

School Health Index (SHI) Information

The School Health Index (SHI) is a self-assessment and planning guide created by the Centers for Disease Control and Prevention (CDC). The SHI helps schools identify the strengths and weaknesses of their health and safety policies.

The SHI is a tool that helps schools create an action plan for improving student health. The SHI focuses on identifying changes that require little to no cost, and it can be used to justify funding requests.

It's **not** an evaluation or research tool, nor is it meant for auditing or punishing staff. It's also not a complex or bureaucratic process, and it doesn't require expensive changes or unfunded mandates.

The School Health Index (SHI) covers seven key health areas: physical activity, nutrition, tobacco-use prevention, alcohol and other drug use prevention, chronic health conditions, injury and violence prevention, and sexual health. It also includes cross-cutting questions that apply to all these topics.

The SHI contains 11 modules, structured around the [Whole School, Whole Community, Whole Child](#) framework:

1. School Health and Safety Policies and Environment.
2. Health Education.
3. Physical Education and Physical Activity Programs.
4. Nutrition Environment and Services.
5. School Health Services.
6. School Counseling, Psychological, and Social Services.
7. Social and Emotional Climate.
8. Physical Environment.
9. Employee Wellness and Health Promotion.
10. Family Engagement.
11. Community Involvement.

[CDC School Health Index \(SHI\) webpage](#)

[NEISD Elementary SHI for 2023-2024](#)

[NEISD Secondary SHI for 2023-2024](#)