

# 2014 South Carolina School Health Profiles

## Executive Summary

The School Health Profiles Survey (Profiles) was developed by the Centers for Disease Control and Prevention (CDC) to collect data for the assessment and monitoring of characteristics and trends related to school health education; physical education and physical activity; school health policies, related to HIV infection/AIDS; tobacco-use prevention; bullying and sexual harassment; nutrition; health services; school health coordination; and family and community involvement in school health programs. South Carolina administers the Profiles questionnaires biennially to schools that serve any of grades six through twelve.

Two questionnaires are used to collect data – one for school principals and one for lead health education teachers. The two questionnaires were mailed to 329 regular public schools containing any of grades 6 through 12 in South Carolina during spring 2014. One or both questionnaires were received from 87% of eligible sampled schools. Usable questionnaires were received from both principals in and from lead health education teachers in 81% of schools. Because the response rates for these surveys were greater than or equal to 70%, the results are weighted and are representative of all regular public schools in South Carolina having at least one of grades 6 through 12

### Key Findings from Schools Serving Grades Six through Twelve

#### Coordinated School Health

- 88.5 percent of schools have someone assigned to oversee or coordinate school health and safety programs and activities
- 57.4 percent of schools have a school health council, committee, or team that offers guidance on health policies and/or coordinates activities on health topics

#### Health Education

- 40.7 percent of middle schools require three health education courses for students in at least one of grades six through eight
- 58.1 percent of high schools require one health education courses for students in at least one of grades ninth through twelfth
- 64.1 per cent of schools with a health education teacher, licensed, certified, or endorsed by the state to teach health education in middle or high school
- 22.8 per cent of schools have a lead education teacher with 2 to 5 years of teaching experience; 35.5 percent of schools have a lead education teacher with 15 years or more teaching experience

#### Health Education Topics

- 42.8 percent of schools that taught all thirteen physical activity topics<sup>1</sup> in a required course
- 43.2 percent of middle schools and 45.1 percent of high schools taught all fifteen tobacco-use prevention topics<sup>2</sup> in a required course

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<sup>1</sup> Short/long term benefits of physical activity, mental and social; health related fitness; workout phases; recommended amounts and types of physical activity; decreasing sedentary activities; preventing injury during physical activity; weather related safety; dangers of performance enhancing drugs; increasing physical activity; incorporating physical activity into daily life; using safety equipment; and benefits of drinking water.

<sup>2</sup> Identifying tobacco products and harmful substances; short/long term health consequences; social, economic, cosmetic consequences; additive nature of nicotine; effects on athletic performance; second hand smoke effects, benefits of smoke-free environment; social influences; identifying reasons for use and non-use; assessment of peers using tobacco, skills to avoid tobacco use; goal setting/decision making skills;

- 53.6 percent of middle schools and 54.8 percent of high schools taught twenty nutrition and dietary behavior topics<sup>3</sup> in a required course in any of grades 6 through 12
- 23.1 percent of middle schools teach and 48.4 percent of high schools teach all eleven HIV-, STD-, and pregnancy-prevention topics<sup>4</sup> in a required course
- 86.1 percent of schools in which teachers tried to increase knowledge on tobacco use prevention
- 80.2 percent of schools identifying tobacco products and the harmful substance
- 82.5 percent of schools identifying short and long term consequences of tobacco use

### **Competitive Foods**

- 22.7 percent of schools did not sell less nutritious foods and beverages (including sports drinks) anywhere outside the school food service program.
- 14.1 percent of schools always offered fruits or non-fried vegetables in vending machines or school stores, and during celebrations when foods and beverages are offered.
- 27.1 percent of schools used at least three different strategies to promote healthy eating.

### **Tobacco-Use Policies**

- 68 percent of the schools have a tobacco-use prevention policy that specifically prohibits the use of all tobacco products by students, faculty/staff, and visitors at all times in school buildings, on schools grounds, on schools buses or other vehicles used to transport students, and at off-campus school-sponsored events, 24 hours a day/7 days a week.
- 72.1 percent of schools post signs marking a tobacco-free school zone
- 38.6 percent of schools have arrangements to provide tobacco cessation services for students located off school property.

### **HIV/ AIDS Policies**

- 60.2 percent of schools have policies to protect HIV-infected students and staff from discrimination and maintaining confidentiality of HIV-infected students and staff.

### **Health Services**

- 85.5 percent of schools have a full-time registered nurse who provides health services to students.
- 69.6 percent of schools have a protocol that ensures students with a chronic condition that may requires daily or emergency management (asthma, diabetes, food allergies) are enrolled in private, state, or federally funded insurance programs if eligible.

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finding valid information/services; supporting others efforts to quit; effects on fetal development; relationship of alcohol, drugs, and alcohol; tobacco addiction treatment; school policies and community laws; and benefits of cessation programs

<sup>3</sup> Benefits of healthy eating, using food labels, balancing food intake and physical activity, eating more fruits, vegetables, and whole grain products, choosing foods and snacks that are low in solid fat ,food, food safety, preparing healthy meals and snacks, risks of unhealthy weight control practices, accepting body size differences, signs, symptoms and treatment for eating disorders

<sup>4</sup> Goal setting; decision making skills; supporting others to reduce sexual risk behaviors; efficacy and use of condoms with contraception; healthy relationships; limiting sexual partners; preventive care; (Middle School) with additional (High School) topics: HIV/STD transmission/consequences; abstinence; accessing valid information, products, services; family, peer, social, media technology influences; communication and negotiation skills.