



CDC Healthy Schools

School Health Index

An online self-assessment and planning tool for schools

The *School Health Index (SHI) Self-Assessment and Planning Guide* is an online self-evaluation and planning tool for schools. The SHI is built on CDC's research-based guidelines for school health programs that identify the policies and practices most likely to be effective in reducing youth health risk behaviors. The SHI is easy to use and is completely confidential.

The SHI (and related materials) is available as an interactive, customizable online tool or downloadable, printable version. The SHI aligns with the Whole School, Whole Community, Whole Child (WSCC) model.



How Schools Can Use the School Health Index


CDC developed the SHI in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies to:

- Enable schools to identify strengths and weaknesses of health and safety policies and programs.
- Enable schools to develop an action plan for improving student health that can be incorporated into the School Improvement Plan.
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.

Download the School Health Index

- [SHI for Elementary Schools](#)  [PDF – 2.3 MB]
- [SHI for Middle and High Schools](#)  [PDF – 3.2 MB]

Your Guide to Using the School Health Index

[Your Guide to Using the School Health Index \(SHI\)](#)  [PDF – 13 MB] includes information and resources for district and school staff who are familiar with the SHI and who are charged with completing the assessment. Included in this Guide are information, materials, and resources on how to implement the SHI in schools, as well as a Facilitating Groups section for conducting trainings, workshops, or presentations on the SHI.

School Health Index e-Learning Course

This [course](#) introduces you to CDC's *School Health Index: Self-Assessment and Planning Guide*. After this [course](#), you will be ready to conduct or participate in a self-assessment and create a plan to improve the health of students in your school or district.

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