

MINNESOTA

2010 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence Survey Year						Linear Change	Quadratic Change
	1998	2000	2002	2004	2006	2008		
School Health Coordination								
Percentage of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:								
Physical activity						30.5	34.6	No
Nutrition						30.8	37.0	No
Tobacco-use prevention						27.7	31.9	No
Asthma						15.2	20.6	No
Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities						87.1	85.6	No
Percentage of schools that have one or more than one group (e.g., a school health council, committee, or team) that offers guidance on the development of policies or coordinates activities on health topics						64.0	62.4	No
Percentage of schools that have the following groups represented on any school health council, committee, or team*								
School administrators						95.6	93.7	No
Health education teachers						87.6	88.7	No
Physical education teachers						81.5	88.9	No
Mental health or social services staff						61.0	69.0	No

* Among those schools that have one or more than one group that offers guidance on the development of policies or coordinates activities on health topics.

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Percentage of schools that have the following groups represented on any school health council, committee, or team*								
Nutrition or food service staff						76.9	74.2	No
Health services staff (e.g., school nurse)						77.1	84.0	No
Maintenance and transportation staff						35.8	39.2	No
Student body						40.1	41.6	No
Parents or families of students						54.2	66.7	Yes
Community members						49.0	60.2	Yes
Local health departments, agencies, or organizations						39.7	46.5	No
Faith-based organizations						11.2	8.4	No
Businesses						17.5	16.9	No
Local government agencies						17.5	27.0	Yes
Percentage of schools in which all staff who teach health education are certified, licensed, or endorsed by the state in health education						81.0	85.7	No

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HIV Infection and AIDS Prevention								
Percentage of schools that require any school staff to receive professional development on HIV, STD, or pregnancy prevention issues and resources for the following groups:								
Ethnic/racial minority youth at high risk (e.g., black, Hispanic, or American Indian youth)						20.3	19.0	No
Youth who participate in drop-out prevention, alternative education, or GED programs						24.2	21.7	No
Percentage of schools that 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						22.7	27.1	No
Percentage of schools that have adopted a policy that addresses the following issues:								
Attendance of students with HIV infection						54.8	57.1	No
Procedures to protect HIV-infected students and staff from discrimination						60.7	67.0	No
Maintaining confidentiality of HIV-infected students and staff						68.9	74.6	No
Worksite safety (i.e., universal precautions for all school staff)						75.3	80.5	No
Confidential counseling for HIV-infected students						50.1	56.5	No
Communication of the policy to students, school staff, and parents						53.9	64.1	Yes

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Percentage of schools that have adopted a policy that addresses the following issues:									
Adequate training about HIV infection for school staff						62.9	67.7	No	
Procedures for implementing the policy						59.8	64.0	No	

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Required Physical Education									
Percentage of schools that required physical education for students in any of grades 6 through 12			96.7	98.8		87.6	94.4	Yes	Yes
Percentage of schools that taught a required physical education course in the following grades:*									
6th grade				94.1		75.7	91.4	No	Yes
7th grade				95.3		80.7	92.2	No	Yes
8th grade				94.7		79.2	91.0	No	Yes
9th grade				90.6		75.5	88.4	No	Yes
10th grade				87.2		67.6	71.5	Yes	Yes
11th grade				13.8		21.2	21.9	No	No
12th grade				12.4		20.1	18.2	No	No

* The 2008 and 2010 results published here differ slightly from the 2008 and 2010 results published in site reports. This is because the site reports excluded data from schools that do not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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Percentage of schools in which students could be exempted from taking required physical education for one grading period or longer for the following reasons:*								
Enrollment in other courses						22.1	17.1	No
Participation in school sports						6.6	1.9	Yes
Participation in other school activities (i.e., ROTC, band or chorus)						4.1	4.5	No
Participation in community sports activities						3.3	1.6	No
Religious reasons						38.7	32.6	No
Long-term physical or medical disability						77.4	82.7	No
Cognitive disability						31.1	35.4	No
High physical fitness competency test score						1.1	0.9	No
Participation in vocational training						2.7	3.2	No
Participation in community service activities						1.2	2.1	No

* Among those schools that require physical education for students in any of grades 6 through 12.

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Physical Education and Physical Activity								
Percentage of schools in which physical education teachers or specialists received professional development on physical education during the two years before the survey						83.4	87.3	No
Percentage of schools that provide those who teach physical education with the following materials:								
Goals, objectives, and expected outcomes for physical education						90.8	89.3	No
A chart describing the annual scope and sequence of instruction for physical education						76.9	75.3	No
Plans for how to assess student performance in physical education						76.8	77.0	No
A written physical education curriculum						76.9	78.5	No
Percentage of schools that offer opportunities for all students to participate in intramural activities or physical activity clubs						57.2	65.2	Yes

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Tobacco-Use Prevention Policies									
Percentage of schools that had adopted a policy prohibiting tobacco use			98.4	98.6		95.8	97.1	No	No
Percentage of schools that follow a policy that mandates a “tobacco-free environment.” A “tobacco-free environment” is one that prohibits tobacco use by students, staff, and visitors in school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events, applicable 24 hours a day and seven days a week			46.9	48.1		45.7	51.0	No	No
Percentage of schools that had procedures to inform the following groups about the tobacco-use prevention policy that prohibits their use of tobacco:*									
Students			100.0	100.0		99.0	98.5	Yes	Yes
Faculty and staff			96.9	98.0		96.4	95.6	No	No
Visitors			87.2	87.9		84.5	84.6	No	No
Percentage of schools that have a tobacco-use prevention policy that includes guidelines on what actions the school should take when students are caught smoking cigarettes*						96.9	96.5	No	
Percentage of schools in which a single individual is responsible for enforcing the tobacco-use prevention policy*						54.7	57.4	No	
Percentage of schools that sometimes, almost always, or always took the following actions when students were caught smoking cigarettes:									
Notified parents or guardians		97.2	98.9	98.5		95.4	99.6	No	No
Referred students to a school counselor		65.4	68.7	75.5		67.4	77.9	Yes	No

* Among those schools that have adopted a policy prohibiting tobacco use.

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Percentage of schools that sometimes, almost always, or always took the following actions when students were caught smoking cigarettes:									
Referred students to a school administrator		97.5	100.0	97.2		96.1	99.6	No	No
Encouraged, but not required, participation in an assistance, education, or cessation program		66.9	71.0	65.0		60.8	66.8	No	No
Required participation in an assistance, education, or cessation program		37.1	40.6	46.1		35.6	37.5	No	No
Referred students to legal authorities		77.4	78.3	76.8		77.4	76.9	No	No
Placed students in detention		43.2	49.3	45.8		49.7	62.7	Yes	No
Did not allow participation in extra-curricular activities or interscholastic sports						79.6	89.6	Yes	
Gave students in-school suspension		60.1	66.4	64.1		61.2	72.8	No	No
Suspended students from school		73.8	74.7	80.0		72.3	80.1	No	No
Expelled students from school						3.7	3.3	No	
Reassigned students to an alternative school						2.4	3.3	No	

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Percentage of schools that posted signs marking a tobacco-free school zone, that is, a specified distance from school grounds where tobacco use is not allowed						73.1	73.4	No
Percentage of schools that gathered and shared information with students and families about mass-media messages or community-based tobacco-use prevention efforts during the two years before the survey						39.5	41.9	No
Percentage of schools that worked with local agencies or organizations to plan and implement events or programs intended to reduce tobacco use during the two years before the survey						41.0	45.2	No
Percentage of schools that provide tobacco cessation services for faculty and staff						15.8	12.9	No
Percentage of schools that provide tobacco cessation services for students						22.0	23.4	No
Percentage of schools that have arrangements with any organizations or health care professionals not on school property to provide tobacco cessation services for faculty and staff						31.8	30.7	No
Percentage of schools that have arrangements with any organizations or health care professionals not on school property to provide tobacco cessation services for students						37.3	33.7	No

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Nutrition-Related Policies and Practices								
Percentage of schools that always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered						25.9	28.4	No
Percentage of schools in which students could purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar			92.0	91.1		73.7	75.9	Yes No
Percentage of schools in which students could purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:								
Chocolate candy			76.5	71.6		35.0	39.1	Yes Yes
Other kinds of candy			77.5	73.4		42.4	45.0	Yes Yes
Salty snacks that are not low in fat (e.g., regular potato chips)			80.7	76.3		41.7	44.8	Yes Yes
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat						43.1	47.0	No
Ice cream or frozen yogurt that is not low in fat						16.8	20.6	No
2% or whole milk (plain or flavored)						32.9	37.5	No
Water ices or frozen slushes that do not contain juice						14.7	19.4	No

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Percentage of schools in which students could purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:								
Soda pop or fruit drinks that are not 100% fruit juice						45.7	41.5	No
Sports drinks, such as Gatorade						62.0	66.1	No
Foods or beverages containing caffeine						40.0	45.4	No
Fruits (not fruit juice)						32.3	39.9	Yes
Non-fried vegetables (not vegetable juice)						19.4	22.4	No
Percentage of schools that limit the package or serving size of any individual food and beverage items sold in vending machines or at the school store, canteen, or snack bar						45.9	49.9	No
Percentage of schools that have done the following during the current school year:								
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages						21.6	19.0	No
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating						55.1	60.6	No
Provided information to students or families on the nutrition and caloric content of foods available						48.1	54.7	No
Conducted taste tests to determine food preferences for nutritious items						25.5	28.2	No

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Percentage of schools that have done the following during the current school year:								
Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics						22.2	24.5	No
Percentage of schools that promote candy, meals from fast food restaurants, or soft drinks to students through the distribution of products, such as t-shirts, hats, and book covers to students						2.0	2.4	No
Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:								
In the school building						65.3	67.9	No
On school grounds including on the outside of the school building, on playing fields, or other areas of the campus						60.2	59.9	No
On school buses or other vehicles used to transport students						73.7	74.1	No
In school publications (e.g., newsletters, newspapers, web sites, or other school publications)						66.6	68.8	No

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Health Services								
Percentage of schools that have a full-time registered nurse who provides health services to students						38.4	41.4	No
Percentage of schools that have an asthma action plan on file for all students with known asthma						45.7	56.9	Yes
Percentage of schools that use the following events to identify students with poorly controlled asthma:								
This school does not identify students with poorly controlled asthma						19.8	14.2	No
Frequent absences from school						40.9	44.9	No
Frequent visits to the school health office due to asthma						60.8	69.1	Yes
Frequent asthma symptoms at school						56.1	56.9	No
Frequent non-participation in physical education class due to asthma						39.3	46.2	No
Students sent home early due to asthma						35.2	39.6	No
Calls from school to 911, or other local emergency numbers, due to asthma						21.7	25.6	No

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Percentage of schools that provide the following services for students with poorly controlled asthma:								
Providing referrals to primary health care clinicians or child health insurance programs						56.1	67.1	Yes
Ensuring an appropriate written asthma action plan is obtained						79.3	83.3	No
Ensuring access to and appropriate use of asthma medications, spacers, and peak flow meters at school						79.6	88.5	Yes
Offering asthma education for students with asthma						51.2	63.9	Yes
Minimizing asthma triggers in the school environment						78.2	80.7	No
Addressing social and emotional issues related to asthma						53.7	59.1	No
Providing additional psychosocial counseling or support services as needed						47.6	54.0	No
Ensuring access to safe, enjoyable physical education and activity opportunities						89.5	92.3	No
Ensuring access to preventive medications before physical activity						84.0	90.1	Yes
Percentage of schools in which school staff members are required to receive training on recognizing and responding to severe asthma symptoms more than once per year or once per year						38.8	26.6	Yes

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Percentage of schools that have adopted a policy stating that students are permitted to carry and self-administer asthma medications						74.7	73.3	No
Percentage of schools that have procedures to inform students about the policy permitting students to carry and self-administer asthma medications*						92.4	92.3	No
Percentage of schools that have procedures to inform parents and families about the policy permitting students to carry and self-administer asthma medications*						90.8	91.9	No
Percentage of schools that have a single individual responsible for implementing the policy permitting students to carry and self-administer asthma medication*						84.3	83.7	No

* Among schools that have adopted a policy stating that students are permitted to carry and self-administer asthma medications.

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Family and Community Involvement								
Percentage of schools in which students' families helped develop or implement policies and programs related to the following topics during the two years before the survey:								
HIV, STD, or teen pregnancy prevention						15.7	17.0	No
Tobacco-use prevention						22.8	23.6	No
Physical activity						34.8	31.9	No
Nutrition and healthy eating						46.4	48.3	No
Asthma						11.1	15.2	No
Percentage of schools in which community members helped develop or implement policies and programs related to the following topics during the two years before the survey:								
HIV, STD, or teen pregnancy prevention						26.0	23.1	No
Tobacco-use prevention						28.4	31.6	No
Physical activity						35.7	33.4	No
Nutrition and healthy eating						47.1	50.7	No
Asthma						12.8	15.9	No