



San Diego

2004 School Health Profiles Results

Chronic Disease Prevention Fact Sheet

Physical Education (PE) and Physical Activity	Among Cities * Median	Range	San Diego %
Among schools that required physical education, percent that required 2 or more PE courses	57.8	(36.4 – 96.8)	95.0
Among schools that required a health education course, percent that taught 12 physical activity topics	NA	NA	NA
Among schools that required a health education course, percent that taught about developing an individualized physical activity plan	NA	NA	NA
Percent of schools in which the lead health education teacher received staff development during the past 2 years on physical activity and fitness	44.4	(16.9 – 75.8)	16.9
Among schools that required a physical education course, percent of schools where students could not be exempted from taking a required PE course for being enrolled in other courses or for participating in school sports, other school activities, and community sports	48.4	(10.7 – 89.9)	48.4
Percent of schools that offered students intramural activities or physical activity clubs	78.4	(66.9 – 91.0)	78.4
Among schools that offered intramural activities or physical activity clubs, percent that provided students with transportation home after intramural activities or physical activity clubs	31.0	(8.5 – 57.3)	57.3
Nutrition and Food Service			
Among schools that served lunch to students, percent that allowed students 20 or more minutes to eat lunch once they were seated	81.8	(57.0 – 91.9)	83.3
Among schools in which students could buy foods or beverages from vending machines or at the school store, canteen, or snack bar, percent in which fruits or vegetables were available for purchase	45.9	(14.7 – 77.1)	77.1
Among schools in which students could buy foods or beverages from vending machines or at the school store, canteen, or snack bar, percent in which 100% fruit juice was available for purchase	83.3	(61.7 – 90.1)	71.9
Among schools in which students could buy foods or beverages from vending machines or at the school store, canteen, or snack bar, percent in which bottled water was available for purchase	95.6	(79.6 – 100.0)	97.4
Among schools in which students could buy foods or beverages from vending machines or at the school store, canteen, or snack bar, percent that did not allow students to purchase snack foods or beverages during school lunch periods	29.7	(10.5 – 51.3)	10.5
Among schools that required a health education course, percent that taught 15 nutrition and dietary topics	NA	NA	NA
Percent of schools in which the lead health education teacher received staff development during the past 2 years on nutrition and dietary behavior	37.3	(25.8 – 59.5)	32.3



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Tobacco Use Prevention	Among Cities * Median	* Range	San Diego %
Percent of schools that had an "ideal" tobacco use prevention policy ¶	56.4	(28.0 – 73.9)	66.5
Percent of schools that provided referrals to tobacco cessation programs for faculty and staff	23.3	(2.8 – 53.1)	42.4
Percent of schools that prohibited all tobacco advertising**	78.6	(60.6 – 87.5)	85.7
Percent of schools that posted signs marking a tobacco-free school zone	71.4	(29.9 – 90.5)	73.7
Among schools that required a health education course, percent that taught 17 tobacco use prevention topics	NA	NA	NA
Percent of schools in which the lead health education teacher received staff development during the past 2 years on tobacco use prevention	46.3	(23.6 – 90.3)	90.3

* Among the 11 participating cities with weighted principal survey results and the 10 cities with weighted teacher survey results.

¶ An "ideal" tobacco use prevention policy prohibits all tobacco use by students, school staff members, and visitors in school buildings, on school property, in school buses or other vehicles used to transport students, and at off-campus school-sponsored events.

** Prohibited all tobacco advertising in school buildings, on school grounds, on school buses or other vehicles, in school publications, through sponsorship of school events, and prohibited students from wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters.

Where can I find more information?

More information about the School Health Profiles is available at www.cdc.gov/healthyyouth/profiles or call (888) 231-6405.



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Centers for Disease Control and Prevention