

2016
MONTANA
SCHOOL HEALTH
PROFILES



School Health Policies and Health Education Implementation
in Montana Schools

Health Enhancement and Safety Division
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Montana
2016 School Health Profiles Report
Survey Summary

The School Health Profiles (Profiles) assists state and local education and health agencies in monitoring and assessing characteristics of 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. Data from Profiles can be used to improve school health programs.

Two questionnaires are used to collect data – one for school principals and one for lead health education teachers. The two questionnaires were mailed to 278 public schools containing any of grades 6 through 12 in Montana during spring 2016. One or both questionnaires were received from 98% of eligible sampled schools. Usable questionnaires were received from principals in 91% of schools and from lead health education teachers in 88% of schools. Because the response rates for these surveys were greater than or equal to 70%, the results are weighted and representative of all regular public schools in Montana having at least one of grades 6 through 12. Results from the principal and lead health education teacher surveys are presented for high schools, middle schools and all schools.

The Profiles questionnaires were developed by the Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention in collaboration with representatives of state, local, and territorial departments of health and education.

Response Rate

91% - 253 out of 278 principals from sampled eligible schools returned questionnaires.

88% - 246 out of 278 lead health education teachers from sampled eligible schools returned questionnaires.

2016 Montana School Health Profiles Principal Survey Results

School Health

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:

	High Schools	Middle Schools	All Schools
Physical activity	52.8	58.6	55.6
Nutrition	54.5	59.4	56.8
Tobacco-use prevention	49.1	49.4	49.2
Asthma	33.8	38.8	36.2
Injury and violence prevention	42.1	48.1	45.0
HIV, STD, and teen pregnancy prevention	41.2	39.3	40.3

Percentage of schools that reviewed health and safety data (e.g., Youth Risk Behavior Survey) as part of school's improvement planning process.

	High Schools	Middle Schools	All Schools
Among schools that engaged in an improvement planning process during the past year	79.9	74.4	77.3

Percentage of schools that currently have someone who oversees or **coordinates school health** and safety programs and activities.

High Schools	Middle Schools	All Schools
90.6	89.5	90.1

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

	High Schools	Middle Schools	All Schools
Health education	43.9	55.9	49.6
Physical education	44.6	55.1	49.6
Physical activity	38.4	48.3	43.1
School meal programs	48.8	51.8	50.2
Foods and beverages available at school outside the school meal programs	37.2	43.1	40.0
Health services	33.2	44.7	38.7
Counseling, psychological and social services	46.7	57.6	51.9
Physical environment	50.9	53.2	52.0
Social and emotional climate	53.4	64.5	58.7
Family engagement	61.8	68.9	65.2
Community involvement	63.6	66.4	64.9
Employee wellness	36.9	44.1	40.3

Percentage of schools that have one or more than one group (e.g., a school health council, committee, or team) that offers guidance on the **development of policies** or **coordinates activities** on health topics.

High Schools	Middle Schools	All Schools
54.2	56.8	55.4

**2016 Montana School Health Profiles
Principal Survey Results**

School Health - continued

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

	High Schools	Middle Schools	All Schools
Identified student health needs based on a review of relevant data	66.4	63.6	65.0
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team	73.6	77.1	75.3
Sought funding or leveraged resources to support health and safety priorities for students and staff	54.0	55.8	54.8
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members	83.6	84.3	83.9
Reviewed health-related curricula or instructional materials	79.3	76.7	78.0
Assessed the availability of physical activity opportunities for students	78.9	78.5	78.7
Developed a written plan for implementing a Comprehensive School Physical Activity Program (CSPAP, a multi-component approach that provides opportunities for students to be physically active before, during, and after school)	26.7	31.6	29.1

*Percentage of schools that have any clubs that give **students opportunities to learn about people different from them**, such as students with disabilities, homeless youth, or people from different cultures.*

High Schools	Middle Schools	All Schools
47.5	33.6	41.0

*Percentage of schools that offer each of the following **activities for students to learn about people different from them**, such as students with disabilities, homeless youth, or people of different cultures.*

	High Schools	Middle Schools	All Schools
Lessons in class	88.5	87.9	88.2
Special events sponsored by the school or community organizations (e.g., multicultural week, family night)	52.6	58.6	55.5

2016 Montana School Health Profiles Principal Survey Results

Sexual Orientation

Percentage of schools that have a student-led club that aims to create a safe, welcoming, and accepting **school environment** for all youth, regardless of sexual orientation or gender identity.

High Schools	Middle Schools	All Schools
21.5	14.3	18.0

Percentage of schools that engage in the following **practices** related to lesbian, gay, bisexual, transgender, or questioning (**LGBTQ**) youth).

	High Schools	Middle Schools	All Schools
Identify “safe spaces” where LGBTQ youth can receive support from administrators, teachers, or other school staff	60.8	58.9	59.9
Prohibit harassment based on a student’s perceived or actual sexual orientation or gender identity	88.7	92.5	90.5
Encourage staff to attend professional development on safe and supportive school environments for all students, regardless of sexual orientation or gender identity	62.9	61.5	62.3
Facilitate access to providers not on school property who have experience in providing health services, including HIV/STD testing and counseling, to LGBTQ youth	46.5	40.2	43.5
Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth	51.1	45.0	48.2

Bullying and Sexual Harassment

Percentage of schools in which staff received **professional development** on preventing, identifying, and responding to student bullying and sexual harassment, including electronic aggression.

High Schools	Middle Schools	All Schools
72.7	66.7	69.8

Percentage of schools that have a **designated staff member** to whom students can confidentially report student bullying and sexual harassment, including electronic aggression.

High Schools	Middle Schools	All Schools
93.0	95.9	94.4

Percentage of schools that use electronic, paper, or oral communication to **publicize and disseminate policies, rules, or regulations** on bullying and sexual harassment, including electronic aggression.

High Schools	Middle Schools	All Schools
91.3	91.9	91.6

2016 Montana School Health Profiles Principal Survey Results

Physical Education

Percentage of schools that taught a required physical education course in each of the following grades.

	High Schools	Middle Schools	All Schools
Sixth grade	~	100	100
Seventh grade	~	99.2	99.2
Eighth grade	~	100	100
Ninth grade	100	~	100
Tenth grade	91.1	~	91.1
Eleventh grade	18.3	~	18.3
Twelfth grade	18.3	~	18.3

*Percentage of schools in which physical education teachers or specialists received **professional development** on physical education or physical activity during the past year.*

High Schools	Middle Schools	All Schools
79.6	89.8	84.7

*Percentage of schools that **provide** those who teach physical education with the following **materials**.*

	High Schools	Middle Schools	All Schools
Goals, objectives, and expected outcomes for physical education	95.3	92.7	94.1
A chart describing the annual scope and sequence of instruction for physical education	73.6	73.9	73.7

<i>Continued -</i>	High Schools	Middle Schools	All Schools
Plans for how to assess student performance in physical education	80.2	82.0	81.0
A written physical education curriculum	87.9	88.6	88.2
Resources for fitness testing	88.8	93.3	91.0
Physical activity monitoring devices, such as pedometers or heart rate monitors, for physical education	60.8	65.3	63.0

Physical Activity

<i>Percentage of schools. . .</i>	High Schools	Middle Schools	All Schools
In which students participate in physical activity breaks in classrooms during the day outside of physical education	32.6	58.1	44.8
That offer opportunities for all students to participate in intramural sports programs or physical activity clubs	48.7	59.0	53.7
That offer interscholastic sports to students	94.5	96.0	95.2
That offer opportunities for students to participate in physical activity before the school day through organized physical activities or access to facilities or equipment for physical activity	65.6	58.3	62.1
That have a joint use agreement for shared use of school or community physical activity facilities	48.5	54.9	51.5
Physical activity monitoring devices, such as pedometers or heart rate monitors, for physical education	60.8	65.3	63.0

2016 Montana School Health Profiles Principal Survey Results

Tobacco-Use Prevention Policies

Percentage of schools that have adopted a **policy** prohibiting tobacco use.

High Schools	Middle Schools	All Schools
100.0	100.0	100.0

Percentage of schools that have a tobacco-use prevention policy that specifically prohibits **tobacco use during each of the following times**, by population.

Students	High Schools	Middle Schools	All Schools
During school hours	100.0	100.0	100.0
During non-school hours	95.9	93.2	94.6
Faculty/Staff			
During school hours	99.2	97.5	98.4
During non-school hours	87.5	84.7	86.2
Visitors			
During school hours	98.4	96.6	97.5
During non-school hours	86.7	84.7	85.7

Percentage of schools that have a tobacco-use prevention policy that specifically prohibits the use of each type of **tobacco during any school-related activity**, by population.

Students	High Schools	Middle Schools	All Schools
Cigarettes	99.2	100.0	99.6
Smokeless tobacco (e.g., chewing tobacco, snuff, dip, snus)	99.2	100.0	99.6
Cigars	95.0	96.6	95.8
Pipes	94.1	96.6	95.3
Electronic vapor products (e.g., e-cigarettes, vape pipes, hookah pens)	89.8	92.3	91.0
Faculty/Staff			
Cigarettes	98.4	99.2	98.8
Smokeless tobacco (e.g., chewing tobacco, snuff, dip, snus)	98.4	99.2	98.8
Cigars	95.0	96.6	95.8
Pipes	94.1	96.6	95.3
Electronic vapor products (e.g., e-cigarettes, vape pipes, hookah pens)	87.5	90.7	89.0
Visitors			
Cigarettes	98.4	100.0	99.2
Smokeless tobacco (e.g., chewing tobacco, snuff, dip, snus)	97.6	99.2	98.3
Cigars	95.0	95.7	95.3
Pipes	94.1	95.7	94.9
Electronic vapor products (e.g., e-cigarettes, vape pipes, hookah pens)	85.9	88.9	87.3

**2016 Montana School Health Profiles
Principal Survey Results**

Tobacco-Use Prevention Policies - continued

Percentage of schools that have a tobacco-use prevention policy that specially prohibits tobacco use in each of the following locations, by population.

	High Schools	Middle Schools	All Schools
Students			
In school buildings	100.0	100.0	100.0
Outside on school grounds, including parking lots and playing fields	100.0	100.0	100.0
On school buses or other vehicles used to transport students	100.0	100.0	100.0
At off-campus, school sponsored events	96.7	98.3	97.5
Faculty/Staff			
In school buildings	99.2	99.2	99.2
Outside on school grounds, including parking lots and playing fields	99.2	99.2	99.2
On school buses or other vehicles used to transport students	97.6	98.3	97.9
At off-campus, school sponsored events	84.6	91.4	87.9
Visitors			
In school buildings	100.0	100.0	100.0
Outside on school grounds, including parking lots and playing fields	99.2	99.2	99.2
On school buses or other vehicles used to transport students	95.1	96.6	95.8
At off-campus, school sponsored events	66.2	74.5	70.2

Percentage of schools that follow a policy that mandates a "tobacco-free environment." A "tobacco-free environment" is one that prohibits tobacco use by students, staff, and visitors in school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events, applicable 24 hours a day and seven days a week.

High Schools	Middle Schools	All Schools
57.7	63.5	60.5

Percentage of schools that post signs marking a tobacco-free school zone, that is, a specified distance from school grounds where tobacco use is not allowed.

High Schools	Middle Schools	All Schools
96.8	96.8	96.8

Percentage of schools that provide tobacco cessation services for each of the following groups.

	High Schools	Middle Schools	All Schools
Faculty and staff	14.1	10.2	12.3
Students	29.0	25.4	27.3

Percentage of schools that have arrangements with any organization or health care professionals not on school property to provide tobacco cessation services for each of the following groups.

	High Schools	Middle Schools	All Schools
Faculty and staff	26.0	27.2	26.6
Students	40.6	31.1	36.1

2016 Montana School Health Profiles Principal Survey Results

Tobacco-Use Prevention Policies - continued

Percentage of schools that provide tobacco-use cessation services to faculty, staff, and students through **direct service** at school or **arrangements** with providers not on school property.

High Schools	Middle Schools	All Schools
27.6	22.4	25.1

Nutrition-Related Policies and Practices

Percentage of schools that **offer fruits or non-fried vegetables at celebrations** when foods and beverages are offered.

	High Schools	Middle Schools	All Schools
Foods or beverages are not offered at school celebrations	3.0	3.2	3.1
Never	0.0	0.0	0.0
Rarely	11.8	16.0	13.8
Sometimes	56.0	48.7	52.5
Always or almost always	29.2	32.1	30.6

Percentage of schools that **offer fruits or non-fried vegetables in vending machines** or school stores, and almost always or always at celebrations when foods and beverages are offered.

High Schools	Middle Schools	All Schools
4.9	7.1	5.9

Percentage of schools in which students can purchase snack foods or beverages from one or more **vending machines** at the school or at a school store, canteen, or snack bar.

High Schools	Middle Schools	All Schools
80.8	66.1	73.8

Percentage of schools in which students can purchase the following snack foods or beverages from **vending machines** or at the school store, canteen, or snack bar.

	High Schools	Middle Schools	All Schools
Chocolate candy	17.5	12.5	15.1
Other kinds of candy	23.9	16.6	20.4
Salty snacks that are not low in fat (e.g., regular potato chips)	21.6	20.7	21.1
Low sodium or "no added salt" pretzels, crackers, or chips	54.5	38.8	47.0
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat	23.1	20.6	21.9
Ice cream or frozen yogurt that is not low in fat	2.4	6.6	4.4
2% or whole milk (plain or flavored)	15.1	14.0	14.5
Nonfat or 1% (low-fat) milk (plain)	23.9	18.7	21.4
Water ices or frozen slushes that do not contain juice	10.6	6.6	8.7
Soda pop or fruit drinks that are not 100% juice	38.7	22.3	30.8
Sports drinks (e.g., Gatorade)	67.3	41.1	54.7
Energy drinks (e.g., Red Bull, Monster)	4.8	5.0	4.9
Bottled water	77.2	60.5	69.2
100% fruit or vegetable juice	58.5	43.9	51.5
Foods or beverages containing caffeine	40.8	20.0	30.8
Fruits (not fruit juice)	25.5	21.1	23.4
Non-fried vegetables	12.7	7.2	10.1

2016 Montana School Health Profiles Principal Survey Results

Nutrition-Related Policies and Practices

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

	High Schools	Middle Schools	All Schools
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages	10.2	10.4	10.3
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating	46.2	39.5	43.0
Provided information to students or families on the nutrition and caloric content of foods available	41.5	47.9	44.5
Conducted taste tests to determine food preferences for nutritious items	19.9	19.2	19.6
Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics	28.4	26.0	27.3
Served locally or regionally grown foods in the cafeteria or classrooms	47.6	52.8	50.0
Planted a school food or vegetable garden	26.5	25.0	25.8
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access	54.6	64.2	59.2
Used attractive displays for fruits and vegetables in the cafeteria	66.4	63.5	65.0
Offered a self-serve salad bar to students	78.0	75.7	76.9
Labeled healthful foods with appealing names (e.g., crunchy carrots)	26.7	33.0	29.7
Encourages students to drink plain water	83.8	83.0	83.4

<i>Continued -</i>	High Schools	Middle Schools	All Schools
Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance	24.2	23.4	23.8
Prohibited less nutritious foods and beverages (e.g., candy, baked goods) from being sold for fundraising purposes	23.2	35.2	28.9

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

	High Schools	Middle Schools	All Schools
In school buildings	52.6	62.8	57.5
On school grounds including on the outside of the school building, on playing fields, or other areas of the campus	44.1	54.2	48.9
On school buses or other vehicles used to transport students	59.5	65.3	62.3
In school publications (e.g., newsletters, newspapers, web sites, or other school publications)	49.5	65.3	57.1
In curricula or other educational materials (including assignment books, school supplies, book covers, and electronic media)	55.7	64.5	59.9

2016 Montana School Health Profiles Principal Survey Results

Nutrition-Related Policies and Practices - continued

Percentage of schools that permit students to have a drinking water bottle with them during the school day.

	High Schools	Middle Schools	All Schools
Yes, in all locations	80.0	73.9	77.1
Yes, in certain locations	16.7	23.5	19.9
No	3.3	2.6	3.0

Percentage of schools that offer a free source of drinking water in the following locations.

	High Schools	Middle Schools	All Schools
Cafeteria during breakfast	89.2	92.3	90.7
Cafeteria during lunch	90.0	93.1	91.5
Gymnasium or other indoor physical activity facilities	96.9	97.6	97.2
Outdoor physical activity facilities and sports fields	68.0	61.3	64.9
Hallways throughout the school	99.2	99.2	99.2

Health Services

<i>Percentage of schools. . .</i>	High Schools	Middle Schools	All Schools
That have a full-time registered nurse who provides health services to students.	16.7	14.1	15.5
That have a part-time registered nurse who provides health services to students.	35.4	48.8	41.8
That have a school-based health center that offers health services to students	9.5	9.5	9.5

Percentage of schools that provide the following services to students.

	High Schools	Middle Schools	All Schools
HIV testing	0.0	0.8	0.4
HIV treatment	0.0	0.0	0.0
STD testing	0.0	0.8	0.4
STD treatment	0.0	0.0	0.0
Pregnancy testing	0.8	2.4	1.5
Provision of condoms	1.5	1.6	1.6
Provision of condom-compatible lubricants (i.e., water- or silicone-based)	1.5	0.8	1.2
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])	0.0	0.0	0.0
Prenatal care	0.0	0.0	0.0
Human papillomavirus (HPV) vaccine administration	4.8	4.0	4.4

2016 Montana School Health Profiles Principal Survey Results

Health Services - continued

Percentage of schools that provide students with **referrals** to any organizations or health care professionals not on school property for the following services.

	High Schools	Middle Schools	All Schools
HIV testing	36.3	25.7	31.2
HIV treatment	40.2	26.7	33.8
nPEP (non-occupational post-exposure prophylaxis for HIV – a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive)	38.6	26.5	32.8
STD testing	36.3	26.4	31.5
STD treatment	34.3	22.2	28.5
Pregnancy testing	36.3	27.0	31.8
Provision of condoms	30.3	22.3	26.5
Provision of condom-compatible lubricants (i.e., water- or silicone-based)	27.6	21.5	24.7
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])	32.1	22.3	27.4
Prenatal care	35.5	22.5	29.2
Human papillomavirus (HPV) vaccine administration	44.9	30.7	38.1

Percentage of schools that have a protocol that ensures students with a **chronic condition** that may require daily or emergency management (e.g., asthma, diabetes, food allergies) are enrolled in private, state, or federally funded **insurance programs** if eligible.

High Schools	Middle Schools	All Schools
4.9	7.1	5.9

Percentage of schools that routinely use school records to identify and **track students** with a current diagnosis of the following **chronic conditions**.

	High Schools	Middle Schools	All Schools
Asthma	93.6	97.5	95.5
Food allergies	93.6	97.5	95.5
Diabetes	92.8	95.1	93.9
Epilepsy or seizure disorder	94.4	96.8	95.5
Obesity	26.0	24.0	25.0
Hypertension/high blood pressure	46.2	54.2	50.0

2016 Montana School Health Profiles Principal Survey Results

Health Services - continued

Percentage of schools that provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have the following chronic conditions.

	High Schools	Middle Schools	All Schools
Asthma	52.1	48.6	50.4
Food allergies	51.2	46.2	48.9
Diabetes	52.1	47.8	50.0
Epilepsy or seizure disorder	51.3	47.8	49.6
Obesity	37.5	29.9	33.9
Hypertension/high blood pressure	44.6	38.8	41.8

Percentage of schools with practices regarding parental consent and notification when sexual or reproductive health services are provided.

	High Schools	Middle Schools	All Schools
This school does not provide any sexual or reproductive health services	89.4	87.7	88.6
Parental consent is required before any sexual or reproductive health services are provided	9.1	8.2	8.7
Parental consent is not required for sexual or reproductive health services and parents are provided with information about services provided only upon request	1.6	1.7	1.6

Percentage of schools with practices regarding parental consent and notification when sexual or reproductive health services are referred.

	High Schools	Middle Schools	All Schools
This school does not refer any sexual or reproductive health services	58.1	64.3	61.0
Parental consent is required before any sexual or reproductive health services are referred	18.7	20.6	19.6
Parental consent is not required for sexual or reproductive health services and parents are provided with information about services referred only upon request	7.8	1.8	4.9
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the service referred	7.8	7.2	7.5
Parental consent is not required for sexual or reproductive health services, but parents are notified about all services referred	1.7	1.8	1.7
Parental consent is not required for sexual or reproductive health services and parents are not notified about any services referred	6.0	4.4	5.2

2016 Montana School Health Profiles Principal Survey Results

Health Services - continued

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

	High Schools	Middle Schools	All Schools
Provided parents and families with information about how to communicate with their child about sex	17.4	18.6	18.0
Provided parents with information about how to monitor their child (e.g., setting parental expectations, keeping track of their child, responding when their child breaks the rules)	42.0	51.0	46.3
Involved parents as school volunteers in the delivery of health education activities and services	24.3	28.0	26.0
Linked parents and families to health services and programs in the community	60.8	62.6	61.6
Used electronic, paper, or oral communication to inform parents about school health services and programs	75.7	74.2	75.0

High Schools	Middle Schools	All Schools
<i>Percentage of schools. . .</i>		
36.4	36.2	36.3
68.0	55.3	61.9
82.1	78.0	79.7

*Percentage of schools in which **students' families helped develop or implement policies and programs** related to school health during the past two years.*

High Schools	Middle Schools	All Schools
36.1	41.0	38.4

2016 Montana School Health Profiles Health Education Teacher Survey Results

Required Health Education Courses

Percentage of schools in which students take the following number of required health education courses in grades 6 through 12.

	High Schools	Middle Schools	All Schools
0 courses	1.7	2.7	2.2
1 course	15.1	10.1	12.7
2 courses	21.6	17.6	19.7
3 courses	11.0	28.8	19.5
4 or more courses	50.6	40.8	45.9

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

	High Schools	Middle Schools	All Schools
Sixth grade	~	83.4	83.4
Seventh grade	~	94.3	94.3
Eighth grade	~	94.3	94.3
Ninth grade	94.4	~	94.4
Tenth grade	84.1	~	84.1
Eleventh grade	6.2	~	6.2
Twelfth grade	5.0	~	5.0

Percentage of schools that require students who **fail a required health education** course to repeat it.

High Schools	Middle Schools	All Schools
92.6	40.8	68.8

Health Education Materials

Percentage of schools in which those who **teach health education** are provided with each of the following materials.

	High Schools	Middle Schools	All Schools
Goals, objectives, and expected outcomes for health education	83.9	84.7	84.3
A chart describing the annual scope and sequence of instruction for health education	50.8	51.5	51.2
Plans for how to assess student performance in health education	60.5	60.8	60.6
A written health education curriculum	72.0	75.4	73.6

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

	High Schools	Middle Schools	All Schools
Goals, objectives, and expected outcomes for sexual health education	62.4	66.1	64.1
A written health education curriculum that includes objectives and content addressing sexual health education	58.8	64.5	61.4
A chart describing the annual scope and sequence of instruction for sexual health education	40.1	39.3	39.7
Strategies that are age-appropriate, relevant, and actively engage students in learning	61.7	65.5	63.4
Methods to assess student knowledge and skills related to sexual health education	60.9	66.7	63.5

**2016 Montana School Health Profiles
Health Education Teacher Survey Results**

Health Education Materials - continued

Percentage of schools in which the **health education curriculum** addresses each of the following skills.

	High Schools	Middle Schools	All Schools
Comprehending concepts related to health promotion and disease prevention to enhance health	95.9	94.7	95.3
Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors	96.7	93.8	95.3
Accessing valid information and products and services to enhance health	90.3	86.7	88.6
Using interpersonal communication skills to enhance health and avoid or reduce health risks	95.9	93.7	94.8
Using decision-making skills to enhance health	96.0	93.8	94.9
Using goal setting skills to enhance health	92.8	92.1	92.5
Practicing health-enhancing behaviors to avoid or reduce risks	96.7	94.7	95.8
Advocating for personal, family, and community health	93.6	88.5	91.2

Percentage of schools that provide **curricula or supplementary materials** that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth.

High Schools	Middle Schools	All Schools
39.8	28.3	34.3

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Required Health Education

Percentage of schools in which health education instruction is required for students in any of grades 6 through 12.

High Schools	Middle Schools	All Schools
96.0	93.2	94.7

Percentage of schools in which teachers tried to increase knowledge on each of the following topics in a required course in any of grades 6 through 12.

	High Schools	Middle Schools	All Schools
Alcohol- or other drug-use prevention	96.8	96.5	96.6
Asthma	58.5	55.1	56.9
Chronic disease prevention (e.g., diabetes, obesity prevention)	94.4	92.3	93.4
Emotional and mental health	94.5	87.2	91.0
Epilepsy or seizure disorder	51.6	43.1	47.6
Food allergies	72.5	61.7	67.3
Foodborne illness prevention	68.1	65.2	66.7
Human immunodeficiency virus (HIV) prevention	87.0	84.0	85.6
Human sexuality	78.4	71.8	75.2
Infectious disease prevention (e.g., flu)	88.9	87.0	88.0
Injury prevention and safety	65.4	62.1	93.8
Nutrition and dietary behavior	98.4	98.2	98.3
Physical activity and fitness	100.0	100.0	100.0
Pregnancy prevention	82.0	78.0	80.1
Sexually transmitted disease (STD) prevention	86.0	81.4	83.8
Tobacco-use prevention	96.8	95.6	96.2
Violence prevention (e.g., bullying, fighting, dating violence prevention)	94.6	98.3	96.4

Percentage of schools in which teachers taught each of the following **tobacco-use prevention** topics in a required course for students in any of grades 6 through 12.

	High Schools	Middle Schools	All Schools
Identifying tobacco products and the harmful substances they contain	90.5	90.4	90.4
Identifying short- and long-term health consequences of tobacco use	92.1	92.1	92.1
Identifying social, economic, and cosmetic consequences of tobacco use	87.4	89.6	88.4
Understanding the addictive nature of nicotine	92.8	92.1	92.5
Effects of nicotine on the adolescent brain	84.1	78.4	81.4
Effects of tobacco use on athletic performance	86.7	88.7	87.7
Effects of second-hand smoke and benefits of a smoke-free environment	88.9	91.3	90.0
Understanding the social influences on tobacco use, including media, family, peers, and culture	86.6	90.4	88.4
Identifying reasons why students do and do not use tobacco	89.6	88.6	89.1
Making accurate assessments of how many peers use tobacco	78.6	79.1	78.8
Using interpersonal communication skills to avoid tobacco use (e.g., refusal skills, assertiveness)	88.9	90.4	89.6
Using goal-setting and decision-making skills related to not using tobacco	84.1	87.0	85.5
Finding valid information and services related to tobacco-use prevention and cessation	84.8	80.7	82.9
Supporting others who abstain from or want to quit using tobacco	81.6	79.7	80.7

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Percentage of schools in which teachers taught each of the following **tobacco-use prevention** topics in a required course for students in any of grades 6 through 11

<i>-continued</i>	High Schools	Middle Schools	All Schools
Identifying harmful effects of tobacco use on fetal development	79.4	73.7	76.7
Relationship between using tobacco and alcohol or other drugs	87.8	85.1	86.5
How addiction to tobacco use can be treated	83.1	80.8	82.0
Understanding school policies and community laws related to the sale and use of tobacco products	84.9	84.2	84.6
Benefits of tobacco cessation programs	66.8	64.6	65.8
Percentage of schools that taught all 19 tobacco-use prevention topics.	52.8	53.7	53.2

Percentage of schools that taught each of the following **HIV, STD, or pregnancy prevention** topics in a required course.

	High Schools	Middle Schools
How HIV and other STDs are transmitted	87.3	73.2
Health consequences of HIV, other STDs, and pregnancy	85.7	71.3
The benefits of being sexually abstinent	86.4	79.5
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy	79.6	64.3
The influences of family, peers, media, technology and other factors on sexual risk behaviors	85.7	71.8

Percentage of schools that taught each of the following **HIV, STD, or pregnancy prevention** topics in a required course

<i>-continued</i>	High Schools	Middle Schools
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy	78.9	68.4
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy	78.0	63.0
Influencing and supporting others to avoid or reduce sexual risk behaviors	80.5	65.3
Efficacy of condoms, that is, how well condoms work and do not work	65.6	41.8
The importance of using condoms consistently and correctly	63.6	35.3
How to obtain condoms	53.9	27.8
How to correctly use a condom	41.3	19.0
Methods of contraception other than condoms	68.2	37.6
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy	70.2	36.4
How to create and sustain healthy and respectful relationships	86.5	74.6
The importance of limiting the number of sexual partners	79.6	55.6
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health	72.7	49.2
Sexual orientation	41.4	26.9
Gender roles, gender identity, or gender expression	47.5	30.1
Percentage of schools that taught all 19 HIV, STD, and pregnancy prevention topics	22.6	11.7

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Percentage of schools in which teachers **assessed** the ability of students to do each of the following in a required course.

	High Schools	Middle Schools
Comprehend concepts important to prevent HIV, other STDs, and pregnancy	84.1	64.1
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors	82.9	68.4
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy	73.7	52.5
Use interpersonal communication skills to avoid or reduce sexual risk behaviors	83.3	69.3
Use decision-making skills to prevent HIV, other STDs, and pregnancy	80.6	66.3
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them	77.2	67.2
Influence and support others to avoid or reduce sexual risk behaviors	77.2	66.3

Percentage of schools in which teachers taught each of the following **nutrition and dietary behavior** topics in a required course.

	High Schools	Middle Schools	All Schools
Benefits of healthy eating	96.0	96.5	96.2
Benefits of drinking plenty of water	96.8	96.5	96.7
Benefits of eating breakfast every day	96.0	96.5	96.2
Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate, MyPyramid)	95.2	93.1	94.2
Using food labels	92.9	90.5	91.7
Differentiating between nutrition and non-nutritious beverages	94.5	92.3	93.4

Percentage of schools in which teachers taught each of the following **nutrition and dietary behavior** topics in a required course.

<i>-continued</i>	High Schools	Middle Schools	All Schools
Balancing food intake and physical activity	96.8	95.7	96.3
Eating more fruits, vegetables, and whole grain products	96.8	95.7	96.2
Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)	94.4	87.0	90.9
Choosing foods, snacks, and beverages that are low in added sugars	96.0	91.4	93.8
Choosing foods and snacks that are low in sodium	92.8	84.6	88.9
Eating a variety of foods that are high in calcium	93.6	89.7	91.7
Eating a variety of foods that are high in iron	88.0	84.6	86.4
Food safety	83.6	81.8	82.7
Preparing health meals and snacks	85.9	80.9	83.5
Risks of unhealthy weight control practices	95.2	92.3	93.8
Accepting body size differences	90.6	88.8	89.7
Signs, symptoms, and treatment for eating disorders	91.2	81.9	86.7
Relationship between diet and chronic diseases	89.6	74.5	79.5
Assessing body mass index (BMI)	84.2	74.5	79.5
Percentage of schools that taught all 20 nutrition and dietary behavior topics	66.9	58.4	62.9

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Percentage of schools in which teachers taught each of the following **physical activity** topics in a required course.

	High Schools	Middle Schools	All Schools
Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease	97.6	96.7	97.1
Mental and social benefits of physical activity	98.5	98.3	98.4
Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)	97.7	96.7	97.2
Phases of a workout (i.e., warm-up, workout, cool down)	96.9	97.5	97.1
Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity	89.7	94.0	91.8
Decreasing sedentary activities (e.g., television viewing, using video games)	96.1	97.5	96.8
Preventing injury during physical activity	96.8	96.6	96.7
Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)	89.9	90.7	90.2
Dangers of using performance-enhancing drugs (e.g., steroids)	92.9	84.7	89.0
Increasing daily physical activity	100.0	99.2	99.6
Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)	98.4	95.8	97.2
Using safety equipment for specific physical activities	96.9	91.6	94.4
Benefits of drinking water before, during, and after physical activity	99.2	98.3	98.8
Percentage of schools that taught all 13 physical activity topics	76.5	78.0	77.2

Collaboration

Percentage of schools in which health education staff worked with the following **groups** on health education activities during the current school year.

	High Schools	Middle Schools	All Schools
Physical education staff	74.8	89.1	81.6
Health services staff (e.g., nurses)	52.9	64.0	58.2
Mental health or social services staff (e.g., psychologists, counselors, social workers)	61.9	67.7	64.7
Nutrition or food service staff	33.9	41.7	37.6
School health council, committee, or team	30.2	41.5	35.6

Percentage of schools that provided **parents and families** with health information designed to increase parent and family knowledge of the following topics.

	High Schools	Middle Schools	All Schools
HIV prevention, STD prevention, or teen pregnancy prevention	21.5	16.2	19.0
Tobacco-use prevention	35.4	30.5	33.1
Alcohol- or other drug-use prevention	38.1	27.4	33.0
Physical activity	36.1	47.6	41.6
Nutrition and healthy eating	40.9	46.7	43.7
Asthma	17.1	13.8	15.5
Food allergies	27.6	24.8	26.3
Diabetes	21.8	16.4	19.3
Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)	57.6	68.2	62.7

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Percentage of schools in which teachers have given students **homework assignments or health education activities to do at home with their parents.**

High Schools	Middle Schools	All Schools
49.5	49.3	49.4

Percentage of schools in which the lead health education teacher **received professional development** (e.g., workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

	High Schools	Middle Schools	All Schools
Alcohol- or other drug-use prevention	36.7	42.7	39.6
Asthma	18.7	19.6	19.1
Chronic disease prevention (e.g., diabetes, obesity prevention)	26.4	30.8	28.5
Emotional and mental health	44.3	46.9	45.6
Epilepsy or seizure disorder	17.9	14.4	16.2
Food allergies	21.8	23.0	22.3
Foodborne illness prevention	16.5	21.3	18.8
HIV prevention	20.2	22.2	21.2
Human sexuality	18.7	18.8	18.7
Infectious disease prevention (e.g., flu)	28.8	28.2	28.5
Injury prevention and safety	43.5	47.0	45.2
Nutrition and dietary behavior	29.7	34.2	31.9
Physical activity and fitness	46.0	61.7	53.5
Pregnancy prevention	15.6	14.8	15.2
STD prevention	18.6	18.1	18.4
Suicide prevention	49.4	47.2	48.3
Tobacco-use prevention	31.3	40.9	35.9
Violence prevention (e.g., bullying, fighting, dating violence prevention)	47.0	58.6	52.5

Percentage of schools in which the lead health education teacher **would like to receive professional development** on each of the following topics.

	High Schools	Middle Schools	All Schools
Alcohol- or other drug-use prevention	70.6	75.5	73.0
Asthma	54.2	55.5	54.9
Chronic disease prevention (e.g., diabetes, obesity prevention)	69.3	73.2	71.1
Emotional and mental health	76.4	69.0	72.8
Epilepsy or seizure disorder	52.6	52.6	52.6
Food allergies	51.1	52.6	51.8
Foodborne illness prevention	42.6	48.1	45.2
HIV prevention	63.4	64.3	63.8
Human sexuality	72.9	67.8	70.5
Infectious disease prevention (e.g., flu)	64.2	59.4	61.9
Injury prevention and safety	61.0	62.1	61.5
Nutrition and dietary behavior	76.3	77.5	76.9
Physical activity and fitness	68.1	74.9	71.3
Pregnancy prevention	62.8	61.1	62.0
STD prevention	69.1	67.0	68.1
Suicide prevention	77.9	74.0	76.1
Tobacco-use prevention	65.1	70.3	67.6
Violence prevention (e.g., bullying, fighting, dating violence prevention)	78.7	74.2	76.5

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Percentage of schools in which the lead health education teacher **received professional development** (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

	High Schools	Middle Schools	All Schools
Teaching students with physical, medical, or cognitive disabilities	39.8	37.6	38.8
Teaching students of various cultural backgrounds	34.4	39.9	37.0
Teaching students with limited English proficiency	13.2	12.7	13.0
Teaching students of different sexual orientations or gender identities	12.2	9.3	10.8
Using interactive teaching methods (e.g., role plays, cooperative group activities)	45.2	51.5	48.2
Encouraging family or community involvement	29.0	37.3	33.0
Teaching skills for behavior change	37.5	41.6	39.4
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)	51.5	58.7	54.9
Assessing or evaluating students in health education	25.7	33.9	29.6

Percentage of schools in which the lead health education teacher **would like to receive professional development** on each of the following topics.

	High Schools	Middle Schools	All Schools
Teaching students with physical, medical, or cognitive disabilities	61.3	69.8	65.3
Teaching students of various cultural backgrounds	52.1	55.7	53.9
Teaching students with limited English proficiency	34.0	41.9	37.8
Teaching students of different sexual orientations or gender identities	61.2	58.0	59.7
Using interactive teaching methods (e.g., role plays, cooperative group activities)	66.0	68.6	67.2
Encouraging family or community involvement	65.1	69.2	67.0
Teaching skills for behavior change	68.9	73.2	70.9
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)	65.3	72.0	68.5
Assessing or evaluating students in health education	68.6	73.1	70.7

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*Percentage of schools in which the lead health education teacher **received professional development** on each of the following topics related to teaching sexual health education during the past two years.*

	High Schools	Middle Schools	All Schools
Aligning lessons and materials with the district scope and sequence for sexual health education	18.7	22.3	20.4
Creating a comfortable and safe learning environment for students receiving sexual health education	22.7	20.7	21.7
Connecting students to on-site or community-based sexual health services	15.5	14.5	15.1
Using a variety of effective instructional strategies to deliver sexual health education	18.6	18.9	18.7
Building student skills in HIV, other STD, and pregnancy prevention	19.3	21.4	20.3
Assessing student knowledge and skills in sexual health education	17.8	23.4	20.5
Understanding current district or school board policies or curriculum guidance regarding sexual health education	18.6	25.5	21.9

*Percentage of schools in which the lead health education teacher **would like to receive professional development** on each of the following topics related to teaching sexual health education.*

	High Schools	Middle Schools	All Schools
Aligning lessons and materials with the district scope and sequence for sexual health education	65.9	62.2	64.1
Creating a comfortable and safe learning environment for students receiving sexual health education	63.4	59.5	61.5
Connecting students to on-site or community-based sexual health services	64.8	54.1	59.7
Using a variety of effective instructional strategies to deliver sexual health education	75.3	69.3	72.5
Building student skills in HIV, other STD, and pregnancy prevention	66.5	67.1	66.8
Assessing student knowledge and skills in sexual health education	67.4	63.5	65.5
Understanding current district or school board policies or curriculum guidance regarding sexual health education	68.2	61.0	64.8

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Percentage of schools in which the major emphasis of the lead health education teacher's **professional preparation** was on the following.

	High Schools	Middle Schools	All Schools
Health and physical education combined	74.5	67.2	71.0
Health education	3.2	0.8	2.1
Physical education	13.1	9.8	11.5
Other education degree	4.3	14.2	9.1
Kinesiology, exercise science, or exercise physiology	2.4	3.5	3.0
Home economics or family and consumer science	0.0	0.0	0.0
Biology or other science	2.4	2.6	2.5
Nursing	0.0	0.0	0.0
Counseling	0.0	0.0	0.0
Public health	0.0	0.0	0.0
Nutrition	0.0	0.9	0.4
Other	0.0	0.9	0.4

Percentage of schools in which the lead health education teacher is certified, **licensed**, or endorsed by the state to teach health education in middle school or high school.

High Schools	Middle Schools	All Schools
97.6	95.6	96.6

Percentage of schools in which the lead health education teacher had the following number of **years of experience** in teaching health education courses or topics.

	High Schools	Middle Schools	All Schools
1 year	8.0	6.1	7.1
2 to 5 years	23.4	26.5	24.9
6 to 9 years	12.7	12.8	12.8
10 to 14 years	14.1	12.6	13.4
15 years or more	41.8	42.0	41.9

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