

## Completing the School Health Index

The School Health Index (SHI) was developed by the Centers for Disease Control and Prevention as a self-assessment and planning tool that schools can use to improve their health and safety policies and programs. Use of this tool will enable schools to:

- Identify strengths and weaknesses of school policies and programs for promoting health and safety,
- Develop an plan for improving student health, and
- Involve school staff, parents, students, and the community in improving health policies and programs.

There is a growing recognition of the correlation between student health and academic performance. Using the SHI can help your school develop health and wellness goals for school.

There are two versions of the School Health Index, one for elementary schools and another for middle/high schools. The SHI is intended to be used at the school level, so you should choose the version most appropriate for the grades served in your school.

Act 1220 of 2003 requires schools to annually assess each school campus using the School Health Index. Schools are required to complete the health topic discussion questions for Physical Activity, Nutrition, and Tobacco Use Prevention from the following modules:

- Module 1: School Health and Safety Policies and Environment
- Module 2: Health Education
- Module 3: Physical Education and Other Physical Activity Programs
- Module 4: Nutrition Environment and Services; and
- Module 10: Family Engagement
- Module 11: Community Involvement

There is no single way to complete the SHI. You will need to find an approach that meets your school's needs. The most important thing to remember is that the SHI is meant to be completed by school health teams, not an individual. This gives teachers, administrators, parents, students, and community members a means of contributing to the process of improving school wellness policies and programs.

The SHI can be completed online or in hard copy form. Both methods are effective and instructions for accessing each are provided on the following pages. A brief instructional video for creating an account and completing the SHI online can be accessed by clicking the link.

<https://adesandbox.arkansas.gov/iframe?v=YmNjNGYxMWExM2IzYzc1MmE4N2EyY2FINTFkNWI3ZmQ>

## To Access and Complete a Hard Copy of the School Health Index:

1. A PDF Copy of the School Health Index can be accessed online at:

<https://www.cdc.gov/healthyschools/shi/index.htm>

**DC** Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

SEARCH

CDC A-Z INDEX ▾

### Healthy Schools

- Healthy Schools
- Nutrition Environment +
- Obesity Prevention +
- Physical Activity +
- Chronic Conditions +
- Local School Wellness Policy
- Whole School, Whole Community, Whole Child (WSCC) +
- Resources +
- Health & Academics +
- Parent Engagement
- School Health Guidelines +

CDC > [Healthy Schools](#) > [Tools & Training](#)

## School Health Index

[f](#) [t](#) [+](#)

The *School Health Index (SHI): Self-Assessment & Planning Guide 2014* is an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential.

The SHI was developed by CDC in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies to

- Enable schools to identify strengths and weaknesses of health and safety policies and programs
- Enable schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health

**To download and print a hard copy of the School Health Index, click on the appropriate version.**

### Download the School Health Index (SHI)

- SHI for Elementary Schools [PDF - 2.5 MB]
- SHI for Middle and High Schools [PDF - 1.65 MB]
- SHI Brochure [PDF - 944 KB]

ENTER SCHOOL HEALTH INDEX

Complete modules 1, 2, 3, 4, 10, and 11 of the SHI. Complete the Overall Scorecard and Plan for Improvement.

The screenshot shows the CDC Healthy Schools website. At the top left is the CDC logo and the text "Centers for Disease Control and Prevention CDC 24/7: Saving Lives, Protecting People™". A search bar is located at the top right. Below the search bar is a "CDC A-Z INDEX" dropdown menu. The main heading is "Healthy Schools". On the left is a navigation menu with categories like "Healthy Schools", "Nutrition Environment", "Obesity Prevention", "Physical Activity", "Chronic Conditions", "Local School Wellness Policy", "Whole School, Whole Community, Whole Child (WSCC)", "Resources", "Health & Academics", "Parent Engagement", and "School Health Guidelines". The main content area is titled "School Health Index" and includes social media icons for Facebook, Twitter, and a plus sign. Below the icons is a paragraph: "The *School Health Index (SHI): Self-Assessment & Planning Guide 2014* is an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential." Another paragraph follows: "The SHI was developed by CDC in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies to". Below this are three bullet points: "• Enable schools to identify strengths and weaknesses of health and safety policies and programs", "• Enable schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan", and "• Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health". To the right of the main content is a section titled "Download the School Health Index (SHI)" with three bullet points: "• SHI for Elementary Schools [PDF - 2.5 MB]", "• SHI for Middle and High Schools [PDF - 1.65 MB]", and "• SHI Brochure [PDF - 944 KB]". At the bottom right is a large button labeled "ENTER SCHOOL HEALTH INDEX" with a bookmark icon. Two red arrows point towards this button from the left and right sides.

To complete the SHI online, click here.

2. To access your school's SHI account, enter your Reference Number or create a new account. The school's Reference Number is assigned when a new account is created. It does not change from year to year

Enter  
Reference  
Number here.

The screenshot shows the CDC School Health Index (SHI) website. At the top, there is a blue header with the CDC logo and the text "CDC 24/7: Saving Lives. Protecting People™". Below the header, the page title "School Health Index (SHI)" is displayed in a blue box, with a breadcrumb "CDC > Home" underneath. On the right side, there are links for "Contact Us", "Help", and "Glossary".

The main content area is titled "Get Started" and contains introductory text about the SHI system. Below this text are two main sections:

- Access Your Team SHI Assessment:** This section has a blue header. It contains a "Reference Number:" label, a text input field, and a blue "Go" button. Below the input field is a link that says "Forgot your reference number?". A red arrow points from the text "Enter Reference Number here." to the input field.
- Register a New Team:** This section has a blue header. It contains the text "Register your team to start a new SHI assessment for your school." followed by a blue "Register" button and a link for "Request to join an existing team". A red arrow points from the text "To create a new account, click here." to the "Register" button.

At the bottom of the page, there is a "Conditions of Use and Logon" section with a disclaimer about the system's use and a footer with the text "Content source: National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health".

To create a new  
account, click  
here.

3. If creating a new account, complete the required information. Enter an email address for each team member. Once the team is created, all team members will receive an email with the school's Reference Number. Save this email so that you will have the Reference Number and be able to access your school's account each year.

The screenshot shows the 'New SHI Team' registration page on the CDC website. The page header includes the CDC logo and the text 'CDC 24/7: Saving Lives. Protecting People™'. Below the header is a blue navigation bar with 'School Health Index (SHI)' and a breadcrumb trail 'CDC > Home > My Dashboard'. On the right side of the page, there are links for 'Contact Us', 'Help', and 'Glossary'. The main heading is 'New SHI Team', followed by instructions to register a team and a note about email addresses. A blue bar highlights the 'Register Your New SHI Team' section. This section contains a form with the following fields: 'Team Name' (text input with 'Arkansas School' and a character count note), 'SHI Assessment Type' (radio buttons for 'This assessment is for a specific school', 'This assessment is at the district level', and 'This assessment is not associated with a specific district/school'), 'State' (dropdown menu with 'AR' selected), 'State District ID' (text input with a 'Look up District ID' link), 'State School ID' (text input with a 'Look up School ID' link), and 'Team Member Email Addresses' (a list of text inputs with 'Add' and 'Delete' buttons). At the bottom, there is a paragraph explaining that the SHI will create a reference number for the team, which will be displayed on the screen and emailed to the listed addresses.

**Register Your New SHI Team**

Team Name:   
(6-50 characters. Team names are not case-sensitive.)

SHI Assessment Type:  
 This assessment is for a specific school  
 This assessment is at the district level  
 This assessment is not associated with a specific district/school

State:

State District ID:   
[Look up District ID](#)

State School ID:   
[Look up School ID](#)

Team Member Email Addresses:

SHI will create a reference number for your team. This number will be displayed at the top right corner of the screen. It will also be emailed to all of the addresses listed above. You may add more than one email address per person (e.g. work and home email addresses). To access your team's SHI assessment in the future, enter the reference number on the Log In screen or click the link provided in the email confirmation

4. If you have created a new account, enter the Reference Number provided for your school to access your account.

**Enter Reference Number here.** →

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## School Health Index (SHI)

CDC > Home

| Contact Us Help Glossary

### Get Started

This online SHI will guide you through completing the entire SHI, allow you to enter your scores for all SHI analyses, calculate your overall scores, help you identify strengths and weaknesses of the curriculum being considered, and guide you through establishing a curriculum improvement plan.

Once you are ready to begin using the online SHI, you will need to register your team or committee. If your team has participated before and you have an existing assessment, enter your reference number, or [request to join an existing team](#).

If you have questions about using the SHI, you can view the [Frequently Asked Questions](#) or [Online Help](#).

#### Access Your Team SHI Assessment

Reference Number:

[Forgot your reference number?](#)

#### Register a New Team

Register your team to start a new SHI assessment for your school.

[Request to join an existing team](#)

#### Conditions of Use and Logon

This is a U.S. Federal Government system and shall be used only by authorized persons for authorized purposes. Users do not have a right to privacy in their use of this government system. System access, activity, and information stored or transmitted may be monitored for adherence to acceptable use policy. Users of this system hereby consent to such monitoring. Improper or illegal use detected may result in further investigation for possible disciplinary action, civil penalties, or referral to law enforcement for criminal prosecution. This system contains non-public information that must be protected from unauthorized access, disclosure, sharing, and transmission violation of which can result in disciplinary action, fines, and/or criminal prosecution.

By logging into this application, I understand and agree to use the application in the manner in which it is intended. I agree to keep my user ID or password secured, not allowing others access. Unauthorized access to

5. Before beginning the assessment, ensure that you have selected the required health topics. To do this, click on Edit Your School's SHI Profile in the My SHI Options Tab. Verify that the nutrition, physical activity, and tobacco use health topics have been selected.

The screenshot shows the CDC School Health Index (SHI) dashboard. At the top left is the CDC logo and the text 'Centers for Disease Control and Prevention' and 'CDC 24/7: Saving Lives. Protecting People™'. Below this is a blue header bar with 'School Health Index (SHI)'. A breadcrumb trail reads 'CDC > Home > My Dashboard'. A navigation bar at the top right says 'Welcome Demonstration School | Contact Us | Help | Glossary | Logout'. A blue button labeled 'My SHI Options' is highlighted with two red arrows pointing towards it from the left and right. Below the navigation bar is the section 'Your School's SHI Profile'. A note states: 'To change your SHI Name or School Level, you must [create a new SHI](#).' Below this is a 'Current SHI Profile' box containing the following information: 'SHI Name: S/Y 16-17', 'School Level: Elementary School', and 'Health Topics: Nutrition' (with a red dot), 'Physical Activity' (with a blue dot), and 'Tobacco Use' (with a red dot). There is also a link for 'Add Health Topics'. At the bottom is a 'Team Information' box with an 'Edit' link, 'Team Name: Demonstration School', and 'E-mail Addresses: anna.haver@arkansas.gov'.

## 6. Answer the discussion questions for each of the required modules.

Welcome **Demonstration School** | [Contact Us](#) [Help](#) [Glossary](#) [Log out](#)

[▼My SHI Options](#)




















### Your School's SHI: S/Y 17-18

SHI Edition: SHI 2017 (7th Edition) Created: 10/03/2017 Last Activity: 10/09/2017









**Modules/Questions** | Overall Scorecard | Plan for Improvement

### Modules/Questions

Select a Module and begin answering the Discussion Questions.

 <b>Module 1 : School Health and Safety Policies and Environment</b>    <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a> 
 <b>Module 2 : Health Education</b>    <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a> 
 <b>Module 3 : Physical Education and Physical Activity Programs</b>  <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a> 
 <b>Module 4 : Nutrition Environment and Services</b>  <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a> 
<b>Module 5 : School Health Services</b>  <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a> 
<b>Module 6 : School Counseling, Psychological, and Social Services</b> <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a> 

#### SHI Health Topics:

-  Nutrition
-  Physical Activity
-  Chronic Health Conditions
-  Safety
-  Alcohol and Other Drugs
-  Tobacco Use
-  Sexual Health
-  Module Complete



- Once a module is completed, click on Scorecard and Planning Questions to identify strengths, weaknesses, and possible actions to include in your Plan for Improvement

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[My SHI Options](#)














## Your School's SHI: S/Y 17-18

SHI Edition: SHI 2017 (7th Edition) Created: 10/03/2017 Last Activity: 10/09/2017









[Modules/Questions](#) [Overall Scorecard](#) [Plan for Improvement](#)

### Modules/Questions

Select a Module and begin answering the Discussion Questions.

 <b>Module 1 : School Health and Safety Policies and Environment</b>    <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a>
 <b>Module 2 : Health Education</b>    <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a>
 <b>Module 3 : Physical Education and Physical Activity Programs</b>  <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a>
 <b>Module 4 : Nutrition Environment and Services</b>  <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a>
 <b>Module 5 : School Health Services</b> <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a>
<b>Module 6 : School Counseling, Psychological, and Social Services</b> <a href="#">Discussion Questions</a>   <a href="#">Scorecard and Planning Questions</a>   <a href="#">Summary</a>   <a href="#">Resources</a>

#### SHI Health Topics:

-  Nutrition
-  Physical Activity
-  Chronic Health Conditions
-  Safety
-  Alcohol and Other Drugs
-  Tobacco Use
-  Sexual Health
-  Module Complete

## School Health Index (SHI)

CDC > Home > My Dashboard > Modules

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\*My SHI Options

Your School's SHI: S/Y 16-17

**Module  
Scorecard**



SHI Edition: SHI 2014 (6th Edition) Created: 02/03/2017 Last Activity: 03/13/2017

Modules/Questions Overall Scorecard Plan for Improvement

### Module 4: Nutrition Services

#### Summary

#### Summary Of Questions Completed in Module 4



#	Criteria	Fully in Place	Partially in Place	Under Development	Not in Place	Does not Apply
1.	Breakfast and lunch programs (N.1)		2			
2.	Variety of foods in school meals (N.2)	3				
3.	Healthy food purchasing and preparation practices (N.3)		2			
4.	Venues outside the cafeteria offer fruits and vegetables (N.4)				0	
5.	Promote healthy food and beverage choices using Smarter Lunchroom techniques (N.5)		2			
6.	Adequate time to eat school meals (N.6)		2			
7.	Collaboration between nutrition services staff members and teachers (N.7)	3				
8.	Annual continuing education and training requirements for school nutrition services staff (N.8)	3				
9.	Clean, safe, pleasant cafeteria (N.9/S.1)		2			
10.	Preparedness for food emergencies (N.10/S.2)		2			
11.	Farm to School activities (N.11)				0	
Column Totals		9	12	0	0	-

Total Points/Maximum Points 21/33

Module 4 score 64%

**Step 1: Identify Strengths and Weaknesses**

According to these scores, what are the strengths and the weaknesses of your school's policies and environment related to students' health and safety?

**Strengths**

#	Strengths
1	Nutrition Services works well with teachers needing nutrition information
2	Variety of foods offered during meals. Fruits, vegetables, whole grains. Choices for students.



**Weaknesses**

#	Weaknesses
1	Student athletes practicing before school miss breakfast.
2	Not enough seating in the cafeteria during lunch. Students not allowed to take tray outside.
3	No school garden or local food options in cafeteria.
4	No healthy options in concession stands.



**Enter strengths and weaknesses identified in the module.**

**Step 2: Recommended Actions**

**Action 1**

Is Action 1 a top priority? Yes

**Weakness(es)**

1) Student athletes practicing before school miss breakfast.

**Recommended action**

Ensure that all student athletes practicing before school are allowed to leave practice early enough to eat breakfast.

**Rankings which best describe the action**

Importance 5 = Very Important

Cost 5 = Very Inexpensive

Time 5 = Very Minimal Time

**Identify recommended actions to improve weaknesses.**

8. Once all required modules are completed, you can access the Overall Scorecard by clicking on the Overall Scorecard tab. This provides a snapshot of all the modules completed and allows the team to see an overall picture of the strengths and weaknesses of the school's health policies and programs.

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**School Health Index (SHI)**

CDC > Home > MyDashboard

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My SHI Options

Your School's SHI: 5/17-18

SHI Edition: SHI 2017 (7th Edition) | Created: 10/03/2017 | Last Activity: 10/03/2017

Modules/Questions | **Overall Scorecard** | Plan for Improvement

**Overall Scorecard** [Export Overall Scorecard](#)

For each module, a "✓" appears where the module score falls. Use these scores to create a Plan for Improvement.

Modules	Low	Medium	High
Module 1 - School Health and Safety Policies and Environment	43-54.7%	55-68.7%	69-74.7%
Module 2 - Health Education		✓	
Module 3 - Physical Education and Physical Activity Programs		✓	
Module 4 - Nutrition Environment and Services		✓	
Module 5 - School Health Services			
Module 6 - School Counseling, Psychological, and Social Services			
Module 7 - Social and Emotional Climate			
Module 8 - Physical Environment			
Module 9 - Employee Wellness and Health Promotion			
Module 10 - Family Engagement		✓	
Module 11 - Community Involvement		✓	

9. To complete the Plan for Improvement, click on the appropriate tab.

The screenshot displays the CDC School Health Index (SHI) dashboard. At the top left, the CDC logo is visible with the tagline "CDC 24/7: Saving Lives. Protecting People™". Below this, the page title "School Health Index (SHI)" is shown in a blue header. A breadcrumb trail reads "CDC > Home > My Dashboard". On the right side, there is a user greeting "Welcome ADH\_School" and links for "Contact Us", "Help", and "Glossary". A "My SHI Options" button and a "Logout" link are also present.

The main content area is titled "Your School's SHI: S/Y2016-17". Below the title, it states "SHI Edition: SHI 2014 (6th Edition) Created: 09/26/2016 Last Activity: 03/14/2017". A horizontal navigation bar contains three tabs: "Modules/Questions", "Overall Scorecard", and "Plan for Improvement". The "Plan for Improvement" tab is highlighted with a yellow circle.

Below the navigation bar, the section "Plan for Improvement" is displayed. On the right side of this section, there is a link "Export Plan For Improvement". The text below explains that top priority actions from modules will appear, and users can edit, delete, or add actions to create a plan for the next school year. A link for "Resources for School Health and Safety" is provided. At the bottom of the section, there are three buttons: "Add Action", "< Previous", and "Continue >". A note at the very bottom states "Your work will be saved automatically when you continue."

10. Click on the blue box to select top priority actions from completed modules to include in the Plan for Improvement.

The screenshot shows the CDC School Health Index (SHI) interface. At the top, the CDC logo and tagline 'CDC 24/7: Saving Lives, Protecting People™' are visible. Below this is a blue header with 'School Health Index (SHI)'. A breadcrumb trail reads 'CDC > Home > My Dashboard'. On the right, there is a 'Welcome ADH\_School' message and links for 'Contact Us', 'Help', 'Glossary', 'My SHI Options', and 'Log out'. The main content area is titled 'Your School's SHI: S/Y2016-17' and includes 'SHI Edition: SHI 2014 (6th Edition) Created: 09/26/2016 Last Activity: 03/14/2017'. A navigation bar contains 'Modules/Questions', 'Overall Scorecard', and 'Plan for Improvement'. The 'Plan for Improvement' section has a sub-header and an 'Export Plan For Improvement' link. A paragraph explains that top priority actions are listed based on the overall scorecard and that the team should select three to five actions. A link for 'Resources for School Health and Safety' is provided. A red arrow points to a blue button labeled 'Add Top Priority Actions From Modules >>'. Below this are 'Add Action', '< Previous', and 'Continue >' buttons. A footer note states 'Your work will be saved automatically when you continue.'

Select priority actions to include in Plan for Improvement.



11. Complete steps to achieve each priority action, including responsible individual/group and deadline. The priority actions identified in your Plan for Improvement should be included in your school's health and wellness goals.

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## School Health Index (SHI)

CDC > Home > My Dashboard

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[My SHI Options](#)

### Your School's SHI: S/Y 16-17

SHI Edition: SHI 2014 (6th Edition) Created: 02/03/2017 Last Activity: 03/13/2017

Modules/Questions Overall Scorecard **Plan for Improvement**

### Plan for Improvement

[Export Plan For Improvement](#)

The top priority actions you listed for each module appear below. Based on your overall scorecard, edit, delete, or add actions to create a plan for improvement. The team should select three to five actions to take over the next school year.

[Resources for School Health and Safety](#)

**Action1:** [Edit](#) | [Delete](#)  
Review and practice crisis response plan

Add Step

#	Steps	By Whom	Date	Options
1	Review crisis response plan in staff meeting	Mr. Johnson	02/20/2017	<a href="#">Edit</a> <a href="#">Delete</a>
2	Set date for drill at end of school year.	Mr. Johnson	02/20/2017	<a href="#">Edit</a> <a href="#">Delete</a>
3	Provide information to teachers regarding drill schedule	Lori	03/31/2017	<a href="#">Edit</a> <a href="#">Delete</a>

**Action2:** [Edit](#) | [Delete](#)  
Discuss enforcement of tobacco free policy in car pick up line with principal and local police

Add Step

#	Steps	By Whom	Date	Options
	Set meeting with Mr. Johnson to discuss			