Safe and Supportive Schools: Health Risks

Student risk behaviors and attitudes

- They did not eat any vegetables or fruits in the past day.
- They watched TV at least 2 hours or more on an average school day.
- They Instant Message (IM), check their email, or visit chat rooms at least 2 hours or more on an average school day.
- On a typical night, they get 7 hours of sleep or less.
- 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.
- They smoked marijuana regularly.
- They used illegal drugs (such as marijuana, uppers, downers, inhalants).
- They drank alcohol at least once.
- They smoked regularly.

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

- 0%
- 20%
- 40%
- 60%
- 80%
- 100%

- 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.
- When they are sick, they usually see their regular doctor or nurse:
  - Community health clinic
  - Doctor's office
  - Emergency room/Hospital
  - Other health-care facility
  - I have no regular doctor or nurse.

Student health practices

- They had 5 or more alcoholic drinks once or twice each weekend.
- 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 email, or visit chat rooms at least 2 hours or more.
- They had 5 or more alcoholic drinks once or twice each weekend.

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

- 0%
- 20%
- 40%
- 60%
- 80%
- 100%

- 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

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

- Teachers at this school
- Middle-school teachers statewide
- Middle-school principals statewide