


**Figure 5:** Sample pages of the COMPASS School Health Profile (SHP)



Cohort study  
Obesity  
Marijuana use  
Physical activity  
Alcohol use  
Smoking  
Sedentary behaviour

### Obesity Outcomes at Anyplace school

Among Students at your school:

- 60% are of healthy weight
- 20% are overweight
- 9% are obese
- 54% describe themselves as being about the right weight
- 40% are trying to lose weight

**29% of students at your school are overweight or obese**

**RECOMMENDATIONS**  
**Team Eating for Energy and Nutrition at School (TEENS)**  
• A school-based intervention extended to reduce obesity through healthy eating  
• Includes classroom, school-wide, and family components

### Physical Activity Outcomes at Anyplace school

Among Students at your school:

- 54% reported they were enrolled in PE class this year
- 55% reported strength training at least 3 days/week
- 10% reported that they usually walk or bike to school
- 49% are meeting the National guidelines of 60 min/day of physical activity
- 38% reported participating in intramural sports
- 36% reported participating in varsity sports

**RECOMMENDATIONS**  
**The Physical Activity and Teenage Health (PATH) Program**  
• Curriculum is designed to be taught by physical education teachers in five 30-minute sessions per week over 12 weeks  
• <http://t1tpe.cancer.gov/t1tpe/program/def.asp?def=prog.html-787968>

### Tobacco Use Outcomes at Anyplace school

Among Students at your school:

- 36% have never smoked but are susceptible to begin smoking in the future
- 9% are current smokers
- 7% Provincial average\*
- 9% National average\*
- 8% are occasional smokers
- 1% are daily smokers
- 74% of smokers have made a quit attempt
- 10% have used other forms of tobacco besides cigarettes (e.g., hookah, smokeless tobacco) in the past 30 days

**RECOMMENDATIONS**  
**NOT on Tobacco**  
• Involves 10 one-hour long weekly sessions and four booster sessions, delivered to males and females separately by same-gender, trained facilitators  
• [www.knowledgex.camh.net/educators/secondary/Pages/default.aspx](http://www.knowledgex.camh.net/educators/secondary/Pages/default.aspx)

### Alcohol Use Outcomes at Anyplace school

Among Students at your school:

- 22% reported binge drinking in the last month
- 25% National average\*
- 16% reported consuming alcohol mixed with an energy drink in the last year

**RECOMMENDATIONS**  
**School Health and Alcohol Harm Reduction Project (SHAHRP)**  
• Uses a harm reduction approach: aims to reduce the levels of alcohol related harms in students who drink alcohol, and to reduce the harms experienced by those students who do not drink alcohol but who interact with others who drink  
• Program includes three phases: (1) eight lessons in Year 1; (2) five booster lessons in Year 2; (3) four additional booster lessons in Year 2  
• <http://t1tpe.cancer.gov/t1tpe/research/haahrp/>  
**CURRICULUM SUPPLEMENTS**  
• Centre for Addiction and Mental Health (CAMH): <http://knowledgex.camh.net/educators/secondary/Pages/default.aspx>  
• MediaSmarts.ca: <http://mediasmarts.ca/teacher-resources/tmd-lesson>  
• National Institutes of Health: [http://scienceofeducation.nih.gov/supplements/hh3/alcohol/guide/hh\\_3\\_alch\\_curr\\_supp.pdf](http://scienceofeducation.nih.gov/supplements/hh3/alcohol/guide/hh_3_alch_curr_supp.pdf)  
**PUBLIC HEALTH UNIT CONTACT:**  
Jane Doe: Public Health Nurse, Anyplace Health Unit  
P: (555) 555-5555  
E: [jane.doe@aphu.com](mailto:jane.doe@aphu.com)

### Healthy Eating Outcomes at Anyplace school

Among Students at your school:

- 8% eat the recommended 7-8 servings of fruits & vegetables per day
- 11% eat the recommended 6-7 servings of grains per day
- 59% eat the recommended 3-4 servings of dairy products per day
- 73% eat the recommended 2-3 servings of meat & alternatives per day
- 54% buy their lunch at school at least once per week
- 19% buy snacks from school vending machines at least once per week

**3% of students are eating the recommended number of servings from all 4 food groups**

**RECOMMENDATIONS**  
**Gimme 5** - [www.gimme5.ca](http://www.gimme5.ca)  
• A school-wide program that encourages and assists students to consume 5 or more servings of fruits and vegetables each day  
• Targets changes in knowledge, attitudes, and behaviours of students towards fruits and vegetables  
• Achieved through a school media-marketing campaign, classroom workshops, family involvement, and environmental changes at school  
**CURRICULUM SUPPLEMENTS**  
**Centre for Addiction and Mental Health (CAMH):** [www.knowledgex.camh.net/educators/secondary/Pages/default.aspx](http://knowledgex.camh.net/educators/secondary/Pages/default.aspx)  
**MediaSmarts.ca:** <http://mediasmarts.ca/teacher-resources/tmd-lesson>  
**PUBLIC HEALTH UNIT CONTACT:**  
Jane Doe: Public Health Nurse, Anyplace Health Unit  
P: (555) 555-5555  
E: [jane.doe@aphu.com](mailto:jane.doe@aphu.com)