Safe and Supportive Schools: Health Risks

Student risk behaviors and attitudes

- They did not eat any vegetables or fruits in the past day.
- On an average school day, they watch TV at least 2 hours or more.
- They smoked at least one day.
- They used illegal drugs (such as marijuana, uppers, downers, inhalants).
- They drank alcohol at least once.
- They smoked marijuana regularly.
- They had 5 or more alcoholic drinks once or twice each weekend.

Student health practices

- They felt they had problems with one of the following: acne, overweight, underweight, too tall, too short.
- They did not eat any vegetables or fruits in the past day.
- On a typical night they get 7 hours of sleep or less.
- During the past week they ate breakfast 2 days or fewer.
- They drank alcohol at least once.
- They smoked at least one day.
- They used illegal drugs (such as marijuana, uppers, downers, inhalants).
- They used chewing tobacco or snuff.
- They drank alcohol at least once.

Students’ primary care

Where students say they usually see their regular doctor or nurse when they are sick:

- Community health clinic: 28%
- Doctor’s office: 28%
- Emergency room/Hospital: 16%
- Other health-care facility: 7%
- I have no regular doctor or nurse: 7%

Teacher and principal attitudes

Percent who agree or strongly agree that the following practices are essential to effective education:

- Providing access/linkages for students and parents to health and social services or counseling
- Providing health-promoting environment and wellness programs for students (e.g., fitness days, health messages)
- Policies that support positive health practices and wellness for teachers and students (e.g., smoke-free environment, eliminate vending machines with junk food, reduce fat in lunch-room meals)
- Providing on-site health or social services