



# IS YOUR SCHOOL HEALTHY?

## Find out by using AFHK School Health Index

### Why assess your school health environment?

As your school health team looks at ways to make health a priority, it is important to understand where your school is starting. A health and wellness assessment is well worth your time and effort. This will enable your team to determine your school's strengths and weaknesses, define goals that suit your school's needs, justify the need to make changes and document starting points in order to show progress over time.

### What is AFHK's School Health Index?

The Action for Healthy Kids (AFHK) School Health Index (SHI) is a self-assessment for schools to use to improve policies and programs that support whole child health. The SHI is based on the Center for Disease Control's research-based guidelines for school health programs, which identifies the policies and practices most likely to be effective in improvement children's health. AFHK's SHI takes a whole child approach to the assessment and aligns with the Whole School, Whole Community, Whole Child model, addressing 9 topic areas:

- School Health and Physical Environment
- Nutrition Environment and Services
- Health Education
- Physical Education and Physical Activity
- Social and Emotional Climate
- School Health Services
- Staff Wellness
- Family Involvement
- Community Involvement

Studies show that active, healthy kids learn better and have better school attendance and behavior. Are the schools in your district healthy? Find out with the AFHK School Health Index today!!

### AFHK is available to help your school:

- Build or reestablish your school health team
- Complete AFHK's SHI and understand how to use the results of your summary report
- Find funding and resources that support a healthy school environment



Log on to AFHK's School/District Portal to complete the SHI today!  
[actionforhealthykids.org/school-health-index](http://actionforhealthykids.org/school-health-index)

Contact AFHK today at:  
[contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org)



## How AFHK's School Health Index Can Help Your School

- **Collaborate with your school health team:** School health teams can collaborate to complete the AFHK SHI online. Ask your school nutrition manager to complete questions about school meals and your PE teacher to answer the PE-related questions. Work together as a team to make it easier!
- **AFHK's SHI provides you with an informative summary report:** After you submit the SHI, you'll receive a summary report that highlights what you're doing well and opportunities for growth. Print and share reports with your health team, administrators, your community partners and others, including potential funders.
- **Provide focus for future work:** When a school health team gets everyone in the same room to discuss the SHI results, it gives the team the chance to brainstorm future activities.
- **Show your commitment to a healthy school environment:** A healthy school environments helps kids be better prepared to learn. Completing the SHI is one way to show your school is committed to the cause and to improving your school's potential.
- **Meet your district's wellness policy requirements:** Is your school implementing your district's wellness policy? Take the SHI to assess progress and report back to district leaders.

*"The AFHK School Portal allowed our school wellness team to complete the SHI by engaging members of our wellness team and school community. The ability to complete it online with multiple users has reduced the number and length of in-person meetings and allowed us to transition into action planning in a more timely manner."*

School Staff, MD

*"The SHI is a great way to engage the school health team and encourage the members to work together to complete their self-assessment."*

School User, FL



**Healthy Kids. Better World.**

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