**[student] HEALTH survey**

**who:** All middle and high school students in Michigan schools

**what:** The Student Health Survey (SHS) was developed to assist schools in creating a healthier school environment. Individual classrooms or an entire school building can complete this online survey, and schools will have access to summary information. The survey is intended to help schools gain insight on the barriers and enablers of healthy nutrition and physical activity behaviors for this age group. Schools can also get information on their progress overtime through personalized reports.

**when:** Available September 1, 2006.

**where:** To learn how you can be a leader for your school and access the SHS, please visit www.mihealthtools.org/studenthealthsurvey.

**why:** Schools have the opportunity to actively support healthy choices for students as part of a total learning environment. Kids learn what they live and live what they learn. With obesity rates at epidemic levels in the United States and Michigan ranking among the worst states in the country, schools are being challenged to create environments that provide students and staff with healthy choices.

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**THE STUDENT HEALTH SURVEY SUPPORTS KEY SCHOOL HEALTH EFFORTS**

The SHS provides you with information from the student’s perspective and will help guide and support current health efforts in your school(s). Using the SHS in conjunction with the Healthy School Action Tool and Local Wellness Policy will provide your school team with a complete picture of your school environment and student health.

**Healthy School Action Tool** [www.mihealthtools.org/schools](http://www.mihealthtools.org/schools)

The Healthy School Action Tool is an online comprehensive assessment and action-planning tool to help your school determine ways to create a healthier school environment.

**Local Wellness Policy** [www.tn.fcs.msue.msu.edu/policies.html](http://www.tn.fcs.msue.msu.edu/policies.html)

A new federal law requires all local education agencies (individual school districts) to develop a Local Wellness Policy based on their specific nutrition and physical activity/education needs and desired outcomes. This policy is required to be implemented by the first day of the 2006 school year.

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**An online student assessment tool designed for Michigan schools to determine the nutrition and physical activity knowledge, beliefs, and behaviors of their students.**

**Do you know if your students...**

- Eat breakfast?
- Drink soda pop or sports drinks?
- Purchase healthy food from a vending machine?

**Would your school like to know...**

- If students think teachers are good role models for physical activity and healthy eating?
- What physical activities, sports, or intramural programs students would participate in?
- How much time your students spend watching TV, using the computer, and playing video games?

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The Student Health Survey and related materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political belief, sexual orientation, marital status, or family status. The online version of this survey was made possible through a Families And Communities Together (FACT) grant from Michigan State University.
Healthy Students Learn Better!

An online student assessment tool designed for Michigan schools to determine the nutrition and physical activity knowledge, beliefs, and behaviors of their students.

Use this page to post around your school for recruiting other classrooms to participate.

OUR SCHOOL NEEDS YOUR HELP!

I, ______________________________, have volunteered to be the primary contact for the coordination of Michigan’s Student Health Survey (SHS) in ______________________________ (name of school).

The SHS is designed to be administered at school and completed in less than 15 minutes with results at the classroom and building level. The information will help us with our district’s Local Wellness Policy by assessing nutrition and physical activity knowledge, beliefs, and behaviors of our students.

The survey is also intended to gain insight on the barriers and enablers of healthy nutrition and physical activity behaviors for this age group, with emphasis on the school environment.

Reports are available to help teachers and administrators track classroom and school building improvement over time.

Please contact me at ______________________________ by ______________________________ if you want to have your classes participate in this important step to help create a healthier school environment for all of us!

Go to: www.mihealthtools.org/studenthealthsurvey for more information.

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