

# School Health Program Report Card

# Massachusetts

## Health Education

		Elementary Schools	Middle/Junior High Schools	Senior High Schools
1.1 <sup>1</sup>	Has health education (HED) coordinator	● <sup>2</sup>		
1.2	Requires or encourages districts or schools to follow HED standards or guidelines	● <sup>3</sup>		
1.3	Has adopted HED goals, objectives, or expected outcomes	●	●	●
1.4, 1.5, and 1.6	Requires schools to teach:			
	Accident <sup>4</sup> or injury prevention	●	●	●
	Alcohol or other drug use prevention	●	●	●
	Consumer health	●	●	○
	Cardiopulmonary resuscitation (CPR)	●	●	●
	Death and dying	●	●	●
	Dental and oral health	●	●	●
	Emotional and mental health	●	●	●
	Environmental health	●	●	●
	First aid	●	●	●
	Growth and development	●	●	●
	Human immunodeficiency virus (HIV) prevention	●	●	●
	Human sexuality	●	●	●
	Immunizations or vaccinations	●	●	●
	Nutrition and dietary behavior	●	●	●
	Personal hygiene	●	●	●
	Physical activity and fitness	●	●	●
	Pregnancy prevention	●	●	●
	Sexually transmitted disease (STD) prevention	●	●	●
	Suicide prevention	●	●	●
Sun safety or skin cancer prevention	●	●	●	
Tobacco use prevention	●	●	●	
Violence prevention	●	●	●	
1.7	Requires students to be tested on health topics	○	○	○
1.8	Has developed own HED curricula	○	○	○
1.9	Requires undergraduate or graduate training in health education for newly hired HED teachers	●	●	●
1.10	Offers and requires certification, licensure, or endorsement for newly hired HED teachers	● <sup>5</sup>	● <sup>5</sup>	● <sup>5</sup>



### Physical Education

2.1	Has physical education (PE) coordinator	●		
2.2	Requires or encourages districts or schools to follow PE standards or guidelines	● <sup>3</sup>		
2.9	Requires or recommends that elementary schools provide regularly scheduled recess	○ <sup>3</sup>		
2.10	Prohibits or discourages using physical activity as punishment for bad behavior	○ <sup>6</sup>		
	Prohibits or discourages excluding students from PE as punishment for bad behavior	○ <sup>6</sup>		
2.11	Requires student use of protective gear:			
	When engaged in physical activities during PE	○		
	When engaged in physical activities during intramural sports	○		
	When engaged in physical activities during interscholastic sports	●		
		Elementary Schools	Middle/Junior High Schools	Senior High Schools
2.3	Has adopted PE goals, objectives, or expected outcomes	○	○	○
2.4	Requires PE	●	●	●
2.5	Requires or recommends written tests	○ <sup>3</sup>	○ <sup>3</sup>	○ <sup>3</sup>
	Requires or recommends skill performance tests	○ <sup>3</sup>	○ <sup>3</sup>	○ <sup>3</sup>
	Requires or recommends fitness level tests	○ <sup>3</sup>	○ <sup>3</sup>	○ <sup>3</sup>
2.6	Requires specific student-to-teacher ratios for PE classes	○ <sup>7</sup>	○ <sup>7</sup>	○ <sup>7</sup>
2.7	Requires newly hired PE teachers to have undergraduate or graduate training in PE or a related field	●	●	●
2.8	Offers and requires certification for newly hired PE teachers	● <sup>5</sup>	● <sup>5</sup>	● <sup>5</sup>

### Health Services

3.1	Has health services coordinator	●		
3.6	Allows students to self-medicate with:			
	Epinephrine	●		
	Insulin	●		
	Other prescribed medications	●		
	Over-the-counter medications	●		
	Prescription inhalers	●		

3.7	Requires students with acquired immunodeficiency syndrome (AIDS) or HIV infection to be allowed to engage in:	
	Classes	●
	School sports	●
	Other school activities	●
	Requires staff with AIDS or HIV infection to be allowed to work as long as they are able	●
	Provides model policies for HIV-infected students and staff	●
3.8	Requires schools to write an injury report after a serious student injury	●
3.9	Requires districts or schools to screen students for:	
	Hearing	●
	Height and weight	●
	Oral health	○
	Scoliosis	●
	Tuberculosis	○
Vision	●	
3.10	Requires student-to-nurse ratio of 750:1 or better	○
3.11	Requires school nurse participation in individualized education plans (IEPs)	●
	Requires school nurse participation in individualized health plans (IHPs)	●
3.13	Requires newly hired school nurses to have specific educational backgrounds	●
3.14	Requires newly hired school nurses to have a licensed practical nurse (LPN) or registered nurse (RN) license	●
	Requires newly hired school nurses to have state certification	●

### Mental Health and Social Services

4.1	Has mental health and social services (MHSS) coordinator	○
4.2	Has required student-to-staff ratio for guidance counselors	○
	Has required student-to-staff ratio for psychologists	○
	Has required student-to-staff ratio for social workers	○
4.3	Requires MHSS staff to participate in IEPs	○
	Requires MHSS staff to participate in IHPs	○

4.5	Requires specific educational backgrounds for newly hired guidance counselors	●
	Requires specific educational backgrounds for newly hired psychologists	●
	Requires specific educational backgrounds for newly hired social workers	●
4.6	Requires newly hired guidance counselors to have state certification	●
	Requires newly hired psychologists to have state certification	●
	Requires newly hired social workers to have state certification	●

### Food Service

5.2	Requires schools to offer breakfast to students	●
	Requires schools to offer lunch to students	●
5.3	Requires schools to offer two or more fruits or fruit juices	○
	Requires schools to offer two or more entrees	○
	Requires schools to offer two or more vegetables	○
5.4	Requires or recommends that schools include fruits and vegetables a la carte or in vending machines	○ <sup>3</sup>
5.5	Requires or recommends that schools prohibit junk foods <sup>8</sup> a la carte or in vending machines	○ <sup>3</sup>
5.6	Prohibits or discourages use of food or food coupons as rewards	○ <sup>6</sup>
5.7	Offers and requires certification, licensure, or endorsement for newly hired district food service coordinators	○ <sup>5</sup>
	Offers and requires certification, licensure, or endorsement for newly hired school food service managers	○ <sup>5</sup>

### School Policy and Environment

6.1	Prohibits physical fighting by students	○
	Prohibits weapon possession or use by students	●
	Prohibits gang activities	○
	Prohibits harassment of other students	●
6.2	Keeps records on incidents of physical fighting	●
	Keeps records on incidents of possessing any weapon	●
	Keeps records on incidents of using a handgun or other firearm	●

6.2	Keeps records on incidents of using any other weapon	<input checked="" type="radio"/>
6.4	Requires a tobacco-free environment <sup>9</sup>	<input type="radio"/>
6.5	Prohibits tobacco advertisements in school environments	<input type="radio"/>
	Prohibits tobacco advertisements through sponsorship of school events	<input type="radio"/>
	Prohibits tobacco advertisements on apparel worn or merchandise carried by students	<input type="radio"/>
6.6	Prohibits alcohol use by students	<input checked="" type="radio"/>
	Prohibits illegal drug use by students	<input checked="" type="radio"/>
6.8	Has a policy on:	
	Fire extinguishers	<input checked="" type="radio"/>
	Lighting inside school buildings	<input type="radio"/>
	Lighting outside school buildings	<input type="radio"/>
	Protection from environmental hazards	<input checked="" type="radio"/>
	Smoke detectors	<input checked="" type="radio"/>
	Requires protective gear in classes such as wood shop or metal shop	<input checked="" type="radio"/>
	Requires protective gear in labs	<input checked="" type="radio"/>
6.9	Provides model prevention policies on the following topics:	
	Accident and injury prevention	<input checked="" type="radio"/>
	Alcohol use prevention	<input checked="" type="radio"/>
	Harassment prevention	<input checked="" type="radio"/>
	Illegal drug use prevention	<input checked="" type="radio"/>
	Tobacco use prevention	<input checked="" type="radio"/>
	Violence prevention	<input checked="" type="radio"/>

### Faculty and Staff Health Promotion

7.1	Has faculty and staff health promotion coordinator	<input type="radio"/>
7.2	Requires districts or schools to fund or sponsor employee assistance programs	<input type="radio"/>
	Requires districts or schools to fund or sponsor health services for staff	<input type="radio"/>
	Requires districts or schools to fund or offer any type of screening for staff	<input type="radio"/>
	Requires that physical activity facilities or equipment be made available to staff	<input type="radio"/>

This publication was prepared by the Centers for Disease Control and Prevention (CDC). It summarizes state-level data collected from each of the 50 states and the District of Columbia during the School Health Policies and Programs Study (SHPPS) 2000. SHPPS is conducted periodically to monitor the extent to which school health policies and practices are addressing the leading causes of death, illness, and social problems among young people and adults.

**For additional information** on SHPPS or to order SHPPS publications, contact the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717; (888) 231-6405; [www.cdc.gov/shpps](http://www.cdc.gov/shpps).

### Footnotes

- 1 Numbers refer to tables in *State-Level School Health Policies and Practices: A State-by-State Summary from the School Health Policies and Programs Study 2000*, which includes information from all 50 states and the District of Columbia. This document can be downloaded at [www.cdc.gov/nccdphp/dash/shpps/summaries/index.htm](http://www.cdc.gov/nccdphp/dash/shpps/summaries/index.htm).
- 2 Unless otherwise indicated,
  - Yes
  - No
  - ? Incomplete Data
- 3
  - Requires
  - Recommends or encourages
  - Neither requires, recommends, nor encourages
  - ? Incomplete data
- 4 Although the SHPPS 2000 questionnaires used the word “accident” because it is familiar to many people, public health officials prefer the word “injury” because it connotes the medical consequences of events that are both predictable and preventable.
- 5
  - Offers and requires
  - Offers but does not require
  - Does not offer or require
- 6
  - Prohibits
  - Discourages
  - Neither
- 7 Requires a student-to-teacher ratio of 25:1 or better in elementary schools and a ratio of 30:1 or better in middle/junior high and senior high schools for physical education classes.
- 8 Junk foods are defined as foods that provide calories primarily through fats or added sugars and have minimal amounts of vitamins and minerals.
- 9 State has a tobacco-free environment if it has adopted policies prohibiting all of the following: cigarette smoking, smokeless tobacco use, and cigar or pipe smoking by students, faculty and staff, and visitors in school buildings and outside on school grounds, in school buses or other vehicles used to transport students, and at off-campus school-sponsored events.

