

From the Centers for Disease Control & Prevention

SCHOOL HEALTH INDEX IS NOW INTERACTIVE AND ONLINE

The Division of Adolescent and School Health is pleased to announce the release of the new, interactive online version of the *School Health Index: A Self-Assessment and Planning Guide* (SHI), on the DASH Healthy Youth Web site at <http://www.cdc.gov/HealthyYouth/SHI>. This interactive version will allow you to:

- Create your own customized SHI based on health topic(s).
- Enter your SHI responses online confidentially and save them in your own files. No one but your team members will see your school's information.
- See and share your confidential scores, calculated automatically by the SHI program.
- Print summary reports of your modules.
- Enter, edit, and print your plans for improvement.
- Archive older versions.
- And much more!

Access is Free and Confidential. Your school health team can enter, store, retrieve, and print its own SHI by setting up a team name and password. Your log-in information can be shared among team members, and multiple users can be logged on at the same time. CDC does not monitor your school data. Only your team members will have access to your school's information.

The SHI Is Just the Beginning. Just as the printed version does, the online version of the School Health Index enables schools to self-assess and address their policies and programs related to:

- Physical activity and physical education.
- Healthy eating.
- Tobacco use prevention.
- Unintentional injury and violence prevention (safety).

Designed for use at the elementary, middle, and high school levels, the SHI has already helped thousands of schools around the country to identify the strengths and weaknesses of their school health programs and policies, prioritize actions for improvement, and develop a team approach to implementing school guidelines recommendations. It's a user-friendly, confidential means of engaging the people who know your school best, to improve the health and well-being of your students and staff—often at little or no financial cost! Log in to the School Health Index online today at <http://www.cdc.gov/HealthyYouth/SHI>.

Other Formats Are Still Available. If you prefer or need to use the SHI in a downloadable, paper, or PDF format, you can still do so. Also, you can still order printed copies. All formats are available at no charge. Just go to: <http://www.cdc.gov/HealthyYouth/SHI/paper.htm>.