**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.**
  - [Diagram showing distribution]
- **On an average school day, they watch TV at least 2 hours or more.**
  - [Diagram showing distribution]
- **On a typical night they get 7 hours of sleep or less.**
  - [Diagram showing distribution]
- **They used illegal drugs (such as marijuana, uppers, downers, inhalants).**
  - [Diagram showing distribution]
- **They smoked at least one day.**
  - [Diagram showing distribution]
- **They used chewing tobacco or snuff.**
  - [Diagram showing distribution]
- **They drank alcohol at least once.**
  - [Diagram showing distribution]
- **They smoked marijuana regularly.**
  - [Diagram showing distribution]
- **They drank alcohol at least once.**
  - [Diagram showing distribution]
- **They used illegal drugs (such as marijuana, uppers, downers, inhalants).**
  - [Diagram showing distribution]
- **They slept at least 7 hours a night.**
  - [Diagram showing distribution]
- **They engaged in illicit drug use.**
  - [Diagram showing distribution]
- **They smoked at least one day.**
  - [Diagram showing distribution]
- **They used chewing tobacco or snuff.**
  - [Diagram showing distribution]
- **They drank alcohol at least once.**
  - [Diagram showing distribution]

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

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

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

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

### Student health practices

#### This school

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

### Teachers 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**
  - [Diagram showing distribution]
- **Providing health-promoting environment and wellness programs for students (e.g., fitness days, health messages)**
  - [Diagram showing distribution]
- **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)**
  - [Diagram showing distribution]
- **Providing on-site health or social services**
  - [Diagram showing distribution]