Analyses of Maryland Data on Student Nutrition and Physical Activity

2014 School Health Profiles Data

August 4, 2016
2014 School Health Profiles

- **Purpose**: To assess school health policies and practices in public secondary schools
- **Conducted every 2 years by the CDC since 2004**
- **Middle and high school principals and lead health education teachers surveyed**
- **2014 participants:**
  - 48 states
  - 21 large urban school districts
  - 2 territories
Topics Covered by the School Health Profiles

1. School health education requirements and content
2. Physical education and physical activity
3. Practices related to bullying and sexual harassment
4. School health policies related to tobacco-use prevention and nutrition
5. School-based health services
6. Family engagement and community involvement
7. School health coordination
Percentage of Maryland high school students who are obese or overweight*

*Obese (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts); overweight (>= 85th percentile but <95th percentile)

Source: Youth Risk Behavior Survey, 2014

State average 26.3%
20 Nutrition and Dietary Behavior Topics

1. Benefits of healthy eating
2. Benefits of drinking plenty of water
3. Benefits of eating breakfast every day
4. Food guidance using the current Dietary Guidelines for Americans
5. Using food labels
6. Differentiating between nutritious and non-nutritious beverages
7. Balancing food intake and physical activity
8. Eating more vegetables, fruits, and whole-grain products
9. Choosing foods and snacks that are low in solid fat
10. Choosing food, snacks, and beverages that are low in added sugars
11. Choosing food and snacks that are low in sodium
12. Eating a variety of foods that are high in calcium
13. Eating a variety of foods that are high in iron
14. Food safety
15. Preparing healthy meals and snacks
16. Risks of unhealthy weight control practices
17. Accepting body size differences
18. Signs, symptoms, and treatment for eating disorders
19. Relationship between diet and chronic diseases
20. Assessing body mass index
13 Physical Activity Topics

1. Short-term and long-term benefits of physical activity
2. Mental and social benefits of physical activity
3. Health-related fitness
4. Phases of a workout
5. Moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity
6. Decreasing sedentary activities
7. Preventing injury during physical activity
8. Weather-related safety
9. Dangers of using performance-enhancing drugs
10. Increasing daily physical activity
11. Incorporating physical activity into daily life
12. Using safety equipment for specific physical activities
13. Benefits of drinking water before, during, and after physical activity
Percentage of Maryland secondary schools in which teachers covered all key topics in a required course, 2013-14:

<table>
<thead>
<tr>
<th></th>
<th>U.S.</th>
<th>Maryland</th>
<th>Above the median?</th>
</tr>
</thead>
<tbody>
<tr>
<td>All 20 nutrition and dietary behavior topics</td>
<td>56.2%</td>
<td>61.4%</td>
<td>✪</td>
</tr>
<tr>
<td>All 13 physical activity topics</td>
<td>66.6%</td>
<td>70.0%</td>
<td>✪</td>
</tr>
</tbody>
</table>

Source: School Health Profiles, 2014
Teacher Professional Development
Percentage of Maryland secondary schools in which the lead health education teacher:

*Such as workshops, conferences, continuing education, or any other kind of in-service.

Source: School Health Profiles, 2014
Percentage of Maryland secondary schools that taught a required physical education course in each grade*

*Among schools with students in that grade

Source: School Health Profiles, 2014
Percentage of Maryland secondary schools that prohibited advertisements for candy, fast food restaurants, or soft drinks:

*Including on the outside of the school building, on playing fields, or other areas of the campus

Source: School Health Profiles, 2014
Percentage of Maryland secondary schools that implemented the following policies to promote nutrition, healthy eating, and physical activity:

- Did not sell any of 6 kinds of less nutritious foods and beverages* in vending machines or at the school store, canteen, or snack bar: 43.2%
- Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance: 31.8%
- Prohibited less nutritious foods and beverages from being sold for fundraising purposes: 32.1%
- Prohibited staff from excluding students from physical education or physical activity to punish them for bad behavior or failure to complete class work in another class: 68.1%

*Includes (1) chocolate candy; (2) other kinds of candy; (3) salty snacks; (4) cookies, crackers, cakes, pastries, or other baked goods; (5) soda pop or fruit drinks; and (6) sports drinks

Source: School Health Profiles, 2014
School Strategies to Promote Physical Activity and Fitness
Percentage of Maryland secondary schools that offered:

<table>
<thead>
<tr>
<th>Activity Description</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opportunities for students to participate in physical activity breaks in classrooms during the school day</td>
<td>41.9%</td>
</tr>
<tr>
<td>Opportunities for students to participate in physical activity before the school day through organized physical activities or access to facilities or equipment for physical activity</td>
<td>25.9%</td>
</tr>
<tr>
<td>Intramural sports programs or physical activity clubs*</td>
<td>81.9%</td>
</tr>
<tr>
<td>Intramural sports</td>
<td>71.8%</td>
</tr>
</tbody>
</table>

*Any physical activity programs that are voluntary for students, in which students are given an equal opportunity to participate regardless of physical ability

Source: School Health Profiles, 2014
Percentage of Maryland secondary schools that:

- Have a school health council that assessed the availability of physical activity opportunities for students: 75.1%
- Had joint use agreement for shared use of school or community physical activity facilities: 78.7%
- Have established and implemented a Comprehensive School Physical Activity Program: 2.3%

Source: School Health Profiles, 2014
School Strategies to Promote Nutrition and Healthy Eating
Percentage of Maryland secondary schools that implemented the following strategies to promote healthy eating:

- Placed fruits and vegetables near the cafeteria cashier, where they are easy to access: 86.2%
- Used attractive displays for fruits and vegetables in the cafeteria: 71.7%
- Offered a self-serve salad bar to students: 27.8%
- Labeled healthful foods with appealing names: 26.2%

*Including on the outside of the school building, on playing fields, or other areas of the campus
Source: School Health Profiles, 2014
Percentage of Maryland secondary schools that implemented the following strategies to promote healthy eating:

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages</td>
<td>11.3%</td>
</tr>
<tr>
<td>Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating</td>
<td>40.5%</td>
</tr>
<tr>
<td>Provided information to students or families on the nutrition and caloric content of foods available</td>
<td>53.8%</td>
</tr>
<tr>
<td>Conducted taste tests to determine food preferences for nutritious items</td>
<td>24.2%</td>
</tr>
</tbody>
</table>

Source: School Health Profiles, 2014
Percentage of Maryland secondary schools that implemented the following strategies to promote healthy eating:

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<tr>
<td>Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics</td>
<td>18.2%</td>
</tr>
<tr>
<td>Served locally or regionally grown foods in the cafeteria or classrooms</td>
<td>52.2%</td>
</tr>
<tr>
<td>Planted a school food or vegetable garden</td>
<td>30.9%</td>
</tr>
<tr>
<td>Encouraged students to drink plain water</td>
<td>79.5%</td>
</tr>
<tr>
<td>Made drinking water available in all ways*</td>
<td>55.1%</td>
</tr>
</tbody>
</table>

*Permitted students to have a drinking water bottle with them during the school day and offered a free source of drinking water (in the cafeteria during breakfast and lunch, in hallways throughout the school, in the gym, on sports fields, and in other indoor and outdoor physical activity facilities)

Source: School Health Profiles, 2014
Family and Community Involvement
Percentage of Maryland secondary schools that provided parents and families with health information on these topics:

- Physical activity: Median 41.9%, Maryland 48.2%
- Nutrition and healthy eating: Median 41.2%, Maryland 42.0%

Source: School Health Profiles, 2014
Where have we seen substantial improvements between 2012 and 2014?

<table>
<thead>
<tr>
<th>Percentage of MD secondary schools that:</th>
<th>2012</th>
<th>2014</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Prohibited ads for candy, fast food restaurants, or soft drinks:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. on school grounds</td>
<td>56.9%</td>
<td>62.1%</td>
<td>+ 5.2</td>
</tr>
<tr>
<td>b. on school buses</td>
<td>64.9%</td>
<td>72.5%</td>
<td>+ 7.6</td>
</tr>
<tr>
<td>c. in school publications</td>
<td>56.8%</td>
<td>62.0%</td>
<td>+ 5.2</td>
</tr>
<tr>
<td>2. Planted a school garden</td>
<td>22.5%</td>
<td>30.9%</td>
<td>+ 8.4</td>
</tr>
<tr>
<td>3. Placed fruits and vegetables near the cafeteria cashier</td>
<td>77.3%</td>
<td>86.2%</td>
<td>+ 8.9</td>
</tr>
<tr>
<td>4. Used attractive displays for fruits/veggies in the cafeteria</td>
<td>64.7%</td>
<td>71.7%</td>
<td>+ 7.0</td>
</tr>
<tr>
<td>5. Offered a salad bar to students</td>
<td>19.7%</td>
<td>27.8%</td>
<td>+ 8.1</td>
</tr>
</tbody>
</table>

Source: School Health Profiles, 2012 and 2014
Where have we seen substantial declines between 2012 and 2014?

<table>
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<th>2012</th>
<th>2014</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating</td>
<td>46.3%</td>
<td>40.5%</td>
<td>- 5.8</td>
</tr>
<tr>
<td>2. Labeled healthful foods with appealing names</td>
<td>34.0%</td>
<td>26.2%</td>
<td>- 7.8</td>
</tr>
</tbody>
</table>

Source: School Health Profiles, 2012 and 2014
For Discussion

1. Overall, how would you say Maryland secondary schools are doing with respect to promoting nutrition and physical activity?

2. Where do you see a need for more intensive or targeted efforts?

3. What policies or practices have you adopted in your district to improve student wellness?

2014 School Health Profiles

2014 Maryland Youth Risk Behavior Survey
http://phpa.dhmh.maryland.gov/ccdpc/Reports/Pages/yrbs.aspx
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