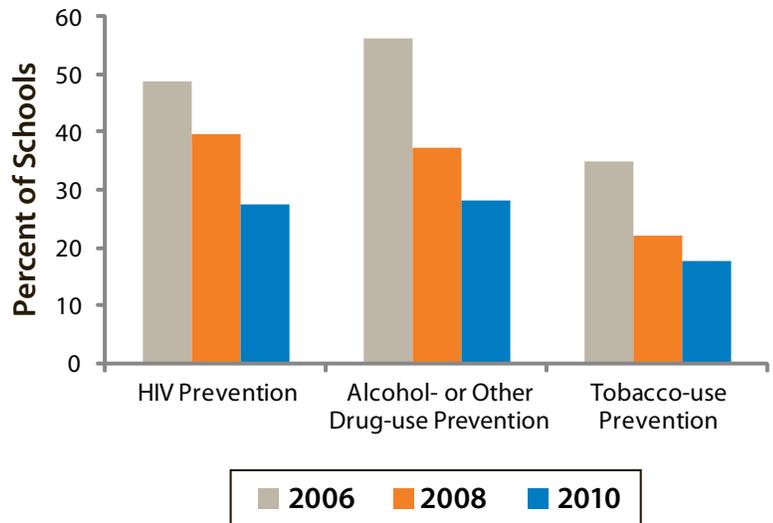
While tobacco use by parents and community members at school-sponsored events can be a challenging issue, creating environments in which non-use is the norm supports health and learning.

If your school is interested in learning how to prevent tobacco use, contact your local health department's Tobacco Prevention Coordinator. Check <http://public.health.oregon.gov/providerpartnerresources/localhealthdepartmentresources/Pages/lhd.aspx> for contact information.



PUBLIC HEALTH DIVISION
Adolescent Health Program

Professional Development Received During the Previous Two Years, 2006-2010



Professional development for health education teachers

Continuing education for teachers is important to ensuring that students receive high-quality, effective instruction. However, ongoing professional development for health educators is negatively affected by budget cuts to education. Since 2006 there has been a gradual decrease in the percentage of health education teachers who have received professional development. At the same time, more health education teachers report they would like professional development. Over 60 percent of reporting teachers would like professional development. Popular topics include:

- Violence prevention (e.g., bullying);
- Suicide prevention;
- Human sexuality; and
- Teaching skills for behavior change.

To inquire about professional development opportunities, call Tanya Frisendahl, Oregon Department of Education, at 503-947-5754 or email tanya.frisendahl@state.or.us.

For more information about this publication, please email hklbprogram@state.or.us or call 971-673-0249.



A Coordinated School Health Approach