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

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

- They smoked at least one day.
- They used chewing tobacco or snuff.
- They used illegal drugs (such as marijuana, uppers, downers, inhalants).
- They drank alcohol at least once.

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

- 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.
- On an average school day, they watch TV at least 2 hours or more.
- On an average school day, they Instant Message (IM), check their e-mail, or visit chat rooms at least 2 hours or more.

Percent of students who say that:

- 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.
- On an average school day, they watch TV at least 2 hours or more.
- On an average school day, they Instant Message (IM), check their e-mail, or visit chat rooms at least 2 hours or more.

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).
- Providing on-site health or social services.

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.
- Other health-care facility.
- Community health clinic.
- Doctor’s office.

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

- Teachers at this school.
- Elementary-school teachers statewide.
- Elementary-school principals statewide.

* Too few responses to report.
? Inadequate data submitted.