

# 2024

## Montana School Health Profiles Trend Analysis Report

### **Montana Office of Public Instruction**

Health Enhancement and Safety Department ~ Coordinated School Health Unit

**School Health Profiles Program**

October 2024



## 2024 School Health Profiles Survey

### Survey Summary

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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 improvement; 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 279 regular public schools containing any of grades 6 through 12 in Montana during late winter 2020. One or both questionnaires were received from 96% of eligible sampled schools. Usable questionnaires were received from principals in 89% of schools and from lead health education teachers in 76% of schools. Because the response rates for these surveys were greater than or equal to 70%, the results are weighted and are representative of all regular public schools in Montana having at least one of grades 6 through 12.

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 education.

|                                               |             |
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## Trend Analysis Report – Principal Survey

### School Health Coordination

| Percentage of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:  | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Physical education and physical activity                                                                                                                                |      |      |      |      |      |      |      | 56.9 | 52.8 | 48.2 | 49.9 | ↓             |                  |
| Nutrition                                                                                                                                                               |      |      | 43.9 | 56.7 | 46.9 | 52.6 | 56.8 | 55.3 | 51.5 | 47.8 | 47.2 |               |                  |
| Tobacco-use prevention                                                                                                                                                  |      |      | 48.7 | 58.3 | 51.8 | 52.5 | 49.2 | 55.9 | 58.9 | 54.8 | 52.0 |               |                  |
| Alcohol- and other drug-use prevention                                                                                                                                  |      |      |      |      |      |      |      |      | 58.8 | 55.8 | 52.9 | ↓             |                  |
| Chronic health conditions (e.g., asthma, food allergies)                                                                                                                |      |      |      |      |      |      |      | 44.5 | 38.7 | 38.1 | 37.0 | ↓             | ↓                |
| Unintentional injury and violence prevention (safety)                                                                                                                   |      |      |      | 45.4 | 41.2 | 47.7 | 45.0 | 50.7 | 47.6 | 40.2 | 40.6 |               |                  |
| Sexual health, including HIV, other STD, and pregnancy prevention                                                                                                       |      |      |      |      |      |      |      | 47.3 | 49.6 | 46.2 | 40.6 |               |                  |
| Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:                                     |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Identified student health needs based on a review of relevant data                                                                                                      |      |      |      |      | 55.9 | 62.7 | 65.0 | 66.3 | 83.0 | 77.5 | 64.5 | ↑             | ↓                |
| Recommended new or revised health and safety policies and activities to school administrators or the school improvement team                                            |      |      |      |      | 53.8 | 66.1 | 75.3 | 74.0 | 77.3 | 74.8 | 81.6 | ↑             | ↑                |
| Sought funding or leveraged resources to support health and safety priorities for students and staff                                                                    |      |      |      |      | 75.0 | 52.6 | 54.8 | 65.9 | 65.6 | 60.1 | 66.3 |               |                  |
| Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members |      |      |      |      | 75.8 | 75.3 | 83.9 | 86.2 | 87.8 | 86.0 | 79.2 | ↑             | ↓                |
| Reviewed health-related curricula or instructional materials                                                                                                            |      |      |      |      |      | 70.7 | 78.0 | 81.3 | 80.9 | 77.5 | 72.1 |               |                  |
| Percentage of schools that have taken any of the following actions related to before- or after-school programs                                                          |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Included before- or after-school settings as part of the School Improvement Plan                                                                                        |      |      |      |      |      |      |      |      | 39.5 | 54.6 | 54.9 | ↑             |                  |
| Encouraged before- or after-school program staff or leaders to participate in school health council, committee, or team meetings                                        |      |      |      |      |      |      |      |      | 47.2 | 39.5 | 40.6 | ↓             |                  |
| Partnered with community-based organizations (e.g., Boys & Girls Clubs, YMCA, 4H Clubs) to provide students with before- or after-school programming                    |      |      |      |      |      |      |      |      | 39.6 | 38.7 | 39.1 |               |                  |
| Percentage of schools that reviewed health and safety data as part of the school's improvement planning process                                                         |      |      |      |      | 76.1 | 81.3 | 77.3 | 76.7 | 82.2 |      |      | ↑             | ↑                |

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## School Health Coordination

| Percentage of schools that did the following activities:                                                                                                                                        | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Reviewed district's local wellness policy                                                                                                                                                       |      |      |      |      |      |      |      | 89.8 | 82.8 | 76.6 | 80.1 | ↓             |                  |
| Helped revise district's local wellness policy                                                                                                                                                  |      |      |      |      |      |      |      | 63.5 | 58.0 | 53.3 | 50.0 | ↓             |                  |
| Communicated to school staff about district's local wellness policy                                                                                                                             |      |      |      |      |      |      |      | 74.8 | 75.8 | 69.8 | 62.2 | ↓             | ↓                |
| Communicated to parents and families about district's local wellness policy                                                                                                                     |      |      |      |      |      |      |      | 58.9 | 57.6 | 59.2 | 53.0 | ↓             | ↓                |
| Communicated to students about district's local wellness policy                                                                                                                                 |      |      |      |      |      |      |      | 62.1 | 59.8 | 58.9 | 55.0 | ↓             |                  |
| Measured school's compliance with district's local wellness policy                                                                                                                              |      |      |      |      |      |      |      | 62.5 | 55.8 | 52.1 | 65.3 |               | ↑                |
| Developed an action plan that describes steps to meet requirements of district's local wellness policy                                                                                          |      |      |      |      |      |      |      | 48.8 | 42.8 | 46.1 | 54.3 | ↑             | ↑                |
| Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities                                                                  |      |      | 94.4 | 84.7 | 87.7 | 84.9 | 90.1 | 92.7 | 91.2 | 89.0 | 91.2 |               |                  |
| Percentage of schools that have a full-time registered nurse who provides health services to students                                                                                           |      |      | 16.2 | 11.9 | 14.9 | 15.2 | 15.5 | 14.2 | 14.0 | 26.8 | 29.4 |               |                  |
| Percentage of schools that have a part-time registered nurse who provides health services to students                                                                                           |      |      |      |      |      |      | 41.8 | 46.3 | 45.7 | 33.8 | 32.9 | ↑             |                  |
| Percentage of schools that have a school-based health center that offers health services to students                                                                                            |      |      |      |      |      |      | 9.5  | 11.3 | 15.0 | 19.4 | 14.5 | ↑             | ↑                |
| Percentage of schools that have one or more groups (e.g., school health council, committee, team) that offer guidance on the development of policies or coordinates activities on health topics |      | 61.1 | 66.6 | 53.2 | 46.8 | 54.0 | 55.4 | 50.8 | 55.8 | 54.6 | 50.2 | ↓             | ↓                |

## Health Services

| Percentage of schools that routinely use school records to identify and track students with a current diagnosis of the following chronic conditions: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Asthma                                                                                                                                               |      |      |      |      |      | 94.1 | 95.5 | 93.5 | 92.6 | 90.9 | 96.6 | ↓             |                  |
| Food allergies                                                                                                                                       |      |      |      |      |      | 94.5 | 95.5 | 93.9 | 93.7 | 92.2 | 96.6 |               |                  |
| Diabetes                                                                                                                                             |      |      |      |      |      | 94.6 | 93.9 | 92.8 | 93.3 | 90.1 | 94.2 |               |                  |
| Epilepsy or seizure disorder                                                                                                                         |      |      |      |      |      | 93.1 | 95.5 | 92.4 | 92.2 | 91.0 | 90.4 | ↓             |                  |
| Obesity                                                                                                                                              |      |      |      |      |      | 30.3 | 25.0 | 32.9 | 20.1 | 27.0 | 33.1 | ↓             | ↓                |
| Hypertension/high blood pressure                                                                                                                     |      |      |      |      |      | 51.5 | 50.0 | 50.9 | 43.4 | 42.8 | 46.4 | ↓             | ↓                |
| Oral health condition (e.g., abscess, tooth decay)                                                                                                   |      |      |      |      |      |      |      | 37.0 | 34.4 | 36.0 | 42.0 |               |                  |

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| 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: |  |  |  |  |  |      |      |      |      |      |      |   |   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|------|------|------|------|------|------|---|---|
| Asthma                                                                                                                                                                                                   |  |  |  |  |  | 57.8 | 50.4 | 53.3 | 48.2 | 40.0 | 46.1 | ↓ | ↓ |
| Food allergies                                                                                                                                                                                           |  |  |  |  |  | 57.0 | 48.9 | 51.2 | 47.8 | 40.0 | 45.5 | ↓ | ↓ |
| Diabetes                                                                                                                                                                                                 |  |  |  |  |  | 57.8 | 50.0 | 52.4 | 47.8 | 40.1 | 45.1 | ↓ | ↓ |
| Epilepsy or seizure disorder                                                                                                                                                                             |  |  |  |  |  | 56.1 | 49.6 | 51.6 | 47.8 | 40.0 | 45.1 | ↓ | ↓ |
| Obesity                                                                                                                                                                                                  |  |  |  |  |  | 41.1 | 33.9 | 39.8 | 32.4 | 31.4 | 36.7 | ↓ | ↓ |
| Hypertension/high blood pressure                                                                                                                                                                         |  |  |  |  |  | 49.8 | 41.8 | 43.9 | 39.5 | 33.9 | 41.5 | ↓ | ↓ |
| Oral health condition (e.g., abscess, tooth decay)                                                                                                                                                       |  |  |  |  |  |      |      | 48.3 | 43.5 | 37.4 | 44.6 | ↓ | ↓ |

## Bullying and Sexual Harassment

| Percentage of schools . . .                                                                                                                                               | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| In which all staff received professional development on preventing identifying, and responding to student bullying and sexual harassment, including electronic aggression |      |      |      |      |      | 71.9 | 69.8 | 76.4 | 63.6 | 65.3 | 69.9 | ↓             |                  |
| That have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression                    |      |      |      |      |      | 96.4 | 94.4 | 96.7 | 95   | 96.0 | 91.3 | ↓             | ↓                |
| Percentage of schools that use the following types of security staff during the regular school day:                                                                       |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Security guards (private or school employees/contractors)                                                                                                                 |      |      |      |      |      |      |      |      |      | 1.6  | 1.7  |               |                  |
| School resource officers (SROs)                                                                                                                                           |      |      |      |      |      |      |      |      |      | 42.8 | 46.2 |               |                  |
| Police officers other than SROs (i.e., county or local law enforcement)                                                                                                   |      |      |      |      |      |      |      |      |      | 22.9 | 19.8 |               |                  |

## Suicide Prevention/ Mental Health

| Percentage of schools that have written protocols for the following suicide prevention practices: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|---------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Assessing student suicide risk                                                                    |      |      |      |      |      |      |      |      |      | 85.9 | 92.2 | ↑             | ↑                |
| Notifying parents when a student is at risk for suicide                                           |      |      |      |      |      |      |      |      |      | 90.0 | 95.6 | ↑             | ↑                |
| Referring students at risk for suicide to mental health services                                  |      |      |      |      |      |      |      |      |      | 90.3 | 93.3 |               | ↑                |

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------|------|------|------|------|------|------|------|------|------|------|--|---------------|
| Responding to a suicide attempt at school                                                                                                                                          |  |      |      |      |      |      |      |      |      |      | 85.7 | 86.6 |  |               |
| Supporting students returning to school after a suicide attempt                                                                                                                    |  |      |      |      |      |      |      |      |      |      | 82.7 | 84.3 |  |               |
| Responding to the death of a student or staff member from suicide                                                                                                                  |  |      |      |      |      |      |      |      |      |      | 81.2 | 86.8 |  | ↑             |
| <b>Percentage of schools that provide the following mental health programs or services to students:</b>                                                                            |  | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 |  | Linear Change |
| Universal mental health promotion programs (e.g., Positive Behavioral Interventions and Supports, Social-Emotional Learning programs or supports)                                  |  |      |      |      |      |      |      |      |      |      | 84.5 | 76.0 |  | ↓             |
| Confidential mental health screening to identify students in need of services (e.g., students at risk of mental health disorders, students experiencing trauma)                    |  |      |      |      |      |      |      |      |      |      | 69.0 | 72.0 |  |               |
| School-wide trauma-informed practices (i.e., efforts to ensure that all students, including those affected by trauma, are experiencing social, emotional, and educational success) |  |      |      |      |      |      |      |      |      |      | 85.7 | 70.6 |  | ↓             |

## Required Physical Education

| Percentage of schools that taught required physical education in the following grades:                                                                                                     | 2004 | 2006  | 2008  | 2010 | 2012  | 2014  | 2016  | 2018  | 2020  | 2022  | 2024  | Linear Change | 2022-2024 Change |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|---------------|------------------|
| 6 <sup>th</sup> grade                                                                                                                                                                      | 98.3 | 96.0  | 100.0 | 98.6 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | ↑             |                  |
| 7 <sup>th</sup> grade                                                                                                                                                                      | 99.5 | 96.1  | 99.3  | 99.4 | 100.0 | 100.0 | 99.2  | 100.0 | 100.0 | 100.0 | 100.0 | ↑             |                  |
| 8 <sup>th</sup> grade                                                                                                                                                                      | 99.5 | 97.8  | 99.3  | 99.4 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | ↑             |                  |
| 9 <sup>th</sup> grade                                                                                                                                                                      | 99.5 | 100.0 | 98.7  | 98.5 | 99.3  | 99.2  | 100.0 | 100.0 | 100.0 | 99.1  | 100.0 | ↑             |                  |
| 10 <sup>th</sup> grade                                                                                                                                                                     | 96.1 | 95.7  | 96.1  | 98.5 | 95.4  | 94.8  | 91.1  | 88.7  | 87.0  | 85.8  | 84.5  | ↓             |                  |
| 11 <sup>th</sup> grade                                                                                                                                                                     | 12.1 | 13.0  | 14.5  | 18.1 | 18.9  | 15.7  | 18.3  | 13.8  | 16.6  | 18.4  | 22.9  | ↑             |                  |
| 12 <sup>th</sup> grade                                                                                                                                                                     | 12.1 | 11.7  | 13.8  | 18.1 | 18.9  | 14.8  | 18.3  | 13.0  | 15.9  | 17.6  | 16.0  | ↑             |                  |
| Percentage of schools in which students participate in physical activity in classrooms during the school day outside of physical education                                                 |      |       |       |      | 38.5  | 39.6  | 44.8  | 53.7  | 56.9  | 59.2  | 67.0  | ↑             | ↑                |
| Percentage of schools that offer opportunities for all students to be physically active during the school day, such as recess, lunchtime intramural activities, or physical activity clubs |      |       |       |      |       |       |       |       | 83.4  | 85.5  | 90.1  | ↑             | ↑                |
| Percentage of schools that offer interscholastic sports to students                                                                                                                        |      |       |       |      | 93.4  | 91.7  | 95.2  | 95.6  | 85.9  | 86.3  | 82.1  | ↓             | ↓                |

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|                                                                                                                                                                                                                                     |  |  |  |  |      |      |      |      |      |      |      |   |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|------|------|------|------|------|------|------|---|--|
| <b>Percentage of schools that offer opportunities for students to participate in physical activity through organized physical activities or access to facilities or equipment for physical activity during the following times:</b> |  |  |  |  |      |      |      |      |      |      |      |   |  |
| Before the school day                                                                                                                                                                                                               |  |  |  |  |      | 58.2 | 62.1 | 74.0 | 72.0 | 68.5 | 70.5 | ↑ |  |
| After the school day                                                                                                                                                                                                                |  |  |  |  |      |      |      | 92.7 | 92.0 | 91.9 | 93.4 |   |  |
| <b>Percentage of schools that have a joint use agreement for shared use of the following school or community facilities:</b>                                                                                                        |  |  |  |  |      |      |      |      |      |      |      |   |  |
| Physical activity facilities                                                                                                                                                                                                        |  |  |  |  | 54.5 | 61.7 | 51.5 | 61.9 | 68.3 | 68.7 | 64.4 | ↑ |  |
| Kitchen facilities and equipment                                                                                                                                                                                                    |  |  |  |  |      |      |      | 38.8 | 41.4 | 35.5 | 40.0 |   |  |
| Gardens                                                                                                                                                                                                                             |  |  |  |  |      |      |      |      | 16.5 | 20.0 | 16.8 |   |  |

### Tobacco-Use Prevention Policies

| Percentage of schools that . . .                                                                                       | 2004 | 2006  | 2008  | 2010 | 2012 | 2014  | 2016  | 2018  | 2020  | 2022 | 2024  | Linear Change | 2022-2024 Change |
|------------------------------------------------------------------------------------------------------------------------|------|-------|-------|------|------|-------|-------|-------|-------|------|-------|---------------|------------------|
| Have adopted a policy prohibiting tobacco use                                                                          | 99.4 | 100.0 | 100.0 | 98.4 | 99.2 | 100.0 | 100.0 | 100.0 | 100.0 | 99.2 | 99.4  | ↑             |                  |
| Follow a policy that mandates a “tobacco-free environment”                                                             | 30.4 | 0.0   | 54.9  | 50.3 | 61.1 | 60.3  | 60.5  | 67.8  | 62.3  | 65.5 | 63.0  | ↑             | ↓                |
| Follow a policy that mandates a “tobacco-free environment” including prohibiting electronic vapor products             | 0.0  | 0.0   | 0.0   | 0.0  | 0.0  | 0.0   | 57.9  | 65.3  | 61.9  | 65.5 | 63.0  | ↑             | ↓                |
| <b>Percentage of schools that take the following actions when students are caught using electronic vapor products:</b> |      |       |       |      |      |       |       |       |       |      |       |               |                  |
| Issue a warning to the student                                                                                         |      |       |       |      |      |       |       |       |       | 56.1 | 52.1  |               |                  |
| Confiscate product                                                                                                     |      |       |       |      |      |       |       |       |       | 99.6 | 100.0 | ↑             |                  |
| Notify parents or guardians                                                                                            |      |       |       |      |      |       |       |       |       | 99.6 | 100.0 | ↑             |                  |
| Develop a behavior contract with the student                                                                           |      |       |       |      |      |       |       |       |       | 62.8 | 72.8  | ↑             |                  |
| Refer to a school counselor                                                                                            |      |       |       |      |      |       |       |       |       | 80.2 | 75.9  | ↓             |                  |
| Refer to a school administrator                                                                                        |      |       |       |      |      |       |       |       |       | 98.8 | 99.4  |               |                  |
| Refer to assistance and education. Or cessation program                                                                |      |       |       |      |      |       |       |       |       | 67.0 | 67.8  |               |                  |
| Refer to legal authorities (e.g., school resource officer)                                                             |      |       |       |      |      |       |       |       |       | 84.7 | 77.8  | ↓             |                  |
| Issue an in-school suspension (half day or full day)                                                                   |      |       |       |      |      |       |       |       |       | 77.0 | 76.9  |               |                  |
| Issues an after-school or weekend detention                                                                            |      |       |       |      |      |       |       |       |       | 34.3 | 22.7  | ↓             |                  |
| Issues an out-of-school suspension                                                                                     |      |       |       |      |      |       |       |       |       | 72.4 | 68.2  |               |                  |
| Expel from school                                                                                                      |      |       |       |      |      |       |       |       |       | 9.3  | 1.8   | ↓             |                  |

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## Nutrition-Related Policies

| Percentage of schools that have done any of the following during the current school year:                                                                                        | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages                                                          |      |      | 10.6 | 7.5  | 9.4  | 9.0  | 10.3 | 12.5 | 14.6 | 12.3 | 11.3 | ↑             | ↑                |
| Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating                                          |      |      | 55.6 | 50.9 | 45.5 | 42.1 | 43.0 | 41.5 | 41.4 | 36.5 | 33.3 | ↓             |                  |
| Provided information to students or families on the nutrition and caloric content of foods available                                                                             |      |      | 47.6 | 33.1 | 39.6 | 52.4 | 44.5 | 38.3 | 45.0 | 39.7 | 39.5 |               | ↑                |
| Conducted taste tests to determine food preferences for nutritious items                                                                                                         |      |      | 6.1  | 12.3 | 16.4 | 18.9 | 19.6 | 23.5 | 27.0 | 19.9 | 13.8 | ↑             | ↑                |
| Served locally or regionally grown foods in the cafeteria or classrooms                                                                                                          |      |      |      |      | 50.7 | 58.9 | 50.0 | 63.8 | 60.7 | 60.7 | 59.4 | ↑             | ↓                |
| Planted a school food or vegetable garden                                                                                                                                        |      |      |      |      | 21.5 | 24.7 | 25.8 | 35.6 | 29.2 | 34.4 | 30.2 | ↑             | ↓                |
| Placed fruits and vegetables near the cafeteria cashier, where they are easy to access                                                                                           |      |      |      |      | 51.9 | 61.9 | 59.2 | 74.2 | 73.8 | 67.3 | 77.0 | ↑             |                  |
| Used attractive displays for fruits and vegetables in the cafeteria                                                                                                              |      |      |      |      | 57.7 | 65.7 | 65.0 | 72.2 | 71.7 | 71.4 | 69.4 | ↑             |                  |
| Offered a self-serve salad bar to students                                                                                                                                       |      |      |      |      | 70.0 | 75.3 | 76.9 | 85.0 | 85.7 | 61.8 | 82.9 | ↑             |                  |
| Provided students with at least 20 minutes to eat lunch after they received their meal                                                                                           |      |      |      |      |      |      |      |      |      | 94.0 | 96.4 | ↑             |                  |
| Encouraged students to drink plain water                                                                                                                                         |      |      |      |      |      | 79.6 | 83.4 | 90.2 | 88.9 | 91.5 | 86.9 | ↑             |                  |
| Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance                                                     |      |      |      |      |      | 13.3 | 23.8 | 19.4 | 22.3 | 22.6 | 17.9 | ↑             | ↑                |
| Prohibited less nutritious foods and beverages (e.g., candy, baked goods) from being sold for fundraising purposes                                                               |      |      |      |      |      | 16.4 | 28.9 | 28.7 | 25.7 | 23.3 | 17.2 |               | ↓                |
| <b>Percentage of schools that do not sell less healthy foods and beverages (soda pop or fruit drinks, sports drinks, baked goods, salty snacks, candy)</b>                       | 16.8 | 16.8 | 12.9 | 21.1 | 25.8 | 19.8 | 24.8 | 40.0 | 39.6 | 39.1 | 39.7 | 35.2          | ↑                |
| <b>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</b> | 87.7 | 88.8 | 87.3 | 80.5 | 79.1 | 82.4 | 80.0 | 73.8 | 75.9 | 71.3 | 66.7 | 73.9          | ↓                |



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## Nutrition-Related Policies

| Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:                         | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020  | 2022  | 2024  | Linear Change | 2022-2024 Change |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|-------|-------|-------|---------------|------------------|
| In school buildings                                                                                                                                     |      |      | 51.1 | 51.9 | 49.7 | 46.3 | 57.5 | 62.7 | 61.2  | 56.4  | 57.1  | ↑             |                  |
| On school grounds including on the outside of the school building, on playing fields, or other areas of the campus                                      |      |      | 45.3 | 47.0 | 43.2 | 45.5 | 48.9 | 55.4 | 55.2  | 51.7  | 55.1  | ↑             |                  |
| On school buses or other vehicles used to transport students                                                                                            |      |      | 70.9 | 63.7 | 59.7 | 61.6 | 62.3 | 69.4 | 67.7  | 65.4  | 66.1  |               |                  |
| In school publications (e.g., newsletters, newspapers, web sites, other school publications)                                                            |      |      | 55.2 | 56.2 | 49.3 | 51.6 | 57.1 | 65.1 | 62.4  | 56.7  | 63.7  | ↑             |                  |
| In curricula or other educational materials (including assignment books, school supplies, book covers, and electronic media)                            |      |      |      |      |      | 55.6 | 59.9 | 66.2 | 64.4  | 55.2  | 62.1  | ↑             |                  |
| Percentage of schools that permit students to have a drinking water bottle with them in either all locations or certain locations during the school day |      |      |      |      | 98.1 | 96.8 | 97.0 | 99.6 | 98.3  | 97.9  | 99.3  | ↑             | ↓                |
| Percentage of schools that permit students to have a drinking water bottle with them during the school day                                              |      |      |      |      | 98.1 | 96.8 | 97.0 | 99.6 | 98.3  | 97.9  | 99.3  |               |                  |
| Percentage of schools that offer a free source of drinking water in the following locations:                                                            |      |      |      |      |      |      |      |      |       |       |       |               |                  |
| Cafeteria during breakfast                                                                                                                              |      |      |      |      |      | 92.2 | 90.7 | 90.6 | 92.7  | 95.1  | 99.5  | ↑             | ↑                |
| Cafeteria during lunch                                                                                                                                  |      |      |      |      |      | 93.7 | 91.5 | 91.0 | 93.2  | 95.5  | 99.0  | ↑             | ↑                |
| Gymnasium or other indoor physical activity facilities                                                                                                  |      |      |      |      |      | 97.9 | 97.2 | 96.4 | 95.8  | 97.5  | 97.7  |               |                  |
| Outdoor physical activity facilities and sports fields                                                                                                  |      |      |      |      |      | 82.3 | 64.9 | 72.3 | 69.1  | 75.0  | 83.3  | ↑             | ↓                |
| Hallways throughout the school                                                                                                                          |      |      |      |      |      | 98.3 | 99.2 | 98.0 | 100.0 | 100.0 | 100.0 | ↑             | ↑                |

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**Family and Community Involvement**

|                                                                                                                                  | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|----------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| <b>Percentage of schools that performed all the following activities to communicate with parents and families</b>                |      |      |      |      |      |      |      |      | 0.7  | 2.5  | 4.3  | ↑             |                  |
| <b>Percentage of schools that have done any of the following activities during the current school year:</b>                      |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Provided parents with information to support parent-adolescent communication about sex                                           |      |      |      |      |      |      |      |      | 21.1 | 14.7 | 18.4 |               |                  |
| Provided parents with information to support parent-adolescent communication about topics other than sex                         |      |      |      |      |      |      |      |      | 44.3 | 31.2 | 51.8 | ↑             | ↓                |
| Provided parents with information about how to monitor their teen                                                                |      |      |      |      |      | 49.1 | 46.3 | 46.7 | 42.0 | 27.6 | 37.7 | ↓             |                  |
| Provided parents with information to support one-on-one time between adolescents and their health care providers                 |      |      |      |      |      |      |      |      | 11.6 | 11.8 | 21.3 | ↑             |                  |
| Provided parents with information about physical education and physical activity programs                                        |      |      |      |      |      |      |      |      | 66.7 | 59.7 | 63.5 |               | ↑                |
| Involved parents as school volunteers in physical education or physical activity programs                                        |      |      |      |      |      |      |      |      | 43.3 | 26.9 | 38.3 |               | ↑                |
| Linked parents and families to health services and programs in the community                                                     |      |      |      |      |      | 63.4 | 61.6 | 59.1 | 60.8 | 56.1 | 72.4 | ↑             |                  |
| Provided disease-specific education for parents and families of students with chronic health conditions (e.g., asthma, diabetes) |      |      |      |      |      |      |      | 33.6 | 29.3 | 24.4 | 29.1 | ↓             | ↓                |
| Provided parents with information about before or after-school programs available in the community                               |      |      |      |      |      |      |      |      | 63.7 | 63.7 | 63.7 |               | ↑                |
| <b>Percentage of schools that implement any of the following school-based positive youth development programs:</b>               |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Service-learning programs, that is, community service designed to meet specific learning objectives                              |      |      |      |      |      |      |      |      | 57.2 | 46.4 | 50.9 | ↓             |                  |
| Mentoring programs, that is, programs in which family or community members serve as role models to students or mentor students   |      |      |      |      |      |      |      |      | 55.6 | 38.7 | 39.6 | ↓             |                  |

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| Percentage of schools that connect students to any of the following community-based positive youth development programs:         | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|----------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Service-learning programs, that is, community service designed to meet specific learning objectives                              |      |      |      |      |      |      |      |      | 41.7 | 38.9 | 41.9 |               |                  |
| Mentoring programs, that is, programs in which family or community members serve as role models to students or mentor students   |      |      |      |      |      |      |      |      | 48.3 | 37.2 | 39.2 | ↓             | ↓                |
| Percentage of schools with service-learning and mentoring programs                                                               |      |      |      |      |      |      |      |      | 73.0 | 61.5 | 68.8 |               |                  |
| Provided parents with information to support one-on-one time between adolescents and their health care providers                 |      |      |      |      |      |      |      |      | 11.6 | 11.8 | 21.3 | ↑             |                  |
| Provided parents with information about physical education and physical activity programs                                        |      |      |      |      |      |      |      |      | 66.7 | 59.7 | 63.5 |               | ↑                |
| Involved parents as school volunteers in physical education or physical activity programs                                        |      |      |      |      |      |      |      |      | 43.3 | 26.9 | 38.3 |               | ↑                |
| Linked parents and families to health services and programs in the community                                                     |      |      |      |      |      | 63.4 | 61.6 | 59.1 | 60.8 | 56.1 | 72.4 | ↑             |                  |
| Provided disease-specific education for parents and families of students with chronic health conditions (e.g., asthma, diabetes) |      |      |      |      |      |      |      | 33.6 | 29.3 | 24.4 | 29.1 | ↓             | ↓                |
| Provided parents with information about before or after-school programs available in the community                               |      |      |      |      |      |      |      |      | 63.7 | 63.7 | 63.7 |               | ↑                |
| <b>Percentage of schools that implement any of the following school-based positive youth development programs:</b>               |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Service-learning programs, that is, community service designed to meet specific learning objectives                              |      |      |      |      |      |      |      |      | 57.2 | 46.4 | 50.9 | ↓             |                  |
| Mentoring programs, that is, programs in which family or community members serve as role models to students or mentor students   |      |      |      |      |      |      |      |      | 55.6 | 38.7 | 39.6 | ↓             |                  |

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Health Services

| Percentage of schools that provide the following services to students:                                                                                                                      | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| HIV testing                                                                                                                                                                                 |      |      |      |      | 5.5  | 0.4  | 0.4  | 1.6  | 0.8  | 2.9  | 0.5  | ↓             | ↓                |
| HIV treatment                                                                                                                                                                               |      |      |      |      |      | 0.4  | 0.0  | 1.6  | 0.8  | 2.9  | 0.5  | ↑             | ↓                |
| STD testing                                                                                                                                                                                 |      |      |      |      |      | 0.4  | 0.4  | 2.0  | 0.8  | 3.6  | 0.5  | ↑             | ↓                |
| STD treatment                                                                                                                                                                               |      |      |      |      |      | 0.4  | 0.0  | 1.6  | 0.8  | 3.6  | 0.5  | ↑             | ↓                |
| Pregnancy testing                                                                                                                                                                           |      |      |      |      | 3.8  | 2.9  | 1.5  | 2.9  | 1.2  | 7.7  | 3.5  | ↓             | ↓                |
| Provision of condoms                                                                                                                                                                        |      |      |      |      | 2.6  | 1.3  | 1.6  | 3.3  | 2.1  | 4.7  | 4.8  |               | ↓                |
| Provision of condom-compatible lubricants (i.e., water- or silicone-based)                                                                                                                  |      |      |      |      |      | 1.3  | 1.2  | 2.9  | 1.2  | 3.2  | 1.5  |               | ↓                |
| Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])                                                                    |      |      |      |      | 2.3  | 0.4  | 0.0  | 1.6  | 0.8  | 2.8  | 0.5  | ↓             | ↓                |
| Prenatal care                                                                                                                                                                               |      |      |      |      | 3.7  | 3.8  | 0.0  | 0.8  | 0.8  | 3.9  | 2.9  | ↓             |                  |
| Human papillomavirus (HPV) vaccine administration                                                                                                                                           |      |      |      |      | 5.7  | 4.9  | 4.4  | 6.5  | 2.5  | 4.4  | 2.3  | ↓             | ↓                |
| Assessment for alcohol or other drug use, abuse, or dependency                                                                                                                              |      |      |      |      |      |      |      | 20.9 | 18.4 | 20.0 | 8.2  | ↓             | ↓                |
| Daily medication administration for students with chronic health conditions (e.g., asthma, diabetes)                                                                                        |      |      |      |      |      |      |      | 76.6 | 75.3 | 81.9 | 79.0 |               |                  |
| Stock rescue or “as needed” medication for any student experiencing a health emergency (e.g., asthma episode, severe allergic reaction)                                                     |      |      |      |      |      |      |      | 69.7 | 67.9 | 72.0 | 70.1 |               |                  |
| Case management for students with chronic health conditions (e.g., asthma, diabetes)                                                                                                        |      |      |      |      |      |      |      | 56.6 | 57.1 | 61.6 | 53.4 |               |                  |
| <b>Percentage of schools that provide students with referrals to any organization or health care professionals not on school property for the following services:</b>                       |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| HIV testing                                                                                                                                                                                 |      |      |      |      | 44.6 | 46.4 | 31.2 | 37.9 | 28.2 | 34.3 | 34.5 | ↓             | ↓                |
| HIV treatment                                                                                                                                                                               |      |      |      |      |      | 45.1 | 33.8 | 44.0 | 34.0 | 32.5 | 33.6 | ↓             | ↓                |
| nPEP (non-occupational post-exposure prophylaxis for HIV – a short course of medication given with 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive) |      |      |      |      |      |      | 32.8 | 39.6 | 32.0 | 30.6 | 33.8 |               | ↓                |
| PrEP (pre-exposure prophylaxis for HIV—medication taken daily to prevent HIV infection for those at substantial risk for HIV)                                                               |      |      |      |      |      |      |      |      |      | 31.2 | 32.0 |               |                  |
| STD testing                                                                                                                                                                                 |      |      |      |      |      | 48.4 | 31.5 | 38.0 | 29.6 | 35.4 | 34.5 | ↓             | ↓                |
| STD treatment                                                                                                                                                                               |      |      |      |      |      | 46.3 | 28.5 | 37.0 | 28.7 | 35.0 | 34.5 | ↓             | ↓                |
| Pregnancy testing                                                                                                                                                                           |      |      |      |      | 45.6 | 51.2 | 31.8 | 38.3 | 30.5 | 37.0 | 36.8 | ↓             | ↓                |
| Provision of condoms                                                                                                                                                                        |      |      |      |      | 33.5 | 39.6 | 26.5 | 32.2 | 24.6 | 31.8 | 30.4 | ↓             | ↓                |
| Provision of condom-compatible lubricants (i.e., water- or silicone-based)                                                                                                                  |      |      |      |      |      | 37.3 | 24.7 | 28.9 | 23.4 | 29.9 | 27.7 | ↓             | ↓                |
| Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])                                                                    |      |      |      |      | 35.4 | 40.1 | 27.4 | 32.7 | 25.0 | 32.8 | 33.5 | ↓             | ↓                |
| Prenatal care                                                                                                                                                                               |      |      |      |      | 43.5 | 47.8 | 29.2 | 34.7 | 27.0 | 36.4 | 36.0 | ↓             | ↓                |
| Human papillomavirus (HPV) vaccine administration                                                                                                                                           |      |      |      |      | 40.1 | 43.9 | 38.1 | 44.4 | 35.5 | 34.0 | 35.3 | ↓             | ↓                |
| Alcohol or other drug abuse treatment                                                                                                                                                       |      |      |      |      |      |      |      | 57.0 | 54.0 | 47.3 | 44.1 | ↓             | ↓                |

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|                                                                                                                                                                                                                                                                      |  |  |  |  |  |      |      |      |      |      |      |      |   |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|------|------|------|------|------|------|------|---|--|
| Tobacco-use cessation (e.g., individual or group counseling)                                                                                                                                                                                                         |  |  |  |  |  |      |      |      |      |      | 48.4 | 50.0 |   |  |
| 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 |  |  |  |  |  | 60.6 | 64.3 | 52.3 | 50.5 | 46.3 | 43.8 |      | ↓ |  |

## Sexual Health Services

| Percentage of schools in which any staff received professional development on the following topics during the past two years:                 | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
|                                                                                                                                               |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Basic sexual health overview including community-specific information about STI, HIV, and unplanned pregnancy rates and prevention strategies |      |      |      |      |      |      |      |      | 35.9 | 28.2 | 19.9 |               |                  |
| Sexual health services that adolescents should receive                                                                                        |      |      |      |      |      |      |      |      | 28.7 | 24.8 | 16.8 |               |                  |
| Laws and policies related to adolescent sexual health services, such as minor consent for sexual health services                              |      |      |      |      |      |      |      |      | 29.2 | 32.4 | 31.4 | ↓             | ↓                |
| Importance of maintaining student confidentiality for sexual health services                                                                  |      |      |      |      |      |      |      |      | 40.1 | 40.9 | 33.3 | ↑             | ↑                |
| How to create or use a student referral guide for sexual health services                                                                      |      |      |      |      |      |      |      |      | 17.6 | 15.2 | 14.9 |               |                  |
| How to make successful referrals of students to sexual health services                                                                        |      |      |      |      |      |      |      |      | 21.8 | 19.3 | 19.1 |               | ↓                |
| Best practices for adolescent sexual health services provision, such as making services youth-friendly                                        |      |      |      |      |      |      |      |      | 18.3 | 21.4 | 20.9 |               |                  |
| Percentage of schools in which any staff received professional development on all 8 sexual health services                                    |      |      |      |      |      |      |      |      | 12.7 | 10.9 | 10.1 |               |                  |

## Physical Education Practices

| Percentage of schools that engage in the following physical education practices:                                                                        | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
|                                                                                                                                                         |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Provide physical education teachers with a written physical education curriculum that aligns with national standards for physical education             |      |      |      |      |      |      |      |      | 87.1 | 28.2 | 19.9 |               |                  |
| Require physical education teachers to follow a written physical education curriculum                                                                   |      |      |      |      |      |      |      |      | 84.1 | 79.3 | 73.2 | ↓             | ↓                |
| Allow the use of waivers, exemptions, or substitutions for physical education requirements for one grading period or longer                             |      |      |      |      |      |      |      |      | 50.5 | 53.7 | 54.5 |               |                  |
| Allow teachers to exclude students from physical education to punish them for inappropriate behavior or failure to complete class work in another class |      |      |      |      |      |      |      |      | 11.2 | 6.3  | 19.8 | ↑             | ↑                |
| Require physical education teachers to be certified, licensed, or endorsed by the state in physical education                                           |      |      |      |      |      |      |      |      | 93.7 | 95.4 | 93.4 |               |                  |
| Limit physical education class sizes so that they are the same size as other subject areas                                                              |      |      |      |      |      |      |      |      | 81.6 | 80.0 | 80.9 |               |                  |
| Have a dedicated budget for physical education materials and equipment                                                                                  |      |      |      |      |      |      |      |      | 89.2 | 89.0 | 84.1 | ↓             | ↓                |

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|                                                                                                                                           |  |  |  |  |  |  |  |  |      |       |       |   |  |
|-------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|--|--|------|-------|-------|---|--|
| Provide adapted physical education (i.e., special courses separate from regular PE courses) for students with disabilities as appropriate |  |  |  |  |  |  |  |  | 77.8 | 78.0  | 77.2  |   |  |
| Include students with disabilities in regular physical education courses as appropriate                                                   |  |  |  |  |  |  |  |  | 99.6 | 100.0 | 100.0 | ↑ |  |
| Percentage of schools in which any staff received professional development on all 8 sexual health services                                |  |  |  |  |  |  |  |  | 12.7 | 10.9  | 10.1  |   |  |

## Family and Community Involvement

| Percentage of schools that have done any of the following activities during the current school year:                             | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|----------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Provided parents with information to support parent-adolescent communication about sex                                           |      |      |      |      |      |      |      |      | 21.1 | 14.7 | 18.4 |               |                  |
| Provided parents with information to support parent-adolescent communication about topics other than sex                         |      |      |      |      |      |      |      |      | 44.3 | 31.2 | 51.8 | ↑             | ↑                |
| Provided parents with information about how to monitor their teen                                                                |      |      |      |      |      | 49.1 | 46.3 | 46.7 | 42.0 | 27.6 | 37.7 | ↓             | ↑                |
| Provided parents with information to support one-on-one time between adolescents and their health care providers                 |      |      |      |      |      |      |      |      | 11.6 | 11.8 | 21.3 | ↑             | ↑                |
| Provided parents with information about physical education and physical activity programs                                        |      |      |      |      |      |      |      |      | 66.7 | 59.7 | 63.5 |               |                  |
| Involved parents as school volunteers in the delivery of health education activities and services                                |      |      |      |      |      | 34.2 | 26.0 | 20.9 | 43.3 | 26.9 | 38.3 | ↓             | ↑                |
| Linked parents and families to health services and programs in the community                                                     |      |      |      |      |      | 63.4 | 61.6 | 59.1 | 60.8 | 56.1 | 72.4 | ↑             | ↑                |
| Provided disease-specific education for parents and families of students with chronic health conditions (e.g., asthma, diabetes) |      |      |      |      |      |      |      | 33.6 | 29.3 | 24.4 | 29.1 |               |                  |
| Provided parents with information about before or after-school programs available in the community                               |      |      |      |      |      |      |      |      | 63.7 | 63.2 | 63.7 |               |                  |

## Trend Analysis Report – Health Education Teacher Survey

### Required Health Education

| Percentage of schools that taught a required health education course in the following grades:                                                         | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| 6 <sup>th</sup> grade                                                                                                                                 | 54.0 | 71.1 | 75.1 | 70.7 | 85.7 | 72.7 | 73.8 | 77.5 | 76.7 | 72.5 | 85.6 |               | ↑                |
| 7 <sup>th</sup> grade                                                                                                                                 | 72.9 | 85.9 | 91.2 | 91.2 | 92.8 | 91.3 | 92.1 | 92.4 | 90.1 | 90.7 | 92.7 |               |                  |
| 8 <sup>th</sup> grade                                                                                                                                 | 74.1 | 88.1 | 90.7 | 91.0 | 96.2 | 92.5 | 92.1 | 93.8 | 91.1 | 88.8 | 91.7 |               |                  |
| 9 <sup>th</sup> grade                                                                                                                                 | 72.5 | 86.1 | 90.8 | 95.6 | 92.9 | 89.4 | 91.9 | 94.4 | 93.2 | 87.6 | 94.8 |               | ↑                |
| 10 <sup>th</sup> grade                                                                                                                                | 68.8 | 82.4 | 87.3 | 92.2 | 85.1 | 81.8 | 81.9 | 84.4 | 84.7 | 76.5 | 79.9 | ↓             |                  |
| 11 <sup>th</sup> grade                                                                                                                                | 8.1  | 8.6  | 5.5  | 6.0  | 8.0  | 9.1  | 6.0  | 7.3  | 5.3  | 6.6  | 12.8 | ↑             | ↑                |
| 12 <sup>th</sup> grade                                                                                                                                | 6.5  | 7.3  | 4.8  | 3.8  | 3.4  | 4.6  | 4.9  | 6.1  | 5.3  | 7.8  | 10.7 | ↑             |                  |
| <b>Percentage of schools in which those who teach health education are provided with the following materials:</b>                                     |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Goals, objectives, and expected outcomes for health education                                                                                         |      |      | 94.4 | 86.4 | 87.1 | 88.1 | 84.3 | 73.6 | 80.2 | 81.0 | 95.1 | ↓             | ↑                |
| A chart describing the annual scope and sequence of instruction for health education                                                                  |      |      | 64.7 | 65.9 | 57.2 | 61.5 | 51.2 | 53.0 | 50.5 | 58.6 | 69.8 |               | ↑                |
| Plans for how to assess student performance in health education                                                                                       |      |      | 69.8 | 66.5 | 59.7 | 66.7 | 60.6 | 50.2 | 60.0 | 60.7 | 85.5 | ↑             | ↑                |
| A written health education curriculum                                                                                                                 |      |      | 86.6 | 84.8 | 81.7 | 82.2 | 73.6 | 67.6 | 66.9 | 64.2 | 83.5 | ↓             | ↑                |
| Written instructional competencies for health education teachers (i.e., essential knowledge and skills teachers need to be effective educators)       |      |      |      |      |      |      |      |      |      | 56.2 | 77.8 | ↑             | ↑                |
| <b>Percentage of schools in which those who teach sexual health education are provided with the following materials:</b>                              |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| A written health education curriculum that includes objectives and content addressing sexual health education                                         |      |      |      |      |      | 74.2 | 61.4 | 59.7 | 56.9 | 60.4 | 72.1 | ↑             |                  |
| Strategies that are age-appropriate, relevant, and actively engage students in learning                                                               |      |      |      |      |      | 74.5 | 63.4 | 64.9 | 62.5 | 67.3 | 70.3 |               | ↑                |
| Methods to assess student knowledge and skills related to sexual health education                                                                     |      |      |      |      |      | 66.0 | 63.5 | 57.9 | 61.9 | 61.7 | 72.4 | ↑             | ↑                |
| An approved health education scope and sequence that includes learning objectives, outcomes, and content to guide sexual health education instruction |      |      |      |      |      |      |      |      | 57.0 | 64.0 | 65.5 | ↑             | ↑                |
| Teacher pacing guides for sexual health education (i.e., schedules that regulate a teacher's pace of the unit or curriculum)                          |      |      |      |      |      |      |      |      | 62.5 | 65.4 | 73.5 |               |                  |
| Teaching resources (e.g., lesson plans, handouts) to support sexual health education instruction                                                      |      |      |      |      |      |      |      |      | 62.5 | 65.4 | 70.3 | ↑             | ↑                |
| The percentage of schools in which those who teach sexual health education are provided with all of the previous materials                            |      |      |      |      |      |      |      |      | 31.1 | 42.1 | 49.4 | ↑             | ↑                |

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## Required Health Education

| Percentage of schools in which the health education curriculum addresses the following skills:                                                                                                                              | 2004 | 2006 | 2008  | 2010 | 2012  | 2014  | 2016  | 2018  | 2020 | 2022 | 2024  | Linear Change | 2022-2024 Change |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|-------|------|-------|-------|-------|-------|------|------|-------|---------------|------------------|
| Comprehending concepts related to health promotion and disease prevention to enhance health                                                                                                                                 |      |      | 98.2  | 97.6 | 93.2  | 97.4  | 95.3  | 95.6  | 95.2 | 96.7 | 95.3  | ↓             |                  |
| Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors                                                                                                                 |      |      | 96.2  | 95.6 | 94.0  | 95.6  | 95.3  | 93.3  | 94.2 | 95.0 | 96.6  |               |                  |
| Accessing valid information and products and services to enhance health                                                                                                                                                     |      |      | 90.1  | 88.6 | 86.4  | 92.1  | 88.6  | 93.8  | 89.0 | 90.2 | 95.4  | ↑             | ↑                |
| Using interpersonal communication skills to enhance health and avoid or reduce health risks                                                                                                                                 |      |      | 93.6  | 93.3 | 89.7  | 96.1  | 94.8  | 92.4  | 94.6 | 96.7 | 93.3  | ↑             | ↓                |
| Using decision-making skills to enhance health                                                                                                                                                                              |      |      | 93.7  | 98.5 | 96.6  | 97.9  | 94.9  | 95.6  | 94.5 | 96.7 | 96.0  |               |                  |
| Using goal-setting skills to enhance health                                                                                                                                                                                 |      |      | 90.8  | 92.7 | 91.0  | 95.2  | 92.5  | 92.9  | 92.5 | 93.8 | 94.2  | ↑             |                  |
| Practicing health-enhancing behaviors to avoid or reduce risks                                                                                                                                                              |      |      | 96.6  | 97.5 | 96.6  | 97.0  | 95.8  | 94.8  | 96.0 | 96.3 | 96.6  |               |                  |
| Advocating for personal, family, and community health                                                                                                                                                                       |      |      | 89.9  | 92.0 | 87.3  | 92.0  | 91.2  | 89.7  | 89.8 | 93.9 | 92.1  | ↑             |                  |
| <b>Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required health education course for students in any of grades 6 through 12 during the current school year:</b> |      |      |       |      |       |       |       |       |      |      |       |               |                  |
| Alcohol- or other drug-use prevention                                                                                                                                                                                       |      |      | 99.6  | 99.1 | 97.4  | 98.9  | 96.6  | 96.9  | 96.2 | 98.0 | 98.8  | ↓             |                  |
| Asthma                                                                                                                                                                                                                      |      |      | 45.8  | 60.6 | 50.5  | 62.8  | 56.9  | 59.7  | 57.4 | 62.1 | 56.8  | ↑             |                  |
| Chronic disease prevention                                                                                                                                                                                                  |      |      |       |      |       |       | 93.4  | 91.5  | 92.7 | 96.4 | 94.3  | ↑             |                  |
| Emotional and mental health                                                                                                                                                                                                 |      |      | 95.2  | 90.3 | 94.5  | 94.6  | 91.0  | 91.4  | 96.3 | 99.2 | 100.0 | ↑             | ↑                |
| Epilepsy or seizure disorder                                                                                                                                                                                                |      |      |       |      |       | 43.9  | 47.6  | 42.3  | 48.8 | 53.6 | 52.5  | ↑             |                  |
| Food allergies                                                                                                                                                                                                              |      |      |       |      |       | 71.2  | 67.3  | 69.2  | 67.1 | 72.5 | 76.1  | ↑             |                  |
| Foodborne illness prevention                                                                                                                                                                                                |      |      | 75.8  | 77.7 | 77.0  | 77.7  | 66.7  | 70.1  | 68.9 | 75.3 | 77.0  | ↓             |                  |
| Human immunodeficiency virus (HIV) prevention                                                                                                                                                                               |      |      | 93.3  | 90.0 | 91.1  | 90.2  | 85.6  | 89.2  | 87.1 | 87.4 | 83.7  | ↓             |                  |
| Human sexuality                                                                                                                                                                                                             |      |      | 86.0  | 85.0 | 88.6  | 84.0  | 75.2  | 83.2  | 74.3 | 78.9 | 69.5  | ↓             | ↓                |
| Infectious disease prevention (e.g., influenza)                                                                                                                                                                             |      |      |       |      | 91.3  | 94.7  | 88.0  | 86.5  | 87.7 | 94.4 | 85.4  | ↓             | ↓                |
| Injury prevention and safety                                                                                                                                                                                                |      |      | 92.6  | 91.9 | 93.4  | 96.3  | 93.8  | 91.5  | 90.9 | 95.2 | 88.3  | ↓             | ↓                |
| Nutrition and dietary behavior                                                                                                                                                                                              |      |      | 97.8  | 99.5 | 99.6  | 97.8  | 98.3  | 98.1  | 98.6 | 98.7 | 100.0 | ↑             | ↑                |
| Physical activity and fitness                                                                                                                                                                                               |      |      | 100.0 | 99.6 | 100.0 | 100.0 | 100.0 | 100.0 | 99.1 | 99.6 | 100.0 |               | ↑                |
| Pregnancy prevention                                                                                                                                                                                                        |      |      | 78.9  | 82.3 | 85.1  | 81.8  | 80.1  | 82.9  | 85.4 | 85.3 | 77.1  | ↑             | ↓                |
| Sexually transmitted disease (STD) prevention                                                                                                                                                                               |      |      | 88.0  | 88.1 | 89.0  | 89.3  | 83.8  | 87.5  | 91.1 | 86.1 | 80.3  | ↓             | ↓                |
| Sleep Health (e.g., how much sleep students need, good sleeping habits)                                                                                                                                                     |      |      |       |      |       |       |       |       |      | 86.3 | 90.6  | ↑             | ↑                |
| Suicide prevention                                                                                                                                                                                                          |      |      | 74.7  | 76.8 | 82.2  | 80.1  | 85.5  | 90.2  | 93.3 | 94.8 | 91.5  | ↑             | ↓                |
| Tobacco-use prevention                                                                                                                                                                                                      |      |      | 99.6  | 98.2 | 98.4  | 97.8  | 96.2  | 95.4  | 94.1 | 96.3 | 98.2  | ↓             | ↑                |
| Violence prevention (e.g., bullying, fighting, dating violence prevention)                                                                                                                                                  |      |      | 93.6  | 90.2 | 96.2  | 96.8  | 96.4  | 93.0  | 97.3 | 97.4 | 97.6  | ↑             |                  |



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## Tobacco-Use Prevention

| Percentage of schools in which teachers tried to increase student knowledge on the following tobacco-use prevention topics in a required health education course for students in any of grades 6 through 12 during the current school year: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Identifying tobacco products and the harmful substances they contain                                                                                                                                                                        |      |      | 95.7 | 95.1 | 93.6 | 93.3 | 90.4 | 91.7 | 90.3 | 92.3 | 96.4 | ↓             | ↑                |
| Identifying short- and long-term health consequences of tobacco product use                                                                                                                                                                 |      |      | 95.8 | 97.2 | 96.6 | 94.9 | 92.1 | 93.1 | 89.7 | 95.1 | 96.4 | ↓             |                  |
| Identifying social, economic, and cosmetic consequences of tobacco product use                                                                                                                                                              |      |      | 89.8 | 93.2 | 91.9 | 91.8 | 88.4 | 86.9 | 85.6 | 89.0 | 93.1 | ↓             | ↑                |
| Understanding the addictive nature of nicotine                                                                                                                                                                                              |      |      | 95.1 | 94.6 | 94.0 | 94.9 | 92.5 | 92.1 | 89.7 | 92.7 | 95.2 | ↓             | ↑                |
| Effects of nicotine on the adolescent brain                                                                                                                                                                                                 |      |      |      |      |      |      | 81.4 | 78.7 | 83.6 | 90.0 | 90.0 | ↑             |                  |
| Effects of tobacco product use on athletic performance                                                                                                                                                                                      |      |      | 87.4 | 91.4 | 90.4 | 92.4 | 87.7 | 81.0 | 86.1 | 89.8 | 88.8 | ↓             |                  |
| Effects of second-hand smoke and benefits of a smoke-free environment                                                                                                                                                                       |      |      | 93.5 | 96.6 | 90.2 | 93.2 | 90.0 | 88.8 | 88.8 | 91.4 | 88.6 | ↓             |                  |
| Understanding the social influences on tobacco product use, including media, family, peers, and culture                                                                                                                                     |      |      | 93.0 | 94.3 | 94.4 | 94.4 | 88.4 | 88.5 | 90.2 | 92.6 | 89.9 | ↓             |                  |
| Identifying reasons why students do and do not use tobacco products                                                                                                                                                                         |      |      | 91.1 | 93.1 | 91.9 | 92.9 | 89.1 | 91.3 | 90.2 | 91.0 | 92.4 |               |                  |
| Making accurate assessments of how many peers use tobacco products                                                                                                                                                                          |      |      | 68.5 | 76.3 | 75.4 | 75.9 | 78.8 | 75.1 | 78.0 | 60.9 | 69.7 | ↓             | ↑                |
| Percentage of schools in which teachers tried to increase student knowledge on the following tobacco-use prevention topics in a required health education course for students in any of grades 6 through 12 during the current school year: |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Using interpersonal communication skills to avoid tobacco product use (e.g., refusal skills, assertiveness)                                                                                                                                 |      |      | 84.4 | 90.7 | 88.9 | 90.0 | 89.6 | 86.4 | 82.9 | 84.9 | 90.3 | ↓             |                  |
| Using goal-setting and decision-making skills related to not using tobacco products                                                                                                                                                         |      |      | 82.7 | 86.5 | 83.5 | 86.1 | 85.5 | 79.7 | 79.4 | 79.1 | 82.4 |               |                  |
| Finding valid information and services related to tobacco-use prevention and cessation                                                                                                                                                      |      |      | 78.7 | 82.6 | 79.2 | 84.1 | 82.9 | 74.0 | 80.3 | 78.8 | 86.7 |               |                  |
| Supporting others who abstain from or want to quit using tobacco products                                                                                                                                                                   |      |      | 75.8 | 78.8 | 80.8 | 88.0 | 80.7 | 80.7 | 77.5 | 78.9 | 84.7 |               |                  |
| Identifying harmful effects of tobacco product use on fetal development                                                                                                                                                                     |      |      | 83.0 | 85.8 | 81.4 | 85.5 | 76.7 | 82.5 | 78.5 | 78.9 | 81.3 |               |                  |
| Relationship between using tobacco products and alcohol or other drugs                                                                                                                                                                      |      |      |      |      |      | 90.5 | 86.5 | 89.0 | 86.0 | 88.1 | 87.8 |               |                  |
| How addiction to tobacco product use can be treated                                                                                                                                                                                         |      |      |      |      |      | 87.0 | 82.0 | 83.0 | 86.2 | 86.0 | 87.0 |               |                  |
| Understanding school policies and community laws related to the sale and use of tobacco products                                                                                                                                            |      |      |      |      |      | 89.4 | 84.6 | 83.7 | 85.3 | 89.3 | 89.3 |               |                  |
| Benefits of tobacco product cessation programs                                                                                                                                                                                              |      |      |      |      |      | 70.2 | 65.8 | 62.5 | 66.4 | 70.0 | 70.9 |               |                  |
| Percentage of schools that taught all 19 tobacco-use prevention topics during the current school year                                                                                                                                       |      |      | 0.0  | 0.0  | 0.0  | 0.0  | 53.2 | 51.6 | 51.9 | 56.8 | 56.8 |               | ↑                |

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## Tobacco-Use Prevention

| Percentage of schools in which teachers taught about the following tobacco products in a required course for students in any of grades 6 through 12 during the current school year:                                | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Cigarettes                                                                                                                                                                                                         |      |      |      |      |      |      |      |      | 89.9 | 94.0 | 93.1 |               |                  |
| Smokeless tobacco (e.g., chewing tobacco, snuff, dip, snus, dissolvable tobacco)                                                                                                                                   |      |      |      |      |      |      |      |      | 89.0 | 93.6 | 95.9 | ↑             | ↑                |
| Cigars, little cigars, or cigarillos                                                                                                                                                                               |      |      |      |      |      |      |      |      | 75.6 | 85.1 | 82.5 | ↑             |                  |
| Pipes                                                                                                                                                                                                              |      |      |      |      |      |      |      |      | 67.3 | 80.4 | 77.8 | ↑             |                  |
| Electronic vapor products (e.g., e-cigarettes, vape pens, e-hookahs, mods, or brands such as JUUL or Vuse)                                                                                                         |      |      |      |      |      |      |      |      | 89.8 | 93.1 | 92.2 |               |                  |
| Percentage of schools in which teachers taught each of the following alcohol- and other drug-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year: |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Differences between proper use and abuse of over-the-counter medicines and prescription medicines                                                                                                                  |      |      |      |      |      |      |      |      | 86.1 | 87.6 | 85.2 |               |                  |
| Harmful short- and long-term physical, psychological, and social effects of using alcohol and other drugs                                                                                                          |      |      |      |      |      |      |      |      | 92.2 | 95.6 | 94.9 |               |                  |
| Percentage of schools in which teachers taught about the following drug-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:                      |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Situations that lead to the use of alcohol and other drugs                                                                                                                                                         |      |      |      |      |      |      |      |      | 91.7 | 91.4 | 91.6 | ↓             | ↓                |
| Alcohol and other drug use as an unhealthy way to manage weight                                                                                                                                                    |      |      |      |      |      |      |      |      | 71.8 | 78.1 | 65.5 | ↓             | ↓                |
| Identifying reasons why individuals choose to use or not to use alcohol and other drugs                                                                                                                            |      |      |      |      |      |      |      |      | 91.3 | 92.7 | 85.9 |               |                  |
| Using interpersonal communication skills to avoid alcohol and other drug use (e.g., refusal skills, assertiveness)                                                                                                 |      |      |      |      |      |      |      |      | 89.4 | 91.2 | 88.5 |               |                  |
| Supporting others who abstain from or want to quit using alcohol and other drugs                                                                                                                                   |      |      |      |      |      |      |      |      | 87.1 | 84.2 | 86.1 |               |                  |
| Understanding the social influences on alcohol and other drug use, including media, family, peers, and culture                                                                                                     |      |      |      |      |      |      |      |      | 89.3 | 93.1 | 95.5 | ↑             | ↑                |
| How to persuade and support others to be alcohol and other drug free                                                                                                                                               |      |      |      |      |      |      |      |      | 86.4 | 85.5 | 89.8 |               | ↑                |

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Sexual Health – grades 6, 7, 8

| Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| How HIV and other STDs are transmitted                                                                                                                                          |      |      | 93.0 | 77.0 | 76.3 | 74.5 | 73.2 | 71.9 | 70.6 | 60.2 | 44.0 | ↓             | ↓                |
| Health consequences of HIV, other STDs, and pregnancy                                                                                                                           |      |      | 82.7 | 74.0 | 71.9 | 74.2 | 71.3 | 73.3 | 71.2 | 61.2 | 44.5 | ↓             | ↓                |
| The benefits of being sexually abstinent                                                                                                                                        |      |      | 80.1 | 77.2 | 76.3 | 79.1 | 79.5 | 73.3 | 69.4 | 63.2 | 47.1 | ↓             | ↓                |
| How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy                                                           |      |      | 71.9 | 60.5 | 65.9 | 92.7 | 94.3 | 57.6 | 67.6 | 54.0 | 40.5 | ↓             | ↓                |
| The influences of family, peers, media, technology, and other factors on sexual risk behaviors                                                                                  |      |      |      |      |      | 75.2 | 71.8 | 72.1 | 72.0 | 63.5 | 47.6 | ↓             | ↓                |
| Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy                                                                 |      |      | 72.6 | 62.7 | 66.6 | 67.8 | 68.4 | 66.8 | 65.9 | 55.7 | 42.3 | ↓             | ↓                |
| Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy                                                              |      |      | 67.8 | 63.3 | 69.0 | 70.4 | 63.0 | 62.6 | 61.7 | 52.6 | 43.0 | ↓             | ↓                |
| Influencing and supporting others to avoid or reduce sexual risk behaviors                                                                                                      |      |      |      |      |      | 68.5 | 65.3 | 66.1 | 68.8 | 53.1 | 40.8 | ↓             | ↓                |
| Efficacy of condoms, that is, how well condoms work and do not work                                                                                                             |      |      |      | 43.8 | 45.5 | 32.8 | 41.8 | 46.3 | 51.5 | 36.0 | 35.6 | ↓             | ↓                |
| The importance of using condoms consistently and correctly                                                                                                                      |      |      |      | 35.8 | 38.7 | 33.7 | 35.3 | 37.8 | 45.0 | 34.2 | 32.3 |               |                  |
| How to obtain condoms                                                                                                                                                           |      |      |      | 17.8 | 22.2 | 20.2 | 27.8 | 30.9 | 42.0 | 28.9 | 25.5 |               |                  |
| How to correctly use a condom                                                                                                                                                   |      |      |      | 11.3 | 11.1 | 15.7 | 19.0 | 19.5 | 32.5 | 18.8 | 19.4 | ↑             |                  |
| Methods of contraception other than condoms                                                                                                                                     |      |      |      |      |      |      | 37.6 | 42.6 | 49.5 | 38.8 | 29.8 | ↓             | ↓                |
| Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
| The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy                                                           |      |      |      |      | 31.8 | 34.5 | 36.4 | 40.8 | 52.1 | 32.7 | 29.6 |               |                  |
| How to create and sustain healthy and respectful relationships                                                                                                                  |      |      |      |      | 67.1 | 78.8 | 74.6 | 79.3 | 80.1 | 71.0 | 59.0 | ↓             | ↓                |
| The importance of limiting the number of sexual partners                                                                                                                        |      |      |      |      |      | 59.7 | 55.6 | 55.1 | 57.5 | 43.4 | 40.7 | ↓             |                  |
| Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health                                                             |      |      |      |      |      | 56.2 | 49.2 | 53.0 | 54.4 | 52.8 | 40.7 | ↓             | ↓                |
| How to communicate sexual consent between partners                                                                                                                              |      |      |      |      |      |      |      |      | 50.6 | 51.4 | 42.3 |               | ↓                |
| Recognizing and responding to sexual victimization and violence                                                                                                                 |      |      |      |      |      |      |      |      | 43.9 | 48.3 | 36.6 |               | ↓                |
| How gender roles and stereotypes affect goals, decision making, and relationships                                                                                               |      |      |      |      |      |      |      |      | 51.9 | 38.4 | 39.4 | ↓             |                  |
| The relationship between alcohol and other drug use and sexual risk behaviors                                                                                                   |      |      |      |      |      |      |      | 77.8 | 74.8 | 61.7 | 53.9 | ↓             |                  |
| Percentage of schools that taught all 22 HIV, other STI, and pregnancy prevention topics in any of grades 6, 7, or 8 during the current school year                             |      |      |      |      |      |      |      |      | 15.6 | 14.0 | 14.6 |               |                  |

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Sexual Health – grades 9, 10, 11, or 12

| Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9 through 12 during the current school year: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| How HIV and other STDs are transmitted                                                                                                                                            |      |      |      | 89.2 | 96.6 | 91.8 | 87.3 | 89.5 | 88.6 | 88.7 | 74.3 | ↓             | ↓                |
| Health consequences of HIV, other STDs, and pregnancy                                                                                                                             |      |      |      | 89.3 | 93.2 | 90.2 | 85.7 | 89.4 | 88.7 | 88.5 | 71.1 | ↓             | ↓                |
| The benefits of being sexually abstinent                                                                                                                                          |      |      | 88.5 | 89.3 | 94.8 | 91.6 | 86.4 | 89.4 | 86.7 | 88.4 | 74.7 | ↓             | ↓                |
| How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy                                                             |      |      | 83.8 | 80.6 | 87.8 | 87.5 | 79.6 | 81.4 | 83.2 | 83.1 | 68.0 | ↓             | ↓                |
| The influences of family, peers, media, technology, and other factors on sexual risk behaviors                                                                                    |      |      |      |      |      | 89.9 | 85.7 | 84.6 | 79.5 | 85.9 | 71.5 | ↓             | ↓                |
| Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy                                                                   |      |      | 81.7 | 80.3 | 85.6 | 87.7 | 78.9 | 85.7 | 84.3 | 89.6 | 68.7 |               | ↓                |
| Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy                                                                |      |      | 76.6 | 76.5 | 86.0 | 83.6 | 78.0 | 81.4 | 75.1 | 80.5 | 65.0 | ↓             | ↓                |
| Influencing and supporting others to avoid or reduce sexual risk behaviors                                                                                                        |      |      |      |      |      | 86.0 | 80.5 | 83.5 | 75.5 | 80.2 | 63.7 | ↓             | ↓                |
| Efficacy of condoms, that is, how well condoms work and do not work                                                                                                               |      |      | 70.4 | 72.0 | 80.8 | 70.5 | 65.6 | 74.1 | 70.8 | 74.6 | 56.9 | ↓             | ↓                |
| The importance of using condoms consistently and correctly                                                                                                                        |      |      | 63.1 | 62.5 | 73.2 | 63.8 | 63.6 | 67.6 | 70.7 | 71.7 | 57.0 |               | ↓                |
| How to obtain condoms                                                                                                                                                             |      |      | 53.2 | 52.2 | 52.9 | 60.1 | 53.9 | 64.2 | 61.0 | 69.0 | 46.8 | ↑             | ↓                |
| How to correctly use a condom                                                                                                                                                     |      |      |      | 39.9 | 40.8 | 50.1 | 41.3 | 56.4 | 57.1 | 56.3 | 39.6 | ↑             | ↓                |
| Methods of contraception other than condoms                                                                                                                                       |      |      |      |      |      |      | 68.2 | 70.4 | 73.8 | 77.4 | 54.0 | ↓             | ↓                |
| Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9 through 12 during the current school year: |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy                                                             |      |      |      |      | 63.2 | 65.5 | 70.2 | 70.9 | 72.1 | 71.2 | 49.3 | ↓             | ↓                |
| How to create and sustain healthy and respectful relationships                                                                                                                    |      |      |      |      | 81.6 | 92.3 | 86.5 | 88.5 | 92.1 | 90.5 | 76.6 |               | ↓                |
| The importance of limiting the number of sexual partners                                                                                                                          |      |      |      |      |      | 85.9 | 79.6 | 86.5 | 79.1 | 82.3 | 63.5 | ↓             | ↓                |
| Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health                                                               |      |      |      |      |      | 83.3 | 72.7 | 75.5 | 77.2 | 78.8 | 62.2 | ↓             | ↓                |
| How to communicate sexual consent between partners                                                                                                                                |      |      |      |      |      |      |      |      | 78.1 | 84.1 | 71.3 |               | ↓                |
| Recognizing and responding to sexual victimization and violence                                                                                                                   |      |      |      |      |      |      |      |      | 70.7 | 86.8 | 69.4 |               | ↓                |
| How gender roles and stereotypes affect goals, decision making, and relationships                                                                                                 |      |      |      |      |      |      |      |      | 63.5 | 67.2 | 53.6 | ↓             | ↓                |
| The relationship between alcohol and other drug use and sexual risk behaviors                                                                                                     |      |      |      |      |      |      |      | 90.3 | 83.0 | 88.6 | 74.7 | ↓             | ↓                |
| Percentage of schools that taught all 22 HIV, other STI, and pregnancy prevention topics in any of grades 9, 10, 11, or 12 during the current school year                         |      |      |      |      |      |      |      |      | 37.1 | 40.9 | 22.8 | ↓             | ↓                |
| The percentage of schools that taught all 3 of the SHS topics in grades 9, 10, 11, or 12                                                                                          |      |      |      |      |      | 58.8 | 48.2 | 54.8 | 57.5 | 64.0 | 39.6 | ↓             | ↓                |

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The percentage of schools that taught at least 11 of the following 22 sexual health topics in each grade span: grades 6, 7, or 8, and grades 9, 10, 11, or 12

|  |  |  |  |  |  |  |      |      |      |      |      |   |   |
|--|--|--|--|--|--|--|------|------|------|------|------|---|---|
|  |  |  |  |  |  |  | 75.3 | 77.3 | 74.3 | 68.3 | 54.8 | ↓ | ↓ |
|--|--|--|--|--|--|--|------|------|------|------|------|---|---|

### Sexual Health – grades 9, 10, 11, or 12

| Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9 through 12 during the current school year: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy                                                             |      |      |      |      | 63.2 | 65.5 | 70.2 | 70.9 | 72.1 | 71.2 | 49.3 | ↓             | ↓                |
| How to create and sustain healthy and respectful relationships                                                                                                                    |      |      |      |      | 81.6 | 92.3 | 86.5 | 88.5 | 92.1 | 90.5 | 76.6 |               | ↓                |
| The importance of limiting the number of sexual partners                                                                                                                          |      |      |      |      |      | 85.9 | 79.6 | 86.5 | 79.1 | 82.3 | 63.5 | ↓             | ↓                |
| Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health                                                               |      |      |      |      |      | 83.3 | 72.7 | 75.5 | 77.2 | 78.8 | 62.2 | ↓             | ↓                |
| How to communicate sexual consent between partners                                                                                                                                |      |      |      |      |      |      |      |      | 78.1 | 84.1 | 71.3 |               | ↓                |
| Recognizing and responding to sexual victimization and violence                                                                                                                   |      |      |      |      |      |      |      |      | 70.7 | 86.8 | 69.4 |               | ↓                |
| How gender roles and stereotypes affect goals, decision making, and relationships                                                                                                 |      |      |      |      |      |      |      |      | 63.5 | 67.2 | 53.6 | ↓             | ↓                |
| The relationship between alcohol and other drug use and sexual risk behaviors                                                                                                     |      |      |      |      |      |      |      | 90.3 | 83.0 | 88.6 | 74.7 | ↓             | ↓                |
| Percentage of schools that taught all 22 HIV, other STI, and pregnancy prevention topics in any of grades 9, 10, 11, or 12 during the current school year                         |      |      |      |      |      |      |      |      | 37.1 | 40.9 | 22.8 | ↓             | ↓                |
| The percentage of schools that taught all 3 of the SHS topics in grades 9, 10, 11, or 12                                                                                          |      |      |      |      |      | 58.8 | 48.2 | 54.8 | 57.5 | 64.0 | 39.6 | ↓             | ↓                |
| The percentage of schools that taught at least 11 of the following 22 sexual health topics in each grade span: grades 6, 7, or 8, and grades 9, 10, 11, or 12                     |      |      |      |      |      |      | 75.3 | 77.3 | 74.3 | 68.3 | 54.8 | ↓             | ↓                |

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**Sexual Health - ASSESSMENT – grades 6, 7, or 8**

| Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Comprehend important concepts to prevent HIV, other STDs, and pregnancy                                                                                                                            |      |      |      |      |      | 65.0 | 64.1 | 61.0 | 64.5 | 53.1 | 44.1 | ↓             | ↓                |
| Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors                                                                                     |      |      |      |      |      | 65.9 | 68.4 | 60.8 | 66.9 | 57.4 | 46.8 | ↓             | ↓                |
| Access valid information, products, and services to prevent HIV, other STDs, and pregnancy                                                                                                         |      |      |      |      |      | 52.9 | 52.5 | 47.1 | 55.5 | 49.2 | 43.0 | ↓             |                  |
| Use interpersonal communication skills to avoid or reduce sexual risk behaviors                                                                                                                    |      |      |      |      |      | 68.0 | 69.3 | 64.7 | 67.1 | 54.5 | 47.8 | ↓             | ↓                |
| Use decision-making skills to prevent HIV, other STDs, and pregnancy                                                                                                                               |      |      |      |      |      | 68.4 | 66.3 | 61.2 | 66.1 | 59.3 | 47.1 | ↓             | ↓                |
| Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them                                                                                  |      |      |      |      |      | 67.8 | 67.2 | 65.7 | 66.9 | 63.9 | 64.3 |               |                  |
| Influence and support others to avoid or reduce sexual risk behaviors                                                                                                                              |      |      |      |      |      | 68.8 | 66.3 | 63.5 | 63.6 | 48.3 | 46.8 | ↓             |                  |

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**Sexual Health - ASSESSMENT – grades 9, 10, 11, or 12**

| Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 9 through 12 during the current school year: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Comprehend important concepts to prevent HIV, other STDs, and pregnancy                                                                                                                              |      |      |      |      |      | 86.8 | 84.1 | 89.4 | 84.3 | 80.4 | 70.0 | ↓             | ↓                |
| Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors                                                                                       |      |      |      |      |      | 83.5 | 82.9 | 80.5 | 79.7 | 77.9 | 64.6 | ↓             | ↓                |
| Access valid information, products, and services to prevent HIV, other STDs, and pregnancy                                                                                                           |      |      |      |      |      | 77.5 | 73.7 | 83.4 | 77.5 | 76.8 | 64.1 | ↓             | ↓                |
| Use interpersonal communication skills to avoid or reduce sexual risk behaviors                                                                                                                      |      |      |      |      |      | 82.5 | 83.3 | 87.2 | 82.1 | 83.3 | 68.1 | ↓             | ↓                |
| Use decision-making skills to prevent HIV, other STDs, and pregnancy                                                                                                                                 |      |      |      |      |      | 83.4 | 80.6 | 90.5 | 83.2 | 83.2 | 65.5 | ↓             | ↓                |
| Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them                                                                                    |      |      |      |      |      | 73.6 | 77.2 | 81.7 | 73.8 | 77.9 | 70.4 |               | ↓                |
| Influence and support others to avoid or reduce sexual risk behaviors                                                                                                                                |      |      |      |      |      | 78.2 | 77.2 | 84.6 | 78.6 | 77.8 | 69.7 | ↓             | ↓                |
| The percentage of schools that assess the ability of students to do 7 skills in a required course taught during grades 6, 7, or 8 and during grades 9, 10, 11, or 12                                 |      |      |      |      |      | 54.9 | 54.8 | 54.5 | 51.8 | 48.8 | 41.5 | ↓             | ↓                |

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## Nutrition

| Percentage of schools in which teachers taught the following nutrition and dietary behaviors:                 | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|---------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Benefits of healthy eating                                                                                    |      |      | 96.1 | 97.5 | 99.2 | 97.3 | 96.2 | 96.8 | 96.7 | 97.1 | 98.3 | ↑             |                  |
| Benefits of drinking plenty of water                                                                          |      |      |      |      |      | 97.3 | 96.7 | 96.1 | 96.1 | 98.3 | 98.9 | ↓             |                  |
| Benefits of eating breakfast every day                                                                        |      |      |      |      |      |      | 96.2 | 95.7 | 94.7 | 95.4 | 94.6 | ↓             |                  |
| Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate)                              |      |      | 91.2 | 96.2 | 95.5 | 91.4 | 91.7 | 91.3 | 89.6 | 91.5 | 90.9 | ↓             |                  |
| Using food labels                                                                                             |      |      | 91.2 | 96.2 | 95.5 | 91.4 | 91.7 | 91.3 | 89.6 | 89.5 | 89.5 | ↓             |                  |
| Differentiating between nutritious and non-nutritious beverages                                               |      |      |      |      |      | 95.3 | 93.4 | 93.5 | 94.7 | 92.8 | 94.1 |               |                  |
| Balancing food intake and physical activity                                                                   |      |      | 95.7 | 96.7 | 97.9 | 96.5 | 96.3 | 96.3 | 94.3 | 95.7 | 95.2 | ↓             |                  |
| Eating more fruits, vegetables, and whole grain products                                                      |      |      | 96.2 | 97.6 | 99.2 | 95.6 | 96.2 | 95.3 | 96.1 | 96.2 | 94.9 | ↓             |                  |
| Choosing a variety of options within each food group                                                          |      |      |      |      |      |      |      |      |      | 94.5 | 90.8 | ↓             | ↓                |
| Choosing nutrient-dense foods and beverages that reflect personal preferences, culture, and budget            |      |      |      |      |      |      |      |      |      | 87.0 | 86.8 |               |                  |
| Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)                           |      |      | 94.5 | 96.1 | 96.6 | 94.4 | 90.9 | 89.6 | 93.7 | 92.1 | 86.3 | ↓             | ↓                |
| Choosing foods, snacks, and beverages that are low in added sugars                                            |      |      |      |      |      | 94.4 | 93.8 | 92.1 | 95.7 | 95.4 | 93.3 |               |                  |
| Choosing foods and snacks that are low in sodium                                                              |      |      |      |      |      | 91.9 | 88.9 | 86.6 | 89.4 | 89.2 | 85.0 | ↓             | ↓                |
| Eating a variety of foods that are high in calcium                                                            |      |      |      |      |      | 92.8 | 91.7 | 88.1 | 91.7 | 89.5 | 87.7 | ↓             |                  |
| Eating a variety of foods that are high in iron                                                               |      |      |      |      |      | 88.9 | 86.4 | 85.1 | 87.3 | 85.8 | 86.0 |               |                  |
| Food safety                                                                                                   |      |      | 84.2 | 82.8 | 89.0 | 87.8 | 82.7 | 86.4 | 86.9 | 85.6 | 86.3 |               |                  |
| Preparing healthy meals and snacks                                                                            |      |      | 90.0 | 86.3 | 94.8 | 90.2 | 83.5 | 89.3 | 89.8 | 88.7 | 89.2 |               |                  |
| Risks of unhealthy weight control practices                                                                   |      |      | 93.7 | 93.2 | 93.8 | 94.5 | 93.8 | 92.0 | 93.3 | 89.2 | 89.0 | ↓             |                  |
| Accepting body size differences                                                                               |      |      | 90.6 | 86.5 | 94.8 | 91.0 | 89.7 | 88.6 | 91.7 | 92.3 | 94.9 | ↑             | ↑                |
| Signs, symptoms, and treatment for eating disorders                                                           |      |      | 91.5 | 87.0 | 91.1 | 89.1 | 86.7 | 83.1 | 90.0 | 86.2 | 90.4 |               | ↑                |
| Relationship between diet and chronic diseases                                                                |      |      |      |      |      | 91.0 | 87.5 | 86.8 | 90.3 | 88.4 | 92.7 |               |                  |
| Finding valid information about nutrition (e.g., differentiating between advertising and factual information) |      |      |      |      |      |      |      |      |      | 89.3 | 86.8 |               |                  |
| Food production, including how food is grown, harvested, processed, packaged, and transported                 |      |      |      |      |      |      |      | 68.9 | 73.0 | 74.9 | 73.4 |               |                  |
| Percentage of schools that taught all 23 nutrition and dietary behavior topics during the current school year |      |      |      |      |      |      |      |      |      | 64.3 | 60.7 |               |                  |



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## Physical Activity

| Percentage of schools in which teachers taught the following physical activity topics:                                               | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|--------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease                             |      |      |      |      |      | 97.8 | 97.1 | 97.2 | 94.8 | 88.4 | 98.8 |               | ↑                |
| Mental and social benefits of physical activity                                                                                      |      |      |      |      |      | 97.8 | 98.4 | 97.8 | 97.8 | 98.4 | 99.4 | ↑             | ↑                |
| Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition) |      |      | 97.8 | 98.2 | 98.3 | 97.4 | 97.2 | 96.8 | 97.8 | 98.8 | 98.8 |               |                  |
| Phases of a workout (i.e., warm-up, workout, cool down)                                                                              |      |      | 97.6 | 97.6 | 98.7 | 96.0 | 97.1 | 96.8 | 98.0 | 98.8 | 99.4 | ↑             |                  |
| Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity                  |      |      |      |      |      | 92.7 | 91.8 | 94.0 | 95.1 | 95.5 | 93.3 |               |                  |
| Decreasing sedentary activities (e.g., television viewing)                                                                           |      |      | 88.6 | 94.9 | 93.1 | 96.6 | 96.8 | 94.5 | 97.7 | 96.4 | 98.8 | ↑             | ↑                |
| Preventing injury during physical activity                                                                                           |      |      | 96.1 | 93.3 | 94.9 | 97.4 | 96.7 | 96.4 | 95.8 | 97.2 | 98.4 | ↑             |                  |
| Weather-related safety (e.g., avoid heat stroke, hypothermia, and sunburn while physically active)                                   |      |      | 85.3 | 81.6 | 88.5 | 90.8 | 90.2 | 86.4 | 91.0 | 88.2 | 87.1 | ↑             |                  |
| Dangers of using performance-enhancing drugs (e.g., steroids)                                                                        |      |      | 88.8 | 87.9 | 85.8 | 87.6 | 89.0 | 80.4 | 83.2 | 87.9 | 83.6 | ↓             | ↓                |
| Increasing daily physical activity                                                                                                   |      |      |      |      |      | 97.8 | 99.6 | 97.6 | 98.7 | 96.8 | 97.9 |               |                  |
| Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)                 |      |      |      |      |      | 96.4 | 97.2 | 93.5 | 95.2 | 96.3 | 99.4 | ↑             | ↑                |
| Using safety equipment for specific physical activities                                                                              |      |      |      |      |      | 93.1 | 94.4 | 90.8 | 95.2 | 93.5 | 94.1 |               |                  |
| Benefits of drinking water before, during, and after physical activity                                                               |      |      |      |      |      | 96.1 | 98.8 | 98.1 | 98.2 | 97.1 | 98.5 |               | ↑                |
| Percentage of schools that taught all 13 physical activity topics during the current school year                                     |      |      |      |      |      | 79.7 | 77.2 | 71.5 | 73.6 | 79.4 | 77.8 |               |                  |

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## Mental and Emotional Health

| Percentage of schools in which teachers taught the following mental and emotional health topics:                                            | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|---------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Identifying and labeling emotions                                                                                                           |      |      |      |      |      |      |      |      |      | 87.5 | 91.0 | ↑             | ↑                |
| How to express feelings in a healthy way                                                                                                    |      |      |      |      |      |      |      |      |      | 95.1 | 96.8 |               |                  |
| The importance of engaging in activities that are mentally and emotionally healthy                                                          |      |      |      |      |      |      |      |      |      | 97.2 | 96.5 |               |                  |
| How to manage interpersonal conflict in healthy ways                                                                                        |      |      |      |      |      |      |      |      |      | 96.3 | 95.6 |               |                  |
| How to prevent and manage emotional stress and anxiety in healthy ways                                                                      |      |      |      |      |      |      |      |      |      | 97.1 | 93.8 | ↓             | ↓                |
| How to use self-control and impulse control strategies to promote health (e.g., goal setting and tracking, breathing techniques)            |      |      |      |      |      |      |      |      |      | 86.8 | 92.9 | ↑             | ↑                |
| How to get help for troublesome thoughts, feelings, or actions for oneself and others                                                       |      |      |      |      |      |      |      |      |      | 94.7 | 95.4 |               |                  |
| Value of individual differences (e.g., culture, ethnicity, ability)                                                                         |      |      |      |      |      |      |      |      |      | 93.0 | 91.3 |               |                  |
| How to establish and maintain healthy relationships                                                                                         |      |      |      |      |      |      |      |      |      | 93.8 | 96.5 | ↑             | ↑                |
| Importance of habits (e.g., exercise, healthy eating, meditation, mindfulness) that promote mental well-being                               |      |      |      |      |      |      |      |      |      | 97.9 | 95.1 | ↓             | ↓                |
| Percentage of schools that taught all 10 mental and emotional health topics during the current school year                                  |      |      |      |      |      |      |      |      |      | 74.9 | 81.2 | ↑             | ↑                |
| Percentage of schools in which teachers taught the following violence prevention topics:                                                    |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Building empathy (e.g., identification with and understanding of another person's feelings)                                                 |      |      |      |      |      |      |      |      |      | 88.7 | 93.7 | ↑             | ↑                |
| Perspective taking (e.g., taking another person's point of view)                                                                            |      |      |      |      |      |      |      |      |      | 88.5 | 91.2 |               |                  |
| Strategies for being a positive bystander (e.g., safely de-escalating, preventing, or stopping bullying and harassment)                     |      |      |      |      |      |      |      |      |      | 85.7 | 85.6 |               |                  |
| Describing how stigma, bias, and prejudice can lead to stereotypes, discrimination, and violence                                            |      |      |      |      |      |      |      |      |      | 80.9 | 77.8 |               |                  |
| Identifying the signs and symptoms of when someone may be thinking of hurting themselves                                                    |      |      |      |      |      |      |      |      |      | 90.6 | 87.0 | ↑             |                  |
| Getting help to prevent or stop violence (including inappropriate touching, harassment, abuse, bullying, hazing, fighting, and hate crimes) |      |      |      |      |      |      |      |      |      | 92.3 | 89.8 |               |                  |
| Getting help for self or others who are in danger of hurting themselves                                                                     |      |      |      |      |      |      |      |      |      | 92.3 | 89.3 |               |                  |
| Percentage of schools that taught all 7 violence prevention topics during the current school year                                           |      |      |      |      |      |      |      |      |      | 68.2 | 73.4 | ↑             | ↑                |

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**Community Outreach and collaboration**

| Percentage of schools in which health education staff worked with the following groups on health education activities:                                                                  | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Physical education staff                                                                                                                                                                | 81.9 | 85.4 | 88.5 | 82.7 | 81.7 | 85.9 | 81.6 | 82.6 | 79.5 |      |      | ↓             |                  |
| Health services staff (e.g., nurses)                                                                                                                                                    | 55.9 | 56.8 | 53.7 | 62.8 | 60.7 | 54.6 | 58.2 | 57.6 | 65.5 |      |      | ↑             | ↑                |
| Mental health or social services staff (e.g., psychologists, counselors, social workers)                                                                                                | 58.7 | 64.6 | 61.1 | 68.7 | 64.0 | 63.4 | 64.7 | 66.7 | 66.2 |      |      | ↑             | ↑                |
| Nutrition or food service staff                                                                                                                                                         | 28.4 | 39.4 | 42.1 | 36.3 | 43.3 | 41.4 | 37.6 | 30.9 | 37.3 |      |      | ↑             | ↑                |
| School health council, committee, or team                                                                                                                                               |      |      |      | 35.8 | 34.1 | 34.5 | 35.6 | 33.2 | 38.3 |      |      |               | ↑                |
| <b>Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge during the current school year:</b>                |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| HIV, STD, or pregnancy prevention                                                                                                                                                       |      |      | 27.9 | 22.8 | 20.2 | 18.3 | 19.0 | 21.6 | 15.1 |      |      | ↓             | ↓                |
| Tobacco-use prevention                                                                                                                                                                  |      |      | 46.2 | 37.0 | 33.6 | 30.1 | 33.1 | 26.0 | 36.3 |      |      | ↓             | ↑                |
| Alcohol- or other drug-use prevention                                                                                                                                                   |      |      |      |      |      |      | 33.0 | 23.7 | 29.1 |      |      | ↓             | ↑                |
| Physical activity                                                                                                                                                                       |      |      | 46.8 | 42.2 | 38.6 | 41.4 | 41.6 | 33.6 | 32.5 |      |      | ↓             |                  |
| Nutrition and healthy eating                                                                                                                                                            |      |      | 41.0 | 43.0 | 40.0 | 40.5 | 43.7 | 32.9 | 35.4 |      |      | ↓             |                  |
| Asthma                                                                                                                                                                                  |      |      | 17.2 | 17.7 | 15.3 | 16.2 | 15.5 | 15.1 | 13.0 |      |      | ↓             |                  |
| Food allergies                                                                                                                                                                          |      |      |      |      |      | 24.1 | 26.3 | 25.3 | 23.5 |      |      |               |                  |
| Diabetes                                                                                                                                                                                |      |      |      |      |      | 21.0 | 19.3 | 19.0 | 20.1 |      |      |               |                  |
| Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)                                                                               |      |      |      |      |      | 63.9 | 62.7 | 53.4 | 58.1 |      |      | ↓             | ↑                |
| <b>Percentage of schools in which teachers have given students health education homework assignments or activities to do at home with their parents during the current school year:</b> |      |      |      |      |      | 53.1 | 49.4 | 44.3 | 42.9 |      |      | ↓             |                  |

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## Professional Development

| Percentage of schools in which the lead health education teacher received professional development on the following topics within the past two years: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Alcohol- or other drug-use prevention                                                                                                                 | 53.7 | 70.0 | 52.0 | 40.8 | 44.8 | 34.6 | 39.6 | 32.8 | 43.8 | 35.2 | 51.6 | ↓             | ↑                |
| Asthma                                                                                                                                                |      | 13.8 | 14.5 | 19.8 | 23.6 | 17.9 | 19.1 | 18.4 | 18.5 | 19.2 | 32.2 | ↑             | ↑                |
| Chronic disease prevention                                                                                                                            |      |      |      |      |      |      | 28.5 | 27.6 | 31.7 | 21.6 | 39.3 | ↑             | ↑                |
| Emotional and mental health                                                                                                                           | 31.9 | 38.9 | 34.1 | 32.2 | 31.9 | 32.0 | 45.6 | 46.9 | 65.3 | 57.5 | 71.5 | ↑             | ↑                |
| Epilepsy or seizure disorder                                                                                                                          |      |      |      |      |      | 13.2 | 16.2 | 19.5 | 19.4 | 24.9 | 32.4 | ↑             | ↑                |
| Food allergies                                                                                                                                        |      |      |      |      |      | 21.7 | 22.3 | 21.1 | 20.3 | 22.8 | 29.2 | ↑             | ↑                |
| Foodborne illness prevention                                                                                                                          |      | 21.3 | 18.0 | 19.9 | 20.5 | 14.0 | 18.8 | 20.0 | 19.0 | 17.6 | 19.2 |               |                  |
| HIV prevention                                                                                                                                        | 51.7 | 44.8 | 36.9 | 39.4 | 46.4 | 33.8 | 21.2 | 22.6 | 20.8 | 16.3 | 20.3 | ↓             |                  |
| Human sexuality                                                                                                                                       | 29.5 | 27.1 | 29.7 | 29.8 | 36.2 | 26.8 | 18.7 | 22.1 | 25.2 | 20.1 | 19.5 | ↓             |                  |
| Infectious disease prevention (e.g., flu prevention)                                                                                                  |      |      |      |      | 43.7 | 31.2 | 28.5 | 30.4 | 31.6 | 55.8 | 46.5 | ↑             | ↓                |
| Injury prevention and safety                                                                                                                          | 52.0 | 47.9 | 52.8 | 51.2 | 50.7 | 37.0 | 45.2 | 40.2 | 54.4 | 42.4 | 63.8 |               | ↑                |
| Nutrition and dietary behavior                                                                                                                        | 37.6 | 34.5 | 41.8 | 32.6 | 36.3 | 30.2 | 31.9 | 28.5 | 34.8 | 24.9 | 36.0 | ↓             | ↑                |
| Physical activity and fitness                                                                                                                         | 55.3 | 51.9 | 58.4 | 56.4 | 52.7 | 47.1 | 53.5 | 48.6 | 47.0 | 44.4 | 59.4 | ↓             | ↑                |
| Pregnancy prevention                                                                                                                                  | 27.7 | 23.4 | 20.3 | 28.5 | 26.0 | 24.7 | 15.2 | 17.3 | 16.5 | 13.9 | 16.3 | ↓             |                  |
| STD prevention                                                                                                                                        | 40.1 | 33.2 | 29.7 | 33.9 | 37.3 | 29.1 | 18.4 | 18.1 | 19.3 | 14.8 | 18.6 | ↓             |                  |
| Sleep health (e.g., how much sleep students need, good sleep habits)                                                                                  |      |      |      |      |      |      |      |      |      | 20.1 | 33.9 | ↑             | ↑                |
| Suicide prevention                                                                                                                                    | 27.9 | 30.7 | 32.2 | 38.9 | 35.4 | 32.7 | 48.3 | 61.4 | 64.6 | 56.2 | 69.6 | ↑             | ↑                |
| Tobacco-use prevention                                                                                                                                | 40.8 | 39.4 | 42.5 | 33.2 | 34.7 | 27.3 | 35.9 | 31.6 | 48.6 | 31.7 | 37.1 | ↓             | ↑                |
| Violence prevention (e.g., bullying, fighting, dating violence prevention)                                                                            | 52.3 | 58.6 | 53.3 | 52.6 | 65.3 | 51.0 | 52.5 | 47.5 | 53.8 | 40.5 | 43.1 | ↓             |                  |

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## Professional Development

| Percentage of schools in which the lead health education teacher received professional development on the following topics within the past two years:                   | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Teaching students with physical, medical, or cognitive disabilities                                                                                                     | 35.2 | 43.6 | 31.7 | 23.0 | 27.5 | 30.9 | 38.8 | 38.2 | 48.7 | 40.6 | 53.3 | ↑             | ↑                |
| Teaching students of various cultural backgrounds                                                                                                                       | 24.3 | 33.0 | 38.2 | 33.0 | 39.5 | 30.3 | 37.0 | 34.4 | 34.2 | 32.4 | 44.7 | ↑             | ↑                |
| Teaching students with limited English proficiency                                                                                                                      | 10.8 | 8.8  | 10.6 | 8.2  | 9.0  | 7.0  | 13.0 | 10.6 | 15.4 | 16.6 | 29.5 | ↑             | ↑                |
| Using interactive teaching methods (e.g., role plays, cooperative group activities)                                                                                     | 44.8 | 45.2 | 39.9 | 49.3 | 51.4 | 46.3 | 48.2 | 41.8 | 49.8 | 39.4 | 54.4 | ↑             | ↑                |
| Encouraging family or community involvement                                                                                                                             | 32.9 | 35.8 | 32.7 | 32.8 | 31.2 | 30.4 | 33.0 | 28.1 | 38.2 | 30.0 | 47.9 | ↑             | ↑                |
| Teaching skills for behavior change                                                                                                                                     | 51.0 | 52.7 | 47.0 | 38.3 | 44.3 | 33.9 | 39.4 | 34.6 | 52.7 | 39.3 | 59.0 |               | ↑                |
| Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)                      |      | 57.2 | 52.2 | 50.8 | 56.7 | 52.2 | 54.9 | 49.2 | 61.6 | 51.7 | 74.5 | ↑             | ↑                |
| Assessing or evaluating students in health education                                                                                                                    |      | 34.6 | 30.5 | 28.2 | 28.2 | 25.5 | 29.6 | 30.8 | 31.8 | 25.1 | 49.5 | ↑             | ↑                |
| Percentage of schools in which the health education teacher was certified, licensed, or endorsed by the state to teach health education in middle school or high school |      | 90.8 | 95.5 | 94.0 | 96.7 | 97.2 | 96.6 | 96.1 | 96.5 | 93.4 | 92.8 |               |                  |

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Professional Development – Sexual Health

| Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Aligning lessons and materials with the district scope and sequence for sexual health education                                                                         |      |      |      |      |      |      | 20.4 | 27.2 | 22.6 | 17.8 | 26.6 |               | ↑                |
| Creating a comfortable and safe learning environment for students receiving sexual health education                                                                     |      |      |      |      |      |      | 21.7 | 25.3 | 26.0 | 19.5 | 22.8 |               |                  |
| Connecting students to on-site or community-based sexual health services                                                                                                |      |      |      |      |      |      | 15.1 | 24.1 | 18.0 | 13.0 | 18.1 |               | ↑                |
| Using a variety of effective instructional strategies to deliver sexual health education                                                                                |      |      |      |      |      |      | 18.7 | 24.2 | 20.1 | 16.5 | 17.8 | ↓             | ↓                |
| Building student skills in HIV, other STD, and pregnancy prevention                                                                                                     |      |      |      |      |      |      | 20.3 | 23.7 | 20.4 | 14.2 | 16.0 | ↓             |                  |
| Assessing student knowledge and skills in sexual health education                                                                                                       |      |      |      |      |      |      | 20.5 | 24.7 | 18.6 | 16.4 | 16.9 | ↓             | ↓                |
| Understanding current district or school board policies or curriculum guidance regarding sexual health education                                                        |      |      |      |      |      |      | 21.9 | 26.3 | 21.9 | 16.6 | 24.4 |               | ↑                |
| Identifying appropriate modifications to the sexual health curriculum to meet the needs of all students                                                                 |      |      |      |      |      |      |      |      | 15.7 | 16.9 | 18.5 |               |                  |
| Engaging parents in sexual health education                                                                                                                             |      |      |      |      |      |      |      |      | 10.1 | 11.3 | 17.4 | ↑             | ↑                |
| Delivering virtual or eLearning sexual health education instruction                                                                                                     |      |      |      |      |      |      |      |      |      | 12.6 | 12.5 |               |                  |

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Professional Development – Would like to receive

| Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics: | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Alcohol- or other drug-use prevention                                                                                                    | 67.7 | 71.8 | 78.5 | 70.2 | 74.3 | 68.4 | 73.0 | 64.8 | 76.8 | 71.0 | 61.5 | ↑             | ↑                |
| Asthma                                                                                                                                   |      | 61.2 | 69.3 | 58.6 | 61.0 | 50.6 | 54.9 | 46.7 | 53.9 | 51.3 | 44.4 | ↓             | ↑                |
| Chronic disease prevention                                                                                                               |      |      |      |      |      |      | 71.1 | 61.2 | 67.1 | 62.7 | 56.9 | ↓             | ↑                |
| Emotional and mental health                                                                                                              | 65.6 | 70.7 | 75.7 | 65.6 | 67.2 | 65.5 | 72.8 | 74.2 | 80.5 | 75.5 | 74.5 | ↑             | ↑                |
| Epilepsy or seizure disorder                                                                                                             |      |      |      |      |      | 48.1 | 52.6 | 47.5 | 60.6 | 57.0 | 48.8 | ↑             | ↑                |
| Food allergies                                                                                                                           |      |      |      |      |      | 51.4 | 51.8 | 50.3 | 55.6 | 52.4 | 55.0 |               | ↑                |
| Foodborne illness prevention                                                                                                             |      | 49.8 | 54.5 | 46.8 | 48.0 | 47.2 | 45.2 | 45.8 | 52.7 | 48.4 | 42.9 |               | ↑                |
| HIV prevention                                                                                                                           | 59.7 | 62.4 | 72.0 | 66.3 | 63.8 | 63.3 | 63.8 | 60.3 | 67.2 | 57.8 | 52.2 |               | ↑                |
| Human sexuality                                                                                                                          | 53.5 | 56.1 | 72.8 | 65.5 | 62.7 | 64.8 | 70.5 | 61.9 | 77.4 | 66.1 | 55.2 | ↑             | ↑                |
| Infectious disease prevention (e.g., flu prevention)                                                                                     |      |      |      |      | 55.6 | 54.0 | 61.9 | 58.3 | 64.7 | 59.2 | 47.9 | ↑             | ↑                |
| Injury prevention and safety                                                                                                             | 43.9 | 62.4 | 67.0 | 62.8 | 61.1 | 56.0 | 61.5 | 58.0 | 66.7 | 58.6 | 57.3 | ↑             | ↑                |
| Nutrition and dietary behavior                                                                                                           | 63.6 | 73.9 | 78.7 | 76.5 | 69.8 | 73.2 | 76.9 | 68.0 | 78.9 | 67.8 | 69.1 | ↑             | ↑                |
| Physical activity and fitness                                                                                                            | 60.5 | 71.5 | 75.5 | 74.2 | 70.2 | 67.0 | 71.3 | 66.3 | 71.8 | 69.9 | 68.4 | ↑             | ↑                |
| Pregnancy prevention                                                                                                                     | 51.2 | 57.1 | 64.6 | 58.1 | 65.0 | 55.4 | 62.0 | 58.9 | 61.5 | 56.2 | 51.4 | ↑             |                  |
| STD prevention                                                                                                                           | 57.0 | 61.5 | 71.4 | 62.6 | 63.2 | 63.4 | 68.1 | 63.6 | 66.4 | 61.7 | 54.6 | ↑             |                  |
| Sleep health (e.g., how much sleep students need, good sleep habits)                                                                     |      |      |      |      |      |      |      |      |      | 63.8 | 61.4 |               |                  |
| Suicide prevention                                                                                                                       | 74.4 | 71.7 | 80.3 | 70.3 | 75.5 | 72.1 | 76.1 | 74.4 | 77.6 | 70.3 | 65.7 |               |                  |
| Tobacco-use prevention                                                                                                                   | 61.0 | 59.9 | 66.4 | 61.3 | 66.2 | 66.2 | 67.6 | 63.0 | 74.8 | 63.4 | 54.1 | ↑             | ↑                |
| Violence prevention (e.g., bullying, fighting, dating violence prevention)                                                               | 75.9 | 72.1 | 77.4 | 75.0 | 76.6 | 74.0 | 76.5 | 69.8 | 80.6 | 66.2 | 62.3 | ↑             | ↑                |

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Professional Development – Would like to receive

| Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:                                       | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | 2020 | 2022 | 2024 | Linear Change | 2022-2024 Change |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|---------------|------------------|
| Teaching students with physical, medical, or cognitive disabilities                                                                                                            | 53.7 | 61.5 | 60.4 | 57.1 | 61.1 | 63.4 | 65.3 | 63.7 | 72.8 | 65.0 | 63.4 | ↑             |                  |
| Teaching students of various cultural backgrounds                                                                                                                              | 39.6 | 43.7 | 47.2 | 44.4 | 45.9 | 49.2 | 53.9 | 52.7 | 65.4 | 55.5 | 53.7 | ↑             |                  |
| Teaching students with limited English proficiency                                                                                                                             | 29.8 | 34.9 | 35.4 | 31.6 | 33.3 | 42.3 | 37.8 | 39.6 | 50.6 | 45.4 | 40.8 | ↑             |                  |
| Using interactive teaching methods (e.g., role plays, cooperative group activities)                                                                                            | 55.1 | 60.9 | 66.5 | 65.4 | 59.0 | 60.0 | 67.2 | 67.8 | 68.9 | 63.8 | 62.1 | ↑             |                  |
| Encouraging family or community involvement                                                                                                                                    | 61.2 | 62.3 | 70.3 | 65.6 | 66.4 | 63.0 | 67.0 | 67.9 | 75.2 | 64.2 | 63.1 | ↑             |                  |
| Teaching skills for behavior change                                                                                                                                            | 70.6 | 79.4 | 75.2 | 76.4 | 70.4 | 72.7 | 70.9 | 74.9 | 78.1 | 70.8 | 70.4 | ↓             |                  |
| Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)                             |      | 74.0 | 68.0 | 70.2 | 64.6 | 62.2 | 68.5 | 65.1 | 70.8 | 63.8 | 59.4 | ↓             |                  |
| Assessing or evaluating students in health education                                                                                                                           |      | 71.1 | 79.7 | 72.3 | 72.9 | 73.2 | 70.7 | 70.1 | 78.4 | 67.9 | 71.1 |               |                  |
| <b>Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:</b> |      |      |      |      |      |      |      |      |      |      |      |               |                  |
| Aligning lessons and materials with the district scope and sequence for sexual health education                                                                                |      |      |      |      |      |      | 64.1 | 60.4 | 62.2 | 60.0 | 54.8 | ↓             |                  |
| Creating a comfortable and safe learning environment for students receiving sexual health education                                                                            |      |      |      |      |      |      | 61.5 | 64.9 | 68.6 | 67.7 | 57.9 |               | ↓                |
| Connecting students to on-site or community-based sexual health services                                                                                                       |      |      |      |      |      |      | 59.7 | 62.0 | 64.3 | 61.2 | 47.3 | ↓             | ↓                |
| Using a variety of effective instructional strategies to deliver sexual health education                                                                                       |      |      |      |      |      |      | 72.5 | 73.7 | 76.6 | 72.9 | 60.4 | ↓             | ↓                |
| Building student skills in HIV, other STD, and pregnancy prevention                                                                                                            |      |      |      |      |      |      | 66.8 | 64.9 | 70.7 | 62.8 | 54.9 | ↓             | ↓                |
| Assessing student knowledge and skills in sexual health education                                                                                                              |      |      |      |      |      |      | 65.5 | 67.0 | 73.0 | 66.9 | 61.7 |               | ↓                |
| Understanding current district or school board policies or curriculum guidance regarding sexual health education                                                               |      |      |      |      |      |      | 64.8 | 65.0 | 68.0 | 57.0 | 56.4 | ↓             |                  |
| Identifying appropriate modifications to the sexual health curriculum to meet the needs of all students                                                                        |      |      |      |      |      |      |      |      | 69.9 | 66.0 | 57.0 | ↓             | ↓                |
| Engaging parents in sexual health education                                                                                                                                    |      |      |      |      |      |      |      |      | 71.6 | 61.6 | 53.4 | ↓             | ↓                |
| Delivering virtual or eLearning sexual health education instruction                                                                                                            |      |      |      |      |      |      |      |      |      | 60.6 | 46.4 | ↓             | ↓                |