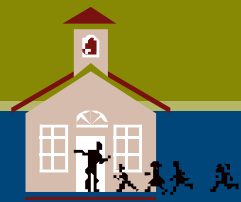


Profiles 2010 - Chronic Disease Prevention

Delaware Secondary Schools



The **School Health Profiles (Profiles)** is a system of surveys assessing school health policies and practices in states, territories, and large urban school districts. Profiles surveys are conducted biennially among representative samples of middle and high school principals and lead health education teachers.

| Physical Education and Physical Activity | Among States* | | Delaware % |
|--|---------------|---------------|-------------|
| | Median | Range | |
| Percentage of schools in which students could not be exempted from taking required physical education for enrollment in other courses, high physical fitness competency test score, and participation in school or community sports, other school activities, vocational training, or community service activities | 65.4 | (14.9 – 89.3) | 77.8 |
| Percentage of schools that taught 12 key physical activity topics in a required course | 56.6 | (39.0 – 75.2) | 63.9 |
| Percentage of schools that taught about developing an individualized physical activity plan in a required course | 77.1 | (49.7 – 87.1) | 79.0 |
| Percentage of schools in which those who teach physical education were provided with key materials for teaching physical education | 71.6 | (39.1 – 93.9) | 82.7 |
| Percentage of schools that offered opportunities for all students to participate in intramural activities or physical activity clubs | 62.8 | (40.6 – 87.1) | 73.6 |
| Percentage of schools in which children or adolescents use the school's indoor physical activity or athletic facilities for community-sponsored physical activity classes or lessons | 81.3 | (54.8 – 96.8) | 81.0 |
| Percentage of schools that provided parents and families with health information to increase parent and family knowledge of physical activity | 44.5 | (31.5 – 60.6) | 52.5 |
| Nutrition | | | |
| Percentage of schools that did not sell less nutritious foods and beverages (baked goods that are not low in fat, salty snacks that are not low in fat, candy, soda pop or fruit drinks that are not 100% juice, and sports drinks) anywhere outside the school food service program | 38.4 | (8.3 – 81.6) | 57.6 |
| Percentage of schools that did not sell soda pop or fruit drinks that are not 100% juice in vending machines or at the school store, canteen, or snack bar | 70.2 | (45.7 – 97.1) | 85.9 |
| Percentage of schools that did not sell sports drinks in vending machines or at the school store, canteen, or snack bar | 49.3 | (27.0 – 91.6) | 65.6 |
| Percentage of schools that always offered fruits or non-fried vegetables in vending machines and school stores, canteens, or snack bars, and during celebrations when foods and beverages are offered | 9.9 | (1.4 – 23.4) | 11.0 |
| Percentage of schools that prohibited all forms of advertising and promotion of candy, fast food restaurants, or soft drinks in all locations¶ | 49.1 | (32.1 – 73.0) | 58.4 |
| Percentage of schools that used at least 3 different strategies to promote healthy eating | 21.0 | (8.6 – 50.2) | 31.8 |
| Percentage of schools that taught 14 key nutrition and dietary behavior topics in a required health education course | 65.5 | (40.5 – 88.4) | 60.0 |
| Percentage of schools in which the lead health education teacher received professional development during the 2 years before the survey on nutrition and dietary behavior | 40.5 | (21.0 – 59.0) | 38.3 |

¶ In school buildings; on school grounds, including on the outside of the school building, on playing fields, or other areas of the campus; on school buses or other vehicles used to transport students; and in school publications.

* Among the 47 (for teacher survey) or 49 (for principal survey) participating states with weighted survey results.

Where can I get more information? Visit www.cdc.gov/healthyyouth or call 800 CDC-INFO (800-232 4636).



Profiles 2010 - Chronic Disease Prevention

Delaware Secondary Schools



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| Tobacco-Use Prevention | Among States* | | Delaware % |
|--|---------------|---------------|-------------|
| | Median | Range | |
| Percentage of schools that prohibited all tobacco use at all times in all locations§ | 57.4 | (23.5 – 79.3) | 69.7 |
| Percentage of schools that provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property | 26.1 | (13.8 – 43.1) | 22.7 |
| Percentage of schools that posted signs marking a tobacco-free school zone | 79.6 | (40.9 – 95.4) | 66.6 |
| Percentage of schools that sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program | 42.0 | (17.0 – 85.8) | 36.8 |
| Percentage of schools that taught 15 key tobacco-use prevention topics in a required course | 52.6 | (34.3 – 77.6) | 69.5 |
| Percentage of schools in which the lead health education teacher received professional development during the 2 years before the survey on tobacco-use prevention | 33.2 | (17.3 – 51.3) | 35.6 |
| School Health Coordination | | | |
| Percentage of schools that used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in nutrition and physical activity | 39.9 | (20.4 – 77.6) | 49.7 |
| Percentage of schools that used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in physical activity, nutrition, and tobacco-use prevention | 34.2 | (17.7 – 71.9) | 45.1 |
| Percentage of schools that provided parents and families with health information to increase parent and family knowledge of tobacco-use prevention, physical activity, and nutrition and healthy eating | 27.6 | (16.3 – 46.3) | 36.7 |

§ Prohibited the use of all tobacco, including cigarettes, smokeless tobacco, cigars, and pipes; by students, faculty and school staff, and visitors; in school buildings; outside on school grounds; on school buses or other vehicles used to transport students; and at off-campus, school-sponsored events; during school hours and non-school hours.

* Among the 47 (for teacher survey) or 49 (for principal survey) participating states with weighted survey results.

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