

Michigan Tools for Healthy Schools

Local-level needs assessment tools to support Coordinated School Health



Local Data	HSAT		SHS		MiPHY		
	Healthy School Action Tools		Student Health Survey		Michigan Profile for Healthy Youth		
	Purpose	<ul style="list-style-type: none"> The HSAT are a set of online tools designed to help school buildings create a healthier school environment. <ul style="list-style-type: none"> Assess - your school environment Plan & Act - to make it better Brag a Bit - get recognized and help others Assess Again - check your progress or assess new topics 		<ul style="list-style-type: none"> To help schools gain insight on the behaviors and enablers of healthy eating and physical activity for students. To measure student behavior changes over time. 		<ul style="list-style-type: none"> To help schools and districts collect and utilize comprehensive youth health behavior data for local-level decision making. To help schools meet reporting requirements of Title IV Safe and Drug Free Schools and other grant funding. 	
	Content Areas	<ul style="list-style-type: none"> Asthma Management Healthy Eating and Nutrition Education Physical Activity and Physical Education Tobacco-Free Lifestyles Violence and Injury Prevention 		<ul style="list-style-type: none"> Healthy Eating 	<ul style="list-style-type: none"> Physical Activity 	<ul style="list-style-type: none"> Violence Tobacco Nutrition Suicide (not on MiPHY Basic) Sexual Behavior (not on MiPHY Basic) Alcohol & Other Drugs Physical Activity Risk & Protective Factors 	
	Eligibility	Elementary Schools Middle Schools High Schools	K-12 th Grades	Middle Schools High Schools	5-12 th Grades	Middle Schools (7 th grade)	High Schools (9 th & 11 th grades)
	Methods	Coordinated School Health Team completes an online Assessment (approximately 4 hours) and develops an Action Plan.		Students complete the online survey in approximately 15-20 minutes.		Students complete the online survey in less than one class period in a controlled computer lab.	
	Timing	Continuous availability. Schools can add topic areas and/or reassess at any time.		Continuous availability.		Every other year during even school years, e.g., 2007-08 year. Opposite year of the Michigan YRBS (see back).	
	Cost	No cost to schools.		No cost to schools.		No cost to schools.	
	Available Reports	<ul style="list-style-type: none"> Assessment Summary Report Action Plan Summary Report 		<ul style="list-style-type: none"> Classroom Report School Summary Report 		<ul style="list-style-type: none"> Summary Tables by content area Graphic Reports Demographics Trend Reports 	Includes MI YRBS data for comparison
	Aggregate Levels	School State		Classroom School State		School District ISD County	Sub-analysis on: <ul style="list-style-type: none"> Gender Grade level Academics Race/ethnicity
Example Questions/ Statements	Our school has a written policy that prohibits use of physical activity as punishment.		Yesterday, how much soda pop did you drink at school? If you had any soda pop at school yesterday, how many ounces do you estimate you drank?		% of students who used tobacco in the past month % of students who ever drank alcohol % of students who got the recommended level of physical activity		
Website	www.mihealthtools.org/hsat		www.mihealthtools.org/studenthealthsurvey		www.michigan.gov/miphy		

How do we get started? As the table illustrates, there are many options for gathering data on need in your school district. Knowing where to begin may be the hardest step. Some suggestions are to: ■ Form a Coordinated School Health Team. Include partners from a variety of disciplines. ■ Review state and local level data. ■ Visit the websites of the presented tools to learn more about how to participate, what is involved, and how other schools and districts are using their results.

State Data		YRBS	Profiles	MiHES and MiPES		
		Youth Risk Behavior Survey	School Health Profiles	Health Education and Physical Education Surveys		
	Level	Michigan and National	Michigan and National	Michigan		
	Purpose	<ul style="list-style-type: none"> To determine the prevalence of health-risk behaviors. To assess trends in behaviors. 	<ul style="list-style-type: none"> To provide data on health policies and practices at schools. 	<ul style="list-style-type: none"> To determine the status of Health Education and Physical Education in public schools in the state of Michigan. 		
	Content Areas	<ul style="list-style-type: none"> Injury and Violence Tobacco Use Alcohol and Other Drug Use Sexual Behavior Nutrition Physical Activity 	<ul style="list-style-type: none"> School Health Education Physical Education Asthma Management Nutrition and Food Service School Health Policies on HIV/AIDS, Tobacco, Violence, and Physical Activity 	<ul style="list-style-type: none"> Time Requirements Curriculum Assessment Professional Development 		
	Eligibility	Randomly selected Michigan public schools that include grades 9-12.	Randomly selected Michigan secondary public schools that include grades 6-12.	Elementary Schools Middle Schools High Schools	K-12 Students	
	Methods	Students complete paper-pencil questionnaires conducted in classrooms.	Principals and health education teachers self-administer mailed questionnaires.	Either the Health Educator and the Physical Educator or Principal complete an on-line survey (approximately 45 mins.).		
	Timing	Every other year during odd school years. Opposite year of the MiPHY.	Every other year during even school years.	Every other school year during the even years, e.g., 2008-2009.		
	Available Reports	Summary tables Fact sheets by content area and graphs Incorporated in many state health reports	Topical Reports	4-page Fact Sheet Full Executive Summary Report		
	Aggregate Levels	<ul style="list-style-type: none"> All Michigan students in 9th-12th Grade Gender Grade in school Race/Ethnicity Academics 	<ul style="list-style-type: none"> All Michigan secondary schools Middle schools in Michigan Junior high schools in Michigan Senior high schools in Michigan 	<ul style="list-style-type: none"> Time Requirements Curriculum Assessment 		
Example Questions/ Statements	In 2007, 43% of Michigan high school students drank alcohol in the past 30 days. In 2007, 51% of Michigan high school students had ever smoked a cigarette.	In 2006, 82% of Michigan secondary schools required health education in any grades 6-12. In 2006, 42% of Michigan secondary schools had 24/7 tobacco-free school policies.	Please indicate which of the following guidelines your school uses to guide curriculum and programming decisions.			
Websites	www.michigan.gov/yrbs www.cdc.gov/HealthyYouth/yrbs	www.cdc.gov/HealthyYouth/profiles	www.michigan.gov/physed www.michigan.gov/healthed			