Safe and Supportive Schools: Health Risks

The indicators below, drawn from the SALT Survey, provide a sense of the extent to which students in this school have begun to experiment with behavior that risks or compromises their physical or mental health. If persistent or habitual, such behaviors can interfere with or even damage a student's education, health, or both. (Only students in 4th grade and above take the SALT survey.)

### Student risk behaviors and attitudes

#### This school

- **They did not eat any vegetables or fruits in the past day.**
  - 0%
- **On an average school day, they watched TV at least 2 hours or more.**
  - 40%
- **They used illegal drugs (such as marijuana, uppers, downers, inhalants).**
  - 20%
- **They drank alcohol at least once.**
  - 20%
- **They smoked marijuana regularly.**
  - 0%
- **They had 5 or more alcoholic drinks once or twice each weekend.**
  - 0%
- **They felt they had problems with one of the following: acne, overweight, underweight, too tall, too short.**
  - 0%
- **On a typical night they get 7 hours of sleep or less.**
  - 0%
- **During the past week they ate breakfast 2 days or fewer.**
  - 0%
- **On an average school day, they instant messaged (IM), checked their e-mail, or visited chat rooms at least 2 hours or more.**
  - 0%
- **They used chewing tobacco or snuff.**
  - 0%
- **They smoked at least one day.**
  - 0%
- **They used illegal drugs.**
  - 20%
- **They drank alcohol.**
  - 20%
- **They smoked.**
  - 0%

#### R.I. 4th and 5th graders

- **They used illegal drugs (such as marijuana, uppers, downers, inhalants).**
  - 20%
- **They drank alcohol at least once.**
  - 20%
- **They smoked marijuana regularly.**
  - 0%
- **They had 5 or more alcoholic drinks once or twice each weekend.**
  - 0%
- **They felt they had problems with one of the following: acne, overweight, underweight, too tall, too short.**
  - 0%
- **On a typical night they get 7 hours of sleep or less.**
  - 0%
- **During the past week they ate breakfast 2 days or fewer.**
  - 0%
- **On an average school day, they instant messaged (IM), checked their e-mail, or visited chat rooms at least 2 hours or more.**
  - 0%
- **They used chewing tobacco or snuff.**
  - 0%
- **They smoked at least one day.**
  - 0%
- **They used illegal drugs.**
  - 20%
- **They drank alcohol.**
  - 20%
- **They smoked.**
  - 0%

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

- **They smoked at least one day.**
  - Questions not asked at this grade level.
- **They used chewing tobacco or snuff.**
  - Questions not asked at this grade level.
- **They used illegal drugs (such as marijuana, uppers, downers, inhalants).**
  - Questions not asked at this grade level.
- **They drank alcohol at least once.**
  - Questions not asked at this grade level.
- **They smoked marijuana regularly.**
  - 0%
- **They had 5 or more alcoholic drinks once or twice each weekend.**
  - 0%

### Student health practices

#### This school

- **They felt they had problems with one of the following: acne, overweight, underweight, too tall, too short.**
  - 0%
- **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.**
  - 40%
- **During the past week they ate breakfast 2 days or fewer.**
  - 40%
- **On an average school day, they watch TV at least 2 hours or more.**
  - 40%
- **On an average school day, they instant messaged (IM), checked their e-mail, or visited chat rooms at least 2 hours or more.**
  - 40%
- **They used illegal drugs.**
  - 20%
- **They drank alcohol.**
  - 20%
- **They smoked.**
  - 0%

#### R.I. 4th and 5th graders

- **They felt they had problems with one of the following: acne, overweight, underweight, too tall, too short.**
  - 0%
- **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.**
  - 40%
- **During the past week they ate breakfast 2 days or fewer.**
  - 40%
- **On an average school day, they watch TV at least 2 hours or more.**
  - 40%
- **On an average school day, they instant messaged (IM), checked their e-mail, or visited chat rooms at least 2 hours or more.**
  - 40%
- **They used illegal drugs.**
  - 20%
- **They drank alcohol.**
  - 20%
- **They smoked.**
  - 0%

### 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.**
  - Questions not asked at this grade level.
- **Emergency room/Hospital**
  - Questions not asked at this grade level.
- **Community health clinic**
  - Questions not asked at this grade level.
- **Doctor's office**
  - Questions not asked at this grade level.
- **Other health-care facility**
  - Questions not asked at this grade level.
- **I have no regular doctor or nurse.**
  - Questions not asked at this grade level.

### 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**
  - Questions not asked at this grade level.
- **Providing health-promoting environment and wellness programs for students (e.g., fitness days, health messages)**
  - Questions not asked at this grade level.
- **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)**
  - Questions not asked at this grade level.
- **Providing on-site health or social services**
  - Questions not asked at this grade level.