## Health Risks, Behavior, and Practices

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

- **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 used illegal drugs (such as marijuana, uppers, downers, inhalants).**
- **They drank alcohol at least once.**

### 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.**

### Teacher and principal attitudes

- **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).**

### 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.
  - Emergency room/Hospital
  - Community health clinic
  - Doctor's office
  - Other health-care facility
  - I have no regular doctor or nurse.