

SBHC Health Assessment

The Oregon State Program Office (“SPO”) for School Based Health Centers (SBHCs) recommends that SBHCs adopt Bright Futures Guidelines for Pediatric Risk Assessments¹ when conducting risk assessments for the SPO’s Key Performance Measure requirements. The following **Health Assessment** document provides an overview of the Risk Assessment categories and areas to assess for strengths based on the Bright Futures framework.

ASSESSMENT CATEGORY	TOPICS TO COVER
Physical Health, Nutrition & Activity	Healthy Weight
	Body Image
	Well-balanced diet
	Increased fruit, vegetable & whole grain consumption
	adequate calcium intake
	Water instead of Soda/Juice
	Importance of Breakfast
	Limits on high fat foods
	Adequate physical activity
	Eating together as a family
	Limit on screen time
Oral Health	Regular dental visits
	daily brushing & flossing
	Adequate fluoride
Emotional Well-Being	Mood/Emotions
	Behavior/Conflict resolution/Anger management
	Self esteem
	Independence
	Coping
	Sleeping (routines and difficulties)
	Family Communication
	Establishing rules and consequences
	Family time and routines
Puberty/pubertal development	

¹ American Academy of Pediatrics (2008). Bright Futures: Guidelines for health supervision on infants, children and adolescents (3rd ed.). American Academy of Pediatrics: Illinois.

School & Friends	Adaptation to school
	Homework
	School Performance/Progress
	School concerns (IEPs & Special Education)
	Parental Involvement and Parent-Teacher Communications
	After-school care & involvement in activities
	Friends
	Connectedness with family, peers and community
Safety & Injury Prevention	Pedestrian Safety
	Safety Belts & Booster Seat
	Helmet safety
	Bike Safety
	Playground / Sports safety
	Water safety
	Fire Escape/Drill Plan & Smoke Detectors
	Computer use
	Supervision of friends
	Child abuse
	Interpersonal Violence (Fights, Dating, Stalking)
	Guns
	Substance Use and Motor Vehicles
Risk Reduction	Exposure to Tobacco, Alcohol or Illegal Substance
	Exposure to Tobacco, Alcohol or Illegal Substance
	Using Tobacco, Alcohol or Illegal Substances
	Pregnancy
	STIs

STRENGTH ASSESSMENT TOPICS	EXAMPLES
Family Support	At least one adult who cares about them and who they can go to if they need help
Achieving Developmental Milestones	Growing level of age-appropriate independence and decision-making; Increasing skills and abilities in social, motor and cognitive development
Positive Self-Esteem & Sense of Accomplishment	Is able to bounce back from life's disappointments and has a sense of hopefulness and self-confidence
Healthy Weight, Nutrition & Activity	Engages in behavior that supports a healthy lifestyle such as eating healthy foods and being active.
Healthy Sexuality	Demonstrates the ability to be comfortable and safe in a close physical relationship with another person while establishing age-appropriate and culturally acceptable boundaries for intimacy and sexual relationships.
Self-Protection	Demonstrates an ability to assess situations for potential injury and/or violence and take steps to protect him/herself (use of helmets)
Community Involvement	Involved in extra-curricular activities.