

Healthy People 2010 Operational Definition

7-2. Increase the proportion of middle, junior high, and senior high schools that provide school health education to prevent health problems in the following areas: unintentional injury; violence; suicide; tobacco use and addiction; alcohol and other drug use; unintended pregnancy, HIV/AIDS, and STD infection; unhealthy dietary patterns; inadequate physical activity; and environmental health.

7-2i. Inadequate physical activity.

National Data Source	School Health Policies and Programs Study (SHPPS), CDC, NCCDPHP.
State Data Source	School Health Education Profiles (SHEPS), CDC, NCCDPHP.
Healthy People 2000 Objective	Adapted from 8.4 (Educational and Community-Based Programs).
Changes since the 2000 Publication	None.
Measure	Percent.
Baseline (Year)	78 (1994)
Target	90
Target-Setting Method	15 percent improvement. For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of middle, junior, and senior high schools that provide health education on physical activity and fitness.
Denominator	Number of middle, junior, and senior high schools.
Population Targeted	Middle, junior, and senior high schools.
Questions Used To Obtain the National Baseline Data	From the 1994 School Health Policies and Programs Study:

- *Now I'd like to ask which health education topics are taught in any of the required courses that we've listed. Please give me the numbers of the topics your school teaches at some time in required courses.*
1. *None of these topics*
 2. *Alcohol and other drug use prevention*
 3. *Conflict resolution/violence prevention*
 4. *Dietary behaviors and nutrition*
 5. *Environmental health*
 6. *HIV prevention*
 7. *Injury prevention and safety*
 8. *Physical activity and fitness*
 9. *Pregnancy prevention*
 10. *Sexually transmitted disease (STD) prevention*
 11. *Suicide prevention*
 12. *Tobacco use prevention*
 13. *Other (List additional topics here): _____*

Expected Periodicity Periodic.

Comments A school is considered to provide health education on key risk behavior and content areas if they report having a required course on physical activity and fitness.

Objective 7-2 is adapted from Healthy People 2000 objective 8.4, which tracked the proportion of elementary and secondary schools that included instruction in six key behavioral areas (unintentional and intentional injury, tobacco use, alcohol and other drug use, sexual behaviors, unhealthy dietary behaviors, physical inactivity) in their health education program. Objective 7-2 tracks middle, junior, and senior high schools: it excludes elementary schools. The 2010 measure also includes environmental health.

See Part C for a description of SHPPS and Appendix A for focus area contact information.