



Action for Healthy Kids' School Health Index Middle/High School Version

To complete the School Health Index online, please visit www.afhkschoolportal.force.com.

School Wellness Environment

	Fully in Place	Partially in Place	Under Development	Not in Place
1. School health oversight	3			0
2. Representative school health committee or team	3	2	1	0
3. Local school wellness policy	3	2	1	0
4. School health action plan	3			0
5. Positive school climate	3	2	1	0

School Meals

	Fully in Place	Partially in Place	Under Development	Not in Place
6. All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
7. All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
8. Breakfast and lunch programs	3	2	1	0
9. School breakfast	3	2	1	0
10. Variety of offerings in school meals	3	2	1	0
11. Promote healthy food and beverage choices and school meals using Smarter Lunchroom techniques	3	2	1	0
12. Adequate time to eat school meals	3	2	1	0
13. Annual continuing education and training requirements for school nutrition services staff	3	2	1	0

Other School Food

	Fully in Place	Partially in Place	Under Development	Not in Place
14. Prohibit using food as reward or punishment	3	2	1	0
15. Access to free drinking water	3	2	1	0
16. All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
17. Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
18. Food and beverage marketing	3	2	1	0
19. Venues outside cafeteria offer fruits and vegetables	3	2	1	0
20. Farm to school activities	3	2	1	0

Health Education

	Fully in Place	Partially in Place	Under Development	Not in Place
21. Required health education course	3	2	1	0
22. Sequential health education curriculum consistent with standards	3	2	1	0
23. Culturally appropriate activities and examples	3	2	1	0
24. Credentialed health education teachers	3	2	1	0
25. Professional development in health education	3	2	1	0
26. Essential topics on physical activity	3	2	1	0
27. Essential topics on healthy eating	3	2	1	0

Physical Education

	Fully in Place	Partially in Place	Under Development	Not in Place
28. 225 minutes of physical education per week	3	2	1	0
29. Sequential physical education curriculum consistent with standards	3	2	1	0
30. Students active at least 50% of class time	3	2	1	0
31. Health-related fitness	3	2	1	0
32. Licensed physical education teachers	3	2	1	0
33. Address special health care needs	3	2	1	0
34. Professional development for physical education teachers	3	2	1	0

Physical Activity

	Fully in Place	Partially in Place	Under Development	Not in Place
35. Prohibit using physical activity as punishment	3	2	1	0
36. Professional development for classroom teachers	3	2	1	0
37. Promotion or support of walking and bicycling to and/or from school	3	2	1	0
38. Availability of before- and after-school physical activity opportunities	3	2	1	0
39. Availability of physical activity breaks in classrooms	3	2	1	0
40. Physical activity facilities meet safety standards	3	2	1	0

Staff Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
41. Collaboration between school nutrition services staff members and teachers	3	2	1	0
42. Health services provided by a full-time school nurse	3	2	1	0
43. School nurse collaborates with other school staff members	3	2	1	0
44. Counseling, psychological, and social services provided by a full-time counselor, social worker, and psychologist	3	2	1	0
45. School counselor collaborates with other school staff members	3	2	1	0
46. Programs for staff members on physical activity/fitness	3	2	1	0
47. Programs for staff members on healthy eating/weight management	3	2	1	0
48. All foods served and sold to staff meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
49. Modeling healthy eating and physical activity behaviors	3	2	1	0

Family and Community Engagement

	Fully in Place	Partially in Place	Under Development	Not in Place
50. Communication with families	3	2	1	0
51. Family engagement in school decision making	3	2	1	0
52. Family volunteers	3	2	1	0
53. Professional development on family engagement strategies	3	2	1	0
54. Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus	3	2	1	0
55. Community involvement in school decision making	3	2	1	0
56. Community volunteers	3	2	1	0
57. Community involvement in school health initiatives	3	2	1	0