School Health Index Format

Title: Chapter 2; About the School Health Index; School Health Index Format. Image of Active Child icon. Screenshots of sample completed Score Card and sample completed School Health Improvement Plan.

Video Summary

• The self-assessment helps determine what your school is already doing to promote good health and identifies strengths and weaknesses.

• The plan for improvement guides you through a process for prioritizing recommended actions to improve performance.

Audio Script

The School Health Index consists of two steps:

1. Conducting a self-assessment, and

2. Creating a plan for improvement.

The self-assessment step leads members of your school community through the School Health Index modules in order to identify what your school is already doing to promote health as well as areas for improvement.

The planning for improvement step enables you to identify many actions your school can take to improve its performance in areas that received low scores. This step then involves prioritizing those actions to help you decide which actions to focus on first. Finally, you will complete a School Health Improvement Plan to list the steps you will take to implement each of the selected actions.

As you complete the School Health Index and calculate your score, it is important to remember that it is not a research or evaluation tool. It should not be used to audit or punish school staff. What the School Health Index does provide is an Improvement Plan that can be used to monitor progress and review recommendations for change.

The School Health Index identifies low-cost or no-cost improvements to a school environment. The self-assessment process is a focused, reasonable, and user-friendly experience.

Completing the School Health Index is an important first step toward improving your school's health promotion policies and practices. Your school can then act to implement a School Health Improvement Plan and develop an ongoing process for monitoring progress and reviewing your recommendations for change.