



## MISSOURI PROFILE

At the heart of the Action for Healthy Kids Initiative are State Teams composed of individuals who are committed to improving the nutrition and fitness of our nation's children. To help State Teams understand the challenges they face, the State Profiles provide important background information and data on nutrition and fitness. The State Profiles have been developed for every state, the District of Columbia, and the nation.

While there are numerous activities happening in local school districts and cities, the Profiles were limited to national and state-level data.

Each State Profile contains the following:

1. **School Demographics:** Numbers of students, ethnic breakdown of the students, number of school buildings, teachers, districts, and building and district staff
2. **Charter Schools:** Number of students, charter schools, and legislation
3. **Health Behaviors and Risks:** If available for the state, this section will contain overweight/obesity rates, nutrition/dietary and physical activity behaviors and risks
4. **BMI:** National rates for 9-18 year olds
5. **School Food Programs & Hunger:** Percentages of food insecurity and participation levels in the school breakfast and lunch programs
6. **Income Demographics:** Per capita income and unemployment and poverty rates
7. **Legislation:** Links and information about statutes pertaining to nutrition and fitness
8. **Policy:** Information about policies on food and physical education/activity in the schools
9. **Standards and Assessment:** National/state-specific standards and graduation requirements. This section also describes types of assessment projects with which states are currently involved
10. **Important State Links:** State education agency, state health agency, state agriculture agency contact information, and after school programs available at your state
11. **References:** Contains all data sources and notes for information shared in profiles

National and State Profiles are available for public view and use at [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).

# 1) MISSOURI SCHOOL DEMOGRAPHICS<sup>1,2,3</sup>

National Center for Education Statistics (NCES) is the primary federal entity for collecting and analyzing U.S. education data. All NCES data and reports are publicly available and easily accessible. The most recent public school data available are for the school year 2005-2006, and the most recent private school data that provide state level data are for the school year 2005-2006.

PUBLIC			
DATA CATEGORY	ELEMENTARY <sup>†</sup>	SECONDARY <sup>∅</sup>	UNGRADED <sup>∪</sup>
Total Students <sup>1</sup>	470,375	429,482	0
American Indian/Alaskan Native <sup>1</sup>	1,876 (0.4%)	1,761 (0.4%)	0 (0.0%)
Asian/Pacific Islander <sup>1</sup>	7,908 (1.7%)	6,253 (1.5%)	0 (0.0%)
Black, Non-Hispanic <sup>1</sup>	86,452 (18.4%)	76,622 (16.3%)	0 (0.0%)
Hispanic <sup>1</sup>	16,797 (3.6%)	11,132 (2.6%)	0 (0.0%)
White, Non-Hispanic <sup>1</sup>	357,342 (76.0%)	333,714 (77.7%)	0 (0.0%)
Teachers <sup>1</sup>	29,176	32,180	0

**Total Number of Students in Public Schools<sup>1</sup>:** 899,857

**Number of Public School Districts<sup>2</sup>:** 527

**Number of Public School Building Staff<sup>1,‡</sup>:** 48,468

**Number of Public School District Staff<sup>1, B</sup>:** 13,250

<sup>†</sup> "Elementary" numbers were calculated by adding grades kindergarten to 6<sup>th</sup> data sets.

<sup>∅</sup> "Secondary" numbers were calculated by adding grades 7<sup>th</sup> to 12<sup>th</sup> data sets.

<sup>∪</sup> "Ungraded" are students who are assigned to programs or classes without a standard grade designation. States are requested to report teachers of "ungraded" classes even if all students are assigned a grade level.

<sup>‡</sup> "Building Staff" includes instructional aides, instructional coordinators and supervisors, guidance counselors, librarians, library support staff, student support staff, and all other nonadministrative support staff

<sup>B</sup> "District Staff" are school administrators, school district administrators, and district and school level administrative support staff

PRIVATE			
DATA CATEGORY	ELEMENTARY <sup>†</sup>	SECONDARY <sup>‡</sup>	COMBINED <sup>μ</sup>
Total Students <sup>3</sup>	77,527	25,896	18,963
American Indian/Alaskan <sup>3</sup>	64 (0.1%)	36 (0.1%)	40 (0.2%)
Asian/Pacific Islander <sup>3</sup>	1,054 (1.4%)	391 (1.5%)	436 (2.3%)
Black, Non-Hispanic <sup>3</sup>	6,201 (8.0%)	1,509 (5.8%)	1,962 (10.3%)
Hispanic <sup>3</sup>	1,462 (1.9%)	382 (1.5%)	381 (2%)
White, Non-Hispanic <sup>3</sup>	68,746 (88.7%)	23,578 (91.0%)	16,144 (85.2%)
Teachers <sup>3</sup>	5,178	1,956	1,971

**Total Number of Students in Private Schools<sup>3</sup> : 122,386**

<sup>†</sup> "Elementary" numbers were calculated by adding grades kindergarten to 6<sup>th</sup> data sets.

<sup>‡</sup> "Secondary" numbers were calculated by adding grades 7<sup>th</sup> to 12<sup>th</sup> data sets.

<sup>μ</sup> "Combined" is a school that may include kindergarten to 6<sup>th</sup> grade and one or more grades from 9<sup>th</sup> to 12<sup>th</sup>.

## 2) MISSOURI CHARTER SCHOOLS<sup>4,5</sup>

Charter schools are nonsectarian public schools of choice that operate with freedom from many of the regulations that apply to traditional public schools. The "charter" establishing each such school is a performance contract detailing the school's mission, program, goals, students served, methods of assessment, and ways to measure success. Since 1991, 41 states and the District of Columbia have signed charter school legislation into law.

CHARTER	
DATA CATEGORY	MISSOURI
Number of students enrolled <sup>4</sup>	12,785
Number of charter schools <sup>4</sup>	38
Charter school legislation <sup>4</sup>	<a href="http://www.dese.mo.gov/schoollaw/publawbook/Index_C.htm">http://www.dese.mo.gov/schoollaw/publawbook/Index_C.htm</a>

### 3) MISSOURI HEALTH BEHAVIORS AND RISKS<sup>6</sup>

The Youth Risk Behavior Surveillance (YRBS) was developed in 1990 to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults (9<sup>th</sup> to 12<sup>th</sup> grade) in the U.S. The survey is administered every two years with the most current results published for 2007. Thirty-nine states participated in the 2007 YRBS.

<b>OBESITY</b>		
<b>DATA CATEGORY</b>		<b>NATIONAL</b>
<i>Percentage of students described themselves as slightly or very overweight<sup>6</sup></i>	28.3%	<b>29.3%</b>
<i>Percentage of students who are overweight<sup>6</sup></i>	14.3%	<b>15.8%</b>
<i>Percentage of students who are trying to lose weight<sup>6</sup></i>	45.1%	<b>45.2%</b>

<b>PHYSICAL EDUCATION</b>		
<b>DATA CATEGORY</b>		<b>NATIONAL</b>
<i>Percentage of students who attended physical education class daily<sup>6</sup></i>	24.1%	<b>30.3%</b>
<i>Percentage of students who attended physical education class one or more days during an average school week<sup>6</sup></i>	51.2%	<b>53.6%</b>
<i>Percentage of students who did not participate in 60 or more minutes of physical activity on any day<sup>6</sup></i>	16.2%	<b>24.9%</b>
<i>Percentage of students who were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on 5 or more days in the past 7 days<sup>6</sup></i>	43.5%	<b>34.7%</b>
<i>Percentage of students who watched three or more hours of TV per day on an average school day<sup>6</sup></i>	29.6%	<b>35.4%</b>

#### 4) BMI<sup>7</sup>

The body mass index is a number that shows body weight adjusted for height. BMI can be calculated with simple math using inches and pounds, or meters and kilograms. Currently, only national level data is available for school-aged youth from the 1999-2002 National Health and Nutrition Survey (NHANES).

Age	Female	Male
9	18.7	19.1
10	19.3	19.6
11	20.7	20.7
12	21.2	20.7
13	22.6	22.3

Age	Female	Male
14	22.9	22.5
15	23.2	24.1
16	24.0	24.5
17	23.1	24.2
18	24.4	24.9

#### 5) MISSOURI SCHOOL FOOD PROGRAMS & HUNGER<sup>8</sup>

Federal nutrition programs help students succeed in school. Congress enacted the 1946 National School Lunch Act as a "measure of national security, to safeguard the health and well-being of the Nation's children." School Breakfast Program (SBP) was established by Congress, first as a pilot program in 1966 in areas where children had long bus rides to school and then as a permanent entitlement program in 1975 to assist schools in providing nutritious morning meals to the nation's children.

DATA CATEGORY	BREAKFAST		LUNCH	
	MISSOURI	NATIONAL	MISSOURI	NATIONAL
<i>Students participating daily in the free and reduced-price program<sup>8</sup></i>	159,467	<b>7,739,904</b>	324,468	<b>17,366,432</b>
<i>Students participating in the paid program<sup>8</sup></i>	49,589	<b>1,818,595</b>	308,430	<b>12,233,088</b>
<i>Total number of students participating (free and reduced + paid)<sup>8</sup></i>	209,056	<b>9,558,499</b>	632,898	<b>29,599,520</b>
<i>Of the students participating in the meal program, what is the percentage enrolled in the free and reduced-price program?<sup>8</sup></i>	76.3%	<b>81.0%</b>	51.3	58.7
<i>Number of schools participating<sup>8</sup></i>	2,142	<b>82,534</b>	2,468	<b>99,510</b>
<i>Percent of total schools participating<sup>8</sup></i>	86.8%	<b>82.9%</b>	----	----

FOOD INSECURITY	
DATA CATEGORY	MISSOURI
<i>Ratio of students receiving free or reduced-price breakfast per 100 who receive free or reduced-price lunch during the 2003-2004 school year<sup>8</sup></i>	49.1
<i>Percent of all households that are food insecure<sup>8</sup></i>	12.3%
<i>Percent of all households with hunger<sup>8</sup></i>	

### LEGISLATION PROMOTING SCHOOL BREAKFAST<sup>9</sup>

FRAC has collected state legislation (2007) related to school breakfast. FRAC specifically collected on these school breakfast program (SBP) legislation topics: state mandates, state funding, universal breakfast funding, reporting requirement for either state/district for SBP, scheduling requirement for SBP, or outreach related to SBP.

*School breakfast is required in schools with 35 percent or more F&RP eligible students. A school may receive a waiver from this requirement through a majority vote of the school board. MO. REV. STAT. § 191.803 Agencies responsible for administering food programs, including the SBP, shall collaborate in designing and implementing outreach programs focused on populations at risk of hunger, that effectively describe the programs, their purposes, and how to apply for them. These programs shall be culturally and linguistically appropriate for the populations most at risk. MO. REV. STAT. § 191.813 Subject to appropriation, the state board of education shall establish a hardship grant program to provide state supplemental funding for the federal SBP. Any school that participates in the SBP can apply for a hardship grant. Hardship grants will be awarded to schools with the highest need. MO. ANN. STAT. § 191.805*

## 6) MISSOURI INCOME DEMOGRAPHICS<sup>9,10,11</sup>

The U.S. Census Bureau collects basic demographic information such as income, poverty, and health insurance on a yearly basis. The U.S. Department of Labor, Bureau of Labor Statistics collects data such as unemployment rates, inflation, and consumer spending. The most recent data from the U.S. Census Bureau and Department of Labor are for 2003.

INCOME DEMOGRAPHICS		
DATA	MISSOURI	NATIONAL
<i>What is the per capita income?<sup>9</sup></i>	\$43,492	<b>\$43,527</b>
<i>Unemployment Rate<sup>10</sup> (Number of persons who are unemployed)</i>	5.6%	<b>6.0%</b>
<i>Poverty Rate<sup>11</sup> (Number of persons living in poverty)</i>	10.7%	<b>12.5%</b>
<i>Poverty Rate for children under 18<sup>11</sup> (Number of children under 18 living in poverty)</i>	14.7%	<b>17.6%</b>

## 7) MISSOURI LEGISLATION<sup>12,13</sup>

National Conference of State Legislatures has collected recent legislative activity and/or recent statutes regarding nutrition, physical activity, and physical education.

National Conference of State Legislatures (NCSL)<sup>12</sup>

NCSL has collected childhood obesity legislation proposed or enacted in 2003 and 2004.

Revised Statute 167.611 allows a public school or district to establish an advisory committee composed of parents, teachers, health professionals, administrators, and students to revise and advise on the services to be provided to students in the school.

NCSL has created a New Healthy Community Design database<sup>13</sup> that provides state-specific information (if the bill has been passed in your state) on such topics as: bike/pedestrian, farm-to-school, nutrition, obesity, and physical activity.

[http://www.ncsl.org/programs/enviro/health/healthycommunity\\_bills.cfm](http://www.ncsl.org/programs/enviro/health/healthycommunity_bills.cfm)

To find existing state law(s) on nutrition/dietary behavior and physical activity/education please go to your state's legislative website

<http://www.moga.state.mo.us/>

## 8) MISSOURI POLICY<sup>14,15,16,17</sup>

This section contains data that comes from information reported by state education agencies in 2000 as a part of the Centers for Disease Control state-level School Health Policies and Programs Study (SHPPS)<sup>B</sup>. Policies can change rapidly. SHPPS will be conducted again in 2006.

For the most current information, please follow the website link to your state's Agriculture Department: <http://www.mda.state.mo.us/>

POLICIES ON FOOD			
	Vending machines	After-school programs	A la carte during breakfast or lunch periods
<i>Does your state education agency require or recommend that schools include fruits or vegetables among foods offered in...<sup>14</sup></i>	Recommends	Recommends	Recommends
<i>Does your state education agency require or recommend that schools be prohibited from offering junk foods in...<sup>14</sup></i>	Neither requires nor recommends	Neither requires nor recommends	Neither requires nor recommends

## POLICIES ON FOOD IN SCHOOLS

POLICY	MISSOURI POLICY
<i>Has your state adopted a policy stating that districts will have someone to oversee or coordinate food service in the district (e.g., a district food service coordinator)?<sup>14</sup></i>	No policy
<i>Has your state adopted a policy requiring district food service coordinators to earn continuing education credits on nutrition or school food service to maintain state certification, licensure, or endorsement?<sup>14</sup></i>	State does not offer certification, licensure, or endorsement to district food service coordinators
<i>Does your state offer certification, licensure, or endorsement for district food service coordinators?<sup>14</sup></i>	No
<i>Has your state adopted a policy prohibiting schools from using food or food coupons as a reward for good behavior or academic performance?<sup>14</sup></i>	No policy

## POLICIES ON NUTRITION AND DIETARY BEHAVIOR

	Elementary schools	Middle/junior high schools	Senior high schools
<i>Has your state adopted a policy stating that schools will teach nutrition and dietary behavior in...<sup>14</sup></i>	Yes	Yes	Yes

## POLICIES ON PHYSICAL EDUCATION & ACTIVITY IN SCHOOLS

POLICY	Elementary Schools	Middle/junior high schools	Senior high schools
<i>Has your state adopted a policy stating newly-hired staff that teach physical education be certified, licensed, or endorsed by the state to teach physical education?<sup>14</sup></i>	Yes	Yes	Yes
<i>Has your state adopted a policy stating that schools will teach physical education?<sup>14</sup></i>	Yes	Yes	Yes
<i>Based on policies adopted by your state, what is the required student-to-teacher ratio for physical education?<sup>14</sup></i>	30:1 ratio	33:1 ratio	45:1 ratio
<i>Has your state adopted a policy stating that physical activity and fitness will be taught as a part of classroom instruction?<sup>14</sup></i>	Yes	Yes	Yes

<b>POLICIES ON PHYSICAL EDUCATION &amp; ACTIVITY IN SCHOOLS</b>	
<b>POLICY</b>	<b>MISSOURI POLICY</b>
<i>Does someone in your state oversee or coordinate physical education?</i> <sup>14</sup>	Yes
<i>Has your state adopted a policy stating that teachers will earn continuing education credits on physical education topics to maintain certification, licensure, or endorsement to teach physical education?</i> <sup>14</sup>	Yes
<i>Does your state education agency require or recommend that elementary schools provide students with regularly scheduled recess?</i> <sup>14</sup>	Requires
<i>Has your state adopted a policy that prohibits schools from using physical activity (e.g., laps or push-ups) to punish students for bad behavior in physical education?</i> <sup>14</sup>	No policy
<i>Has your state adopted a policy that prohibits schools from excluding students from all or part of physical education as punishment for bad behavior in another class?</i> <sup>14</sup>	No policy

In 2002, the USDA piloted the Fruit and Vegetable Program. The program provides students with free fresh and dried fruits and fresh vegetables. In 2002, the USDA compiled state policies on competitive foods.

<b>USDA FRUIT &amp; VEGETABLE PROGRAM</b>	
<b>DATA CATEGORY</b>	<b>MISSOURI</b>
<i>Participates in USDA Fruit and Vegetable Program</i> <sup>15</sup>	Does not participate
<i>Competitive food policy (2002)</i> <sup>16</sup>	USDA Regulations

National Association of State Boards of Education (NASBE)<sup>B</sup> compiles state school health policies in their database. For additional information:

[http://www.nasbe.org/HealthySchools/States/State\\_Policy.html](http://www.nasbe.org/HealthySchools/States/State_Policy.html)

<b>SCHOOL HEALTH ADVISORY COUNCIL</b>	
<b>DATA CATEGORY</b>	<b>MISSOURI</b>
<i>State's coordinating or advisory council policy</i> <sup>17</sup>	Revised Statute 167.611 allows a public school or district to establish an advisory committee composed of parents, teachers, health professionals, administrators, and students to revise and advise on the services to be provided to students in the school.

## 9) MISSOURI STATE STANDARDS AND ASSESSMENT<sup>14,18,19</sup>

In 2001, NASPE compiled information on each state's health education and physical education standards. Many states base their health education and physical education standards on national standards. Nutrition education is a component of health education and most states do not have separate nutrition education standards. This section also contains information from the 2000 SPHHS.

PHYSICAL EDUCATION STANDARDS	
DATA CATEGORY	MISSOURI
<i>Physical Education Standards</i> <sup>18</sup>	There are standards for physical education which are based on the National Standards for Physical Education. Statewide assessment has commenced for grades 5 and 9. A written state exam and a local fitness exam are administered. The statewide fitness test is based on both the Fitnessgram and the President's Challenge Youth Physical Fitness Program.
<i>Are these health standards or guidelines based on the National Standards for Physical Education?</i> <sup>14</sup>	Yes
<i>What are your state's physical education student requirements?</i> <sup>18</sup>	Yes

POLICIES ON PHYSICAL EDUCATION	
DATA CATEGORY	MISSOURI
<i>Has your state adopted a policy <b>encouraging</b> (e.g., in memoranda or guidelines) districts or schools to follow any national or state physical education standards or guidelines?</i> <sup>14</sup>	Yes
<i>Has your state adopted a policy stating that districts or schools will follow any national or state physical education standards or guidelines?</i> <sup>14</sup>	No policy

HEALTH EDUCATION STANDARDS	
DATA CATEGORY	MISSOURI
<i>Are these health standards or guidelines based on the National Health Education Standards?</i> <sup>14</sup>	Yes
<i>Are these health standards or guidelines based on the National Standards for Physical Education?</i> <sup>14</sup>	Yes
<i>Is your state involved in the CCSSO-SCASS Health Education Assessment Project?</i> <sup>19</sup>	No

<b>POLICIES ON HEALTH EDUCATION</b>			
<b>POLICY</b>	<b>Elementary Schools</b>	<b>Middle/junior high schools</b>	<b>Senior high schools</b>
<i>Has your state adopted a policy stating that students will be tested on health education topics...<sup>14</sup></i>	Yes	Yes	Yes

## 10) IMPORTANT STATE LINKS

For additional information for your state, contact these individuals at the State education agency, and state health agency. For each state's Department of Agriculture a website address has been provided. State specific information for after care is provided by Afterschool Alliance.

### SEA

[www.dese.mo.gov](http://www.dese.mo.gov)

Mari Ann Bihr

Health and Physical Education

573-751-0448

Mariann.bihr@dese.mo.gov

### SHA

[www.dhss.state.mo.us](http://www.dhss.state.mo.us)

Marjorie Cole

Coordinator, School Health Program

573-751-6213

colem@dhss.mo.gov

### Department of Agriculture

<http://www.mda.state.mo.us/>

### After School Care

[http://www.afterschoolalliance.org/states/states\\_facts.cfm?state\\_abbr=MO](http://www.afterschoolalliance.org/states/states_facts.cfm?state_abbr=MO)

## 11) REFERENCES

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## NOTES

- A. Food insecure is defined as: USDA measures food insecurity and hunger only related to financial constraints. Food secure households have access at all times to enough food for an active, healthy life. Food insecure households do not have access to enough food to fully meet basic needs at all time. Among food insecure households, some reach a level of severity grave enough that one or more household members are hungry. Hunger is defined as the uneasy or painful sensation caused by lack of food.
- B. Both the Centers for Disease Control and Prevention (CDC), through its School Health Policies and Programs Study (SHPPS), and the National Association of State Boards of Education (NASBE), through its State-Level School Health Policy Database, collect information on state policies. Information from these two systems and other similar sources of data do not always match. For example, CDC's [SHPPS 2000](#) reports that 35 states allowed students to use their own asthma inhalers, while NASBE's Database reports that 30 states allowed student self-medication as of April 2004. These and other differences may be attributed to differences of methodology, timeframe, interpretation, or the ambiguities inherent to any discussion of policy and practice.

The SHPPS 2000 state-level data were collected by self-administered mail questionnaires completed by designated respondents in state education agencies. In those questionnaires, "policy" was defined as "any mandate issued by the state school board, state legislature, or other state agency". NASBE collects written policies directly from states and then summarizes the information contained in those policies. Subjective interpretation is unavoidable both when persons are responding to questions about the policies under which they work and when others are analyzing written policies that vary in content, depth, and completeness. Across states, awareness, dissemination, interpretation, and enforcement of policies also vary tremendously. As a result, policy measurement and policy analysis — like policy making — remain both an art and a science.