Safe and Supportive Schools: Health Risks

Student risk behaviors and attitudes

Percent of students who say that within the last 30 days:

- They smoked at least one day. [0%]
- They used chewing tobacco or snuff. [40%]
- They used illegal drugs (such as marijuana, uppers, downers, inhalants). [60%]
- They drank alcohol at least once. [80%]

Percent who say their close friends would approve or not care if:

- They smoked marijuana regularly. [0%]
- They had 5 or more alcoholic drinks once or twice each weekend. [20%]

Student health practices

Percent of students who say that:

- They felt they had problems with one of the following: acne, overweight, underweight, too tall, too short. [80%]
- They did not eat any vegetables or fruits in the past day. [40%]
- On a typical night they get 7 hours of sleep or less. [60%]
- During the past week they ate breakfast 2 days or fewer. [80%]
- On an average school day they watch TV at least 2 hours or more. [100%]
- On an average school day, they Instant Message (IM), check their e-mail, or visit chat rooms at least 2 hours or more. [100%]

Students' primary care

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

- I have no regular doctor or nurse. [40%]
- Emergency room/Hospital. [20%]
- Doctor's office. [40%]
- Community health clinic. [20%]
- Other health care facility. [0%]

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. [90%]
- Providing health-promoting environment and wellness programs for students (e.g., fitness days, health messages). [90%]
- 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). [90%]
- Providing on-site health or social services. [80%]