

# 2018 Montana School Health Profiles

## Characteristics of School Health Programs and Policies *Montana Trends*

Montana Office of Public Instruction  
Health Enhancement and Safety Division  
January 2019



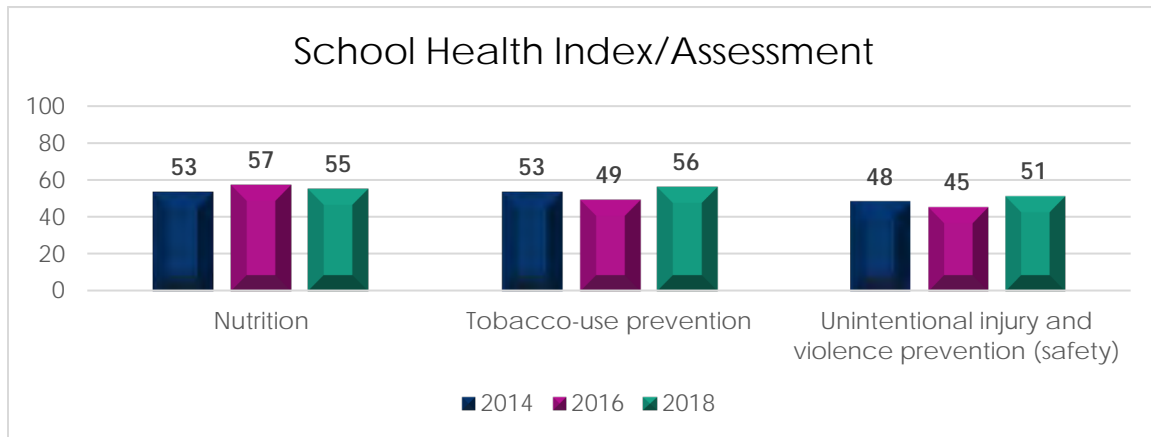
To measure progress in the implementation of school policies and practices to help improve the health of school-aged youth, the Centers for Disease Control and Prevention (CDC), in collaboration with state and local education and health agencies, developed the School Health Profiles (Profiles). Profiles has been conducted biennially since 1996. Profiles consists of a two-part questionnaire used by principals and the lead health education teacher of each secondary school in Montana that serve students in grades 6 through 12. For each middle or high school sampled, the principal and the lead health education teacher completed a self-administered questionnaire. The principal questionnaire reported on school health policies and practices while the health education teacher questionnaire reported on health education program implementation. In 2018, the Montana sample consisted of 277 schools, with 248 (90%) of principals and 228 (82%) of health education teachers returning completed questionnaires.

Profiles helps education and health agencies monitor and assess characteristics of and trends in school health education; physical education and physical activity; practices related to bullying and sexual harassment; school health policies related to tobacco-use prevention and nutrition; school-based health services; family engagement and community involvement; and school health coordination.

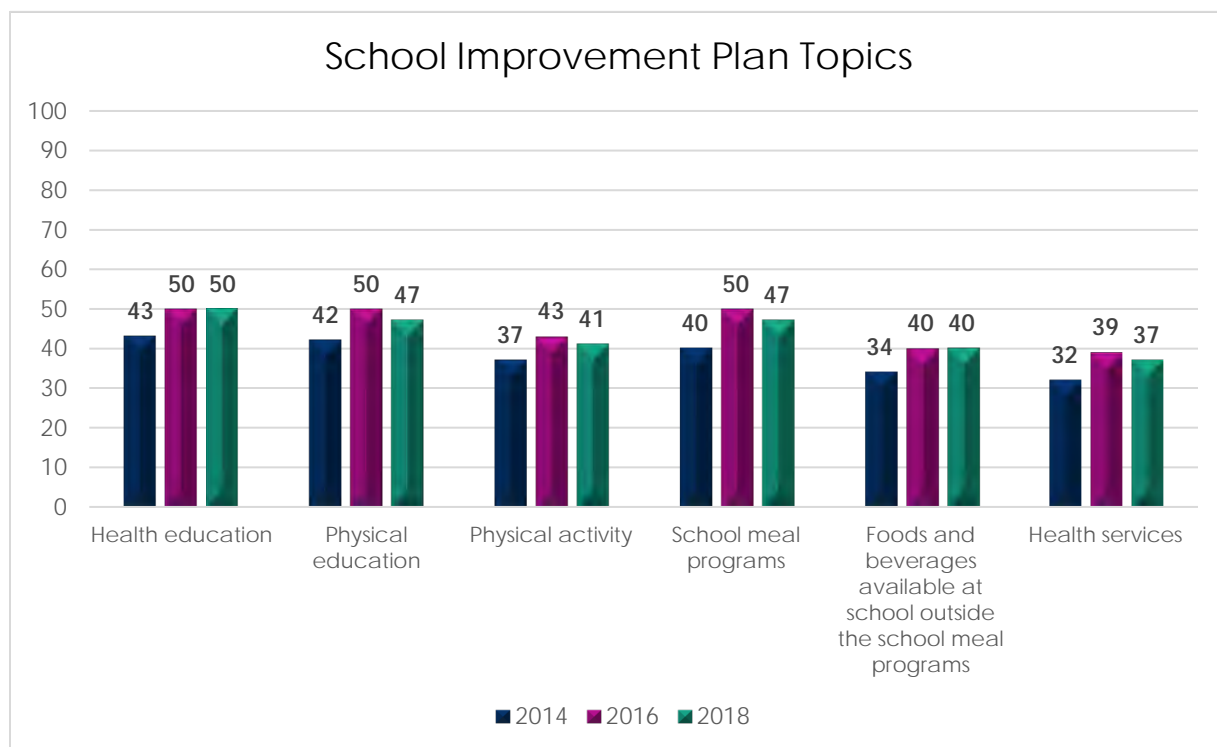
## Principal Survey Results

### *School Health Coordination*

Percentage of schools that ever used the ***School Health Index*** or other assessment tool to assess school policies, activities, and programs in the following areas:



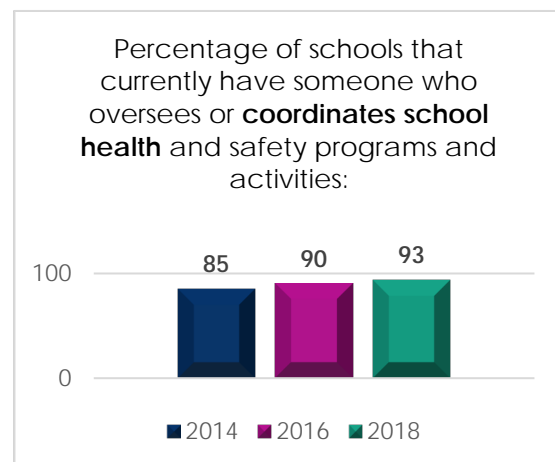
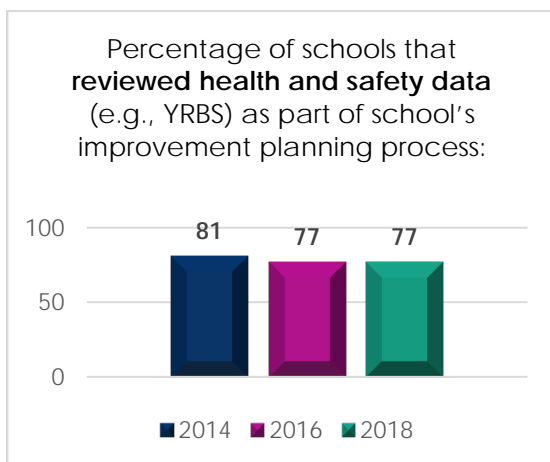
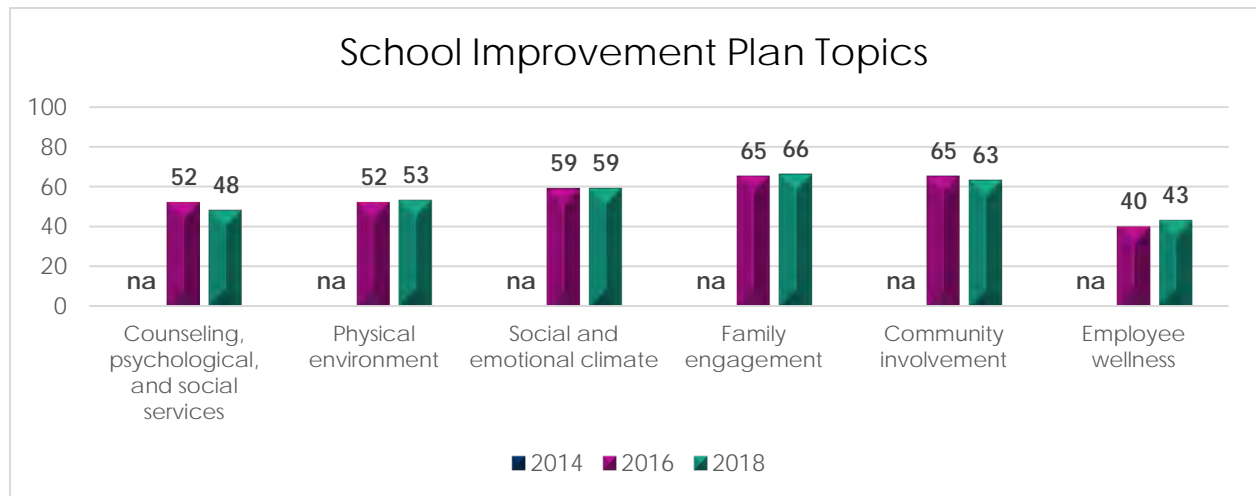
Percentage of schools with a ***School Improvement Plan*** that includes health-related objectives on the following topics:



## Principal Survey Results

### School Health Coordination

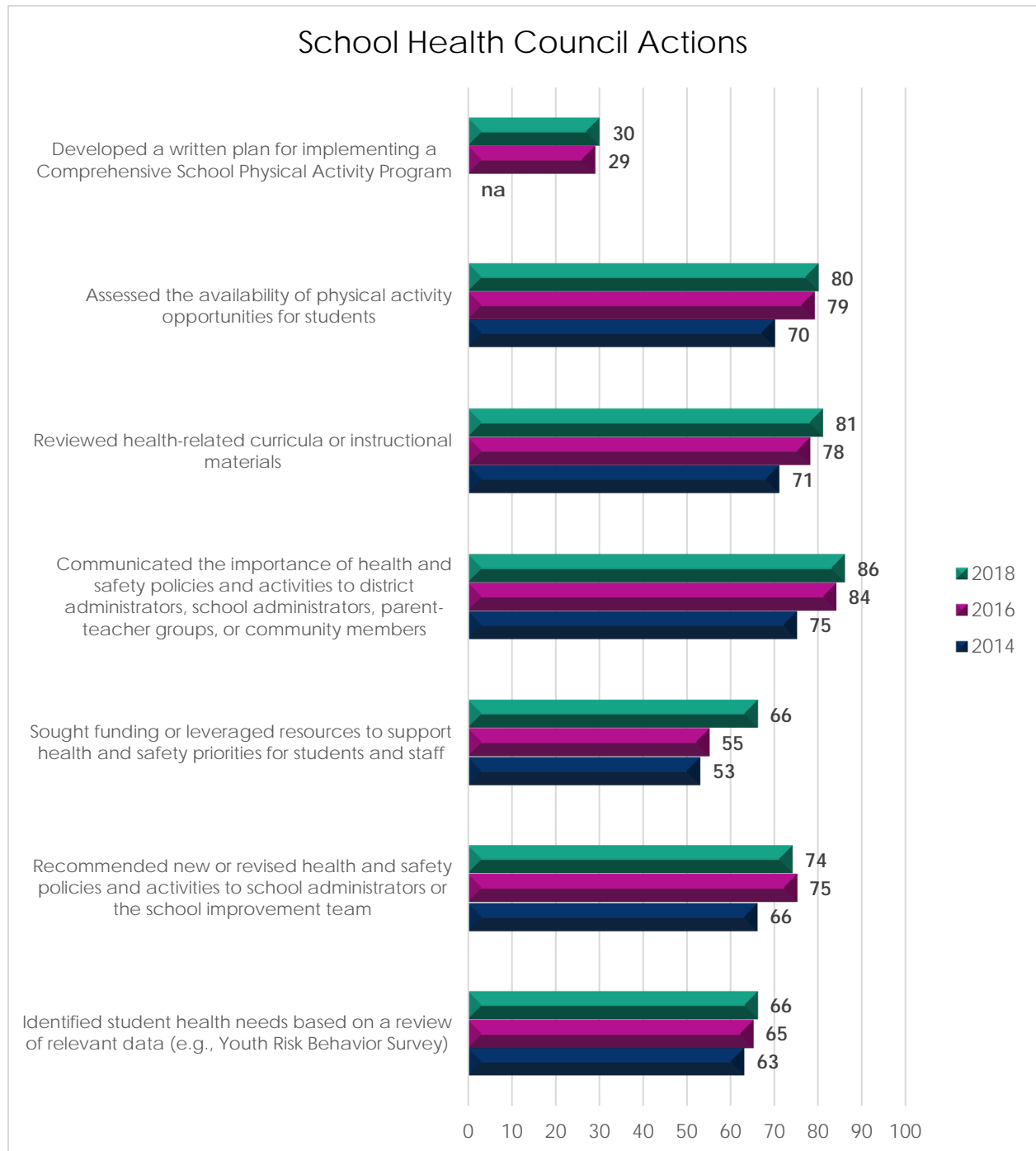
*Continued* - Percentage of schools with a **School Improvement Plan** that includes health-related objectives on the following topics:



## Principal Survey Results

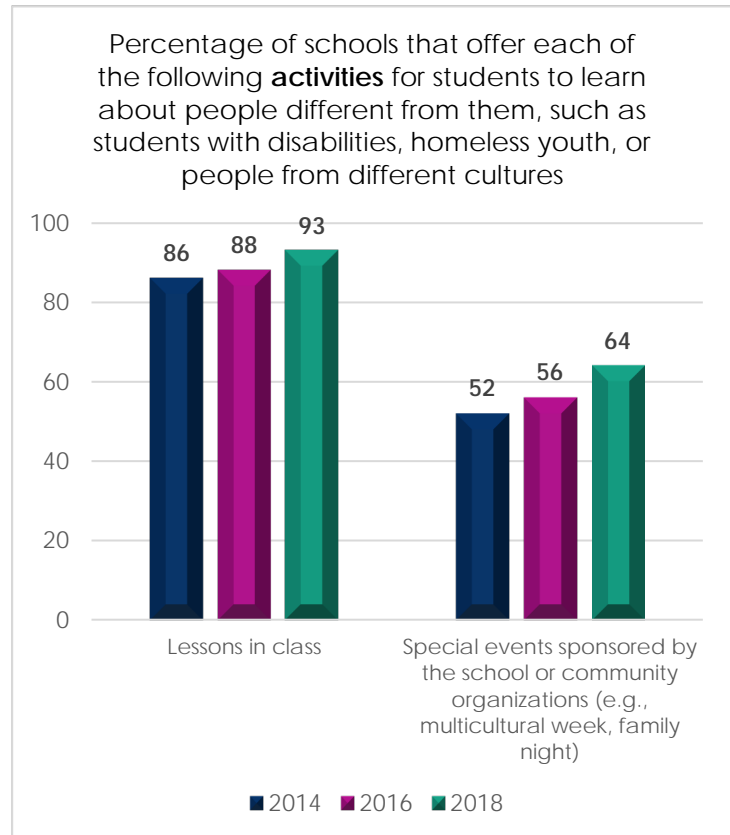
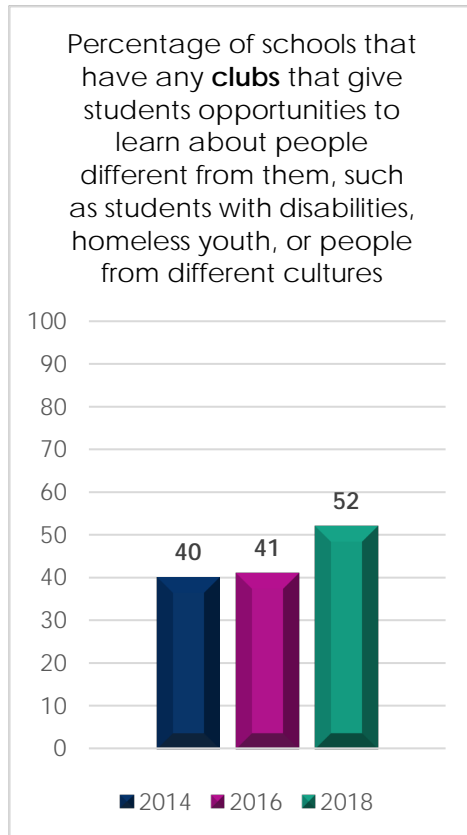
### *School Health Coordination*

Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:



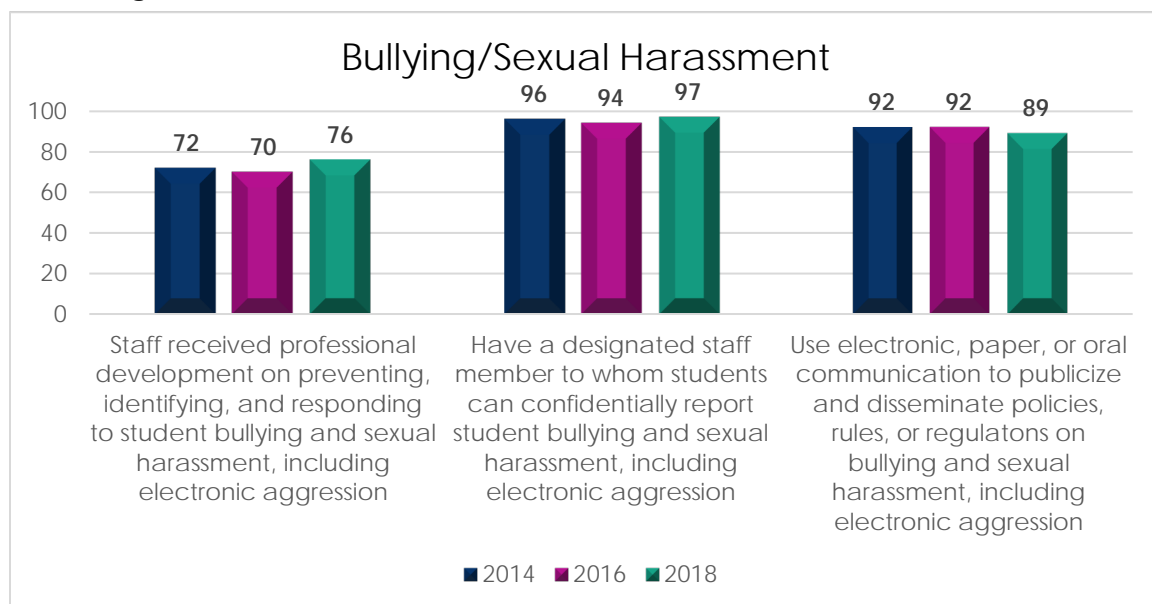
## Principal Survey Results

### School Connectedness



### Bullying and Sexual Harassment

Percentage of schools that/in which:



# Principal Survey Results

## *Sexual Orientation*

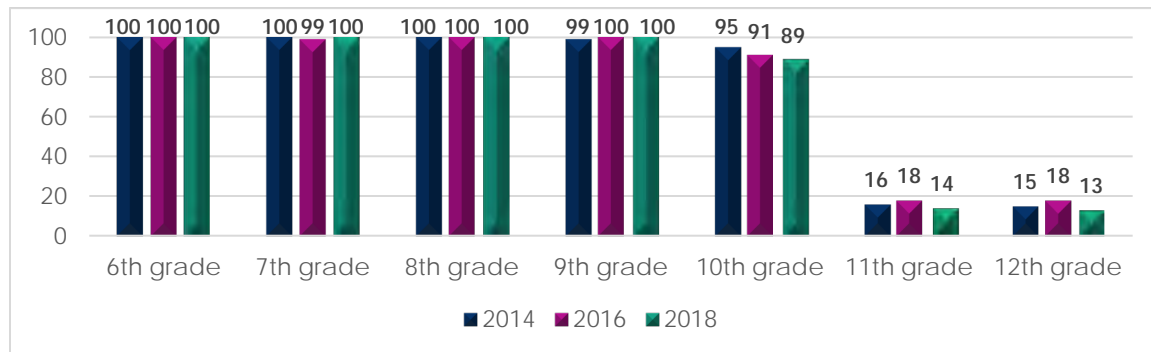
Percentage of schools that:



## Principal Survey Results

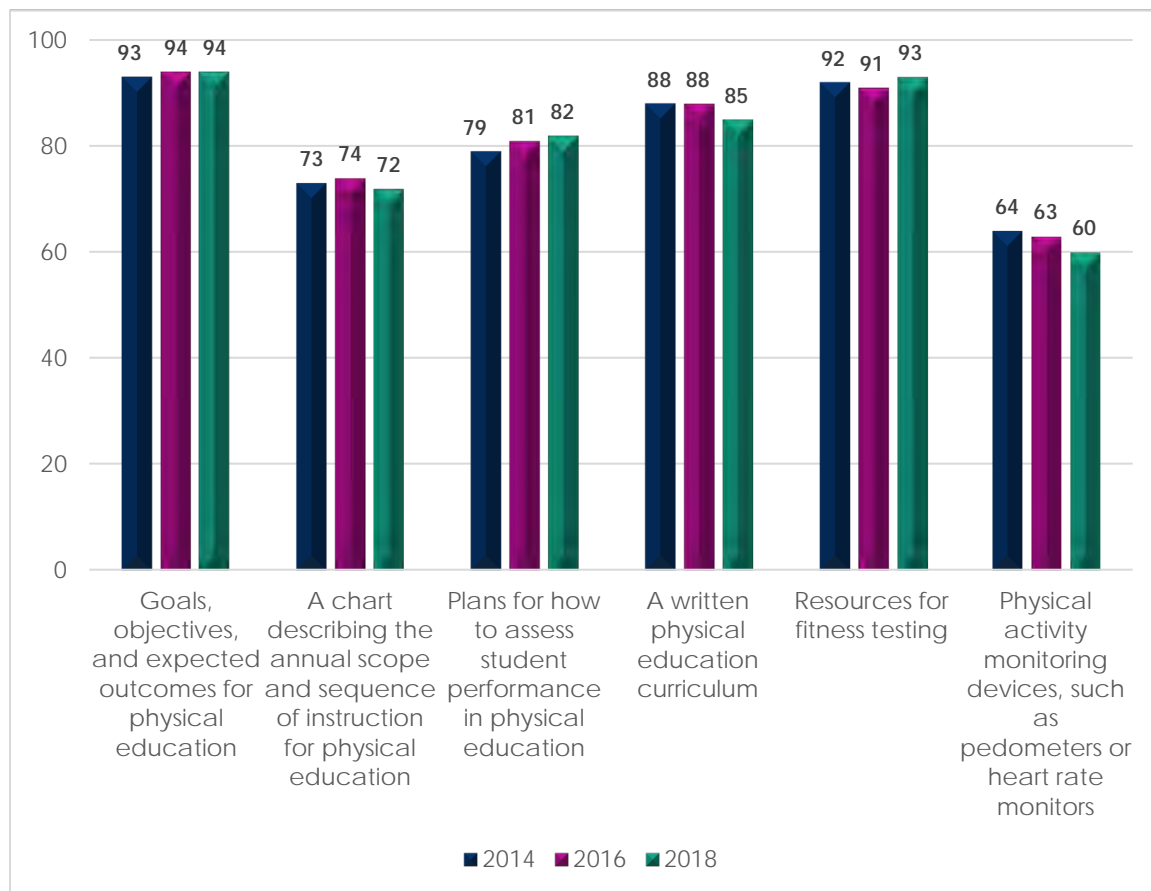
### *Required Physical Education*

Percentage of schools that taught required physical education in the following grades:



### *Physical Education*

Percentage of schools in which those who teach physical education are provided with the following materials:

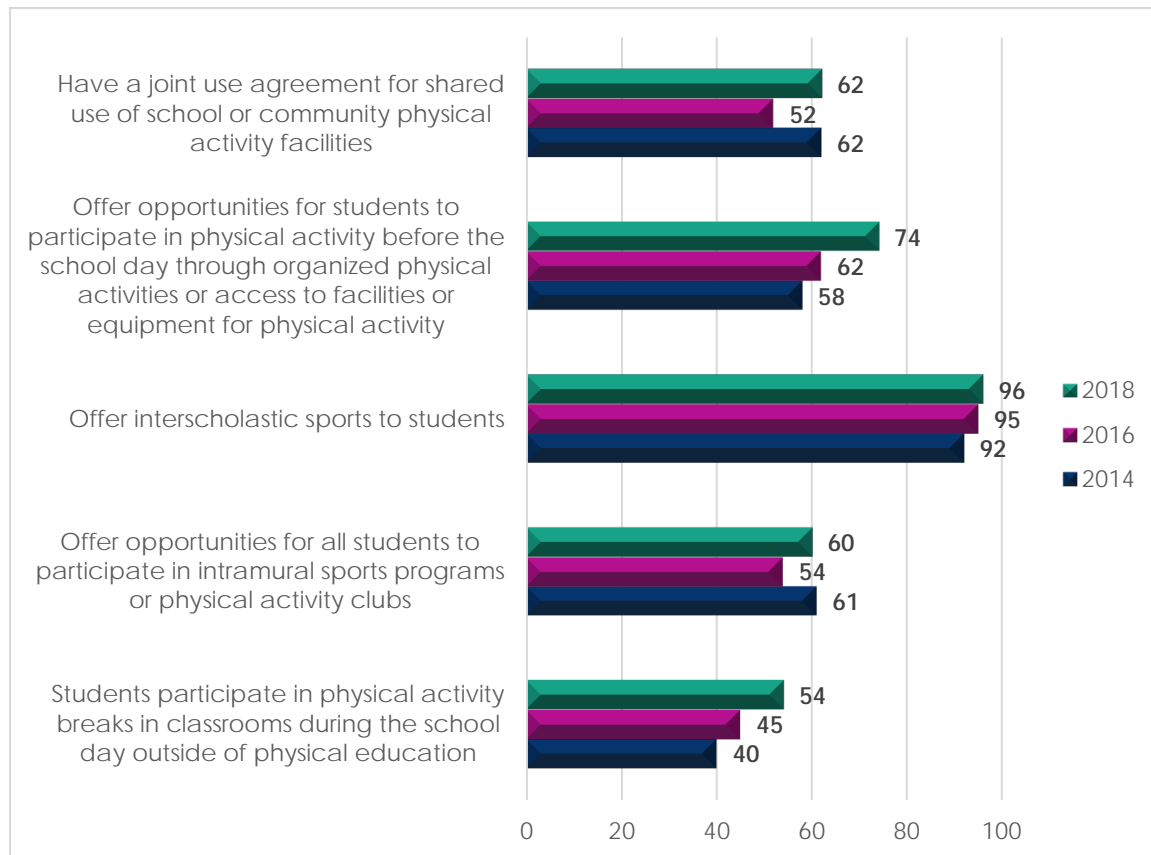




# Principal Survey Results

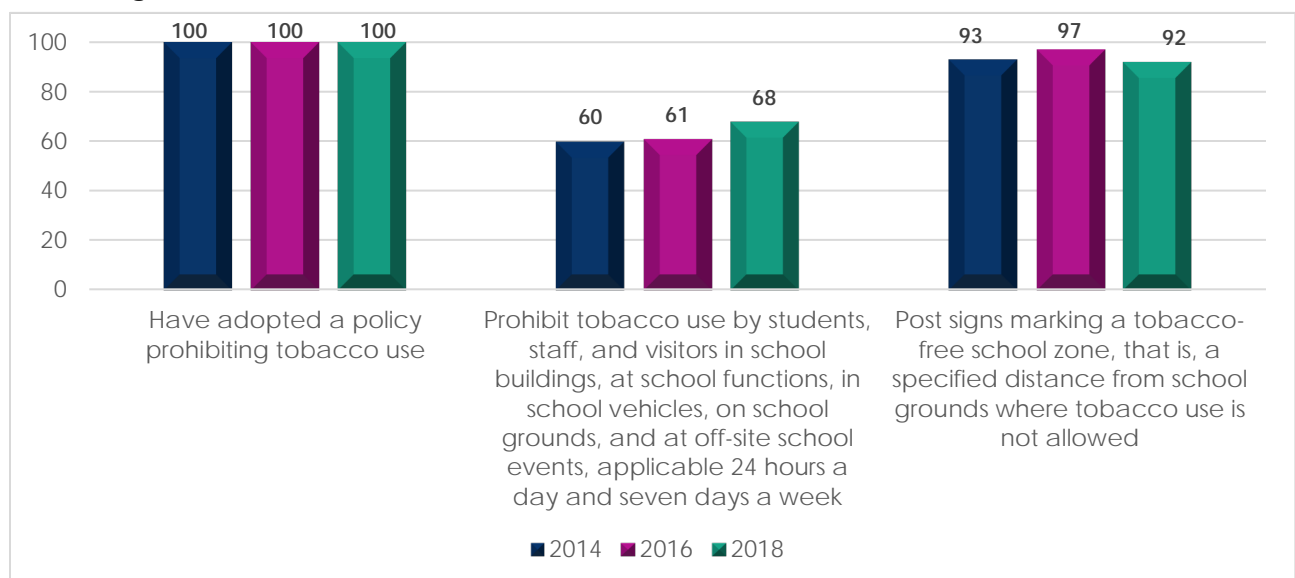
## Physical Activity

Percentage of schools in which/that:



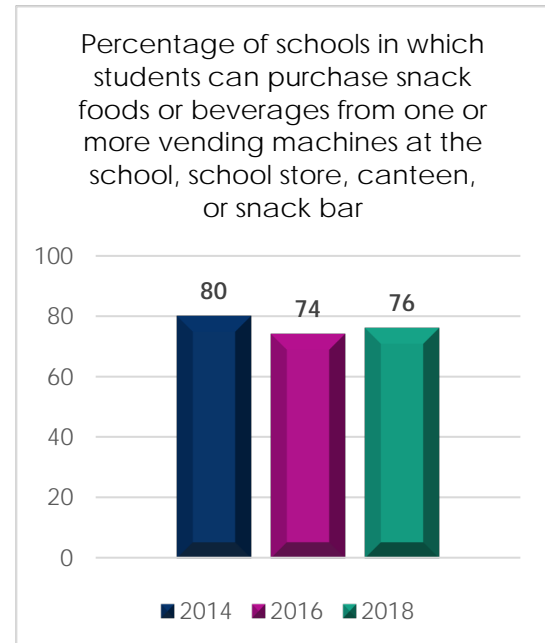
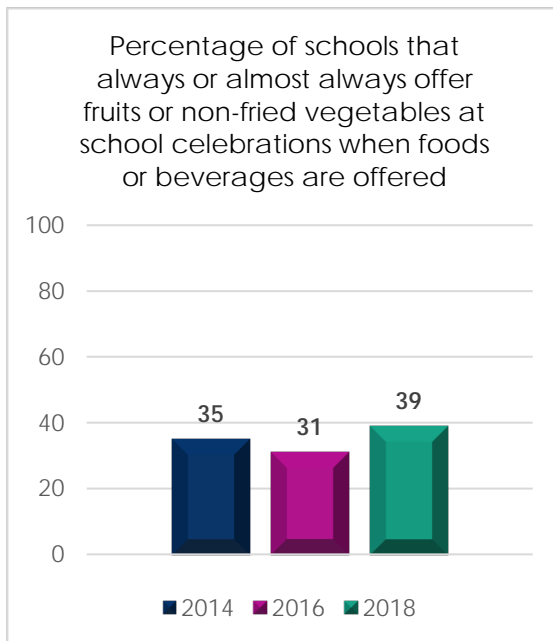
## Tobacco-Use Prevention Policies

Percentage of schools that:



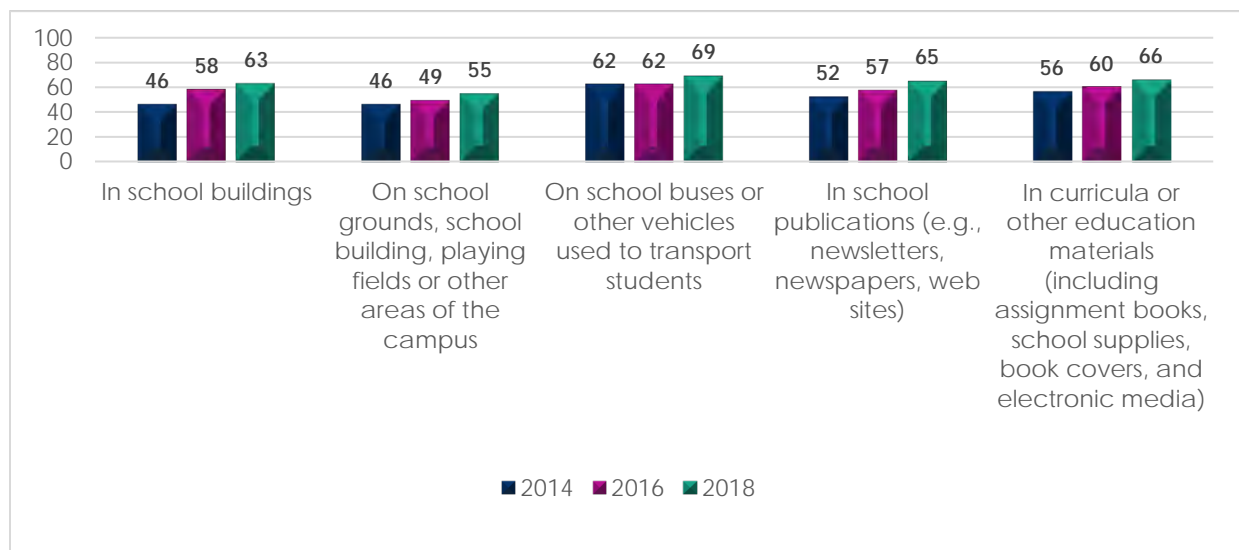
# Principal Survey Results

## Nutrition-Related Policies and Practices



## Nutrition-Related Policies and Practices

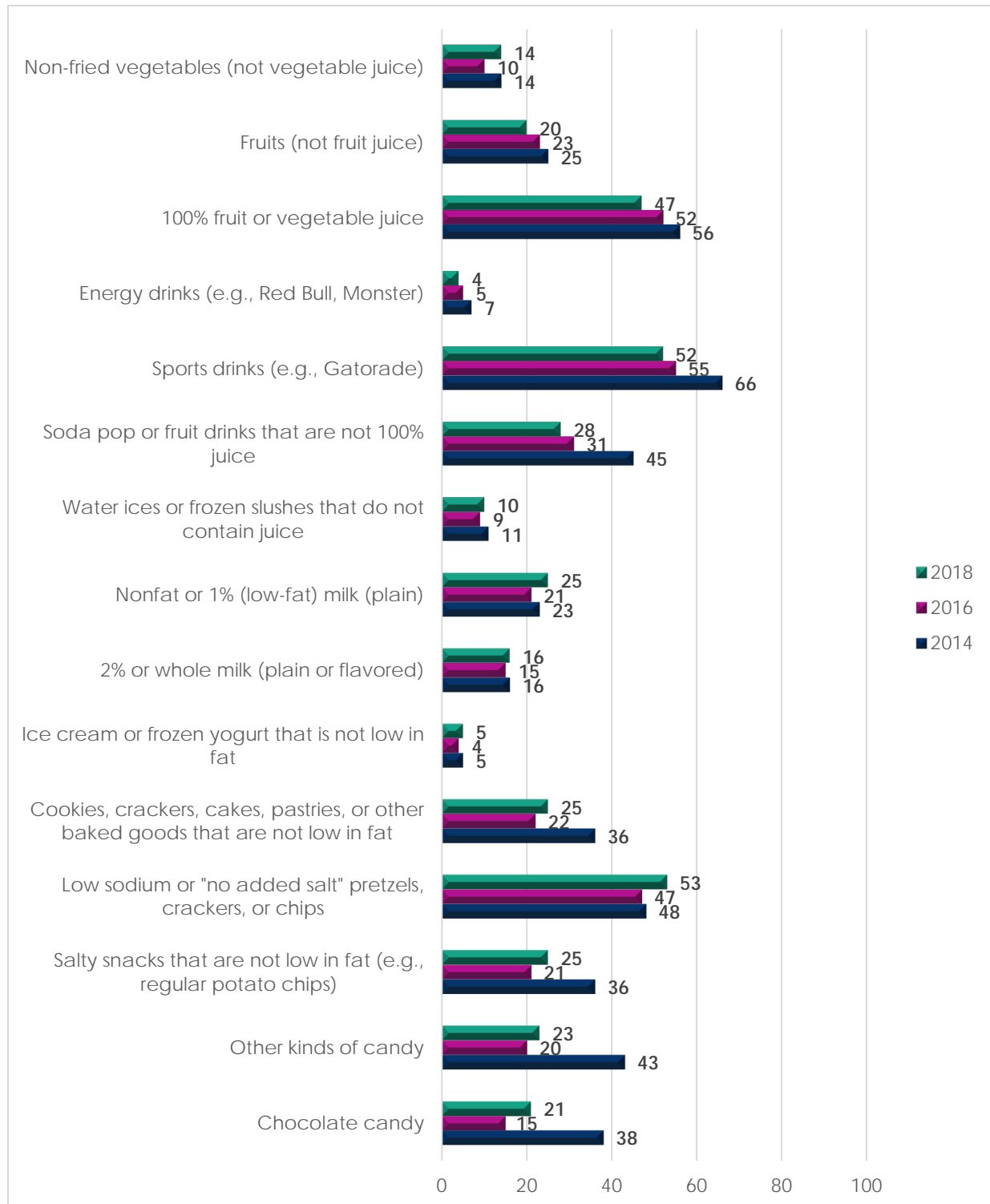
Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:



# Principal Survey Results

## Nutrition-Related Policies and Practices

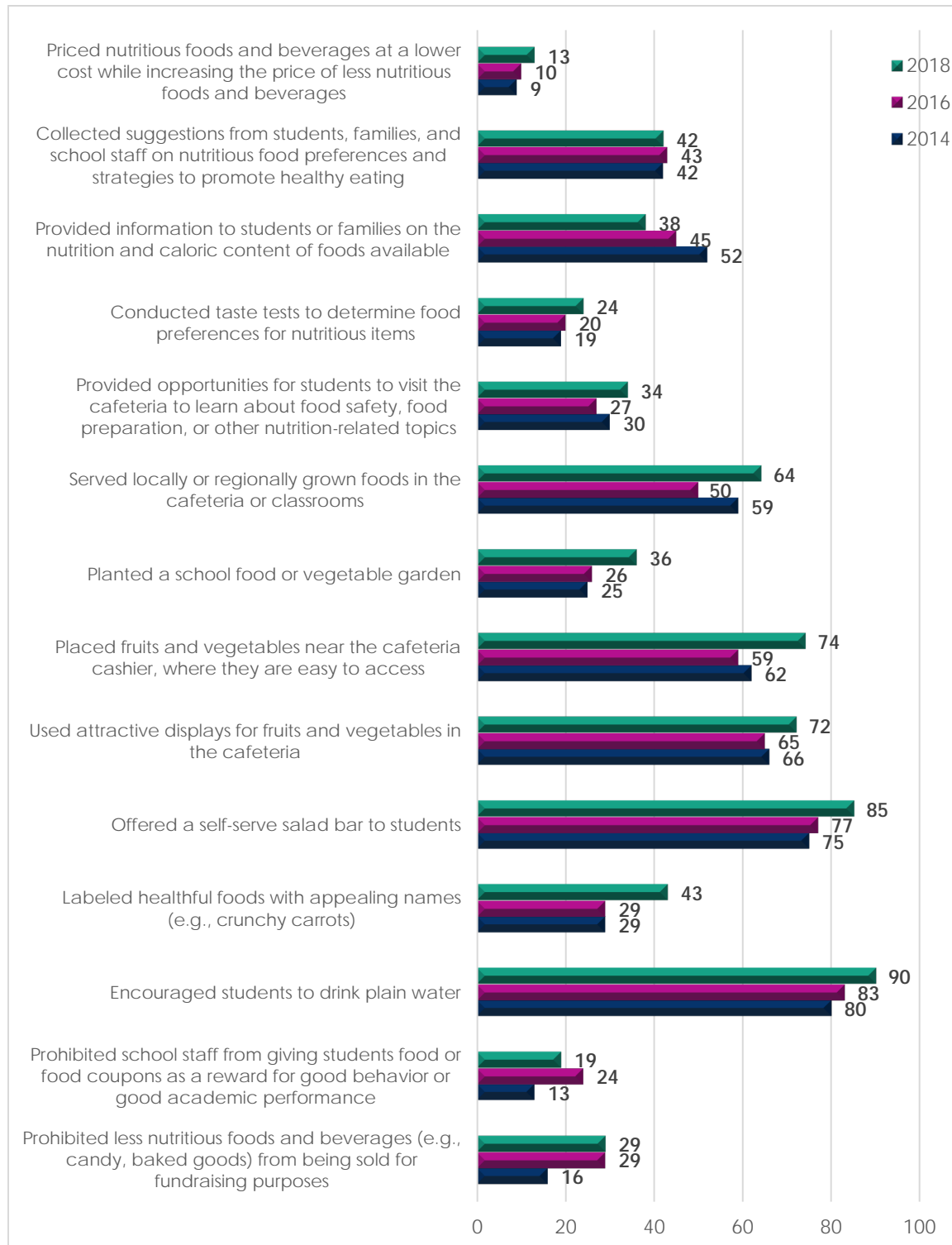
Percentage of schools in which students can purchase the following snack foods or beverages from a vending machine, school store, canteen or snack bar:



# Principal Survey Results

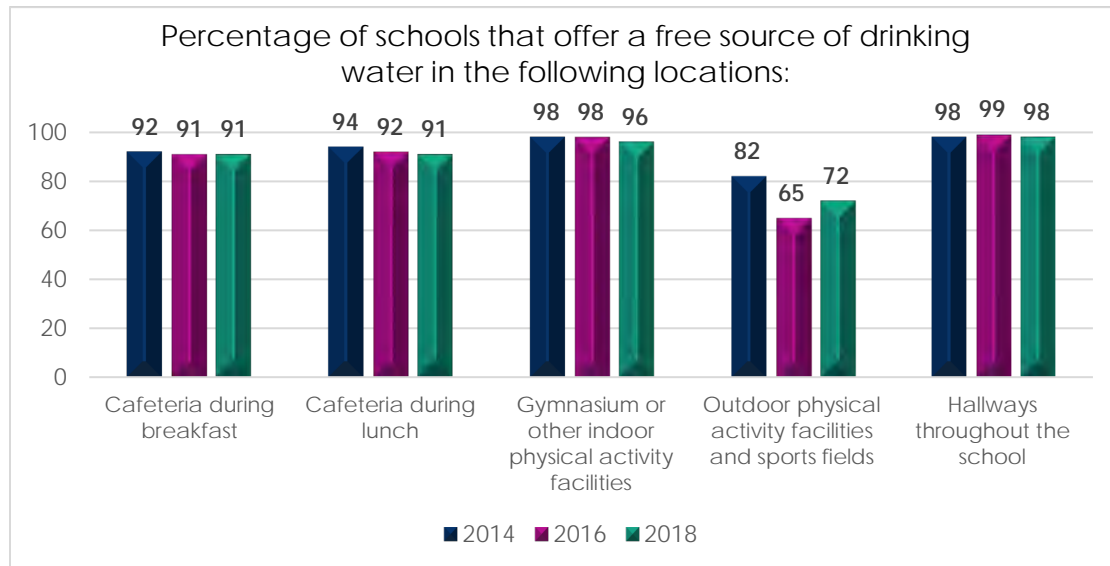
## ***Nutrition-Related Policies and Practices***

Percentage of schools that have done any of the following during the current school year:



## Principal Survey Results

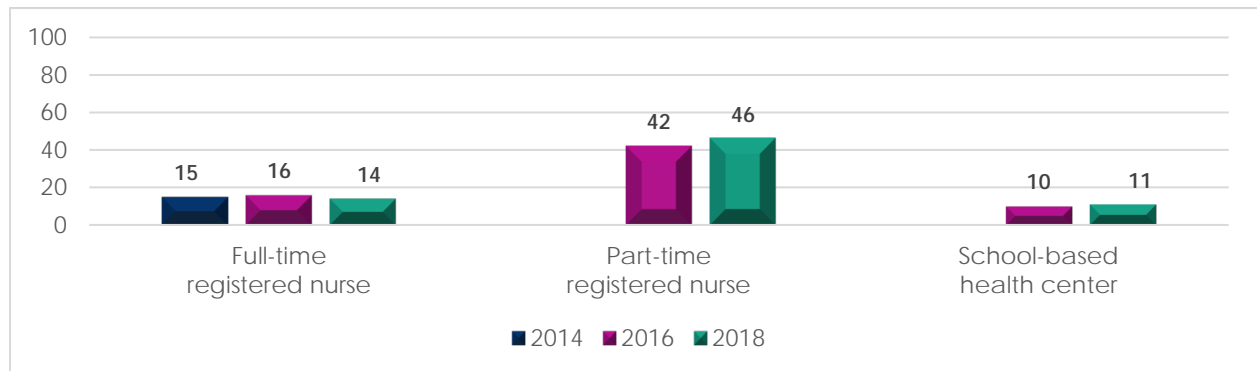
### *Nutrition-Related Policies and Practices*



# Principal Survey Results

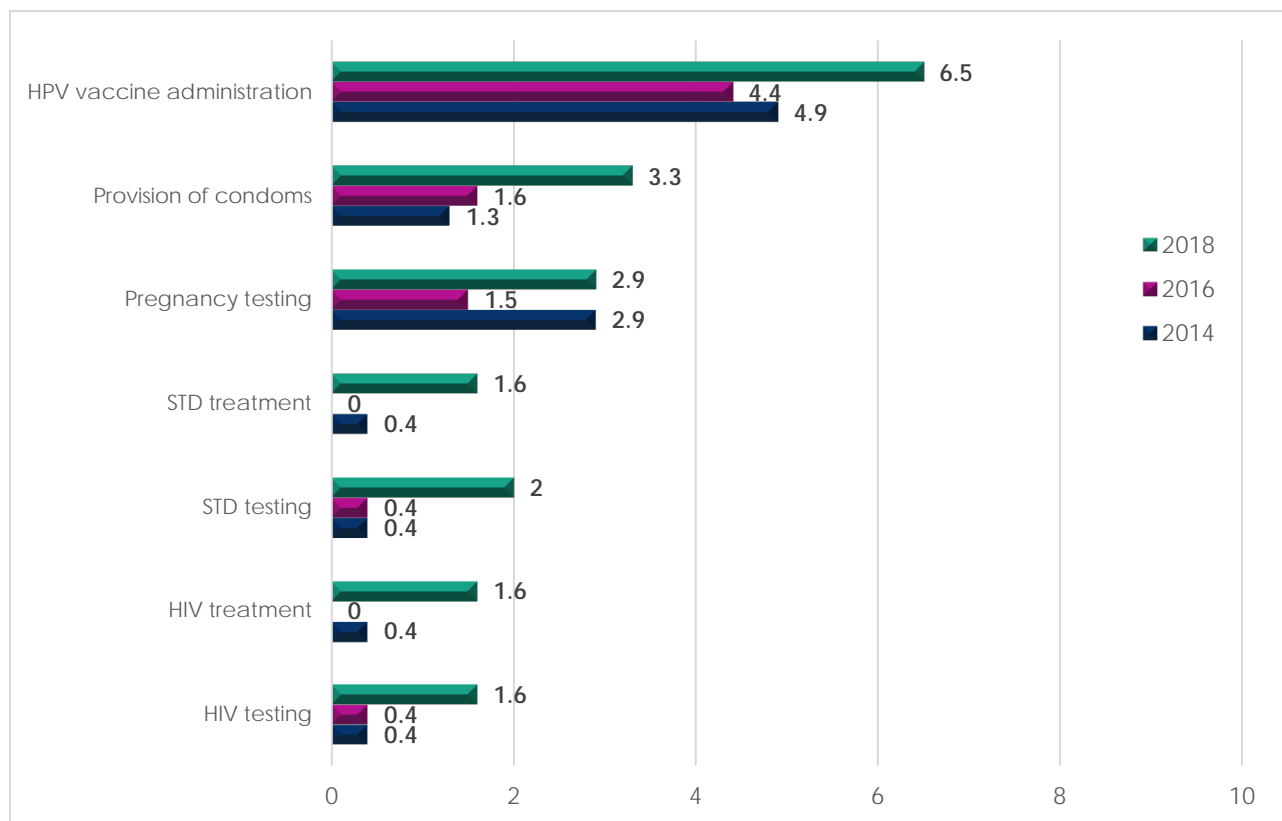
## Health Services

Percentage of schools that provide health services to students with a:



## Health Services

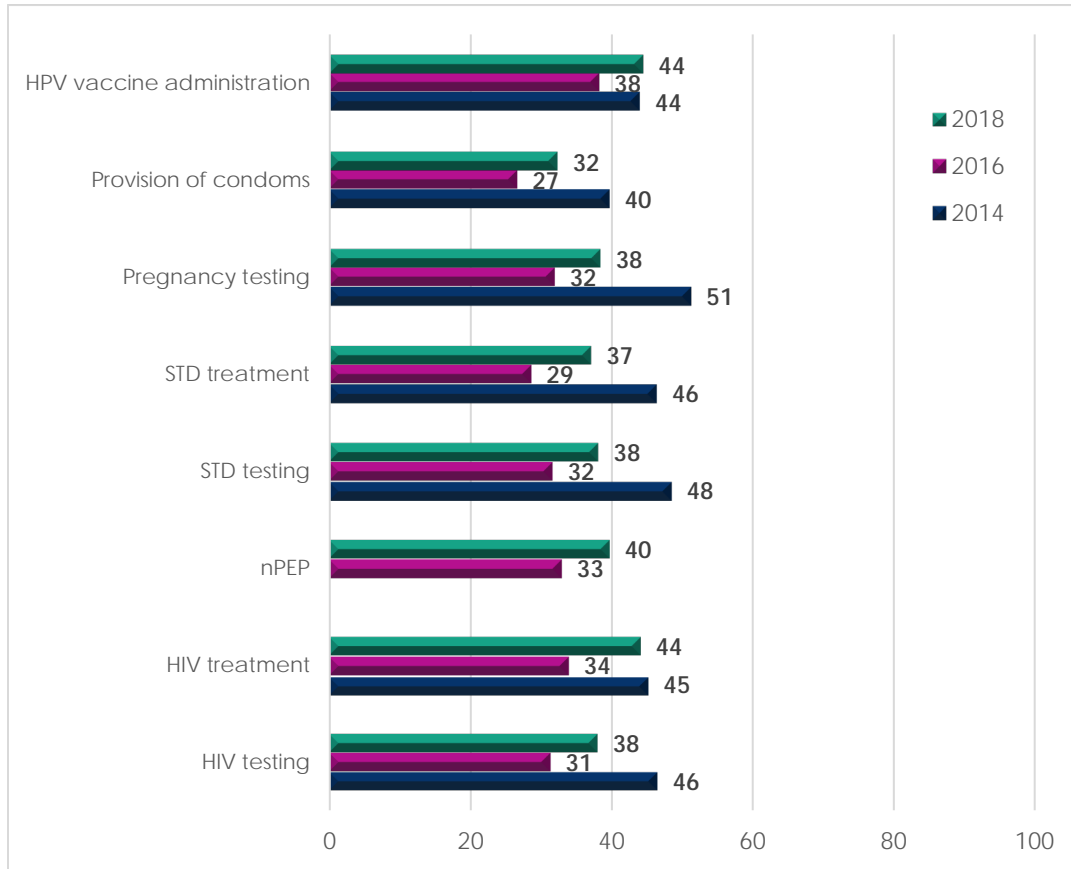
Percentage of schools that **provide** the following services to students:



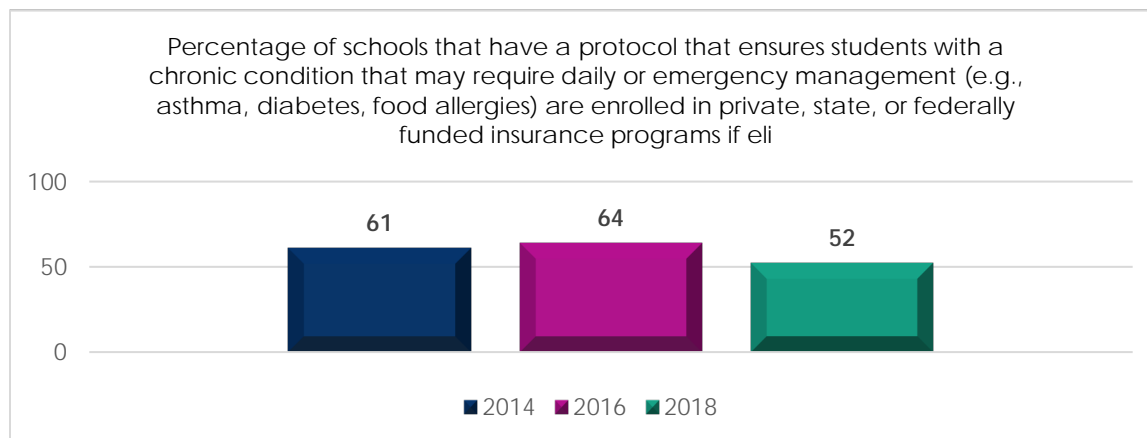
# Principal Survey Results

## Health Services

Percentage of schools that provide students with **referrals** to organizations not on school property:

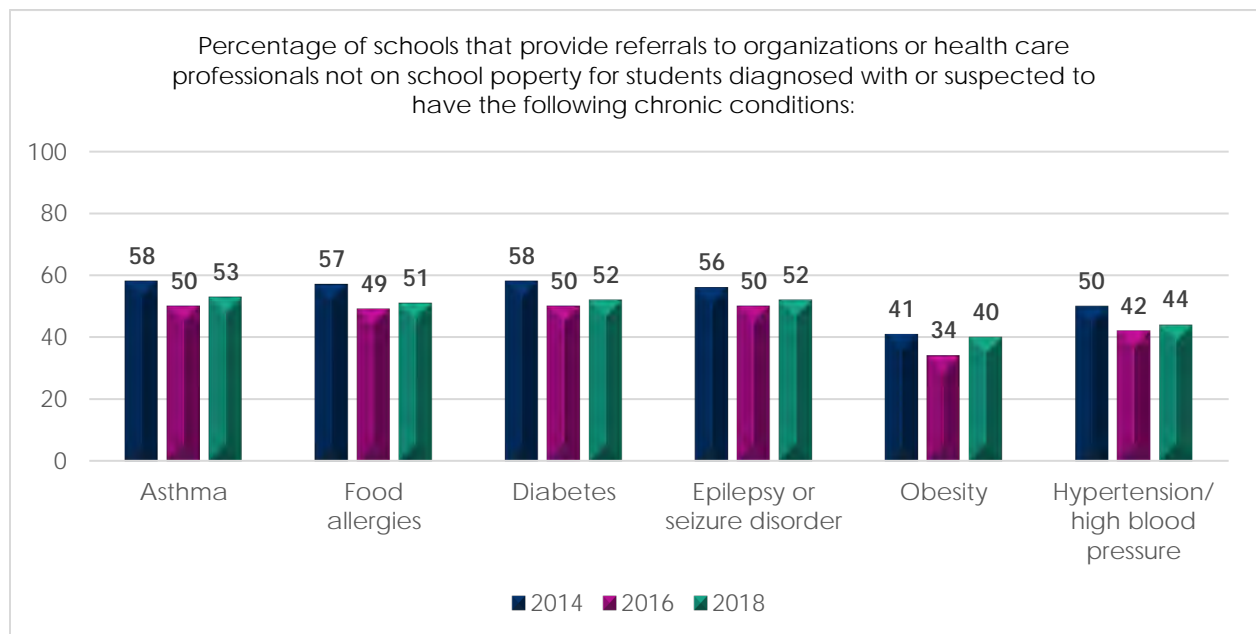
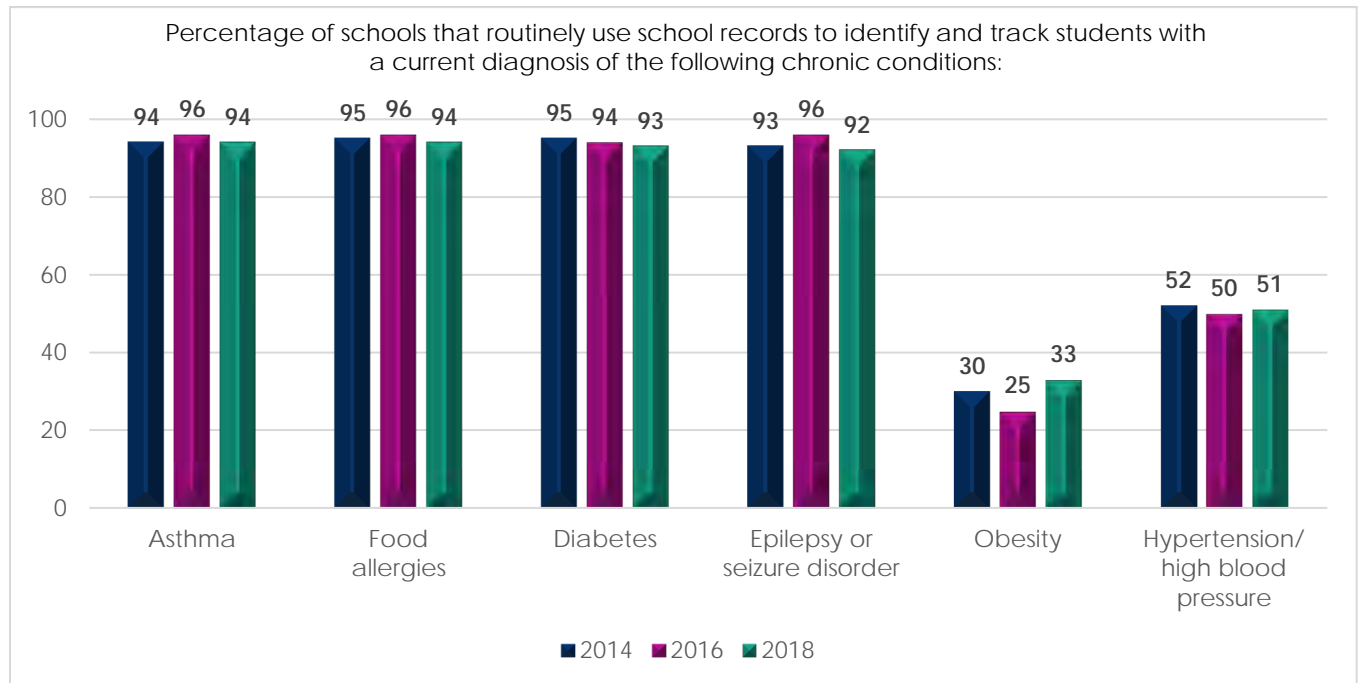


## Health Services



## Principal Survey Results

### Health Services

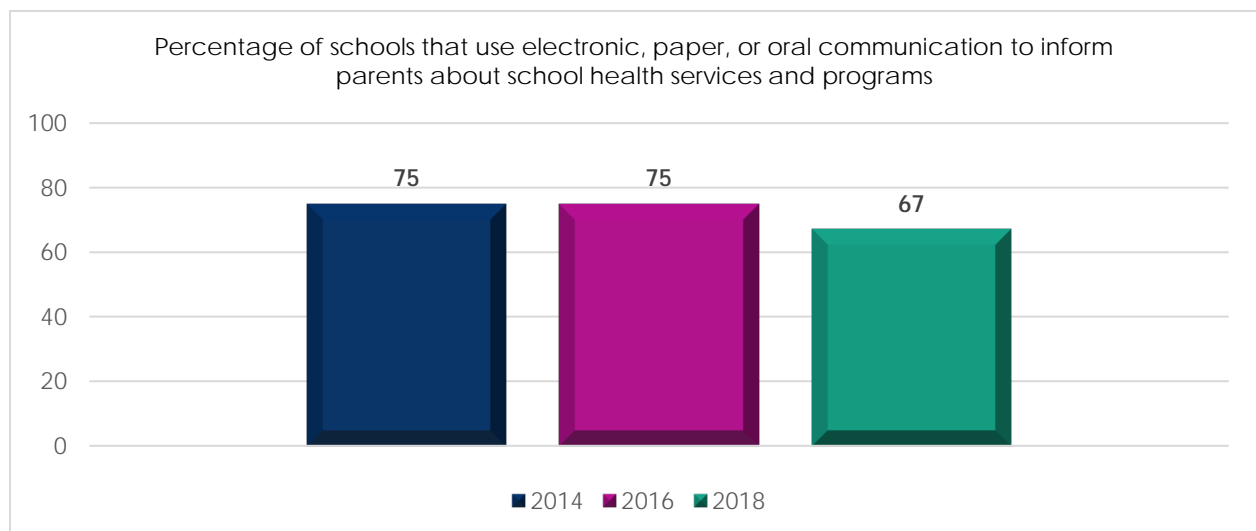
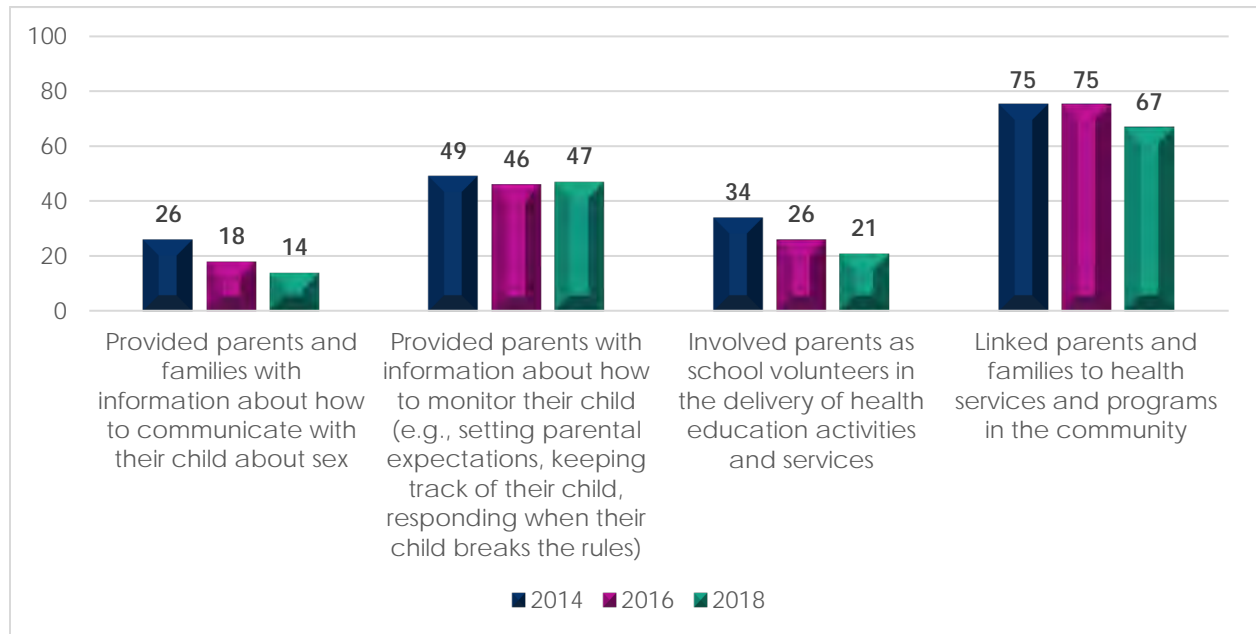




## Principal Survey Results

### ***Family and Community Involvement***

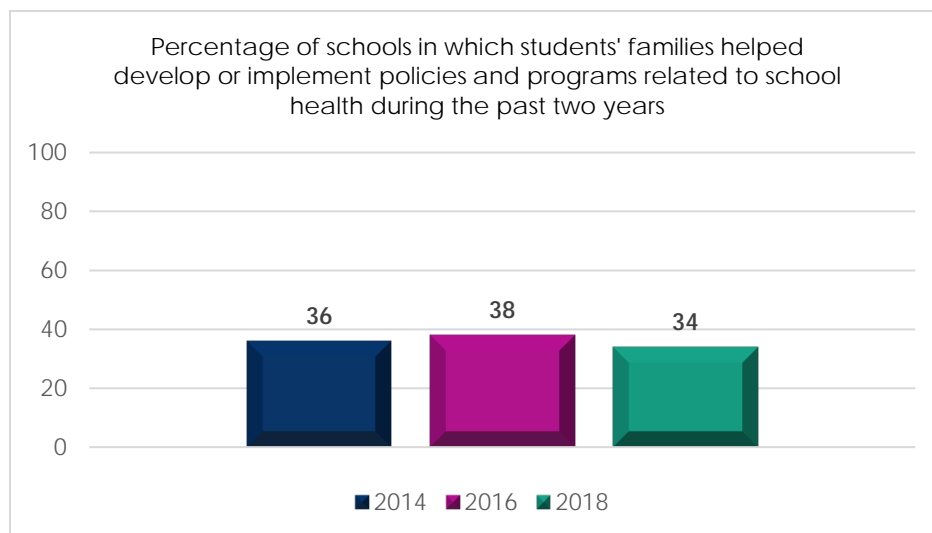
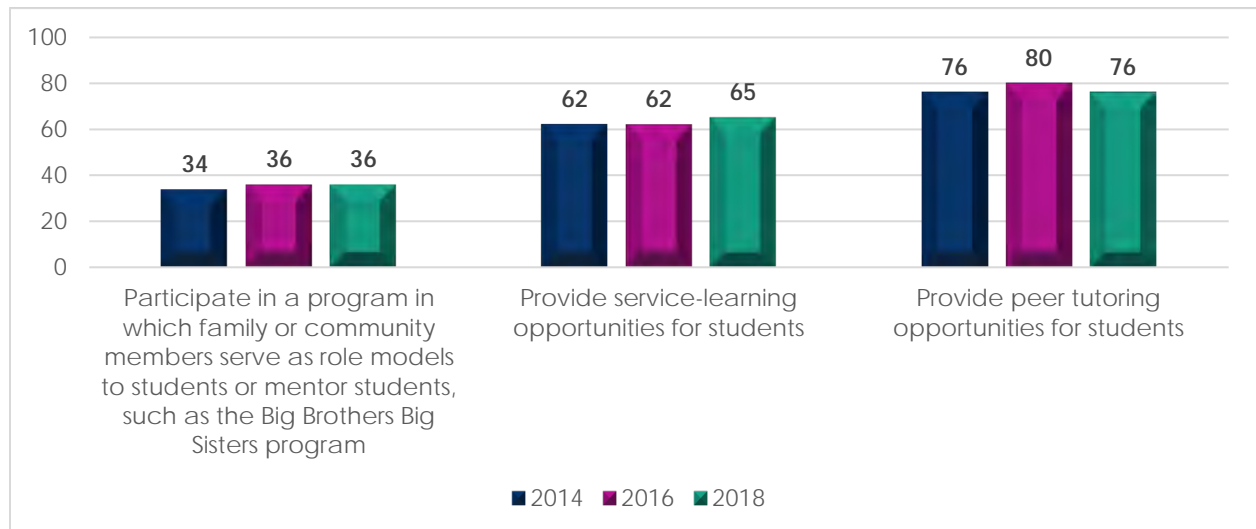
Percentage of schools that have done any of the following activities during the current school year:



## Principal Survey Results

### *Family and Community Involvement*

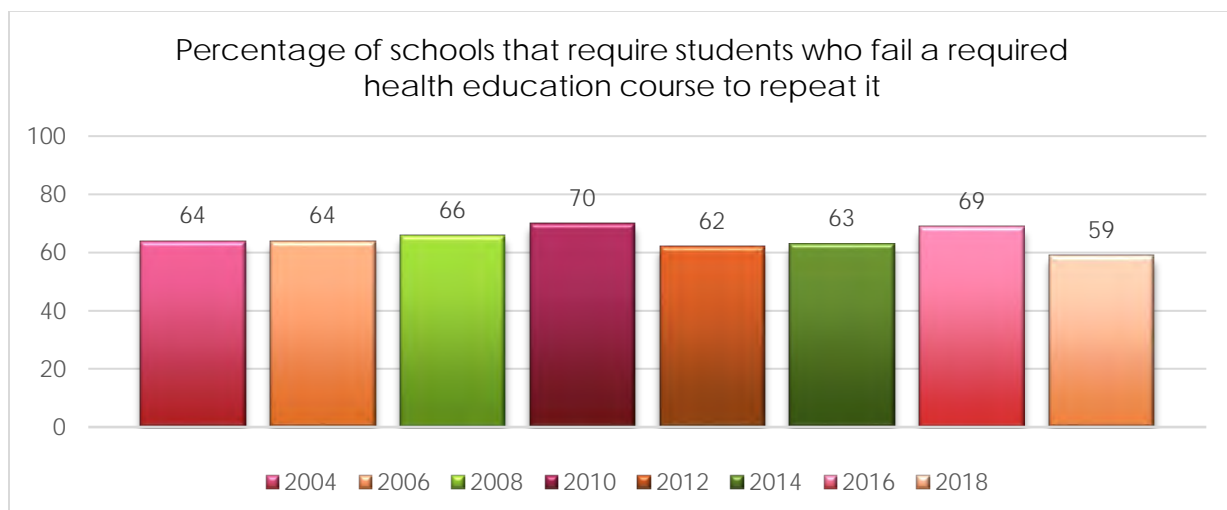
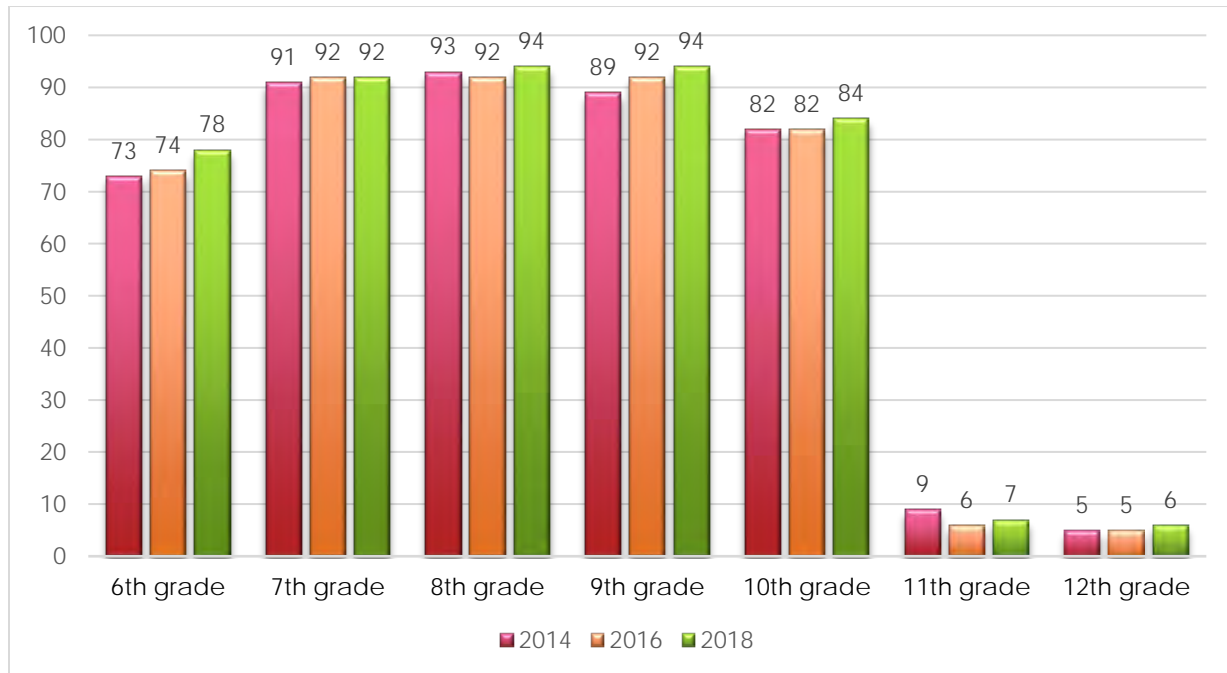
Percentage of schools that:



## Health Education Teacher Survey Results

### *Required Health Education*

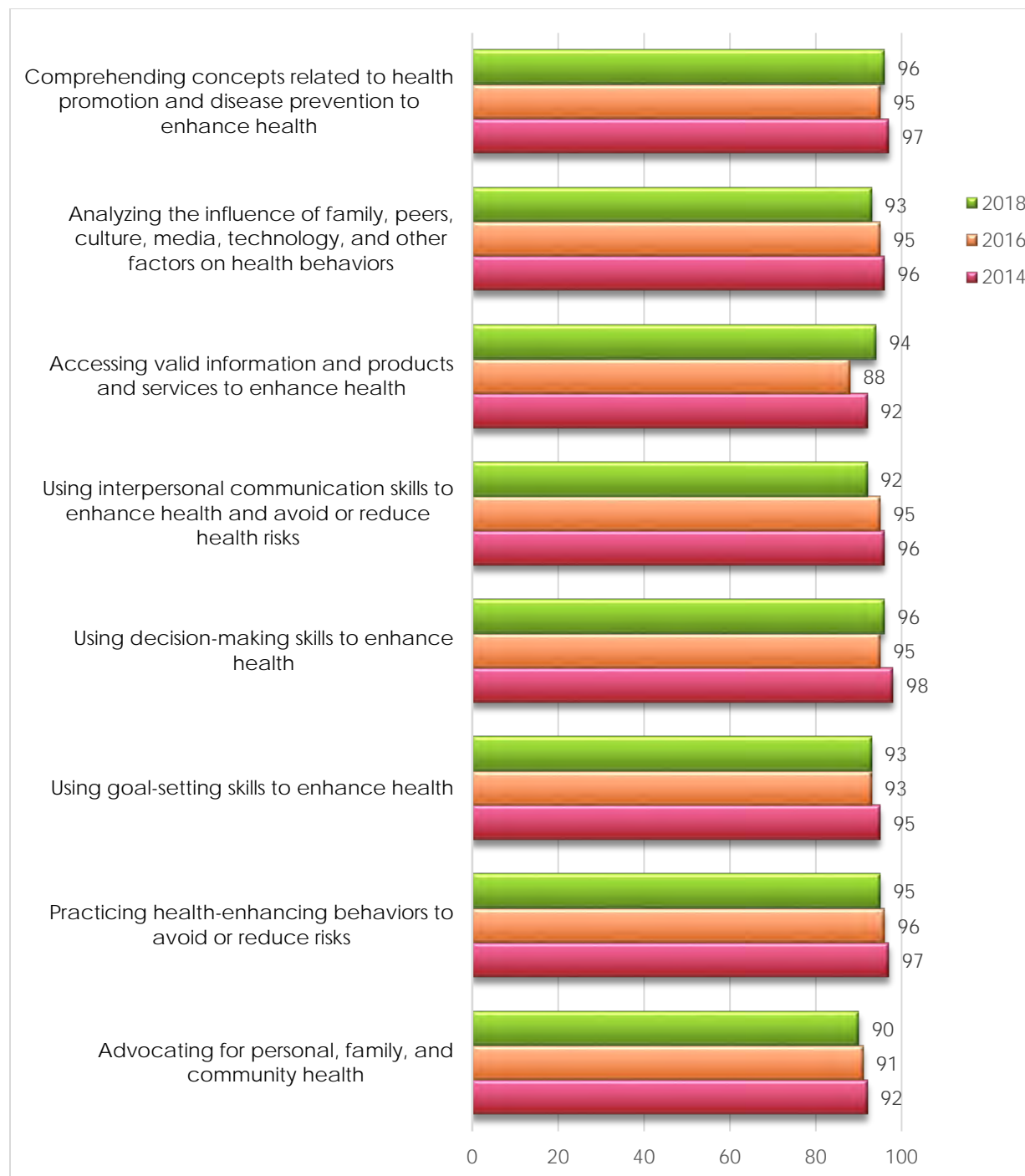
Percentage of schools that taught a required health education course in the following grades:



# Health Education Teacher Survey Results

## Health Education

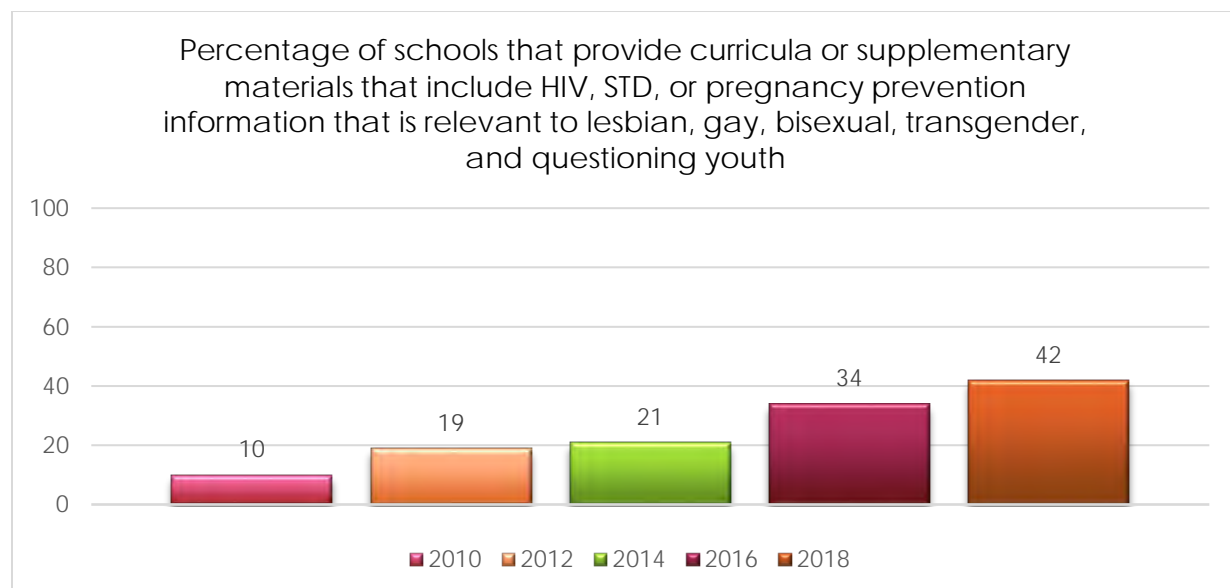
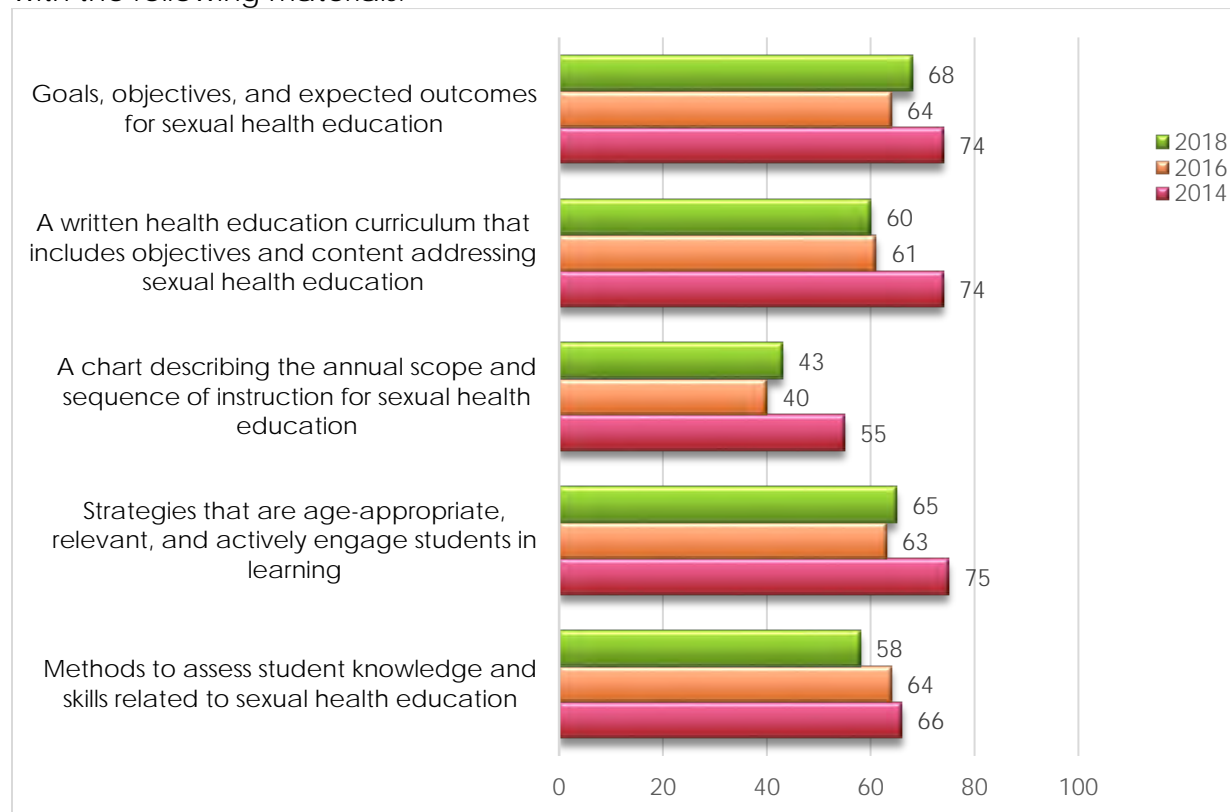
Percentage of schools in which the health education curriculum addresses the following skills:



# Health Education Teacher Survey Results

## Sexual Health Education

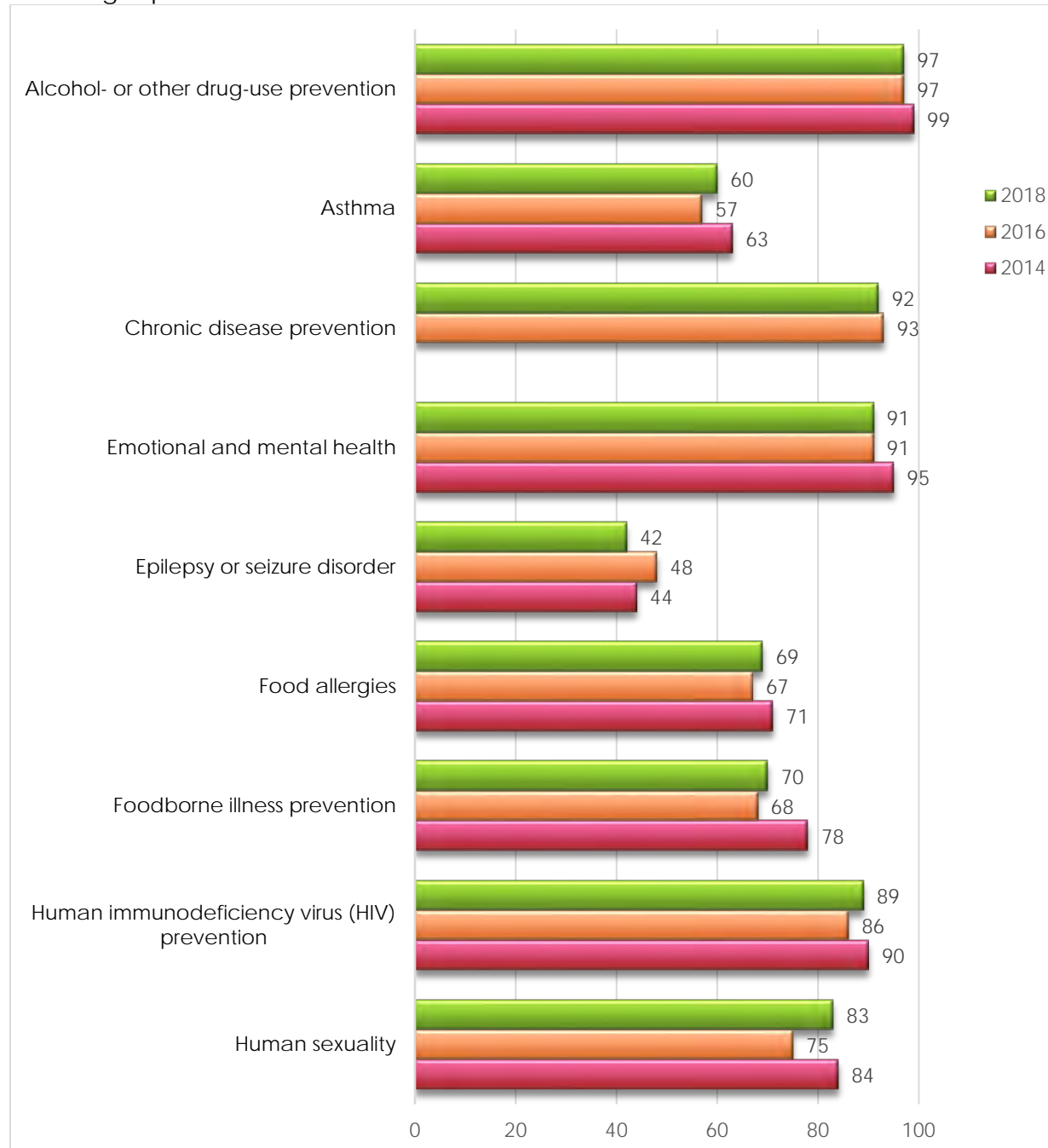
Percentage of schools in which those who teach sexual health education are provided with the following materials:



# Health Education Teacher Survey Results

## Health Education

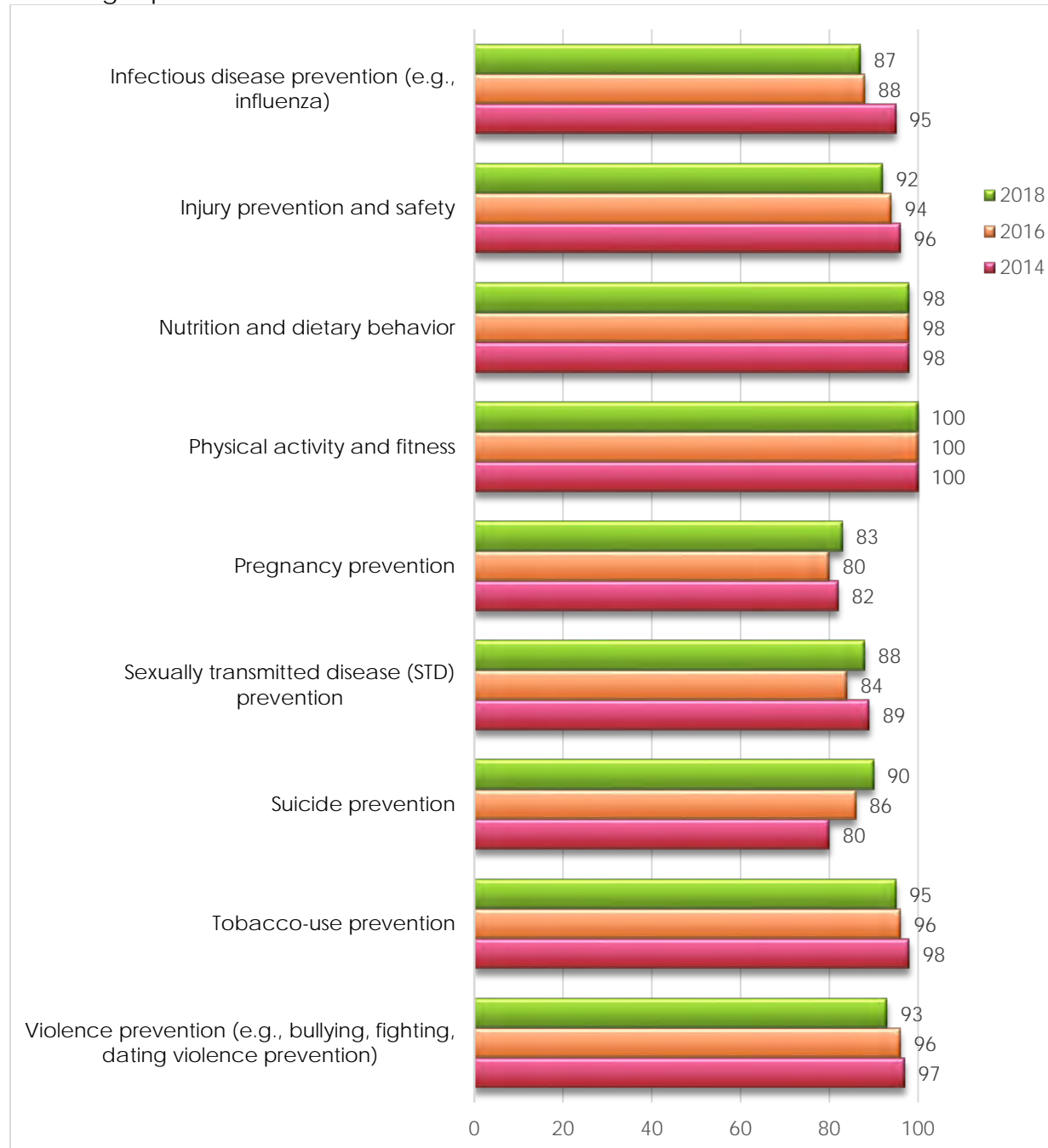
Percentage of schools in which teachers tried to increase student knowledge on the following topics:



# Health Education Teacher Survey Results

## Health Education

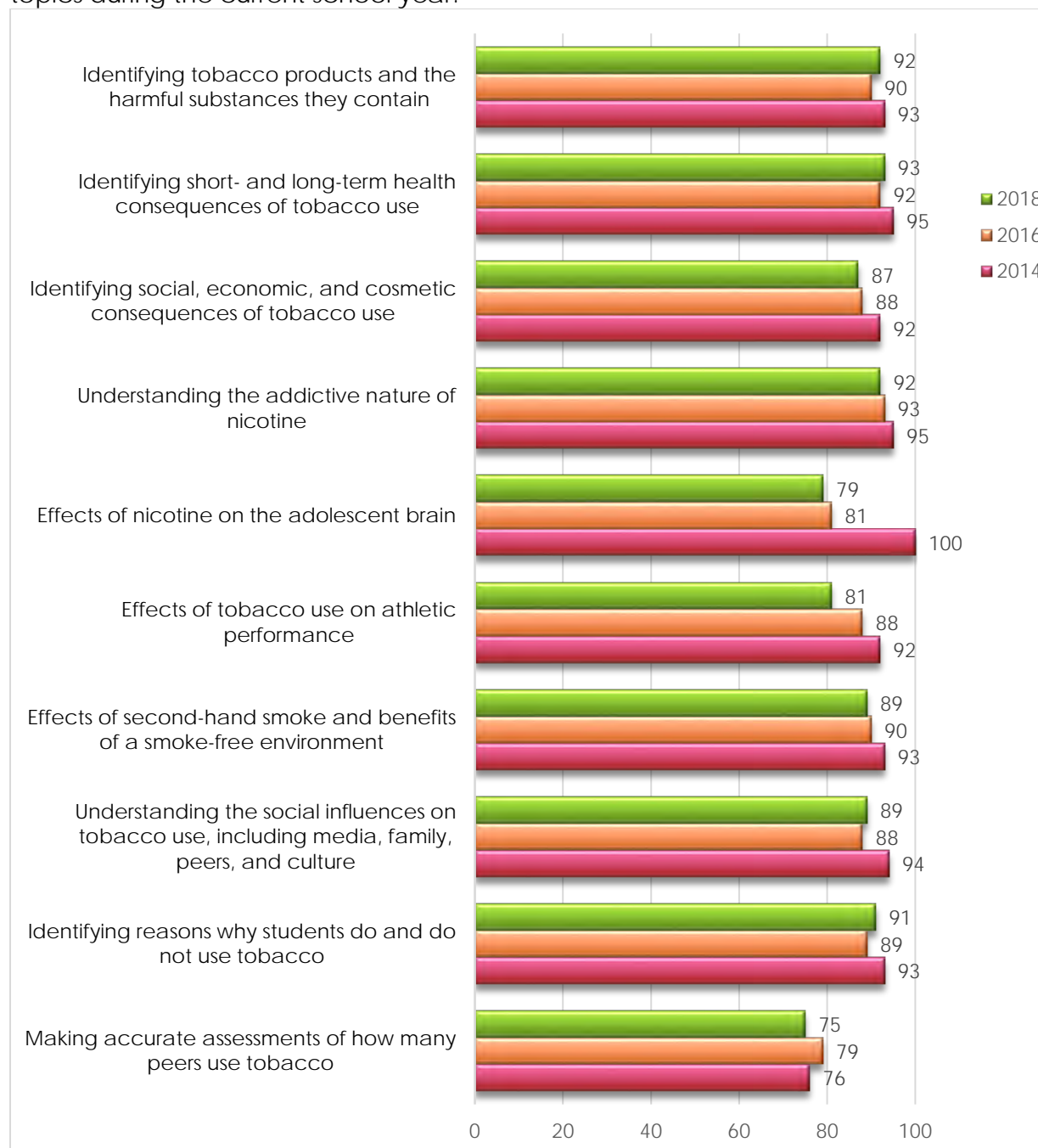
Percentage of schools in which teachers tried to increase student knowledge on the following topics:



# Health Education Teacher Survey Results

## ***Tobacco-Use Prevention Education***

Percentage of schools in which teachers taught the following tobacco-use prevention topics during the current school year:

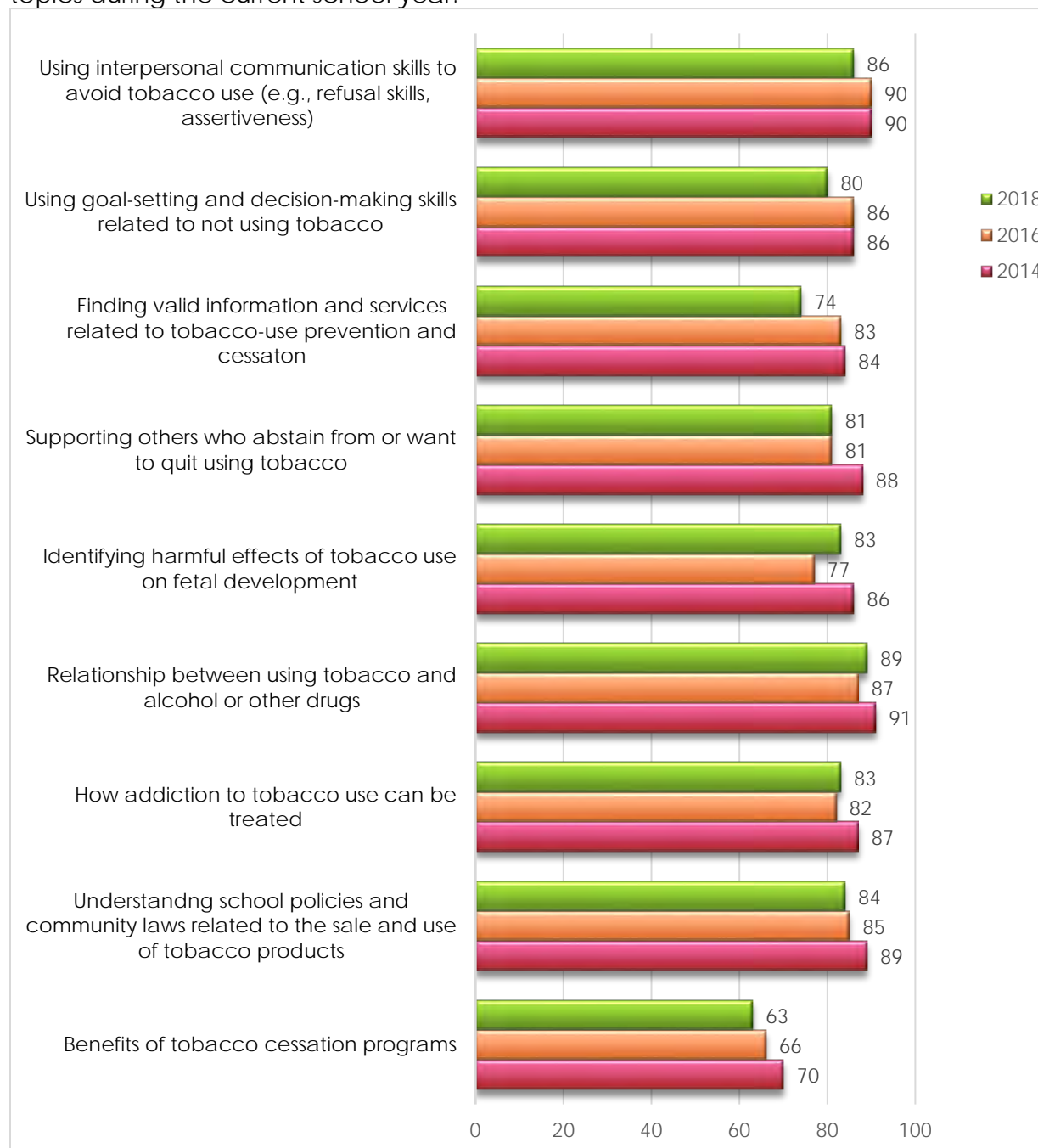




# Health Education Teacher Survey Results

## Tobacco-Use Prevention Education

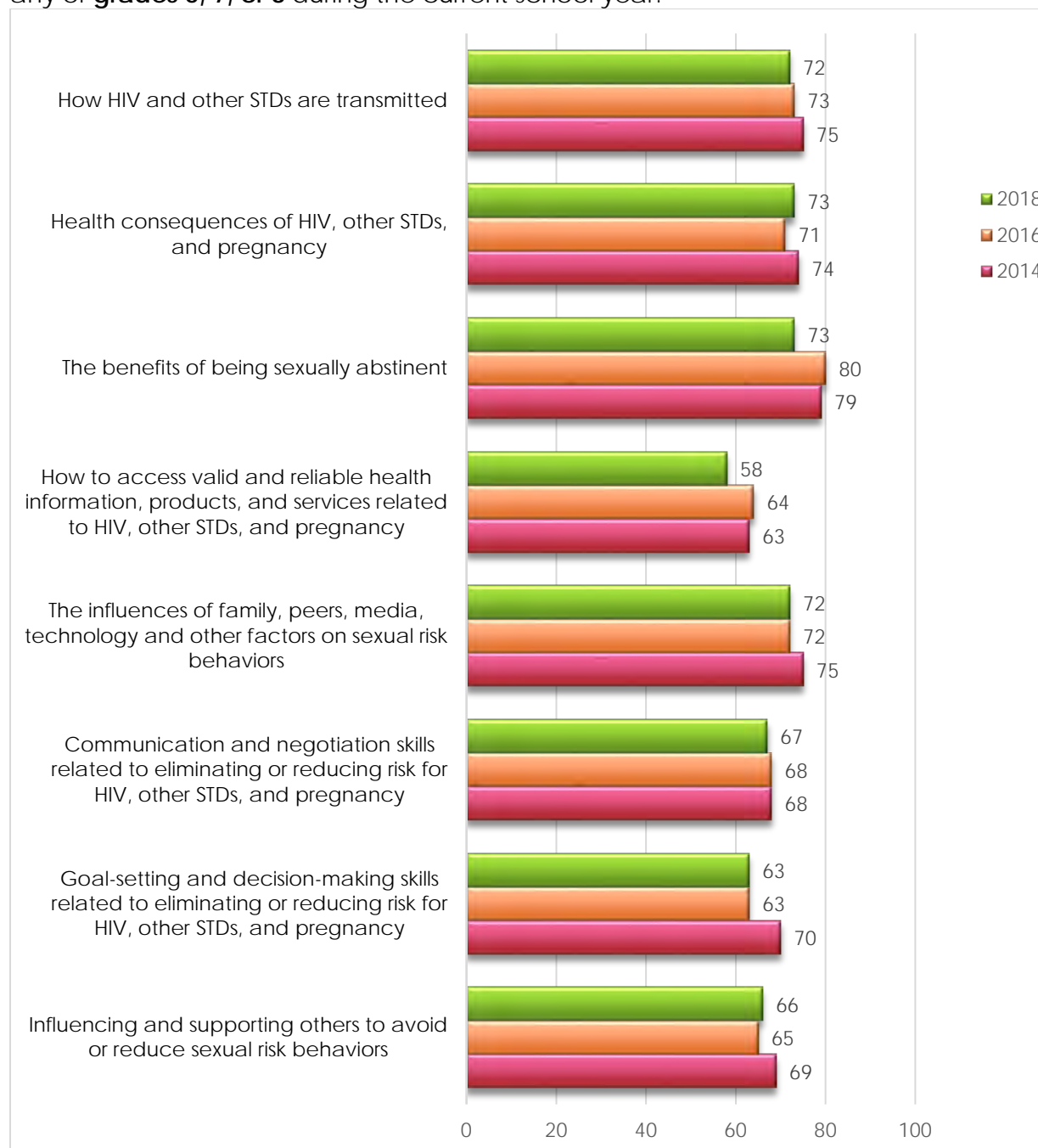
Percentage of schools in which teachers taught the following tobacco-use prevention topics during the current school year:



# Health Education Teacher Survey Results

## Sexual Health Education

Percentage of schools in which teachers taught the following sexual health topics in any of **grades 6, 7, or 8** during the current school year:



# Health Education Teacher Survey Results

## Sexual Health Education

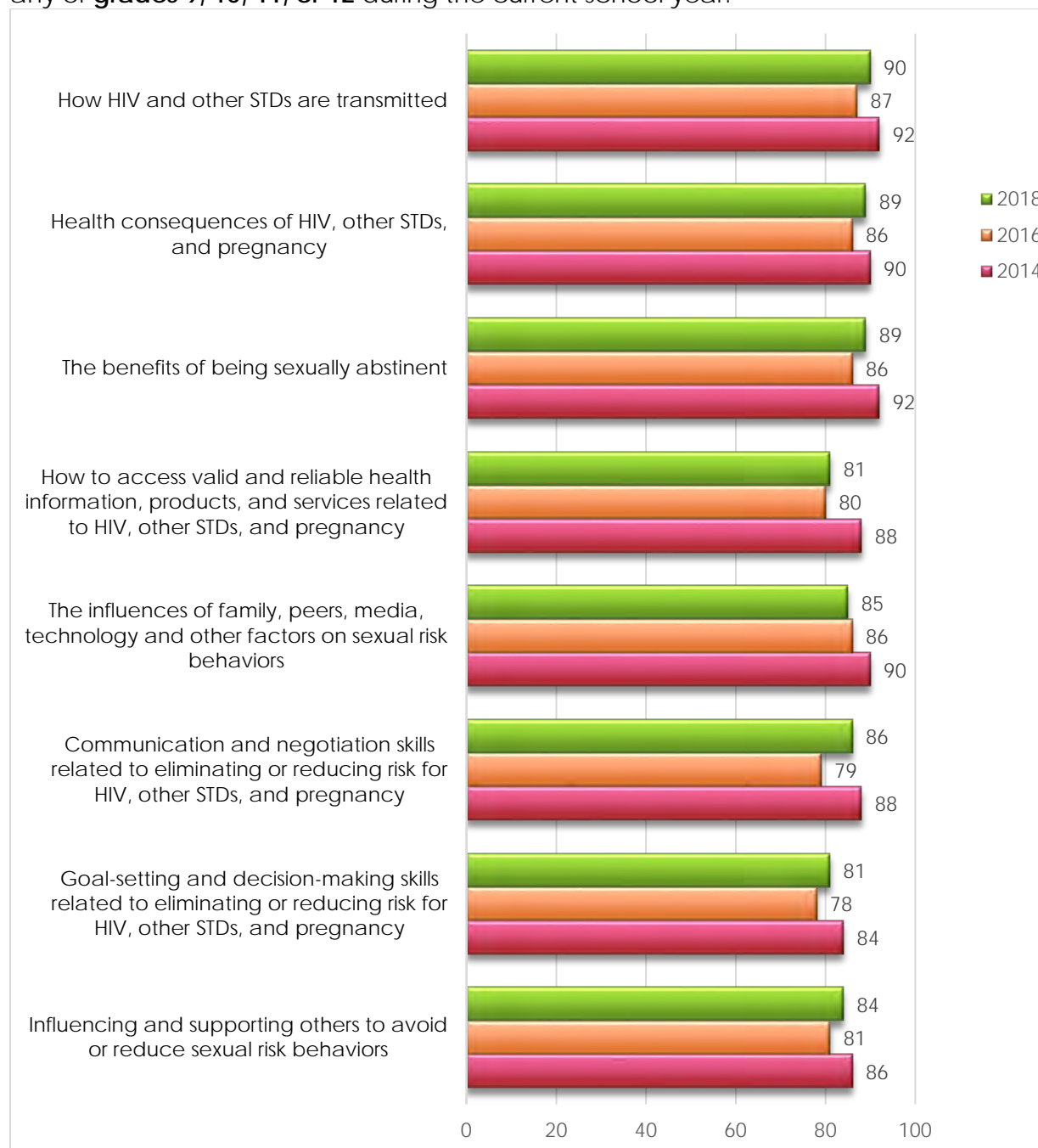
Percentage of schools in which teachers taught the following sexual health topics in any of **grades 6, 7, or 8** during the current school year:



# Health Education Teacher Survey Results

## Sexual Health Education

Percentage of schools in which teachers taught the following sexual health topics in any of **grades 9, 10, 11, or 12** during the current school year:



# Health Education Teacher Survey Results

## Sexual Health Education

Percentage of schools in which teachers taught the following sexual health topics in any of **grades 9, 10, 11, or 12** during the current school year:



## Health Education Teacher Survey Results

### **Sexual Health Education**

Percentage of schools in which teachers **assessed** the following sexual health topics during the current school year:

	Grades 6, 7, or 8			Grades 9, 10, 11, or 12		
	2014	2016	2018	2014	2016	2018
Comprehend concepts important to prevent HIV, other STDs, and pregnancy	65	64	61	87	84	89
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors	66	68	61	84	83	81
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy	53	53	47	78	74	83
Use interpersonal communication skills to avoid or reduce sexual risk behaviors	68	69	65	83	83	87
Use decision-making skills to prevent HIV, other STDs, and pregnancy	68	66	61	83	81	91
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them	68	67	66	74	77	82
Influence and support others to avoid or reduce sexual risk behaviors	69	66	64	78	77	85

## Health Education Teacher Survey Results

### *Nutrition and Dietary Behavior Topics*

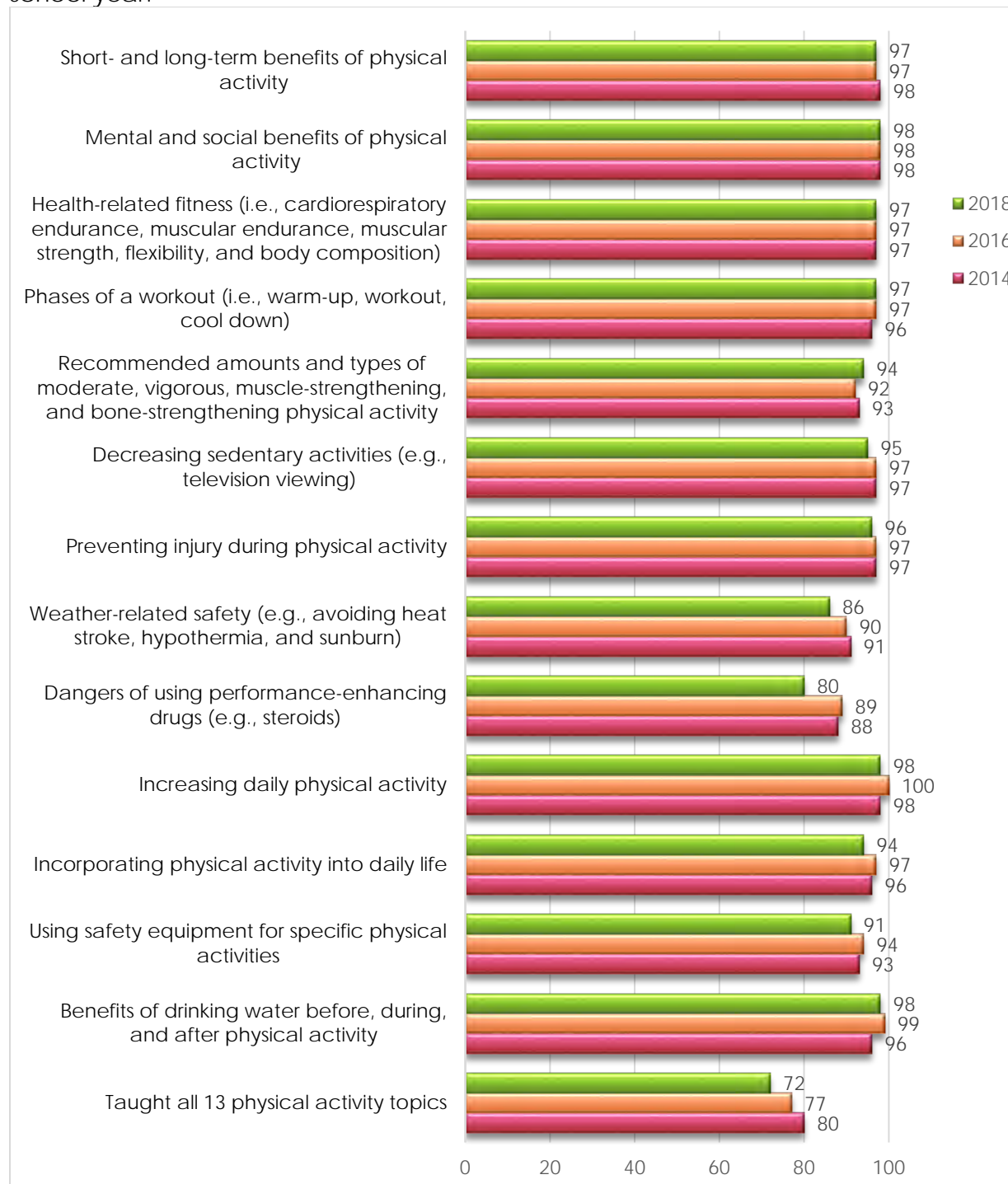
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required health education course in any of grades 6 through 12 during the current school year:

Topic	2014	2016	2018
Benefits of healthy eating	97	96	97
Benefits of drinking plenty of water	97	97	96
Benefits of eating breakfast every day	~	96	96
Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate)	93	94	90
Using food labels	91	92	91
Differentiating between nutritious and non-nutritious beverages	95	93	94
Balancing food intake and physical activity	97	96	96
Eating more fruits, vegetables, and whole grain products	96	96	95
Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)	94	91	90
Choosing foods, snacks, and beverages that are low in added sugars	94	94	92
Choosing foods and snacks that are low in sodium	92	89	87
Eating a variety of foods that are high in calcium	93	92	88
Eating a variety of foods that are high in iron	89	86	84
Food safety	88	83	86
Preparing healthy meals and snacks	90	84	89
Risks of unhealthy weight control practices	95	94	92
Accepting body size differences	91	90	89
Signs, symptoms, and treatment for eating disorders	89	87	83
Relationship between diet and chronic diseases	91	88	87
Assessing body mass index (BMI)	83	80	78

# Health Education Teacher Survey Results

## Physical Activity Topics

Percentage of schools in which teachers taught the following physical activity topics in a required health education course in any of grades 6 through 12 during the current school year:

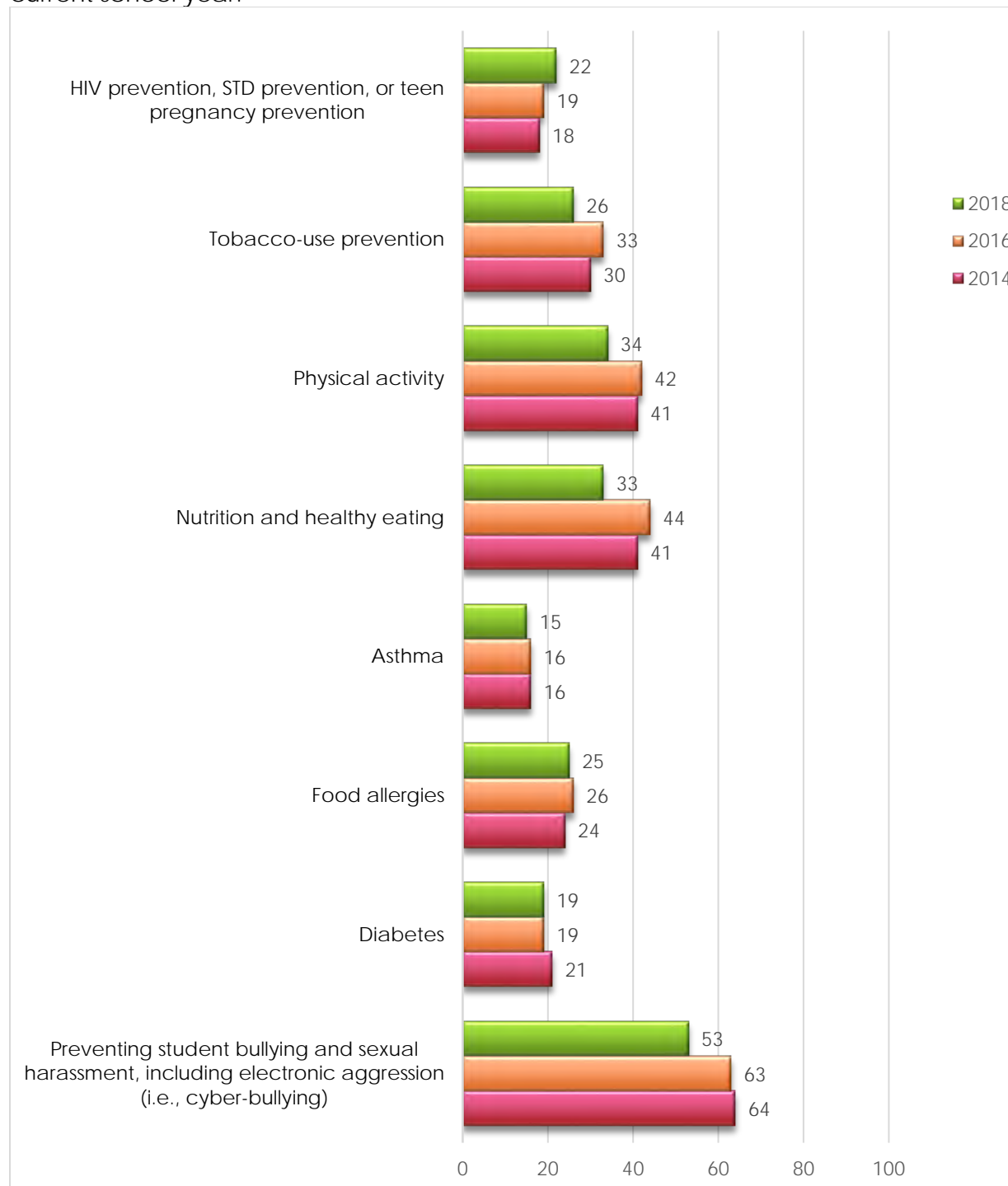




## Health Education Teacher Survey Results

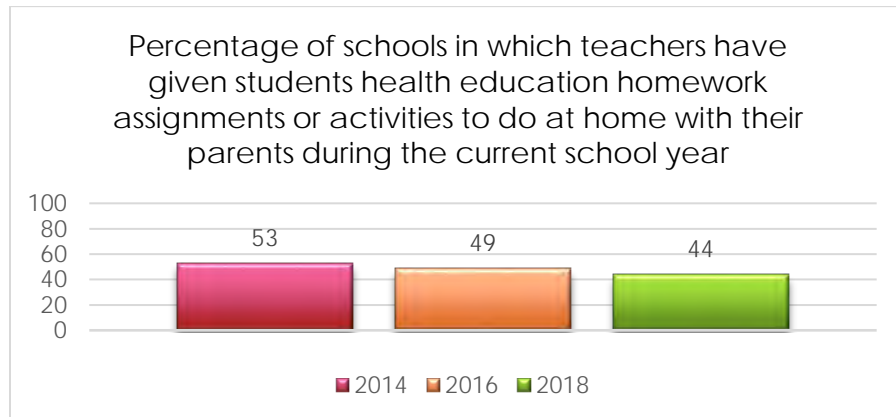
### *Family Involvement*

Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:

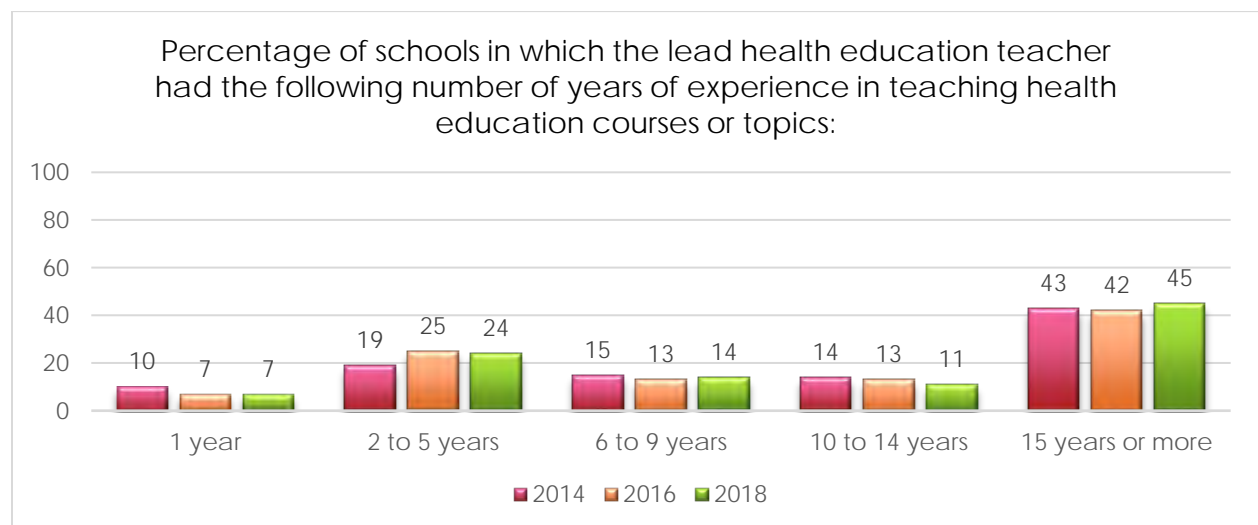
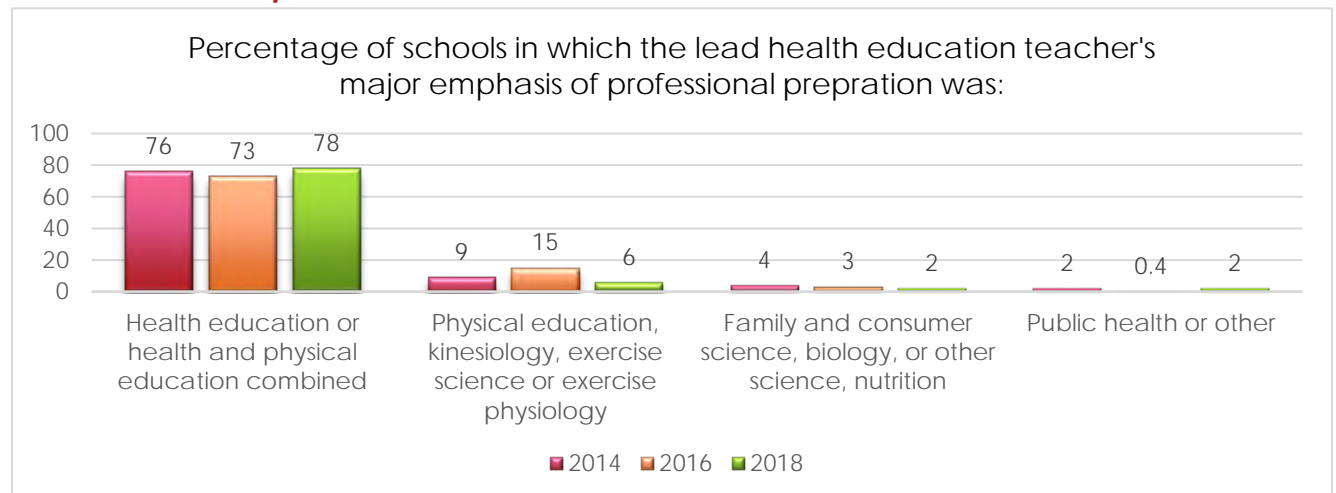


# Health Education Teacher Survey Results

## Family Involvement



## Professional Preparation



# Health Education Teacher Survey Results

## Professional Development

Percentage of schools in which the lead health education teacher received professional development during the past two years and wanted to receive professional development on the following topics:

Topic	Received PD				Would like to receive PD			
	2014	2016	2018	10-year Trend	2014	2016	2018	10-year Trend
Alcohol- or other drug-use prevention	35	40	33	↓	68	73	65	↓
Asthma	18	19	18	↓	51	55	47	↓
Chronic disease prevention		29	28			71	61	↓
Emotional and mental health	32	46	47	↑	66	73	74	↑
Epilepsy or seizure disorder	13	16	20	↑	48	53	48	
Food allergies	22	22	21		51	52	50	
Foodborne illness prevention	14	19	20	↑	47	45	46	↓
HIV prevention	34	21	23	↓	63	64	60	↓
Human sexuality	27	19	22	↓	65	71	62	↓
Infectious disease prevention (e.g., flu)	31	29	30	↓	54	62	58	↑
Injury prevention and safety	37	45	40	↓	56	62	58	↓
Nutrition and dietary behavior	30	32	29	↓	73	77	68	↓
Physical activity and fitness	47	54	49		67	71	66	↓
Pregnancy prevention	25	15	17	↓	55	62	59	↑
STD prevention	29	18	18	↓	63	68	64	↑
Suicide prevention	33	48	61	↑	72	76	74	
Tobacco-use prevention	27	36	32	↓	66	68	63	↑
Violence prevention	51	53	48		74	77	70	↓
Teaching students with physical, medical, or cognitive disabilities	31	39	38		63	65	64	↑
Teaching students of various cultural backgrounds	30	37	34	↑	49	54	53	↑
Teaching students with limited English proficiency	7	13	11	↑	42	38	40	↑
Teaching students of different sexual orientations or gender identities	5	11	16	↑	52	60	62	↑
Using interactive teaching methods (e.g., role plays, cooperative group activities)	46	48	42		60	67	68	↑
Encouraging family or community involvement	30	33	28	↓	63	67	68	
Teaching skills for behavior change	34	39	35	↓	73	71	75	↓
Classroom management techniques	52	55	49	↓	62	69	65	↓
Assessing or evaluating students in health education	26	30	31	↓	73	71	70	↓
Aligning lessons and materials with the district scope and sequence for sexual health education		20	27			64	60	
Creating a comfortable and safe learning environment for students receiving sexual health education		22	25			62	65	

## Health Education Teacher Survey Results

### Professional Development

Percentage of schools in which the lead health education teacher received professional development during the past two years and wanted to receive professional development on the following topics:

Topic	Received PD				Would like to receive PD			
	2014	2016	2018	10-year Trend	2014	2016	2018	10-year Trend
Connecting students to on-site or community-based sexual health services		15	24			60	62	
Using a variety of effective instruction strategies to deliver sexual health education		19	24			73	74	
Building student skills in HIV, other STD, and pregnancy prevention		20	24			67	65	
Assessing student knowledge and skills in sexual health education		21	25			66	67	
Understanding current district or school board policies or curriculum guidance regarding sexual health education		22	26			65	65	

*Funded through cooperative agreement NU87PS004124  
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Division of Adolescent and School Health  
Atlanta, GA 30341*