What? So what? Now what?
Health equity data to support decision-making in your school and community

Healthy Schools Conference
February 23, 2017

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Maira Rosas-Lee
Agenda
Minnesota Student Survey vs. School Health Profiles
FIST TO FIVE
Minnesota Student Survey

Surveys students

School Health Profiles

Surveys principals and lead health teachers
Minnesota Student Survey

Focuses on behaviors, attitudes, and beliefs

School Health Profiles

Focuses on school policy and practices:

- Physical Education
- Health Promotion for Staff
- Health Education
- Health Services
- Counseling, Psychological & Social Services
- Family & Community Involvement
- Nutrition Services
- Healthy School Environment
- Coordinated School Health
Minnesota Student Survey

Includes students in grades 5, 8, 9, and 11

School Health Profiles

Includes middle and high schools
Minnesota Student Survey

Census design

School Health Profiles

Random design

A subset of the population.
Minnesota Student Survey

Conducted every 3 years
Last done in 2016
Next done in 2019

School Health Profiles

Conducted every 2 years
Last done in 2016
Next done in 2018
Context of Minnesota Schools

About **half** of our secondary schools in Minnesota **review health and safety data** as part of their schools’ improvement planning process.

- **52.7%** Regular Public Schools
- **47.8%** Charter Schools

Percentage of schools that reviewed health and safety data as part of school’s improvement planning process.
Context of Minnesota Schools

Lead health education teachers work with more physical education staff than our nutrition or food service staff.

Percentage of schools in which health education staff worked with the following subgroups on health education activities during the current school year:

- Physical education staff: 88.5%
- Nutrition or food service staff: 32.3%
Minnesota School Policies and Practices
Nutrition and Dietary Behavior

- 63.8% Percent saying they taught in a required course in grades 6-12
- 25.4% Percent saying they received professional development in the past 2 years
- 97.8% Percent saying they want professional development on nutrition and dietary behavior
Minnesota School Policies and Practices
Physical Activity and Fitness

- Percent saying they taught physical activity and fitness in a required course in grades 6-12: 98.9%
- Percent saying they received professional development on physical activity and fitness in the past 2 years: 45.2%
- Percent saying they want professional development on physical activity and fitness: 59.1%
More than two-thirds of enrolled students in grades 5, 8, 9 and 11 participated.

<table>
<thead>
<tr>
<th>Grade-level</th>
<th>Number of students</th>
<th>Percent of enrollment</th>
</tr>
</thead>
<tbody>
<tr>
<td>5&lt;sup&gt;th&lt;/sup&gt; grade</td>
<td>41,865</td>
<td>66%</td>
</tr>
<tr>
<td>8&lt;sup&gt;th&lt;/sup&gt; grade</td>
<td>44,983</td>
<td>73%</td>
</tr>
<tr>
<td>9&lt;sup&gt;th&lt;/sup&gt; grade</td>
<td>45,309</td>
<td>71%</td>
</tr>
<tr>
<td>11&lt;sup&gt;th&lt;/sup&gt; grade</td>
<td>36,576</td>
<td>61%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>168,733</strong></td>
<td><strong>68%</strong></td>
</tr>
</tbody>
</table>

- Alternative Schools/ALCs (n=2,696 students)
- Juvenile Correctional Facilities (n=217 students)
Overweight or Obese

Grade 8, 9 and 11 students:
• How tall are you? (feet and inches)
• About how much do you weight? (pounds)

BMI calculated by height, weight, sex, and age.
Overweight = 85th to 94th percentile
Obese = 95th percentile or higher
There is little difference in overweight or obese status across grades.

- Grade 8: 23%
- Grade 9: 24%
- Grade 11: 25%
American Indian and Hispanic/Latino students showed a sharp increase in overweight/obese status in 2016.
Free or reduced price lunch students are much more likely to be overweight or obese.

Year of MSS Administration

Percentage overweight or obese

- 30% Free or Reduced Price Lunch, 33%
- 20% Not Free or Reduced Price Lunch, 21%
Physical Activity

Grade 5, 8, 9 and 11 students:
During the last 7 days, on how many days were you **physically active** for a total of AT LEAST 60 MINUTES PER DAY? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

<table>
<thead>
<tr>
<th>Days</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>7</td>
</tr>
</tbody>
</table>
Grade 11 students are the least likely to be physically active.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage physically active 60+ minutes on 5 or more days in last week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 5</td>
<td>49%</td>
</tr>
<tr>
<td>Grade 8</td>
<td>52%</td>
</tr>
<tr>
<td>Grade 9</td>
<td>52%</td>
</tr>
<tr>
<td>Grade 11</td>
<td>41%</td>
</tr>
</tbody>
</table>
The largest gap in physical activity is between White and Asian students.
Free or reduced price lunch students are less likely to be physically active.

- 50% of students with Not Free or Reduced Price Lunch were physically active in 2013.
- 39% of students with Free or Reduced Price Lunch were physically active in 2013.
- 52% of students with Not Free or Reduced Price Lunch were physically active in 2016.
- 40% of students with Free or Reduced Price Lunch were physically active in 2016.
Grade 5, 8, 9 and 11 students:
During the last 7 days, how many times did you…

• Eat **fruit**? *(Do not count fruit juice.)*
• Eat green salad, potatoes, carrots or other **vegetables**? *(Do not count French fries, fried potatoes or potato chips.)*

- I did NOT eat or drink this
- 1 to 3 times in last 7 days
- 4 to 6 times in the last 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day
Students are less likely to eat fruit or vegetables each day as they get older.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percent who ate fruit or vegetable at least one time per day in last week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 5</td>
<td>59%</td>
</tr>
<tr>
<td>Grade 8</td>
<td>54%</td>
</tr>
<tr>
<td>Grade 9</td>
<td>54%</td>
</tr>
<tr>
<td>Grade 11</td>
<td>51%</td>
</tr>
</tbody>
</table>
American Indian students were the least likely to eat fruit or vegetables each day.
Free or reduced price lunch students were less likely to eat fruit and vegetables.

Percent who ate fruit or vegetable at least one time per day in last week

- 2013: 55% (Not Free or Reduced Price Lunch, 57%)
- 2016: 48% (Free or Reduced Price Lunch, 49%)

Year of MSS Administration
## Health Index Items

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Definitions of having the health asset</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI</td>
<td>Body mass index of less than the 85th percentile</td>
<td>76.0%</td>
</tr>
<tr>
<td>Physical activity</td>
<td>At least 60 minutes of physical activity per day for at least five of last seven days</td>
<td>50.2%</td>
</tr>
<tr>
<td>Fruit</td>
<td>Consumed at least one fruit per day in the last week</td>
<td>46.8%</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Consumed at least one vegetable per day in the last week</td>
<td>40.3%</td>
</tr>
<tr>
<td>Sugar-sweetened beverages</td>
<td>Did not consume sugar drinks on previous day</td>
<td>23.7%</td>
</tr>
<tr>
<td>Food security</td>
<td>Did not skip meals in last 30 days because family did not have enough money to buy food</td>
<td>95.7%</td>
</tr>
</tbody>
</table>

*Grade 5 students are not included in this analysis.*

*Only students who responded to all six items were included in the analysis (n=107,665).*
About four out of ten students have four or more of the health assets.
American Indian, Hispanic/Latino and Black students are the least likely to have four or more health assets.
Free or reduced price lunch students are much less likely to have four or more health assets.

<table>
<thead>
<tr>
<th></th>
<th>Percentage with four or more health assets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free or Reduced Price Lunch</td>
<td>27%</td>
</tr>
<tr>
<td>Not Free or Reduced Price Lunch</td>
<td>44%</td>
</tr>
</tbody>
</table>
Students with more health assets are more likely to report getting mostly As.
Students with more health assets are less likely to report staying home sick.
Students with more health assets are less likely to report being sent to the office for discipline.
“Could someone help me with these? I’m late for math class.”
Well I caught it
Now what?
Where to access Profiles data

- **Data Request Form**
  (https://www.cdc.gov/healthyyouth/data/profiles/contact.htm)
Where to access MSS data
(State, County or District)
Where to access MSS data
Where to access MSS data

Minnesota Funding Reports (MFR)
Revenues - District/Site Level Report
Minnesota Funding Reports (MFR) for County Auditors

School Finance Spreadsheets
Charter Schools
Facilities and Technology
Financial Profile Spreadsheets 1997 - 2010
Financial Trends
General Education
Indirect Cost Rates
Revenue Projection Model
Special Education
Transportation

Special Education
Complaints and Hearing Decisions
Special Education District Profiles - Part B
Special Education District Profiles - Part C
Special Education Program Compliance Review Final Report

Staffing
Staff
Staff License and Permissions

Student Data
ACT Data
Child Count
 Discipline Data
Minnesota Student Survey Reports 2013-2016
Minnesota Student Survey Tables 2007-2010
Student
Where to access MSS data

The Minnesota Student Survey was developed in 1988 to monitor risk and protective behaviors among students. From 1989 through 2013, students in grades 6, 9, and 12 responded to the survey. Beginning in 2013, grade-levels changed to 5, 8, 9, and 11. While many categories remain consistent over time, others are adjusted to reflect current priority topics. Some categories include tobacco, alcohol, and other drug use; nutrition; physical activity; sexual behavior; school safety; mental health; and relationships. The survey is voluntary and anonymous. If a district-level table is not provided, either the district did not participate in the survey that year or the number of participating students was not large enough to provide an individual table. Read the list of questions included in each category and report for the 2013 survey and the 2016 survey.
Where to access MSS data

Physical Activity/Exercise

Students were not required to answer every question.
Statewide
2016, Grade 8

During the last 7 days, on how many days were you physically active for a total of AT LEAST 60 MINUTES PER DAY?

<table>
<thead>
<tr>
<th>Days</th>
<th>Count</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>3,065</td>
<td>7.0</td>
</tr>
<tr>
<td>1</td>
<td>2,445</td>
<td>5.6</td>
</tr>
<tr>
<td>2</td>
<td>3,726</td>
<td>8.5</td>
</tr>
<tr>
<td>3</td>
<td>5,746</td>
<td>13.1</td>
</tr>
<tr>
<td>4</td>
<td>6,090</td>
<td>13.9</td>
</tr>
<tr>
<td>5</td>
<td>8,105</td>
<td>18.5</td>
</tr>
<tr>
<td>6</td>
<td>5,211</td>
<td>11.9</td>
</tr>
<tr>
<td>7</td>
<td>9,308</td>
<td>21.3</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Level</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>Statewide</td>
</tr>
<tr>
<td>Year</td>
<td>2015</td>
</tr>
<tr>
<td>Category</td>
<td>Activities</td>
</tr>
<tr>
<td>Report</td>
<td>ALL</td>
</tr>
<tr>
<td>Grade</td>
<td>Grade 5</td>
</tr>
<tr>
<td>Demographics</td>
<td>ALL</td>
</tr>
</tbody>
</table>
Minnesota Student Survey

The Minnesota Student Survey (MSS) is one of the longest running youth surveys in the nation. It is a triennial survey that began in 1989. The survey is an anonymous statewide school-based survey conducted to gain insights into the world of students and their experiences.

The survey asks students about their activities, opinions, behaviors and experiences. Students respond to questions on school climate, bullying, out-of-school activities, health and nutrition, emotional and mental health, relationships, substance use and more. Questions about sexual behaviors are asked only of ninth and eleventh grade students. All responses are anonymous.

The MSS can be administered to fifth, eighth, ninth and eleventh grade students in public schools, charter schools, Bureau of Indian Education (BIE) tribal schools and non-public schools. It is also offered to students in alternative learning centers and juvenile correctional facilities. In 2016, 282 of 330 school districts (85.5 percent) participated in the survey consisting of nearly 169,000 students.

The survey is voluntary for schools and students. Schools have the option of not participating in the survey. If a school chooses to participate, it must notify parents and inform them of their right to review the survey questions and opt their child out. This notification requirement is an obligation under the federal Protection of Pupil Rights Amendment (PPRA). Students also can decide not to take the survey or stop at any point while taking it.

View the MSS FAQ document for more information on the survey.

View “Snapshots on Minnesota Youth: 2016 Minnesota Student Survey Whole Child Report”.

Where to access MSS data

State, county and district data from 2013 and 2016:
Data are available in an online interactive format on the Data Analytics webpage. Scroll down and select “Minnesota Student Survey Data Reports 2013-2016”. Select “Download” in the upper-right hand corner to download contents into an Excel or PDF file.

State, county and district data from 2007 and 2010:
Data are available in PDF reports on the Data Analytics webpage. Scroll down and select “Minnesota Student Survey Tables 2007-2010”.

State results from 2013 and 2016 are available from the links below.
View the 2013 MSS State Results.
View the 2016 MSS State Results.
Examples of Using Data

• **Making Meaning of Multiple Measures (M3):** Using Minnesota Student Survey Data to Inform Improvement Planning

• **School Improvement Grant:** Looking at their school’s MSS data

• **Afterschool Program Improvement:** Take components of the MSS to evaluate program effectiveness
Impressions  Surprises  Questions
GET ALL THE INFORMATION YOU CAN, WE'LL THINK OF A USE FOR IT LATER.

Questions / Comments?

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