

SHPPS 2006

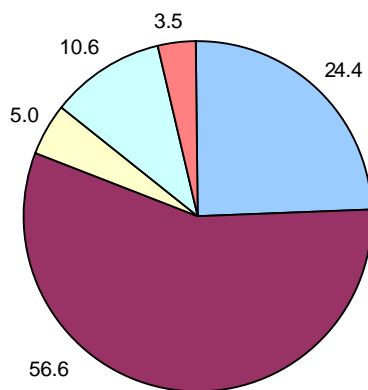
SCHOOL HEALTH POLICIES AND PROGRAMS STUDY

Nutrition Services

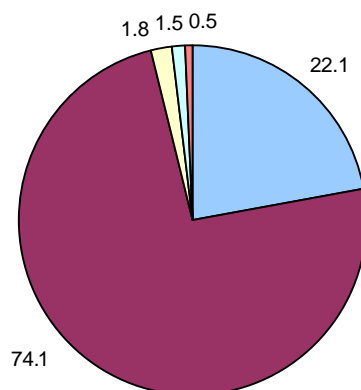
About SHPPS: SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the *Journal of School Health*, Volume 77, Number 8, October 2007.

- 18.0% of states and 74.1% of districts required all schools to offer breakfast to students. An additional 44.0% of states and 8.7% of districts required some schools, such as those with a certain percentage of students eligible for free or reduced-price lunch, to offer breakfast to students.
- In 24.4% of schools that offered breakfast or lunch, an outside food service management company operated (i.e., had primary responsibility for planning menus and deciding which foods to order) the school nutrition services program.
- Between 2000 and 2006, the percentage of states that discouraged schools from using food or food coupons as a reward increased from 13.0% to 45.1%, and the percentage of districts prohibiting this practice increased from 11.3% to 26.1%.¹
- Faculty and staff at 16.6% of schools were prohibited from using food or food coupons as a reward for good behavior or good academic performance.
- During the 12 months preceding the study, 75.2% of districts provided assistance to schools in planning menus for students with chronic health conditions that require dietary modification, and 73.5% of districts provided assistance to schools in planning menus for students with food allergies.
- During the 2 years preceding the study, 86.0% of states provided model policies to districts or schools on how to promote healthy eating among students.
- Between 2000 and 2006, the percentage of schools requiring newly hired school food service managers to successfully complete a school food service training program provided by or sponsored by the state increased from 45.9% to 57.0%.

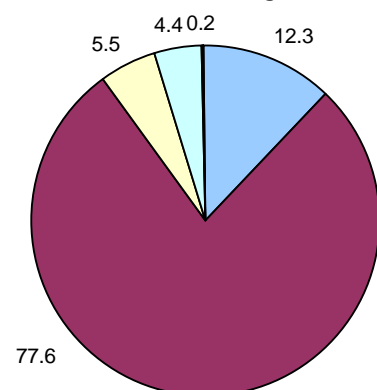
Percentage of Districts That Required a Minimum Level of Education for Newly Hired District Food Service Directors



Percentage of Districts That Required a Minimum Level of Education for Newly Hired School Food Service Managers



Percentage of Schools That Required a Minimum Level of Education for Newly Hired School Food Service Managers



Legend: No minimum (light blue), High school diploma or GED (maroon), Associate's degree (yellow), Undergraduate degree (light blue), Graduate degree (red)

¹ Selected changes between 2000 and 2006 are included if they met at least 2 of 3 criteria ($p < .01$ from a t-test, a difference greater than 10 percentage points, or an increase by at least a factor of 2 or decrease by at least half). Variables are not included if they did not meet these criteria or if no comparable variable existed in both survey years.

Percentage of Districts That Provided Ideas to Schools to Help Improve Student Nutrition or Healthy Eating, 2000 and 2006		
Type of Assistance	2000	2006
Ideas on how to involve school nutrition services staff in classrooms	32.7	44.0
Ideas on how to use the cafeteria as a place where students might learn about nutrition-related topics	36.9	51.4
Ideas for nutrition-related special events	38.6	51.3

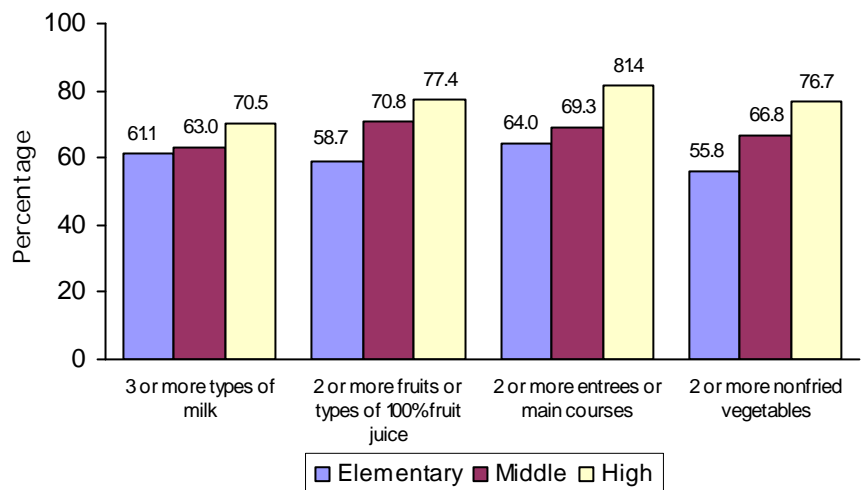
- Between 2000 and 2006, the percentage of states and districts in which nutrition services staff worked on nutrition services activities with physical education staff increased from 48.0% to 78.4% among states and from 13.9% to 44.3% among districts.
- The percentage of schools in which nutrition services staff worked on food service or nutrition activities with physical education staff increased from 8.9% in 2000 to 18.2% in 2006.

Percentage of Districts That Almost Always or Always Used Healthy Food Preparation Practices,* 2000 and 2006		
Practice	2000	2006
Used low-fat or nonfat yogurt, mayonnaise, or sour cream instead of regular mayonnaise, sour cream, or creamy salad dressings.	26.8	39.8
Used part-skim or low-fat cheese instead of regular cheese.	34.1	50.3
Used skim, low-fat, soy, or nonfat dry milk instead of whole milk.	67.4	77.9
Removed skin from poultry or used skinless poultry.	36.9	49.1
Steamed or baked vegetables other than potatoes.	59.5	77.7

*During the 30 days preceding the study.

- 2.1% of elementary schools, 6.7% of middle schools, and 24.0% of high schools sold deep-fried foods each day at lunch.
- Between 2000 and 2006, the percentage of schools in which students could select a low-fat salad dressing increased from 66.0% to 80.1%.
- Between 2000 and 2006, the percentage of states that required schools to prohibit offering junk foods** a la carte during breakfast and lunch increased from 20.0% to 42.0%, and the percentage of districts increased from 23.1% to 38.9%.

Percentage of Schools That Offered Students a Choice of Foods or Beverages Each Day for Lunch, by School Level



**Defined as foods or beverages that have low nutrient density (i.e., they provide calories primarily through fats or added sugars and have minimal amounts of vitamins and minerals).

Where can I get more information? Visit <http://www.cdc.gov/shpps> or call 800-CDC-INFO (800-232-4636).

