



A few more things to remember

- Ask yourself:
 - Do you need permission from anyone to complete the needs assessment?
 - Who is collecting and analyzing the information gathered?
 - What will you do with the information once it is collected?
 - Is there a teacher or staff person who can support you in this process?
- To help develop your assessment, see if other reports or needs assessments are already available
- Make your activities fun to get people involved
- Celebrate your accomplishments

York Region Public Health
For more information visit
york.ca/healthyschools



Healthy Schools Needs Assessment

A tool for secondary school
students and teachers

1-800-361-5653
TTY: 1-866-252-9933

Community and Health Services
Public Health

York Region Health Connection

www.york.ca



Are you ready to promote healthy living at your school?

1. Develop the focus of your activity or initiative. Be specific.

- What health topics or issues are students most interested in or are dealing with often? (e.g., skipping breakfast, purchasing unhealthy foods from nearby fast food restaurants, stress, substance abuse, etc.). Knowing this will help to create an initiative specific to the needs of your audience.
- Decide what health topic information you want to collect from students. This might include:
 - Current knowledge level
 - What they want to learn
 - What they think about your initiatives/ideas you might have

3. Collect your information—see what participants had to say.

- Ask your teacher champion if current data exists in a recent report about health issues and students' interests at your school.
- Complete your data collection. Get out there and talk to the students in your school.
- Look at the results. What are participants trying to tell you? How will their responses affect your initiative's plan?

Before you start, think about completing a needs assessment to understand the needs and interests of your audience.

Use this checklist to discover important student health issues and plan supporting initiatives.

2. Who will participate in the needs assessment and how will you gather the information?

- Ask if you need permission from anyone to complete the needs assessment.
- Which students can give you the answers to your questions? Usually it's the same people you want to participate in the initiative.
- What method will you use to collect the information? Try a survey, talk to staff and students or hold in-class or online voting. You can also access ready information within your school from school health surveys or other online sources.
- If you need ideas on how to create your own survey or suggestions for questions, visit camh.net/research/osduhs

4. Use the results in the planning and delivery of your initiative.

- Use the results to start or make changes along the way. This might mean changing the direction of your initiative so popular health topics (as reported by students) are the focus.
- Complete the initiative and celebrate a job well done!