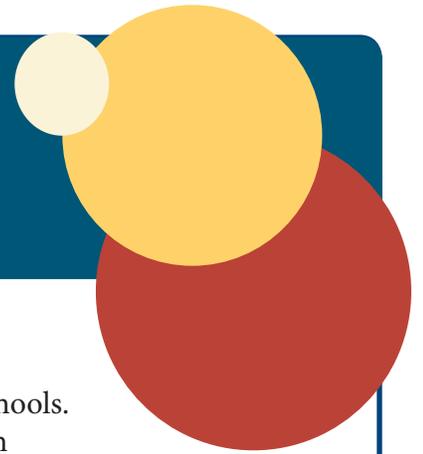


Utah School Health Profiles Highlights 2012



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What are the School Health Profiles?

School Health Profiles provide a snapshot of health-related education, policies, and programs in Utah schools. The profiles help state and local education and health agencies monitor and assess characteristics of school health education. They include information on policies related to physical education, tobacco-use prevention, nutrition, asthma management, cancer, and diabetes, as well as violence and injury prevention.

How are the data collected?

Data are collected from school principals and lead health education teachers. Two questionnaires were mailed to 258 secondary public schools containing any of grades 6 through 12 in Utah during Spring 2012.

How can this help my school?

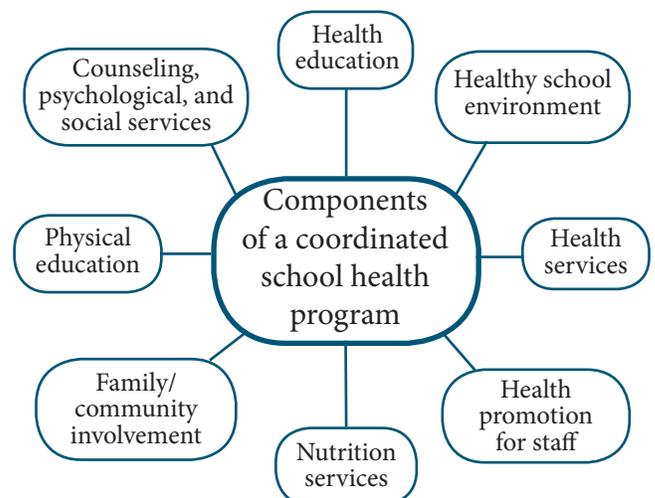
Data from School Health Profiles can be used to plan and enhance school health programs. The Utah Department of Health has compiled key findings and recommendations schools can use to guide their efforts to improve health programs.

Several schools have a group that helps plan and implement school health programs, with representation from 10 or more different stakeholders including: school staff, community members and organizations, local government, health services staff, faith-based organizations, or businesses.

Coordinated school health programs are **designed to improve the health and well-being of all students** so they can participate fully and be successful in school. The process involves bringing together school administrators, teachers, other staff, students, families, and community members to assess health needs, set priorities, and plan, implement, and evaluate health-related activities.

Recommendation:

- Establish a coordinated school health program that includes these eight components in your school. For more resources visit <http://www.cdc.gov/healthyyouth/cshp/index.htm>



Physical Activity, Nutrition, and Obesity

49.3% of schools prohibited advertising and promotion of candy, fast food restaurants, or soft drinks in all locations

87.1% of schools sold fewer healthy competitive foods and beverages outside the school food service programs

Outside of PE, 77.2% of high schools, and 46.7% of middle schools do not participate in physical activity breaks in classrooms



Recommendations:

- Schools should **strengthen wellness policies**. Find resources and model school wellness policies at: <http://www.schoolwellnesspolicies.org/> and <http://cspinet.org/marketingguidelines.pdf>
- The Centers for Disease Control and Prevention has prepared information for school administrators, staff, parents, and students to **implement national recommendations for nutritional standards for foods in schools** at <http://www.cdc.gov/HealthyYouth/nutrition/standards.htm>
- Action for Healthy Kids has a wellness policy tool and additional resources at: <http://www.actionforhealthykids.org/school-programs/our-programs/wellness-policy-tool/>
- Utilize the federal Let's Move! program website at <http://www.letsmove.gov/schools>, along with other **comprehensive resources** for physical activity breaks in classrooms.
- Employ Let's Move! and its resources to direct the development of physical activity programs and aid in **improving of health and academic performance of students**.



Asthma

33.7% of schools require that all staff members receive training on recognizing and responding to severe asthma symptoms



55.6% of schools identify students with poorly-controlled asthma

50.9% of schools have an asthma action plan on file for all students with asthma

53.6% of schools have a policy permitting students to carry and self-administer asthma medications

Recommendations:

- The Winning With Asthma program provides **free training for coaches** at <http://www.winningwithasthma.org/>. Have your staff and coaches trained yearly.
- Schedule a **free, 15-minute training for school staff**. To request a training, send an e-mail to asthma@utah.gov.



- Assign school office staff to **keep a list of students with asthma on file**.
- Work with school nurses to **have an asthma action plan completed yearly** by parents of children with asthma.
- Work with nurses to **keep forms on file at school readily accessible** in case of emergency.
- Utah law allows students to carry and self-administer their **asthma medications**. Read and implement school policy in accordance to Utah Code 53A-11-602, available at http://le.utah.gov/~code/TITLE53A/htm/53A11_060200.htm.
- Access the self-carry and administer form available on the Asthma Program website at http://www.health.utah.gov/asthma/pdf_files/Schools/SelfAdministration_English.pdf.

Tobacco Prevention

62.5% of schools follow a policy that mandates a “tobacco-free environment”

54.1% of schools taught 15 key tobacco-use prevention topics in a required course

71.2% of schools required participation in an assistance, education, or cessation program when students were caught smoking cigarettes

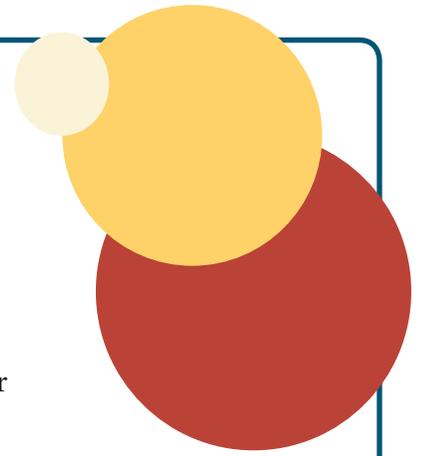
76.9% of schools posted signs marking a tobacco-free school zone

Recommendations:

- Implement a **comprehensive tobacco policy** in your school or district. Visit <http://www.tobaccofreeutah.org/pdfs/schoolguide.pdf> or contact your local health department for information on how to create a comprehensive tobacco policy.
- Encourage teachers to **teach the Prevention Dimensions curriculum** found at <http://www.utahpd.org>. These lessons **teach important tobacco prevention topics and meet core curriculum requirements** for health.
- As part of a comprehensive policy, schools should require that **students or staff caught violating the tobacco policy be referred to cessation services** for help quitting.
- A cessation class for youth called Ending Nicotine Dependence (END) is available through local health departments, is generally free of charge, and gives youth the tools they need to quit tobacco. For more information visit <http://www.tobaccofreeutah.org/end.html>.
- A key part of enforcement is signage; it is an easy, non-threatening way to inform parents and visitors that school property is a tobacco-free zone. For free signage contact the Utah Department of Health at TheTRUTH@utah.gov or contact your local health department.



Cancer



41.4% of schools do not allow students to wear hats during outdoor physical education classes

33.3% of schools do not have PE uniforms with sleeves and long shorts/pants

Nearly 90% of schools do not allow advertisements for tanning salons in the school newspaper

21.4% of schools do not allow students to wear sunglasses during outdoor physical education classes

Recommendations:

- Adopt a **sun safety policy** that includes allowing students to wear hats, sunglasses, and sunscreen when outside.
- Install **shade structures on school property**. These may be shade-providing trees, canopies, or other structures.
- Avoid scheduling outdoor classes and activities when ultraviolet rays are strongest (between 10:00 am and 4:00 pm).
- If your school allows advertisements in school publications (i.e., newspaper, yearbook), consider banning advertisements by tanning salons.
- Require that uniforms for physical education classes include sleeves and either long shorts or pants.



Diabetes

Less than half of Utah schools authorize non-medical personnel to administer insulin during school hours or school-sponsored activities



Fewer than two-thirds of schools have implemented a glucagon delegation policy

Recommendations:

- Implement a policy that allows school nurses to authorize non-medical personnel to administer insulin during school hours or school-sponsored activities in accordance with the Utah Nurse Practice Act.
- Train school staff on proper glucagon administration for students during school hours and school-sponsored day and overnight/weekend trips.
- Develop a policy to ensure that students with a chronic condition have a 504 or Individualized Health Care Plan. This policy should include names of all 'need-to-know' school staff who should be routinely informed of these students and their status.
- Ensure staff members are trained regularly on carbohydrate counting and proper administration of insulin for students during school hours and school-sponsored day and overnight/weekend trips.



Violence & Injury Prevention

86% of schools have a concussion policy that addresses each of the six sporting events as required by Utah law

84% of schools have procedures to inform students, parents, coaches, school nurses, and teachers about the school's concussion policy

85% of school staff are required to receive professional training on concussions

88% of schools use the Student Injury Reporting System (SIRS) to collect data on injuries that occur at school

Recommendations:

- Adopt a **concussion policy**. Utah law (<http://le.utah.gov/~2011/bills/hbillenr/hb0204.htm>) requires amateur sports organizations and schools to adopt and enforce a concussion and head injury policy and to get written approval of the policy by parents before their child participates in a sport activity. A child who gets a head injury must be removed from play and may only return after written clearance from a qualified health care provider.
- Require coaches, trainers, and student athletes to take the CDC Heads Up to Clinicians online training available at <http://preventingconcussions.org/>.
- Replace damaged equipment promptly, especially helmets and other protective head gear. Some helmets require replacing after any impact, even if there are no visible signs of damage.
- Participate in the Student Injury Reporting System (SIRS). To enroll your school in the SIRS visit <http://www.health.utah.gov/vipp/schoolInjuries/reporting.html>. The SIRS allows schools to track injuries that happen on school grounds or during school-sponsored activities.

