

SHAPES-PEI

SHAPES (School Health Action, Planning, and Evaluation System) is a system that creates health profiles of students and school environments. The project is funded by the Department of Education and Early Childhood Development and was developed by the University of Waterloo and other colleagues across Canada. SHAPES is designed to provide data that will serve as evidence for population-based intervention planning, evaluation, and field research related to youth. It also serves as an effective resource for evaluating interventions by examining the effects of these interventions on youth attitudes and behaviours.

The first module of the SHAPES program was the Youth Smoking Survey and was developed in 1994 and implemented in 2002, 2004/05, 2006/07, and 2008/09 in PEI. In the 2008/09 round, PEI is also implementing three other modules: Physical Activity, Healthy Eating, and Mental Fitness.

Student-level questionnaires assess youth behaviour and influences on four behaviours (Healthy eating, physical activity, smoking, and mental health). School-level questionnaires assess the particular policies and programs related to physical activity, smoking, and healthy eating. Participating schools receive tailored student and school level feedback reports. In 2008/09, 69 PEI schools were invited to participate with 58 accepting.

The Comprehensive School Health Research Group, led by researcher Donna Murnaghan and project coordinator Madelon Cheverie, plans to collaborate with schools, school boards, community groups, and the Department of Education and Early Childhood Development. They hope to integrate findings from the student and school-level reports to help schools identify priority areas.

