

## **School Health Index**

The School Health Index (SHI) is a self-assessment and planning guide developed by the Centers for Disease Control and Prevention (CDC) that enables schools to:

- Identify the strengths and weaknesses of their school health promotion policies and programs.
- Develop an action plan for improving student health.

Involve teachers, parents, students, and the community in improving school policies, programs, and services.

The policies and practices recommended in the School Health Index are derived from CDC's research-based guidelines for school health programs, which identify the policies and practices most likely to be effective in improving youth health risk behaviors.

The SHI currently addresses five health topic areas, including:

- Physical activity
- Healthy eating
- Tobacco-use prevention
- Unintentional injury and violence prevention
- Asthma

It also includes cross-cutting questions, which address policies and practices that apply to all five health topic areas.

For more information about how use the SHI and to download the SHI modules, go to:  
<http://www.cdc.gov/healthyyouth/shi/index.htm>