



Parents Support Healthy School Environments

The Colorado Child Health Survey*, which has been conducted since 2004, routinely asks parents questions about the health and behavior of their children. This same survey also asks parents' opinions about school and health issues. Through answers received from this survey, it can be concluded that Colorado parents overwhelmingly support healthy school environments.

Classroom Health Content - Parents are very supportive of the following age appropriate health content being taught in schools

- 93.3% support Sun Safety
- 98.6% support Violence prevention
- 97.7% support Alcohol/drug use prevention
- 96.9% support Tobacco use prevention
- 94.1% support Suicide prevention
- 92.1% support Emotional/mental health
- 87.8% support Sexually Transmitted Disease prevention
- 84.5% support Human Sexuality
- 99.1% support Nutrition
- 98.3% support Oral health

Physical Education – 95% of parents support required physical education every year. The same percentage support 30-45 minutes of daily PE even if it takes time away from other subjects.

Healthy Vending Machines - Parents are also very supportive of changing the contents of vending machines to allow for healthier choices.

- 95.3% of parents support changing the contents of snacks in school vending machines to healthy snacks, such as reducing the number chips, candy and cookies and replacing them with low fat and lower calorie snacks
- 97.1% of parents support changing the contents of beverages in school vending machines to healthy beverages, such as

replacing drinks like soda pop with water or 100% fruit juices

- 93.4% of parents support schools providing only nutritious vending snacks, even if it results in a reduced profit for the schools' vending program.

Healthy Nutrition - Parents also think it is very important that schools provide an environment that encourages healthy food choices and limits high fat/high sugar foods.

- 96.7% of parents support schools limiting the availability of high fat/high sugar foods such as soft drinks, cookies and chips.
- 99.1% of parents support schools encouraging healthy food choices
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*Child Health Survey Methods

The Colorado Child Health Survey is a population-based survey that collects data regarding the health status and risk behaviors of children ages one to 14 years old. To reach parents of young children, a random digit dialing telephone survey method is used. The BRFSS (Behavioral Risk Factor Surveillance System) currently employs this method and once a respondent has completed the BRFSS, the interviewer inquires as to if they have a child in the target age range and their willingness to complete the child health survey.

Approximately 10 days later, the parent is called to complete the survey on a variety of topics including their child's physical activity, nutrition, access to health and dental care, behavioral health, school health, sun safety, injury and many others. At the end of the year, all data are cleaned and weighted to reflect the general population of all Colorado children one to 14 years old.

<http://www.cdph.state.co.us/hs/yrbcs/ChildHealth.html>