



# Utah

The Centers for Disease Control and Prevention, in partnership with ASCD, developed the Whole School, Whole Community, Whole Child (WSCC) framework to highlight the need for schools to address all aspects of children’s physical, mental, and social well-being to help them learn and thrive. In 2019, Child Trends, the Institute for Health Research and Policy at the University of Illinois at Chicago, and EMT Associates, Inc. released the [first comprehensive analysis](#) of state statutes and regulations that address key topic areas in each of the WSCC’s 10 components as of September 2017. This updated profile documents the landscape of selected school health policies in Utah as of September 2019 and describes how those policies have changed since 2017. The profile also newly incorporates information about whether states have non-codified policies on topics for which they do not have codified statutes or regulations. The full set of topic areas, along with applicable statutory and regulatory language, is available through the National Association of State Boards of Education’s (NASBE) [State Policy Database on School Health](#). The national summary report and profiles for each state can be found on the [Child Trends website](#).

## Policy Churn in Utah Statutes and Regulations, 2017 to 2019



	Utah	National
Community Involvement	20%	11%
Counseling, Psychological, and Social Services	40%	22%
Employee Wellness	0%	0%
Family Engagement	12%	11%
Health Education	16%	3%
Health Services	7%	2%
Nutrition Environment and Services	0%	3%
Physical Education and Activity	0%	2%
Physical Environment	7%	13%
Social and Emotional Climate	15%	10%

WSCC Reference 0% 0%  
\*Orange shading indicates more churn in state policy than national average

# Utah's approach to selected topic areas by domain

## Overall Coverage of the WSCC

	SY 17-18	SY 19-20	Change
Coverage of WSCC	Not addressed	Not addressed	no change
State-Level Wellness Councils	Not addressed	Not addressed	no change
School-Level Wellness Councils	Not addressed	Not addressed	no change
District Wellness Policies	Required	Required	no change

## Health Education

	SY 17-18	SY 19-20	Change
Discussion of LGB Topics in Health Education	NA	Not addressed or law specifically allows for inclusion of LGB topics	topic was not coded for 2017
National HE Standards	Referenced	Not addressed	less supportive/prescriptive
Bullying Prevention (within Health Education)	Not addressed	Required in some grade levels	more supportive/prescriptive
Healthy Eating/Nutrition Curriculum	Required in all grade levels	Required in all grade levels	no change
Mental and Emotional Health Curriculum	Required in all grade levels	Required in all grade levels	no change
Personal Health and Wellness Curriculum	Required in all grade levels	Required in all grade levels	no change
Suicide Prevention (within Health Education)	Not addressed	Required in all grade levels	more supportive/prescriptive
Violence Prevention (within Health Education)	Required in all grade levels	Required in all grade levels	no change

## Physical Education and Physical Activity

	SY 17-18	SY 19-20	Change
Adaptive PE Requirements	Not addressed	Not addressed	no change
PE Exemptions for Academics	Allowed	Allowed	no change
PE Exemptions for Illness	Not addressed	Not addressed	no change
PE Exemptions for Disabilities	Not addressed	Not addressed	no change
PE Substitutions	Allows substitution of other activities for PE requirements	Allows substitution of other activities for PE requirements	no change
District Waivers from PE Requirements	Not addressed	Not addressed	no change
Physical Activity Throughout Day	Not addressed	Non-codified policy only	no change
National PE Standards (SHAPE America)	Not addressed	Not addressed	no change
Time for PE -- Elementary	Not addressed	Not addressed	no change
Time for PE -- Middle	Not addressed	Not addressed	no change
Time for PE -- High	Not addressed	Not addressed	no change
Recess	Not addressed	Non-codified policy only	no change
Sport Participation Fees	Sports participation fees prohibited or waivers provided	Sports participation fees prohibited or waivers provided	no change

## Social and Emotional Climate

	SY 17-18	SY 19-20	Change
Hazing Policy	Required	Required	no change
Dating Violence Policy	Not addressed	Non-codified policy only	no change
Limits on Exclusionary Discipline	Requires limits on use of suspension and expulsion	Requires limits on use of suspension and expulsion	no change
Alternatives to Exclusionary Discipline	Required	Required	no change
School Resource Officer Training	Encouraged	Encouraged	no change
Limits on Referrals to Law Enforcement	Requires districts to establish formal procedures for referrals to law enforcement	Requires districts to establish formal procedures for referrals to law enforcement	no change
Equitable Discipline Practices	Not addressed	Monitoring required	more supportive/prescriptive
Multi-tiered Positive Behavior Supports	Required	Required	no change
School climate surveys	NA	Required	topic was not coded for 2017
Social-Emotional Learning or Character Development	Required	Required	no change
Professional Development for Cultural Competency	Not addressed	Non-codified policy only	no change
Chronic Absenteeism Early Warning Systems	Encourages or requires comprehensive student supports	Encourages or requires comprehensive student supports	no change
Bullying, Harassment, and Intimidation Policy	Includes some components of U.S. Department of Education recommendations	Includes all components of U.S. Department of Education recommendations	more supportive/prescriptive
Professional Development for Bullying Prevention	Required	Required	no change

## Counseling, Psychological and Social Services

	SY 17-18	SY 19-20	Change
School-based or School-linked Mental Health Services	Not addressed	Encouraged	more supportive/prescriptive
Professional Development for Trauma	Not addressed	Required	more supportive/prescriptive
Professional Development for Mental Health	Required	Required	no change
Early Identification and Referral	Screening authorized	Encouraged or Required	more supportive/prescriptive
Professional Development for Suicide Prevention	Required	Required	no change
Suicide Prevention Policy	Required	Required	no change
School Counseling - Elementary	Not addressed	Required	more supportive/prescriptive
School Counseling - Secondary	Required	Required	no change

## Employee Wellness

	SY 17-18	SY 19-20	Change
Staff Wellness Programs	Not addressed	Not addressed	no change

## Physical Environment

	SY 17-18	SY 19-20	Change
<b>Emergency Operations Plans</b>	Required, with regular reviews and updates	Required, with regular reviews and updates	no change
<b>Threat assessment</b>	NA	Encouraged	topic was not coded for 2017
<b>Security and safety assessments</b>	NA	Encouraged	topic was not coded for 2017
<b>Multi-hazard Practice Drills</b>	Required, with required or encouraged interagency coordination	Required, with required or encouraged interagency coordination	no change
<b>Alcohol and Drug Use Intervention Programs</b>	Encouraged	Required	more supportive/prescriptive
<b>Corporal Punishment</b>	Prohibited	Prohibited	no change
<b>Restraint and Seclusion</b>	Limits use and includes comprehensive protections	Limits use and includes comprehensive protections	no change
<b>Tobacco and Vaping Policies</b>	NA	Addresses vaping	topic was not coded for 2017

## Health Services

	SY 17-18	SY 19-20	Change
<b>School-based Health Services</b>	Addressed, but no formal program	Addressed, but no formal program	no change
<b>School Nurse Availability</b>	Addressed, but nurse availability limited	Addressed, but nurse availability limited	no change
<b>Healthy School Start Times</b>	NA	Not addressed	topic was not coded for 2017
<b>Preventive Health Screenings - Elementary</b>	Required	Required	no change
<b>Preventive Health Screenings - Middle</b>	Encouraged	Required	more supportive/prescriptive
<b>Preventive Health Screenings - High</b>	Encouraged	Required	more supportive/prescriptive
<b>Vaccination Waivers</b>	Allowed for religious or moral reasons	Allowed for religious or moral reasons	no change
<b>Referrals to Community Health Providers</b>	Addressed	Addressed	no change

## Family Engagement

	SY 17-18	SY 19-20	Change
<b>Family Engagement Plans</b>	Required	Required	no change
<b>Professional Development on Family Engagement</b>	Not addressed	Encouraged	more supportive/prescriptive
<b>Family Engagement in Local Governance</b>	Required	Required	no change
<b>Family Engagement in Policymaking on School Discipline</b>	Required	Required	no change

## Nutrition Environment and Services

	SY 17-18	SY 19-20	Change
<b>USDA School Nutritional Standards</b>	Not addressed	Not addressed	no change
<b>Unhealthy Marketing Restrictions</b>	Not addressed	Not addressed	no change
<b>Strategies to Increase Breakfast</b>	Not addressed	Not addressed	no change
<b>Access to Potable Water Throughout Day</b>	Not addressed	Not addressed	no change
<b>Competitive Food (Outside of School Meals)</b>	Meets federal Smart Snacks standards in all grades	Meets federal Smart Snacks standards in all grades	no change
<b>Unpaid Meal Charge Policy</b>	Not addressed	Not addressed	no change

## Community Involvement

	SY 17-18	SY 19-20	Change
<b>Community Involvement in Local Governance</b>	Not addressed	Required	more supportive/prescriptive
<b>School-Community Interagency Partnerships</b>	Encouraged	Encouraged	no change
<b>Community Use of Public School Facilities</b>	Authorized and Encouraged	Authorized and Encouraged	no change