



# School Health Profiles

Hillsborough County  
Public Schools

The **School Health Profiles** consist of:



two surveys



conducted in schools  
with grades 6-12



completed by the  
School Principal and  
Lead Health Educator



occurs every two years

**School Health Profiles is a survey created by the Centers for Disease Control (CDC) that assesses school health policies and practices in the following areas:**

- ✓ Health Education
- ✓ Physical education & activity
- ✓ Bullying & sexual harassment
- ✓ Tobacco-use prevention
- ✓ Nutrition
- ✓ School health services
- ✓ Family & community engagement

Hillsborough County Public Schools conducted the School Health Profiles survey in all public middle and high schools in Spring 2020.

Response  
rates in  
2020:



**79%**

Principal

**95%**

Lead Health  
Education Teacher



# Principal Survey Results on Safe & Supportive Enviornments

Hillsborough County  
Public Schools  
2020

**100%**

of high  
schools

Identify "safe spaces" (e.g., a counselor's office, designated classroom, or student organization) where LGBTQ youth can receive support from administrators, teachers, or other school staff

**97.1%**

of middle  
schools

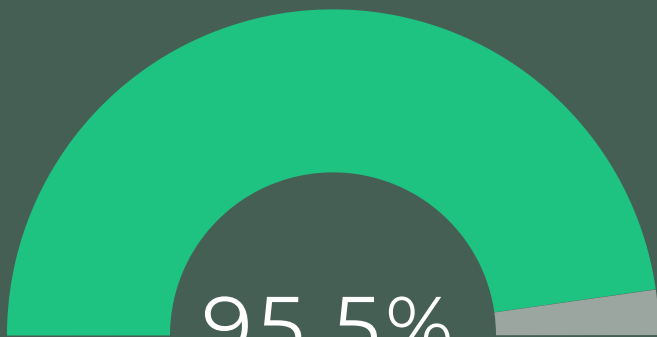
**100%**

of high  
schools

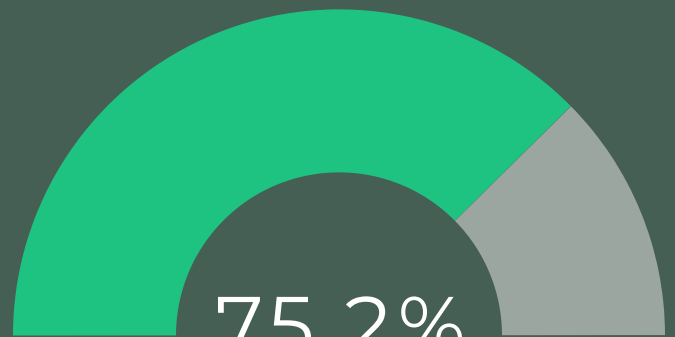
Encourage staff to attend professional development on safe and supportive school environments for all students, regardless of sexual orientation or gender identity

**80.4%**

of middle  
schools



95.5%  
High schools



75.2%  
Middle schools

have a student led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity

81%

OF HIGH  
SCHOOLS

56.9%

OF MIDDLE  
SCHOOLS

Currently implement school-  
based service-learning  
programs

90.9%

OF HIGH  
SCHOOLS

79.1%

OF MIDDLE  
SCHOOLS

Currently implement school-  
based mentoring programs



68.2% 45.6%

OF HIGH  
SCHOOLS

OF MIDDLE  
SCHOOLS

Currently connect students to  
community-based service-  
learning programs

86.4% 54.3%

OF HIGH  
SCHOOLS

OF MIDDLE  
SCHOOLS

Currently connect students to  
community-based mentoring  
programs



# Principal Survey Results on Physical Education

Hillsborough County  
Public Schools  
2020

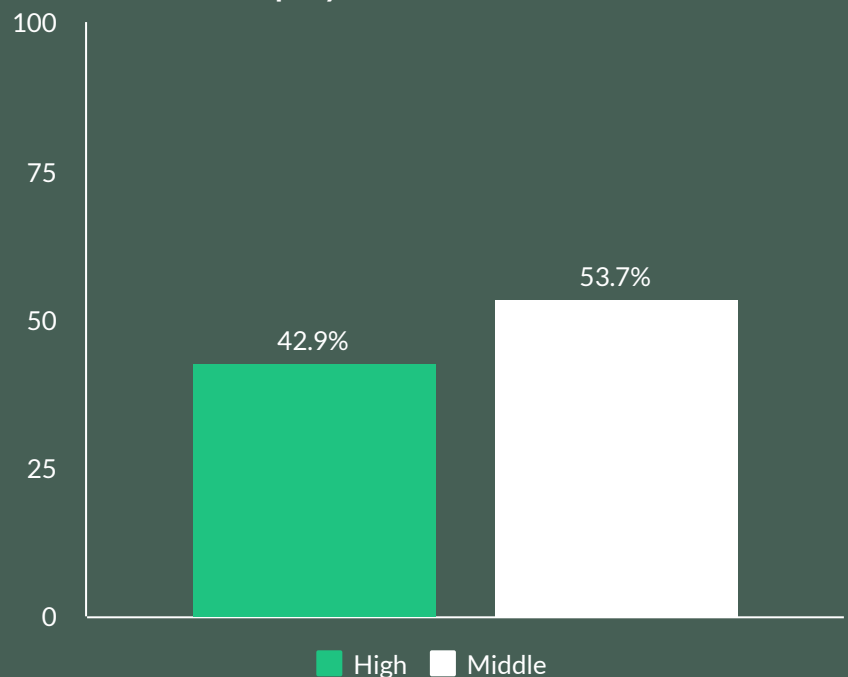


26.1%

of middle and high schools limit physical education class sizes so that they are the same size as other subject areas



Percentage of schools in which students participate in physical activity in classrooms during the school day outside of physical education





# Principal Survey Results on School Health Services

Hillsborough County  
Public Schools  
2020



**100%**

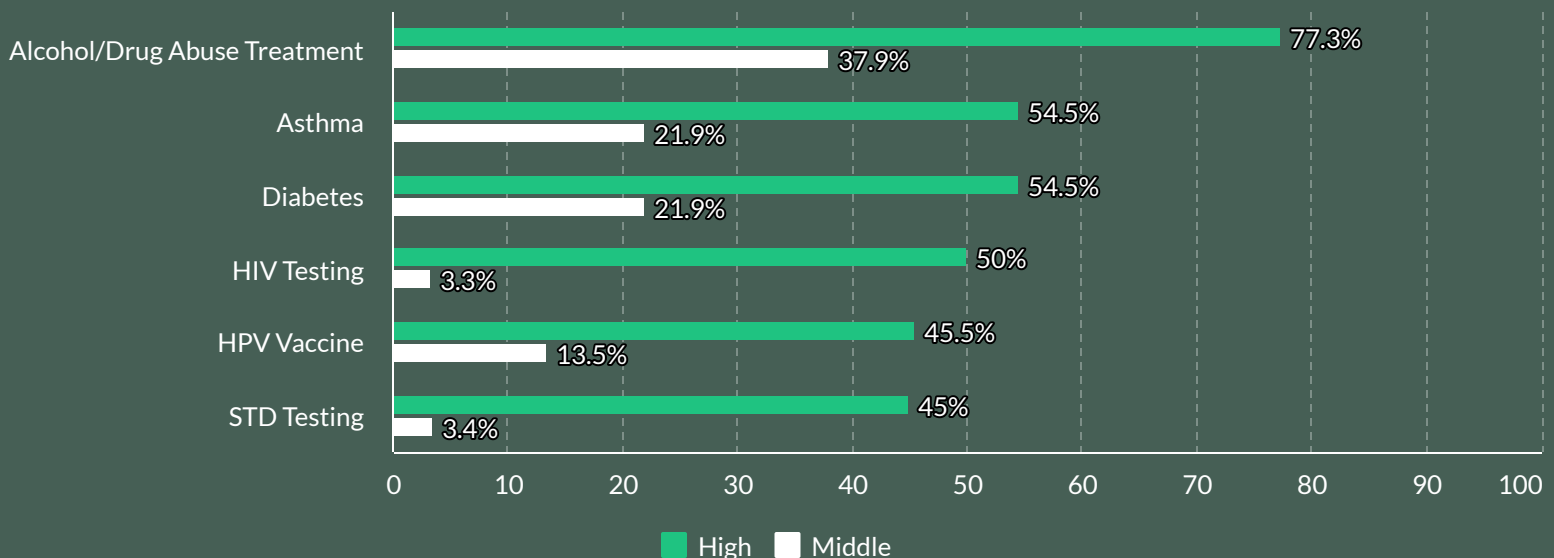
of high  
schools

have a full-time registered nurse  
who provides health services to  
students

**83.3%**

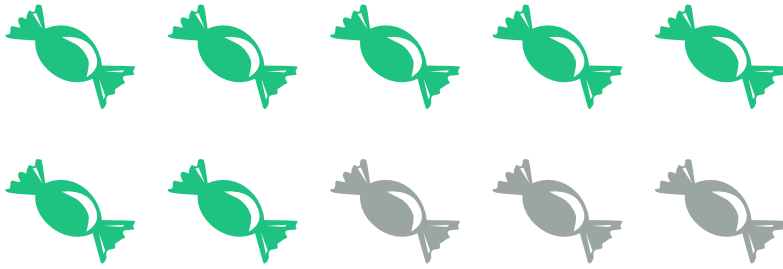
of middle  
schools

Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services



# Principal Survey Results on Nutrition

Hillsborough County  
Public Schools  
2020



69.7%

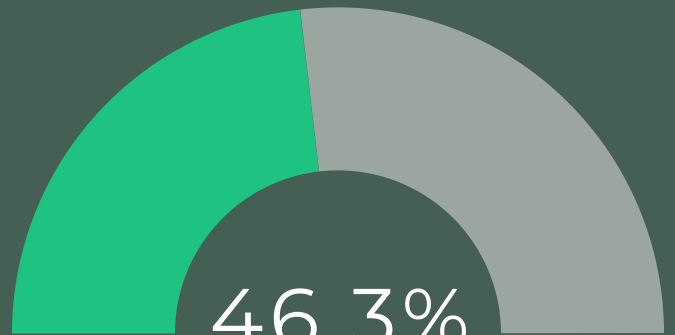
Of middle and high schools prohibit advertisements for candy, fast food restaurants, or soft drinks in school buildings.

60%

Of middle and high schools prohibit advertisements for candy, fast food restaurants, or soft drinks on school grounds including on the outside of the school building, on playing fields, or other areas on the campus.



100%  
High schools



46.3%  
Middle schools

Allow students to purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar.

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31.8%

OF HIGH  
SCHOOLS

27.7%

OF MIDDLE  
SCHOOLS

Prohibited less nutritious foods and beverages (e.g. candy, backed goods) from being sold for fundraising purposes during the 2019-2020 school year.



90.9%

OF HIGH  
SCHOOLS

65.1%

OF MIDDLE  
SCHOOLS

Encouraged students to drink plain water during the 2019-2020 school year.

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# Principal Survey Results on Family Engagement

Hillsborough County  
Public Schools  
2020



68.5%

of middle and high schools linked parents and families to health services and programs in the community

Percentage of middle and high schools that provided parents with the following information:



Parent-adolescent communication about sex



Parent-adolescent communication about topics other than sex



How to monitor their teen



One-on-one time between adolescents and their health care provider



Before- or after-school programs available in the community

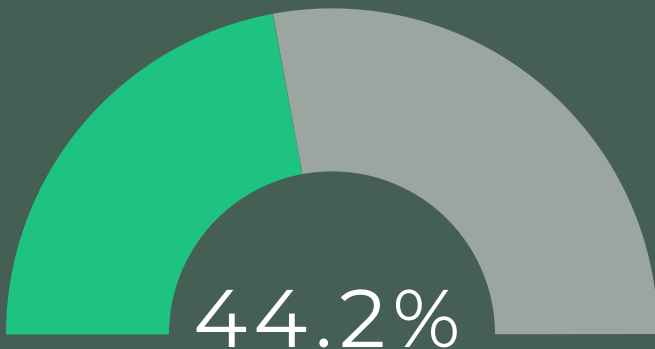
# Lead Health Education Teacher Survey Results

Hillsborough County  
Public Schools  
2020

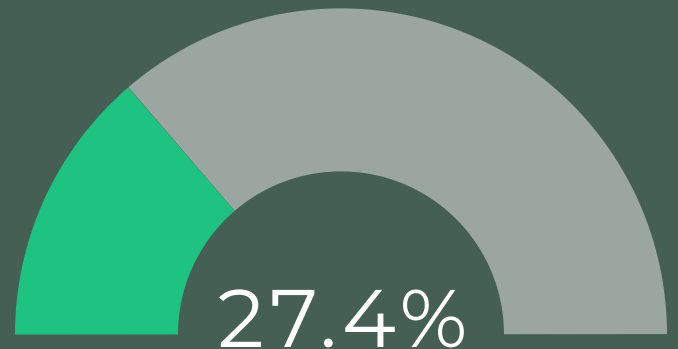


**of high schools reported teachers trying to increase student knowledge on:**

- Alcohol- or other drug-use prevention
- Chronic disease prevention (e.g., diabetes, obesity prevention)
- Emotional and mental health
- HIV prevention
- Infectious disease prevention (e.g., flu)
- Injury prevention and safety
- Nutrition and dietary behavior
- Physical activity and fitness
- STD prevention
- Suicide prevention
- Tobacco-use prevention
- Violence prevention (e.g., bullying, fighting, dating violence prevention)



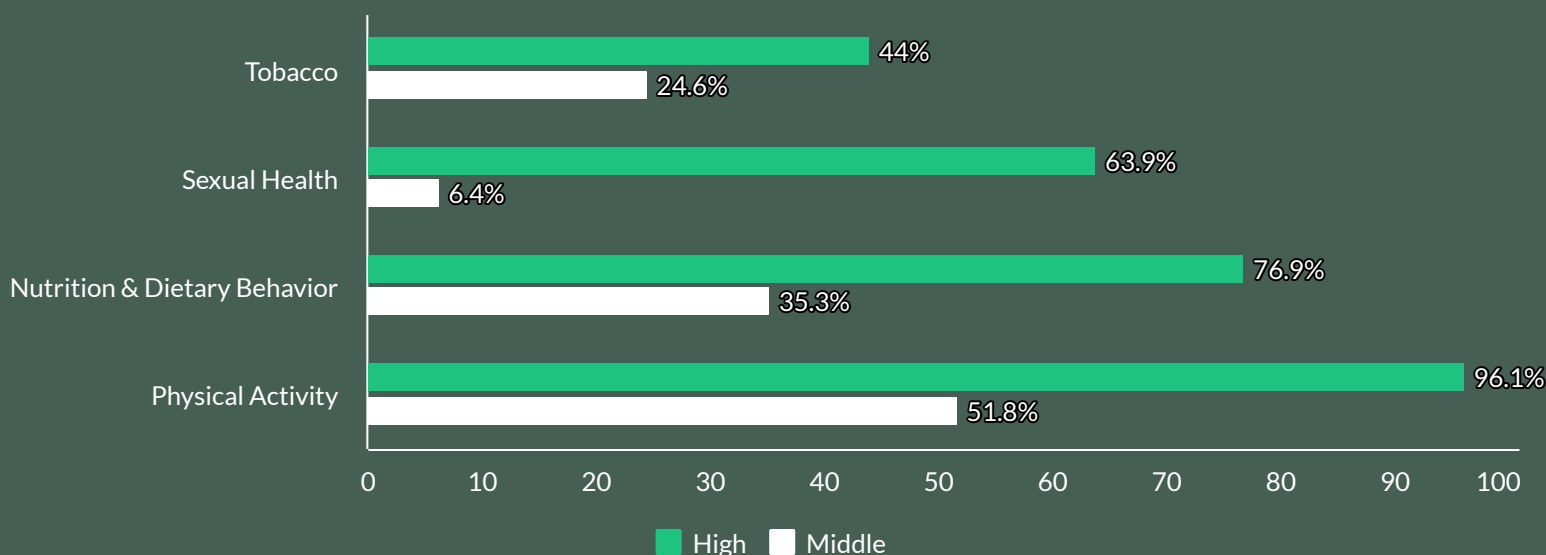
High schools



Middle schools

gave students health education homework assignments or activities to do at home with their parents during the 2019-2020 school year.

## Percentage of schools that taught all CDC recommended subtopics for the following health topics in a required course during the 2019-2020 school year



## Topics that the lead health education teacher would most like to receive professional development on\*:

77.6% Teaching skills for behavior change

77.5% Emotional and mental health

75.5% Nutrition and dietary behavior

75%

Teaching students with physical, medical, or cognitive disabilities

73.2%

Violence prevention (e.g., bullying, fighting, dating violence)

70.4%

Physical activity and fitness

\*Middle and high school combined