

Student-level Tool + School-level Tool = Complete Picture of School Health

Identify strengths and gaps in school health efforts

Inform school health efforts

Improve student health

Complementary & Aligned Efforts

- Reduce burden, maximize return
- Compare school results to district, region, state and nation
- Monitor progress
- Evaluate school health efforts over time
- Enhance and support sustainability

Healthy Kids Colorado Survey

Student-level tool to better understand student health and what factors support students to make healthy choices. Completed by students.



Smart Source

School-level tool that comprehensively assesses the health-related policies and practices in place at the building level. Completed once per school by school staff.

"We believe that supporting health and wellness are integral parts of our educational responsibility to our students...We rely heavily on data, including the data we receive from Healthy Kids Colorado and Smart Source. Because of the data we receive, we can feel confident that we are making informed decisions."
- *Superintendent, Archuleta School District*

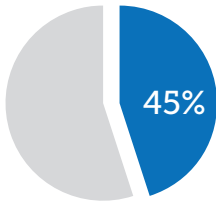
www.healthykidscolo.org | hkcs@ucdenver.edu
www.coloradoedinitiative.org | smartsource@coloradoedinitiative.org

Using Data Together:

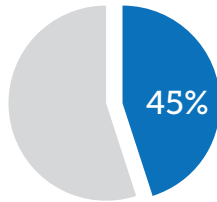
How school practices can influence student data

Nutrition

Fruit and Vegetable Consumption



Students who ate fruit once per day in the last week



Students who ate vegetables once per day in the last week

Suggested Practices



Price nutritious food and beverages at a lower cost

17%



Plant a school garden

29%



Offer a self-serve salad bar

68%



Place fruits and vegetables where they are easier to access

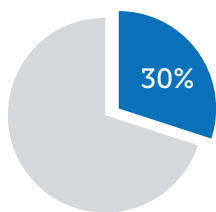
77%

Percentage of Colorado secondary schools currently implementing these practices.

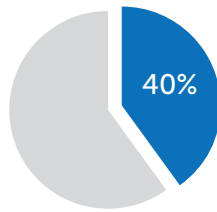
Fewer than half of all Colorado high school students eat fruits or vegetables at least once per day. Through the above practices, schools can increase fruit and vegetable consumption, thereby making students healthier and ready to learn.

Mental Health

Student Mental Health



Students who felt sad or hopeless for 2 or more weeks



Students who would talk to a parent, teacher, or other adult when feeling sad

Suggested Practices

Identify Student Need



Teachers

40%



Administrators

61%

Support Student Need



Teachers

41%



Administrators

61%

Percentage of Colorado secondary schools currently implementing these practices.

Nearly a third of all Colorado high school students feel sad or hopeless and fewer than half have a trusted adult to talk to when feeling sad. To address student mental health, schools can provide training to all teachers and administrators to identify and support students with mental health needs.