

SCHOOL HEALTH PROFILES

The School Health Profiles (Profiles) is a system of surveys developed by the Centers for Disease Control and Prevention (CDC) to assess school health policies and programs in states and large urban school districts. The Profiles survey is conducted in Kentucky biennially among middle

and high school principals and lead health education teachers. To view the 2020 Kentucky School Health Profiles data and multi-year trend report, visit <https://education.ky.gov/curriculum/WSCC/data/Pages/School-Health-Profiles.aspx>.

NUTRITION

The Whole School, Whole Community, Whole Child model includes the school nutrition environment and services, which refers to:

- The foods and beverages that are available to students throughout the school day; and
- Information and messages about food, beverages and nutrition that students encounter on school grounds.

A healthy school nutrition environment makes it easier for students to make healthy choices by giving them access to nutritious and appealing foods and beverages, consistent and accurate messages about good nutrition, and ways to learn about and practice healthy eating.

Within a healthy school nutrition environment, school nutrition services provide meals that meet federal nutrition standards for the National School Lunch Program and School Breakfast Program as well as the health and nutrition needs of all students. They also help make sure that foods and beverages sold outside of school meal programs meet Smart Snacks in School nutrition standards.

https://www.cdc.gov/healthyschools/nutrition/pdf/School_Nutrition_Framework_508tagged.pdf

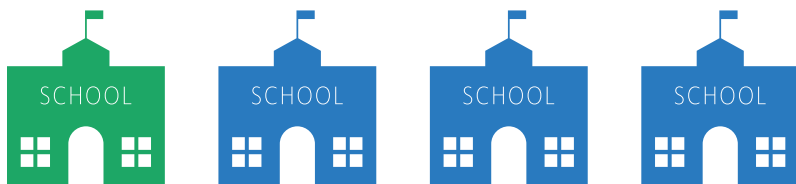


SCHOOLS THAT HAVE

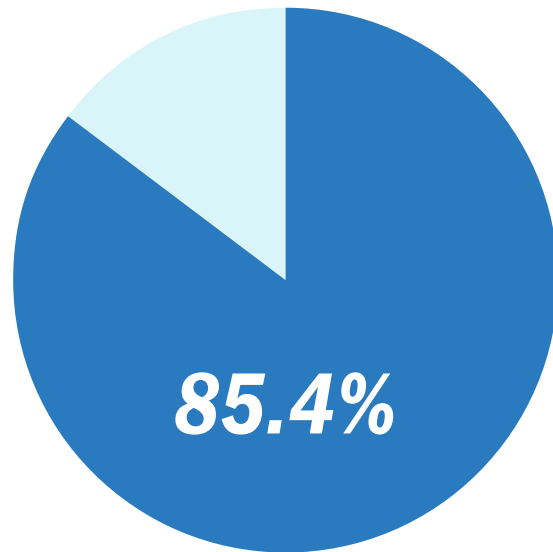
Conducted taste tests to determine food preferences for nutritious items.	39.8%
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access.	88.7%
Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance.	32.4%
Prohibited less nutritious foods and beverages (e.g., candy, baked goods) from being sold for fundraisers.	29.4%

LOCALLY OR
REGIONALLY
GROWN
45.2%

of schools that have served locally
or regionally grown foods in the
cafeteria or classrooms



1 in 4 schools planted a school food or vegetable garden



**Schools that have encouraged
students to drink plain water.**



BEST PRACTICES FOR IMPLEMENTATION AT THE SCHOOL AND COMMUNITY LEVELS

- Provide nutrition education in the classroom.
- Partner with local health departments, cooperative extension, Farm to School initiatives, school gardens, etc.
- Always provide access to drinking water.
- Conduct fundraisers that are non-food related or meet Smart Snacks in Schools regulations.
- Provide healthy or non-food related classroom and school celebrations.



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