

# **Student Health Risk Behavior, Resilience, and Academic Performance: An Update**

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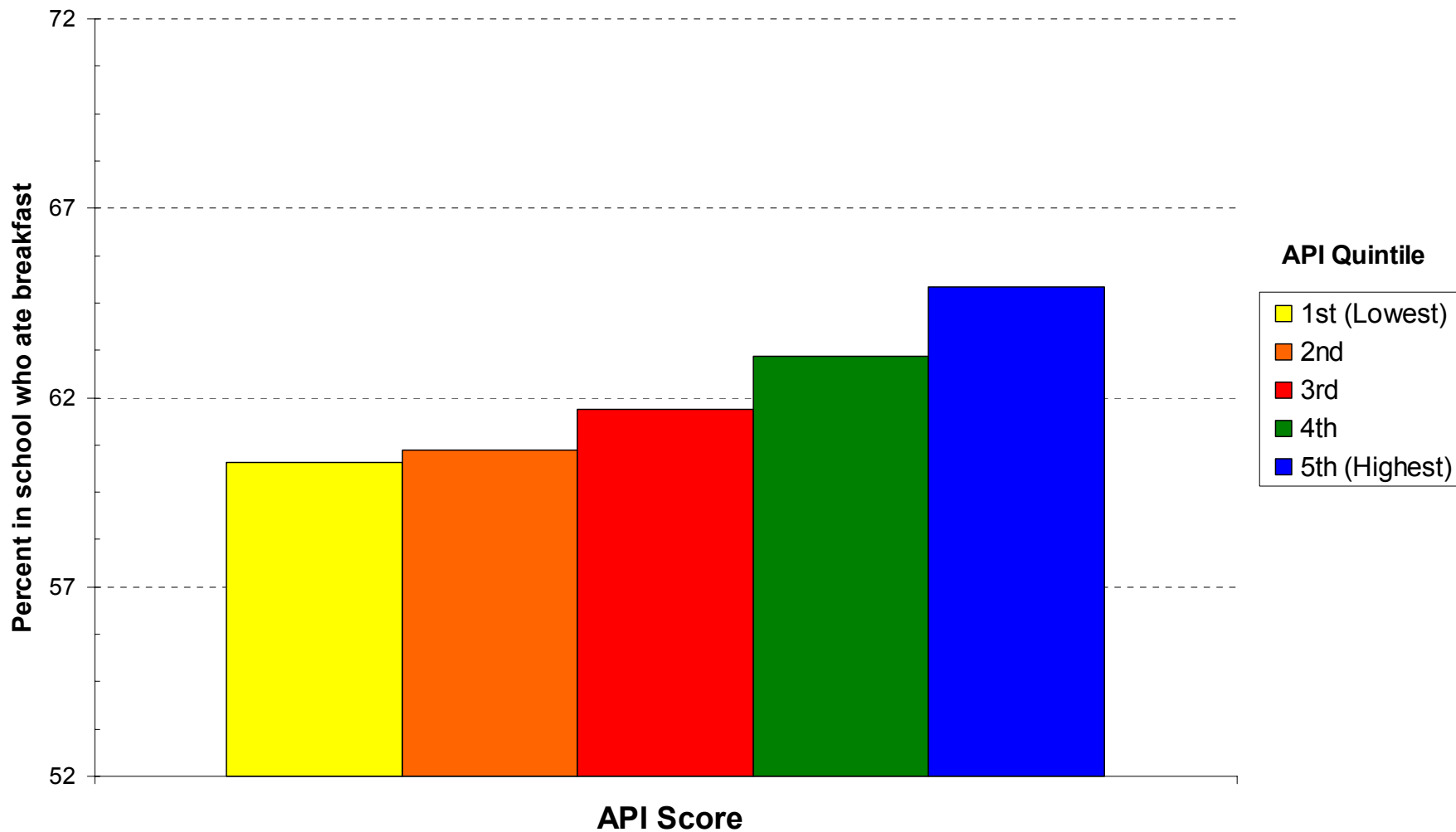
# Year 1 Analyses

- How health risk and resilience were related to school API scores at a single point in time
- School-level analyses
- All analyses adjusted for socioeconomic differences across schools

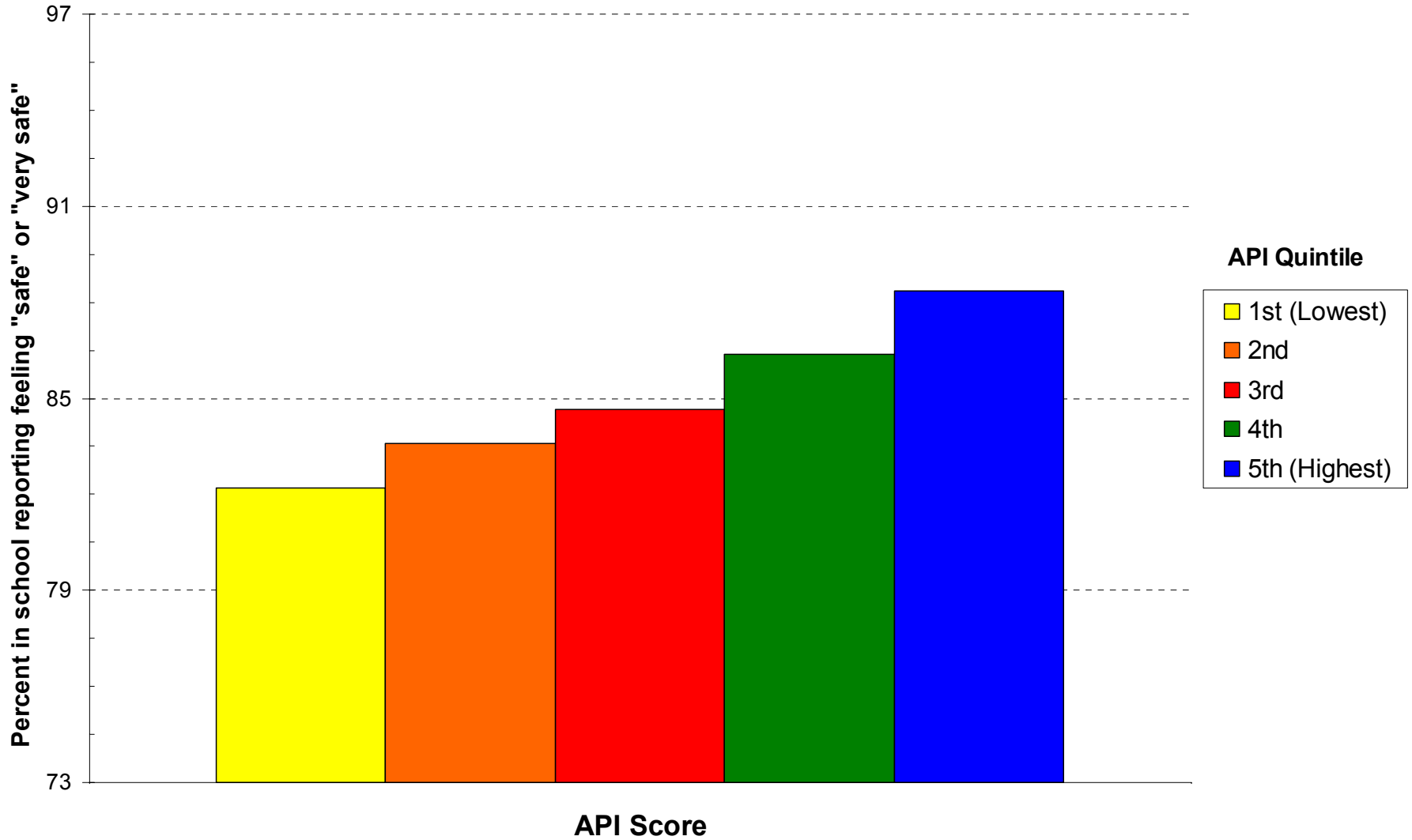
# Year 1 Analyses: Main Findings

- API scores were related to
  - Physical Exercise
  - Nutrition
  - Substance Use
  - Violence
  - School Safety
  - Resilience Assets
- 75% of health risk/resilience measures examined were related to API scores in expected ways

# Breakfast by API Quintile



# Safety by API Quintile



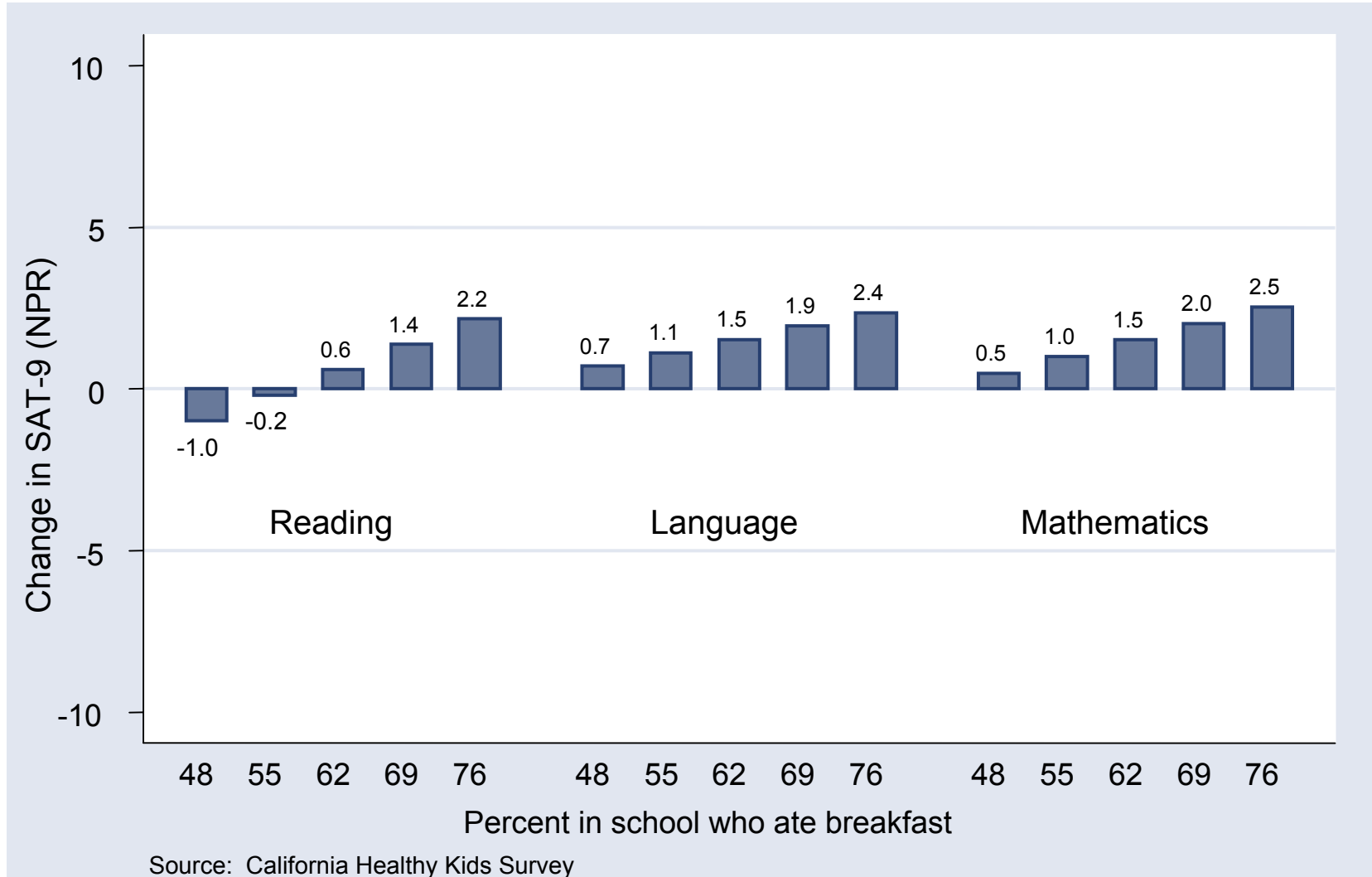
## Year 2 Analyses

- How health risk and resilience are related to academic progress at the school level
- Longitudinal changes in SAT/9 test scores, 1998-2002
- How annual changes related to average CHKS risk and resilience indicators
- Analyses adjust for socioeconomic differences across schools

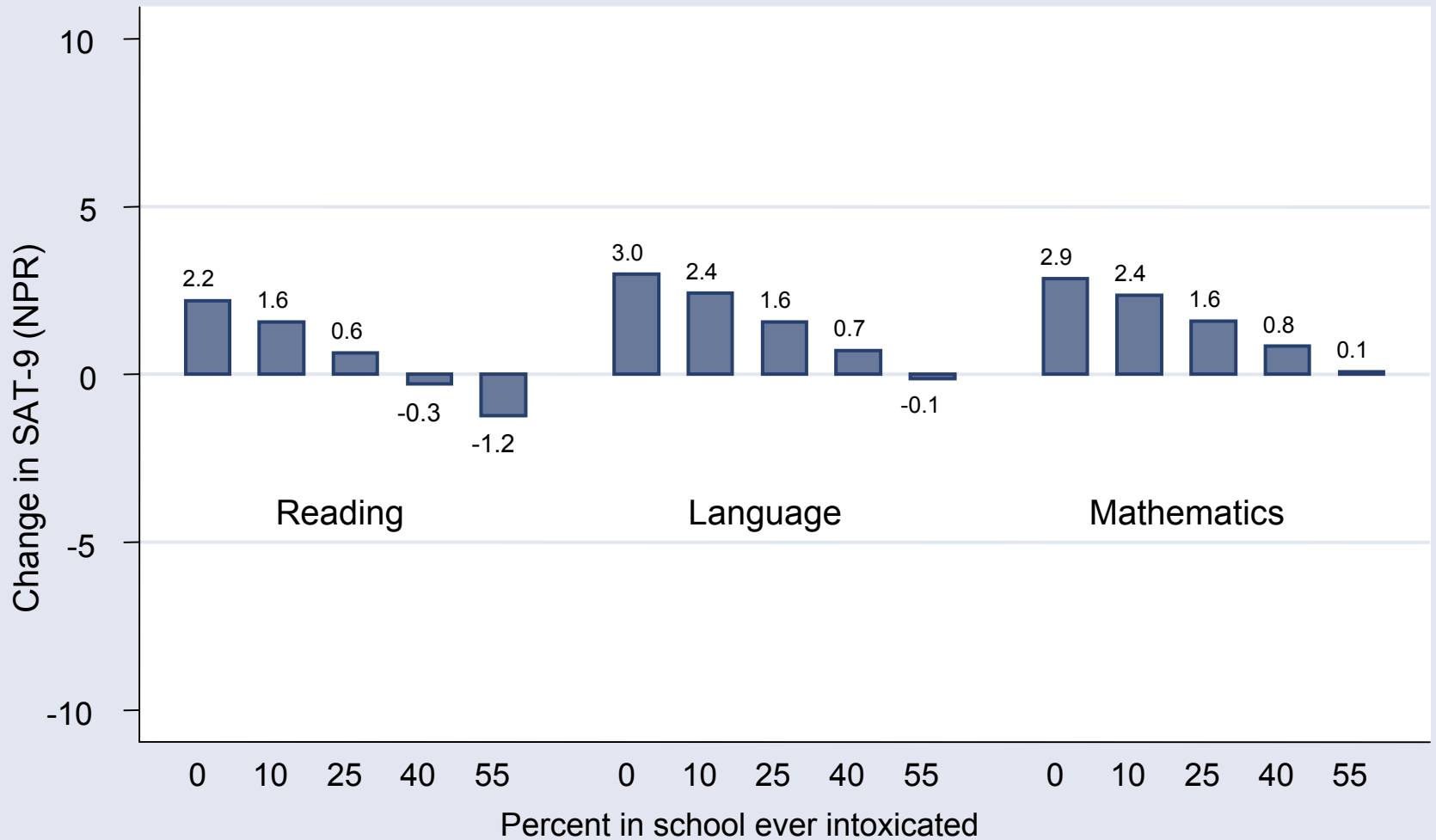
# Year 2 Analyses: Main Findings

- Subsequent test score gains were larger in schools when:
  - **physical activity** was more frequent
  - **healthy eating** was prevalent
  - **substance use**, particularly **substance use at school**, was infrequent
  - **drug availability at school** was low
  - **theft and vandalism**, **insecurity**, and **weapon possession** were low
  - there were high levels of **caring relationships at school**, exposure to **high expectations at school**, and participation in **meaningful activities in the community**
- Results held for 40% health risk/resilience outcomes examined

# Breakfast Consumption and Changes in SAT-9 Scores

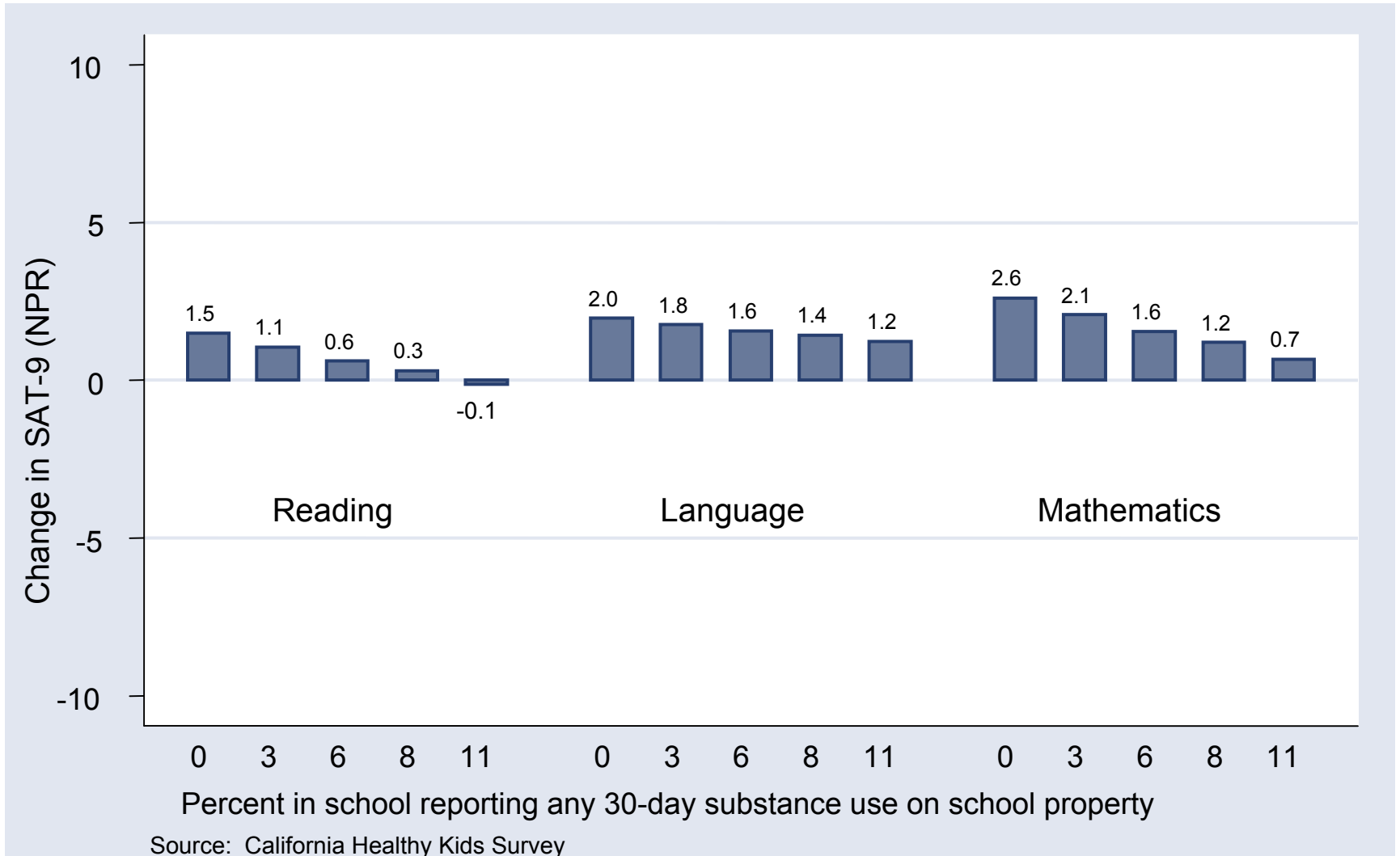


## Lifetime Intoxication and Changes in SAT-9 Scores

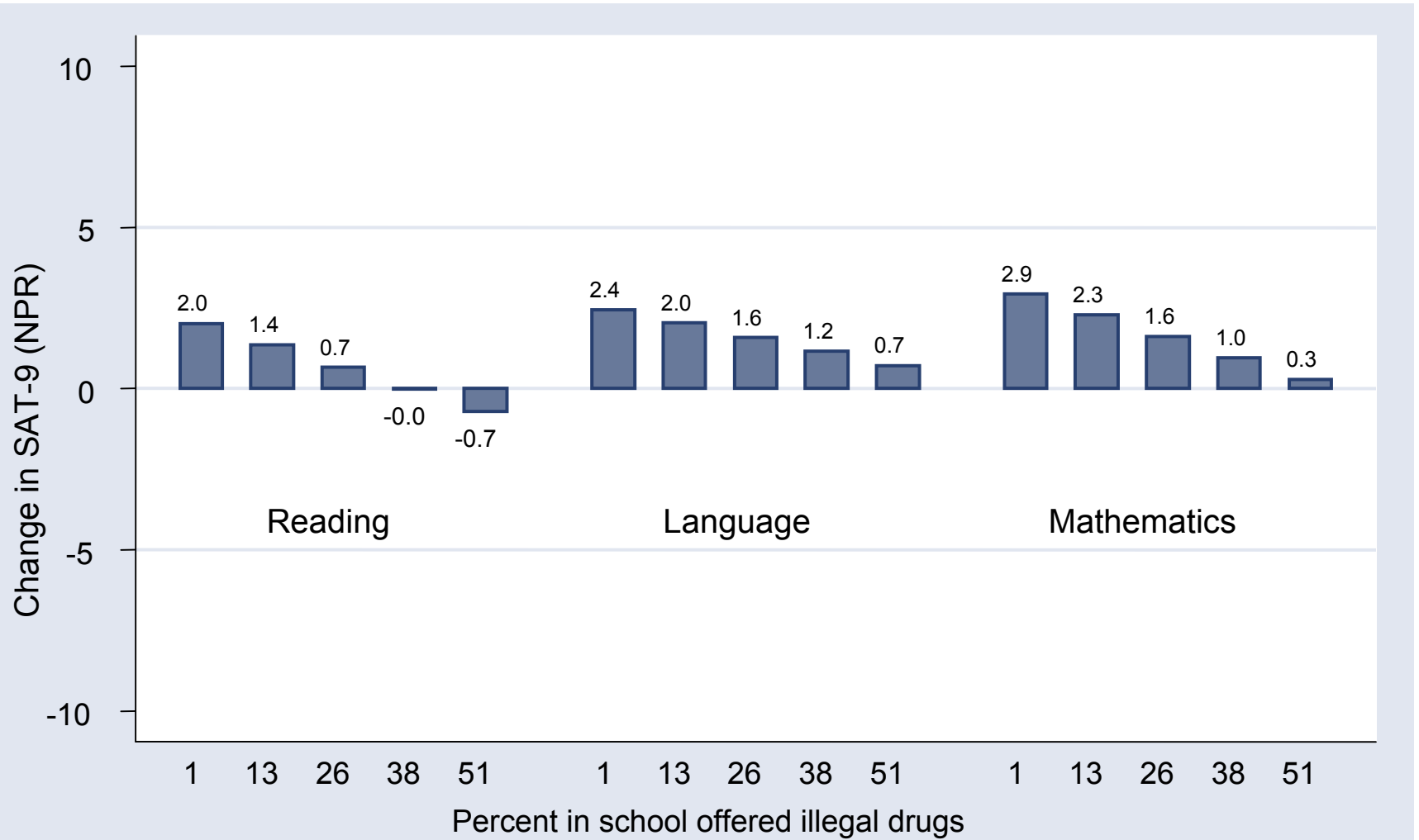


Source: California Healthy Kids Survey

## 30-day Substance Use and Changes in SAT-9 Scores

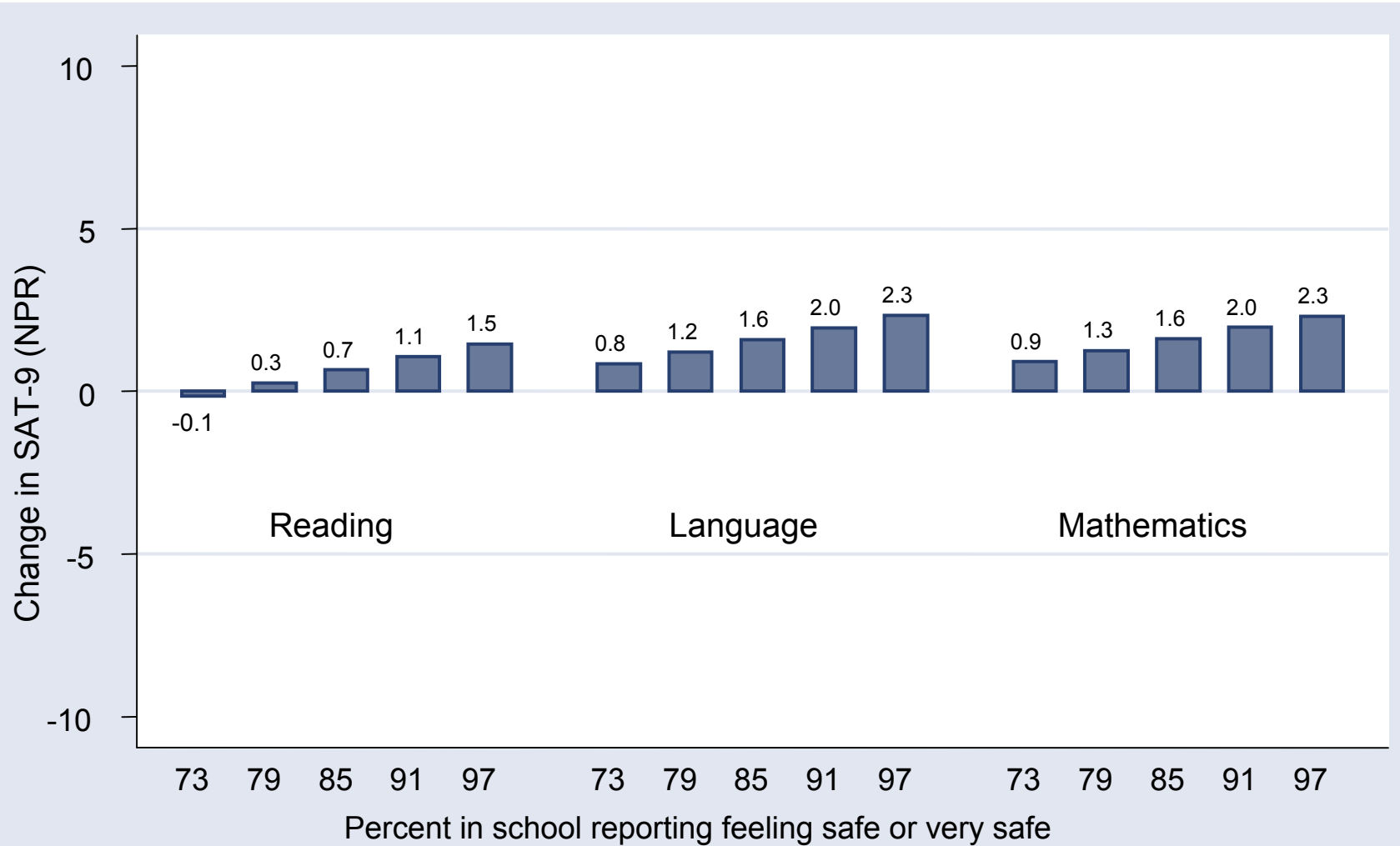


## Offered Illegal Drugs and Changes in SAT-9 Scores



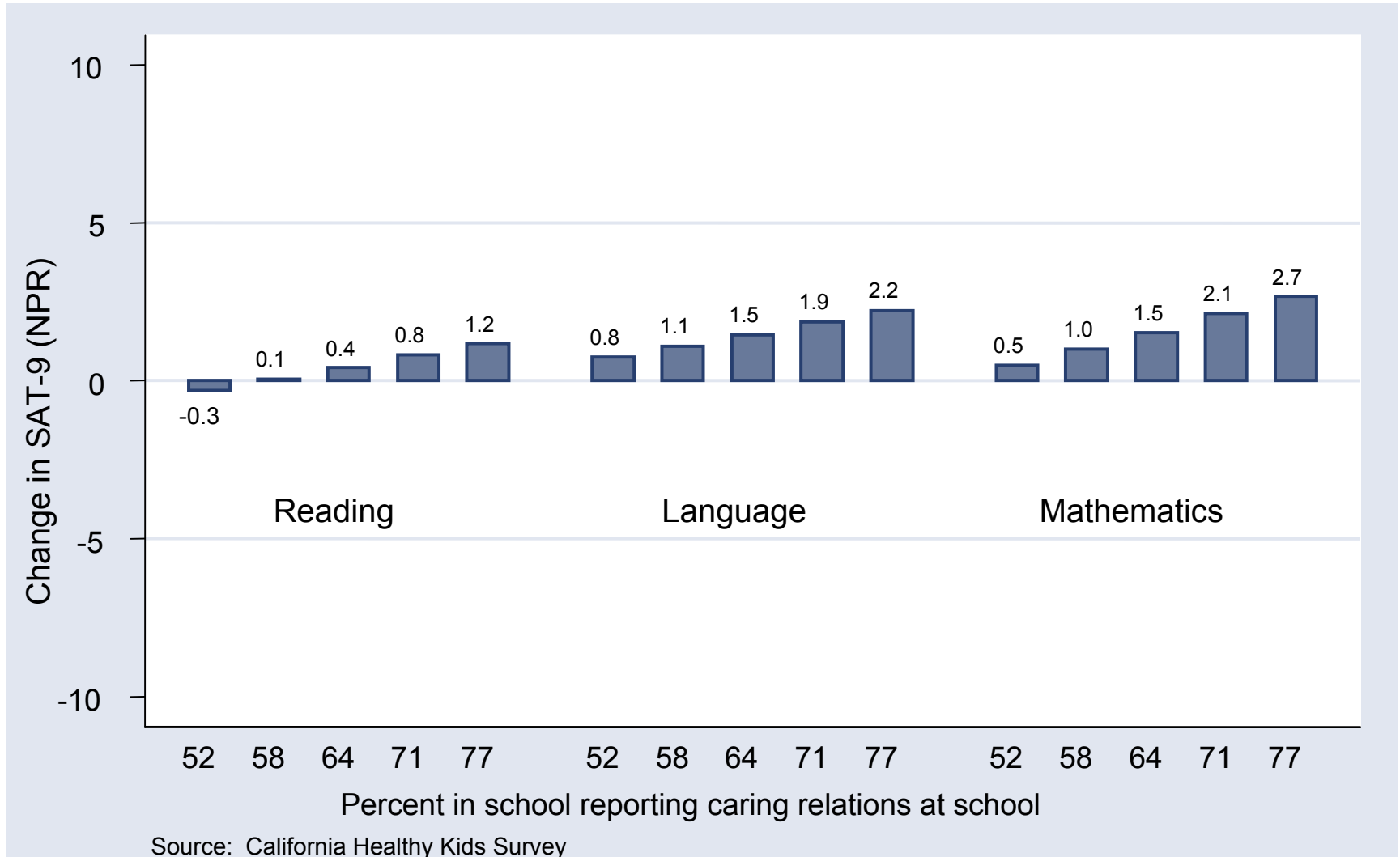
Source: California Healthy Kids Survey

## Safety at School and Changes in SAT-9 Scores

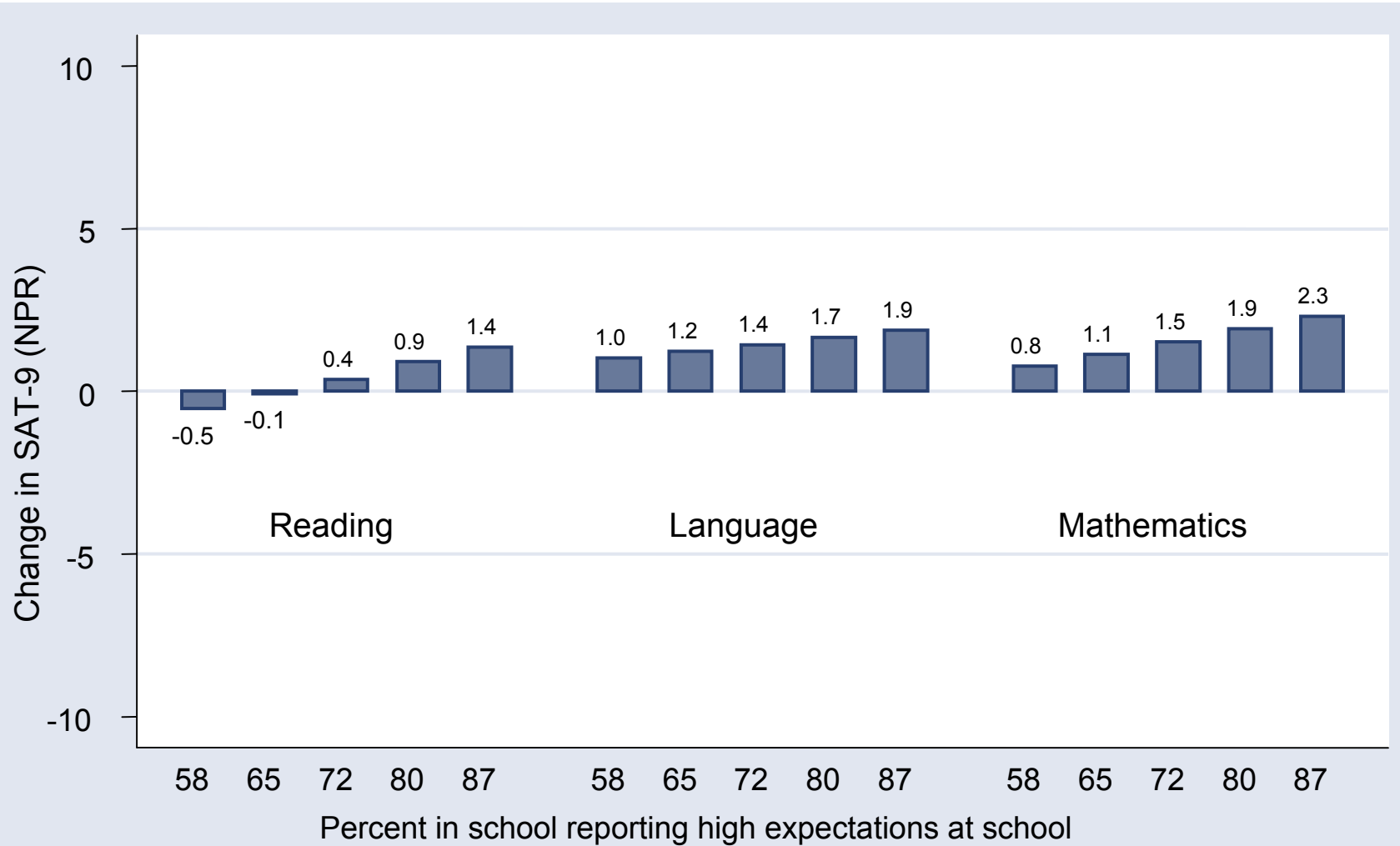


Source: California Healthy Kids Survey

## School Caring Relationships and Changes in SAT-9 Scores

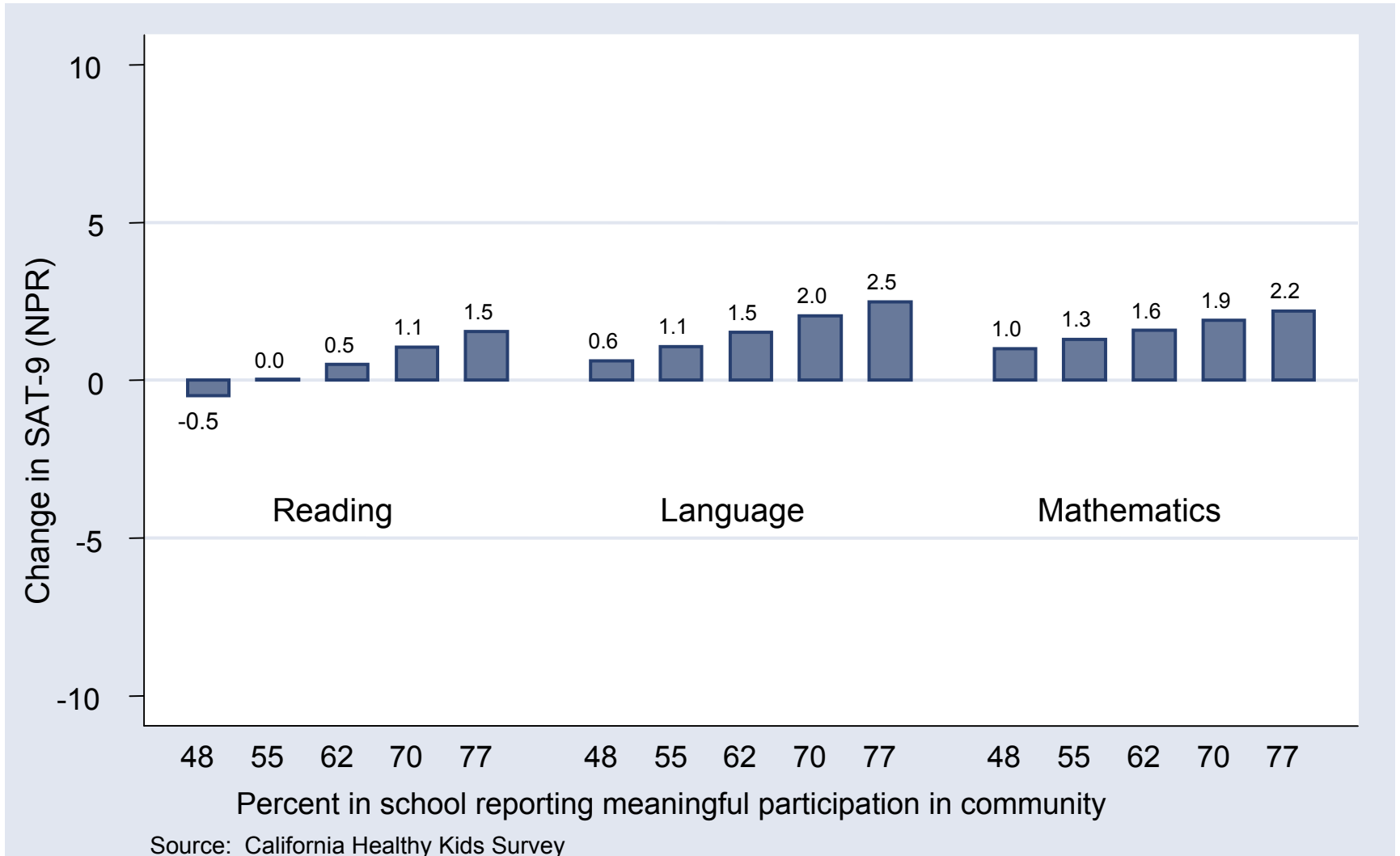


# School High Expectations and Changes in SAT-9 Scores

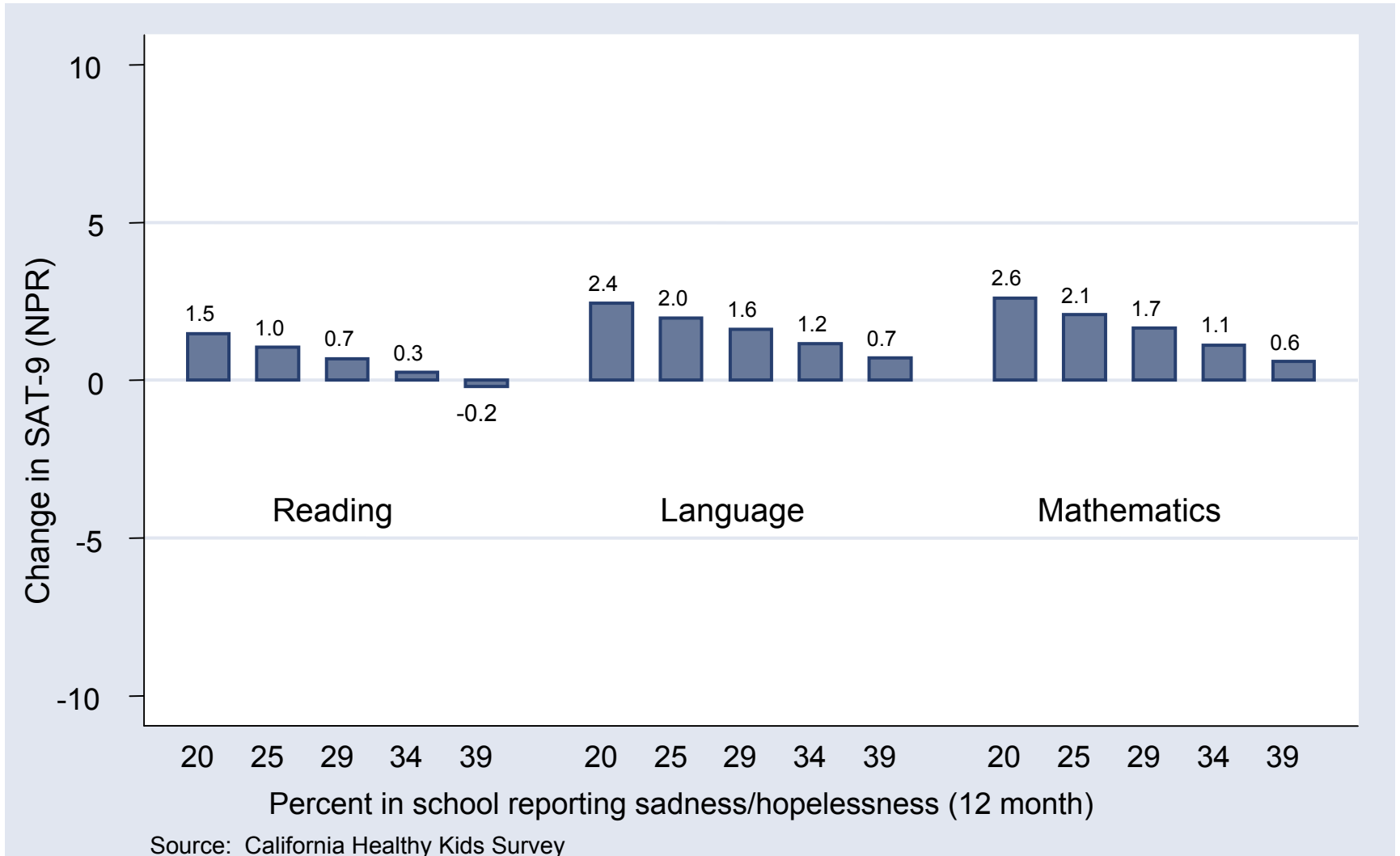


Source: California Healthy Kids Survey

## Community Meaningful Participation and Changes in SAT-9 Scores



## Sadness/hopelessness and Changes in SAT-9 Scores



## For more details, see:

- *Health Risks, Resilience, and the Academic Performance Index.*  
(California Healthy Kids Factsheet 1).
- *Student Health Risks, Resilience, and Academic Performance: Year 1 Report.* Los Alamitos, CA: WestEd.
- *Are Student Health Risks and Low Resilience Assets an Impediment to the Academic Progress of schools?* (California Healthy Kids Factsheet 3).
- *Student Health Risks, Resilience, and Academic Performance in California: Year 2 Report, Longitudinal Analyses.* Los Alamitos, CA: WestEd.

Available: [www.WestEd.org/hks](http://www.WestEd.org/hks).