

What is the School Health Index?

Title: Chapter 1. Introduction; What is the School Health Index? Report covers of 2017 School Health Index; report cover of School Health Guidelines to Promote Healthy Eating and Physical Activity; screenshot of EPA Healthy Schools www.epa.gov/schools, Healthy Kids website; image of Active Child icon; WSCC image showing the 10 WSCC components.

Video Summary

- It is a tool to assess your school's health and safety policies and programs, and develop a plan for improvement.
- It was developed by CDC in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies.
- It is structured around the Whole School, Whole Community, Whole Child (WSCC) mode.

Audio Script

The School Health Index: A Self-Assessment and Planning Guide is a tool that enables you to assess your school's current health and safety policies and programs, as well as develop a plan for improvement.

The School Health Index was developed by CDC in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies. It is based on scientific guidance including CDC's research-based guidelines for school health programs, environmental health guidelines for school programs, and various reports on school nutrition, physical activity, and physical education from the Institute of Medicine.

These reports identify the policies and practices most likely to be effective in reducing youth health risk behaviors and supporting healthy behaviors.

The School Health Index is also structured around the Whole School, Whole Community, Whole Child approach (also known as WSCC) developed by CDC and the Association for Supervision and Curriculum Development (or ASCD).

The WSCC approach builds upon the traditional coordinated school health model and ASCD's Whole Child approach to learning and promotes greater alignment between health and education outcomes.