

CDC SCHOOL HEALTH INDEX ASSESSMENT

Wilshire Park Elementary School

Spring 2020

Background:

In the fall of 2019, the St. Anthony-New Brighton School District began a partnership with Hennepin County Public Health to improve student wellness. This collaboration was generated through the Minnesota Statewide Health Improvement Partnership or SHIP program. The targeted wellness areas for SHIP include improving student healthy eating and increasing access to physical activity. Convening a school wellness council and completing an assessment of the current school wellness practices were foundational requirements for the project as well.

This report is a summary of the Center for Disease Control (CDC) School Health Index assessment completed in December 2019 by the wellness committee. It provides scoring in eleven module areas which correspond to the Whole School, Whole Community, Whole Child ([WSCC model](#)). The purpose of the SHI assessment is to use the collective voice of multiple stakeholders to identify wellness strengths as well as areas for improvement. It also allows schools to select and prioritize goals for future improvements. Setting annual goals in nutrition education, health eating and physical activity are a requirement of the federal school wellness policy.

Full details and resources related to school wellness requirements can be access at the Minnesota Department of Health's website: <https://education.mn.gov/MDE/dse/FNS/SNP/gen/well/MDE059282>

This report highlights the scoring in three key modules which correlate with the SHIP project. The three focus areas include:

1. School health, safety policy and environment
2. PE and Physical Activity
3. Nutrition

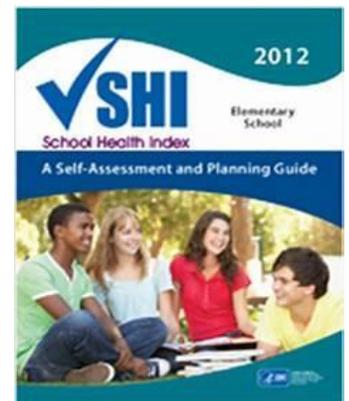
What is the School Health Index (SHI):

The *School Health Index (SHI) Self-Assessment and Planning Guide* is an online self-evaluation and planning tool for schools. The SHI is built on Center for Disease Control's (CDC) research-based guidelines for school health programs that identify the policies and practices most likely to be effective in reducing youth health risk behaviors. The SHI is easy to use and is completely confidential. There are separate questions for the elementary level and secondary level.

How schools can use the SHI

CDC developed the SHI in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies to:

- Enable schools to identify strengths and weaknesses of health and safety policies and programs.
- Enable schools to develop an action plan for improving student health that can be incorporated into the School Improvement Plan.
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.



SCHOOL HEALTH INDEX OVERALL SCORECARD

Wilshire Park

Modules	Low		Medium		High
	0-20%	21-40%	41-60%	61-80%	81-100%
	Module 1 - School Health and Safety Policies and Environment				✓
Module 2 - Health Education					
Module 3 - Physical Education and Physical Activity Programs				✓	
Module 4 - Nutrition Environment and Services					✓
Module 5 - School Health Services				✓	
Module 6 - School Counseling, Psychological, and Social Services					
Module 7 - Social and Emotional Climate					
Module 8 - Physical Environment					
Module 9 - Employee Wellness and Health Promotion					
Module 10 - Family Engagement			✓		