

2020

Montana School Health

Profiles

Characteristics of School Health Policies and
Health Education Programs
in Montana Schools

Montana Office of Public Instruction
Coordinated School Health Unit
School Health Profiles Program
October 2020



To measure progress in the implementation of school health policies and practices that help improve the health of school-aged youth, the Centers for Disease Control and Prevention (CDC), in collaboration with state and local education and health agencies, developed the School Health Profiles (Profiles). Profiles has been conducted biennially since 1996. Profiles consists of a two-part questionnaire used by principals and the lead health education teacher at secondary schools in Montana serving students in grades 6 through 12. For each middle or high school sampled, the principal and the lead health education teacher completed a self-administered questionnaire. The principal questionnaire reported on school health policies and practices while the health education teacher questionnaire reported on health education program implementation. In 2020, the Montana sample consisted of 279 schools, with 247 (89%) of principals and 211 (76%) of health education teachers returning completed questionnaires.

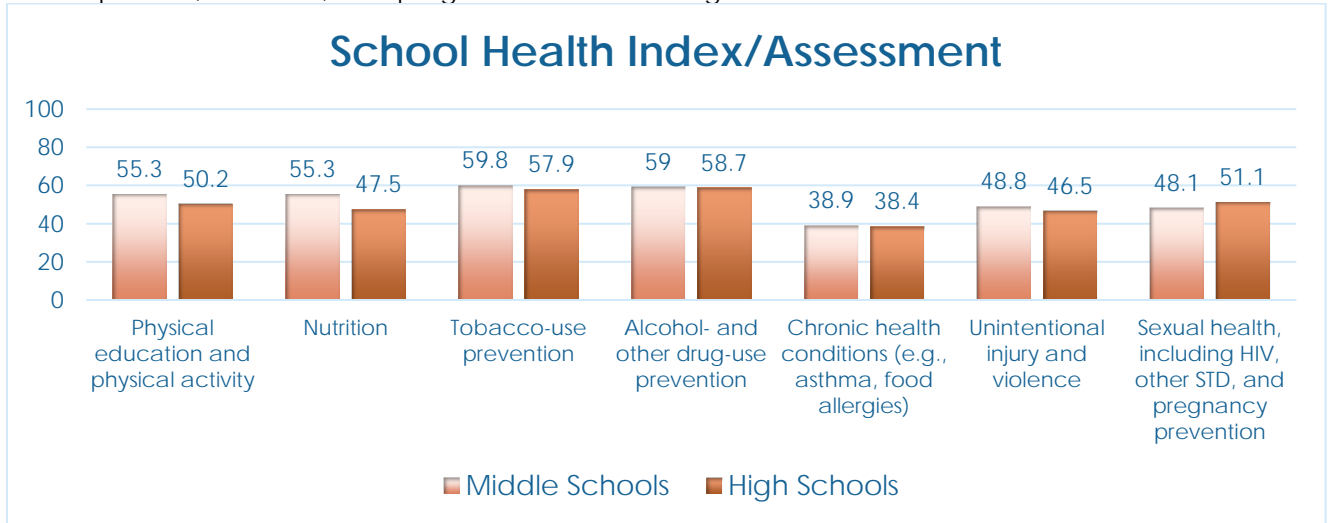
Profiles helps education and health agencies monitor and assess characteristics of and trends in school health education, physical education, and physical activity; practices related to bullying and sexual harassment; school health policies related to tobacco-use prevention, nutrition, school-based health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

Principal Survey Results	Pages 3-22
Health Education Teacher Survey Results.....	Pages 24-38

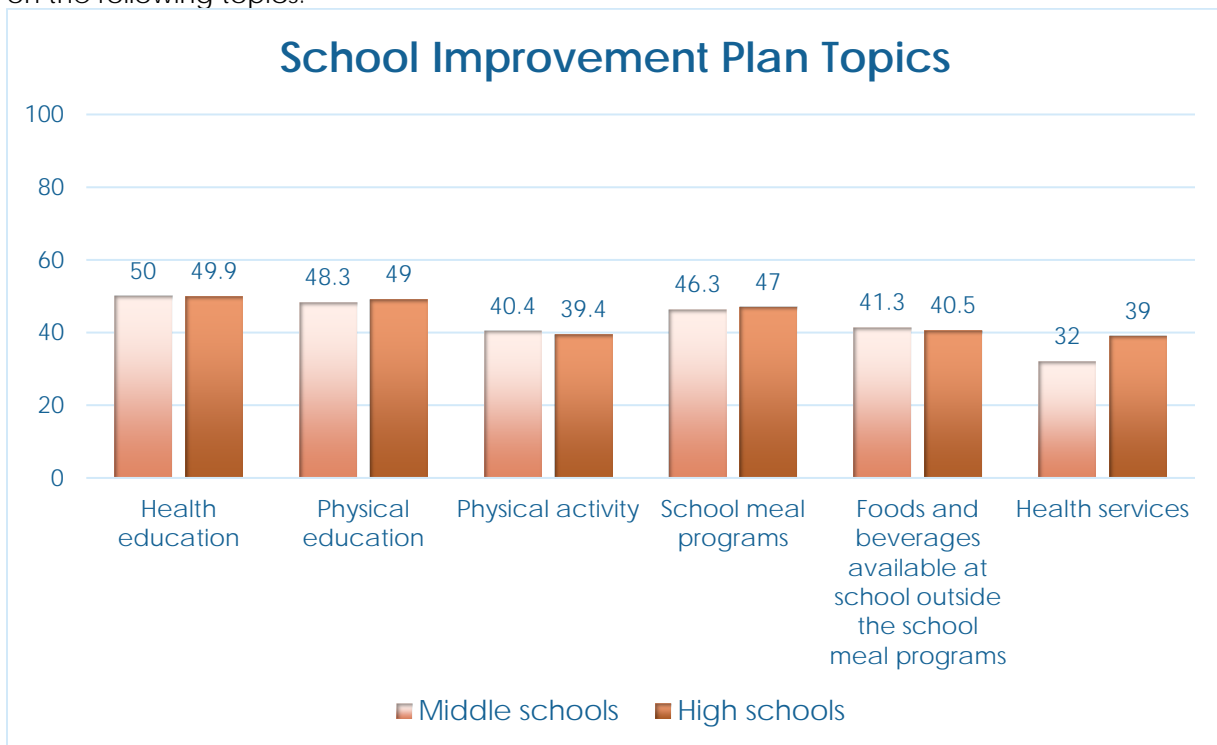
Principal Survey Results

School Health Coordination

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



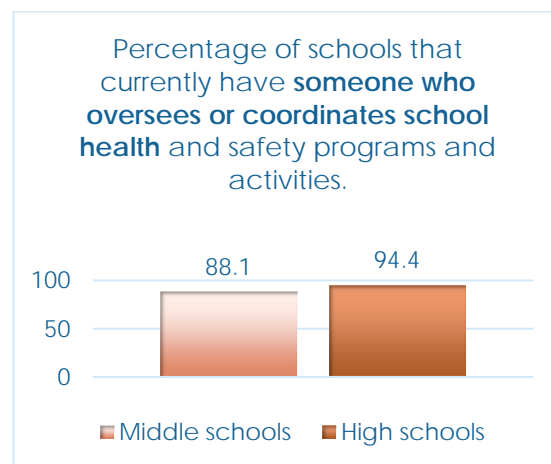
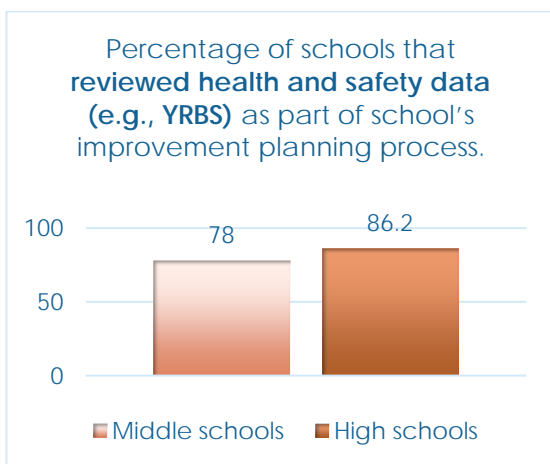
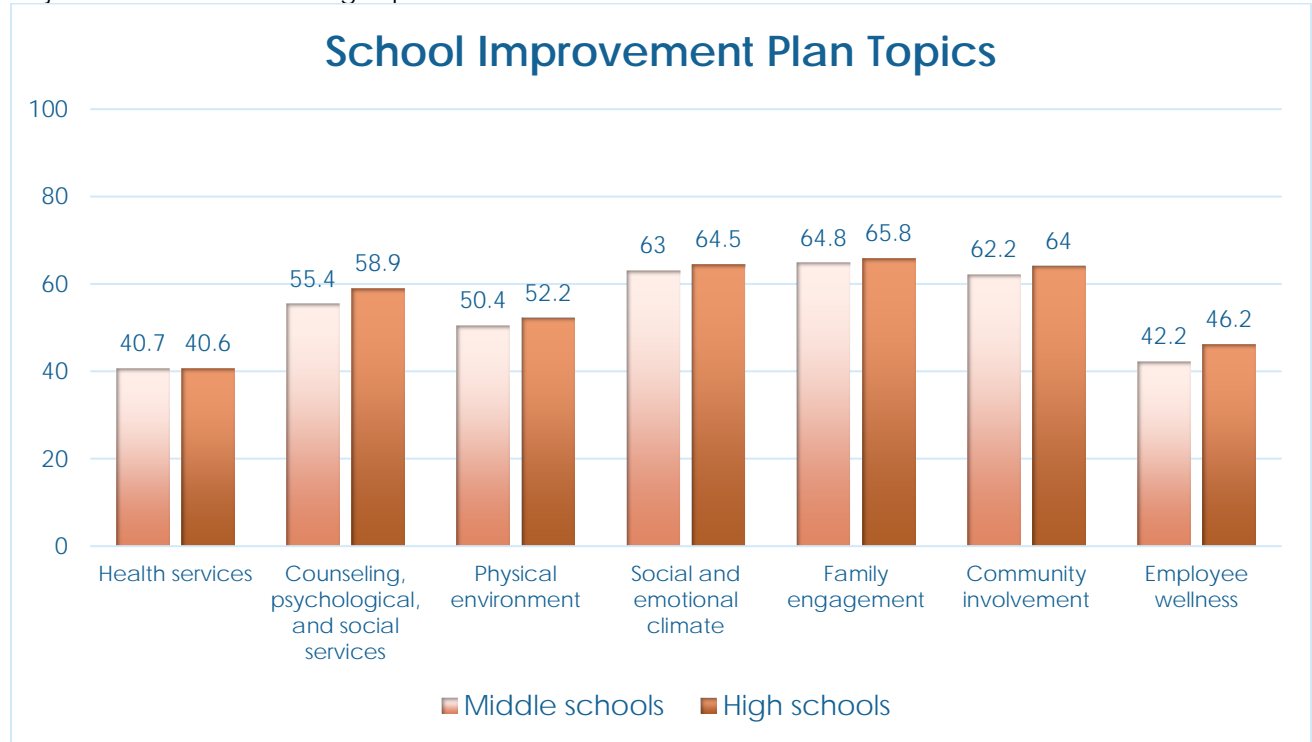
Percentage of schools with a **School Improvement Plan** that includes health-related objectives on the following topics.



Principal Survey Results

School Health Coordination

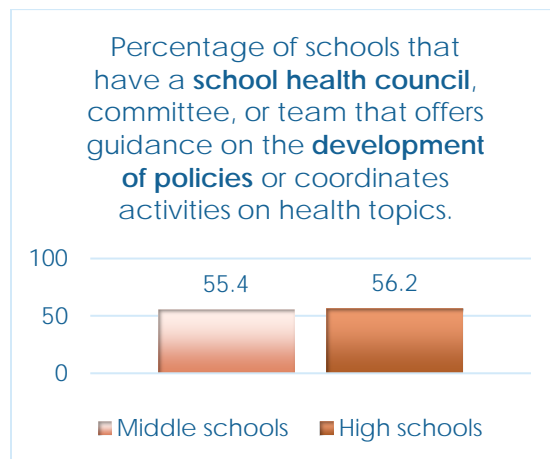
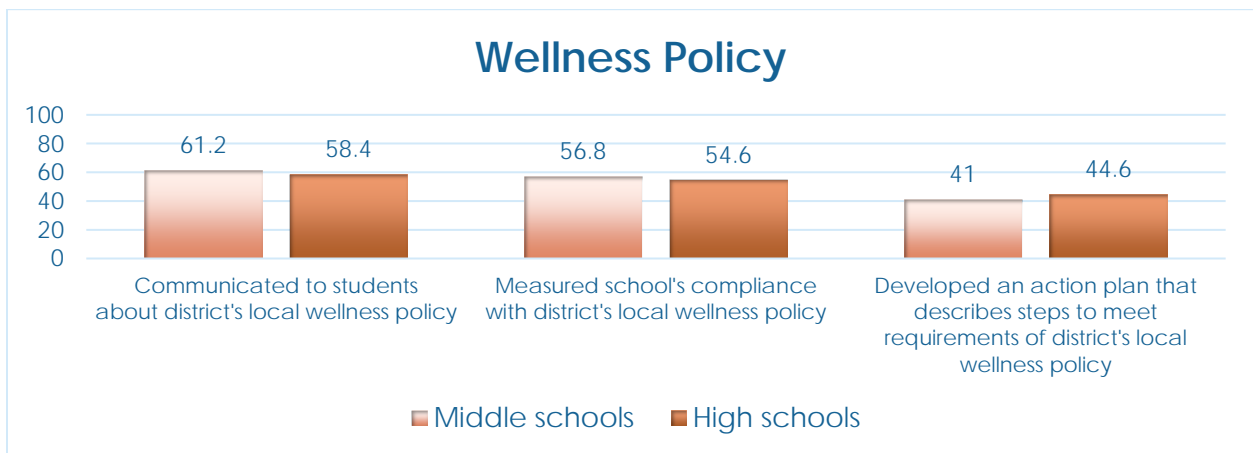
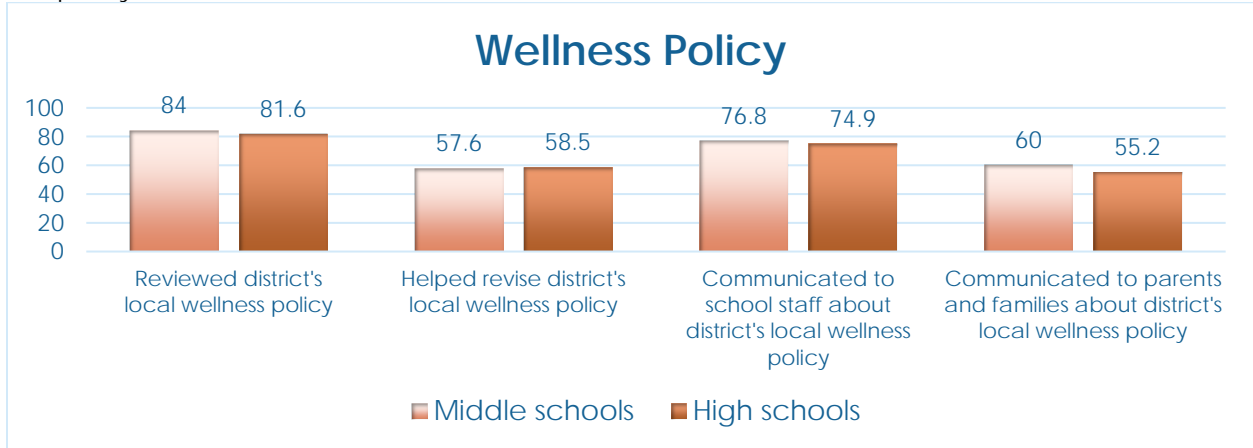
Continued - Percentage of schools with a **School Improvement Plan** that includes health-related objectives on the following topics.



Principal Survey Results

School Health Coordination

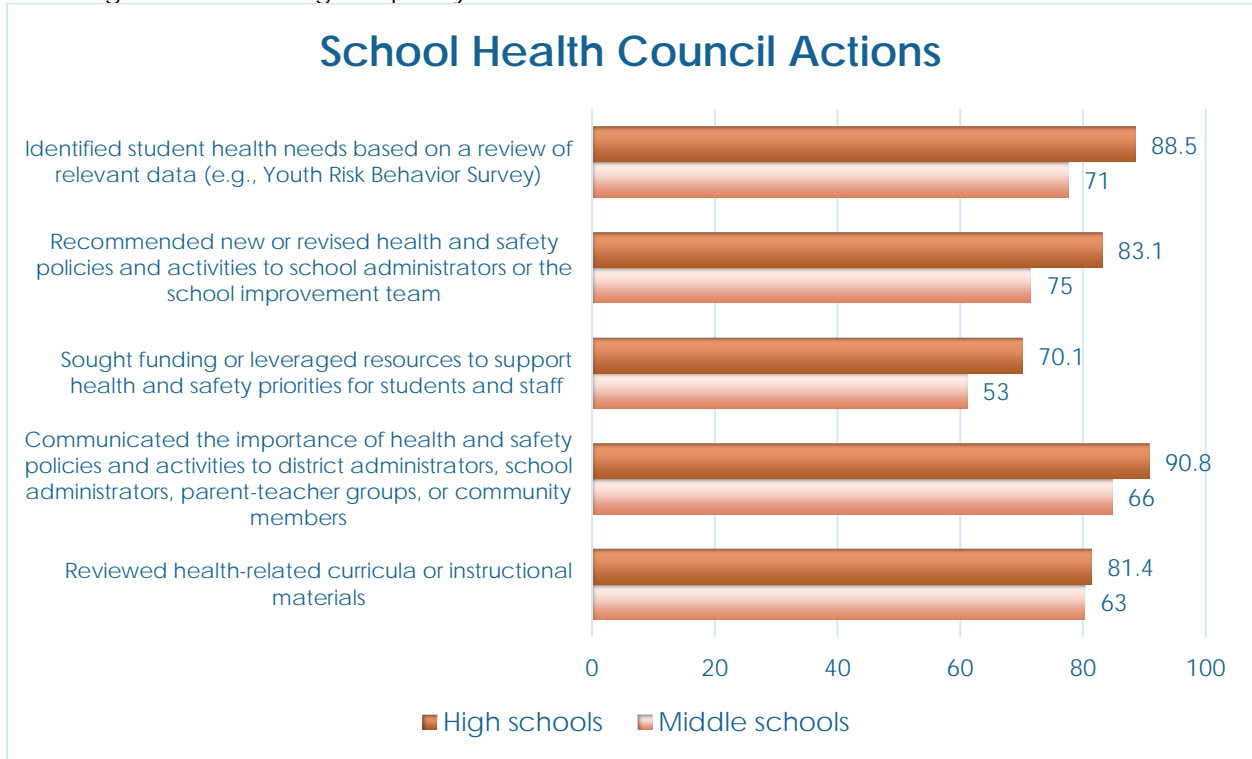
Percentage of schools that conducted the following activities with their **Wellness Policy** during the past year.



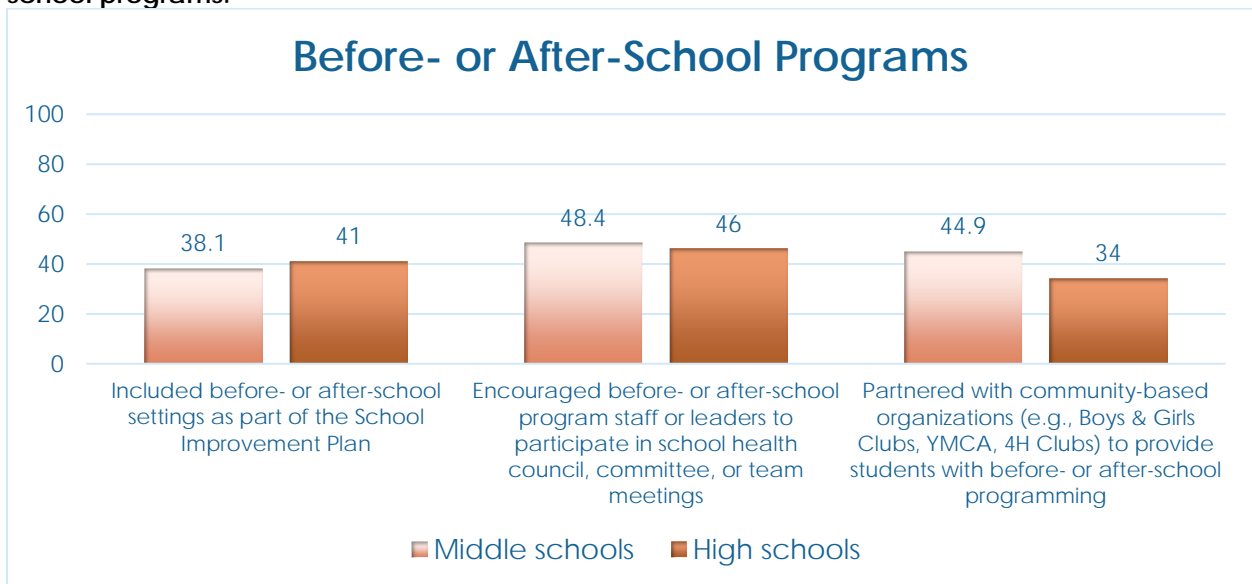
Principal Survey Results

School Health Coordination

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



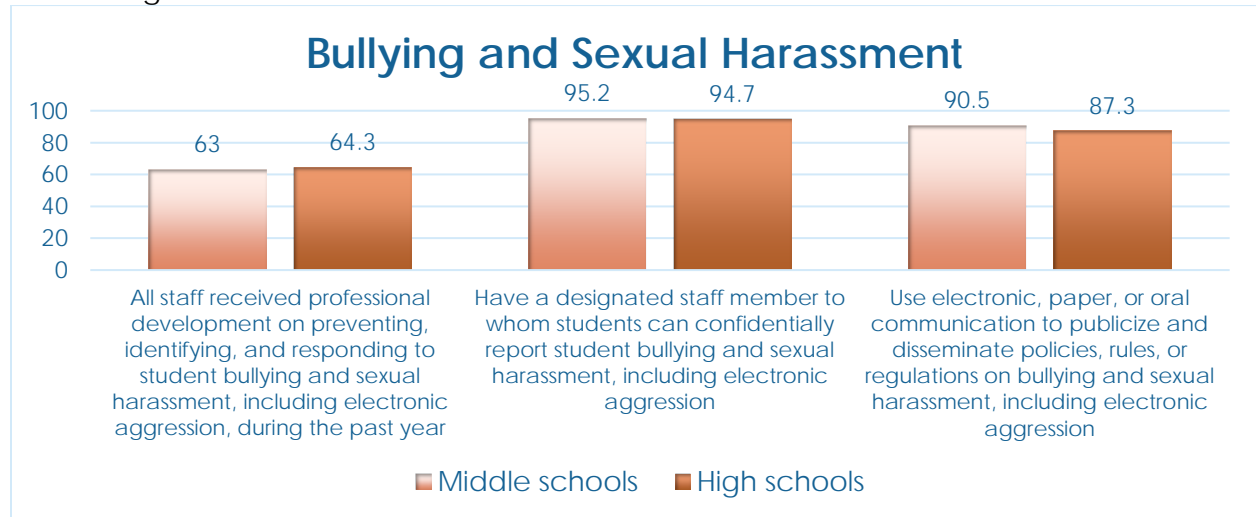
Percentage of schools that have taken any of the following actions related to **before- or after-school programs**.



Principal Survey Results

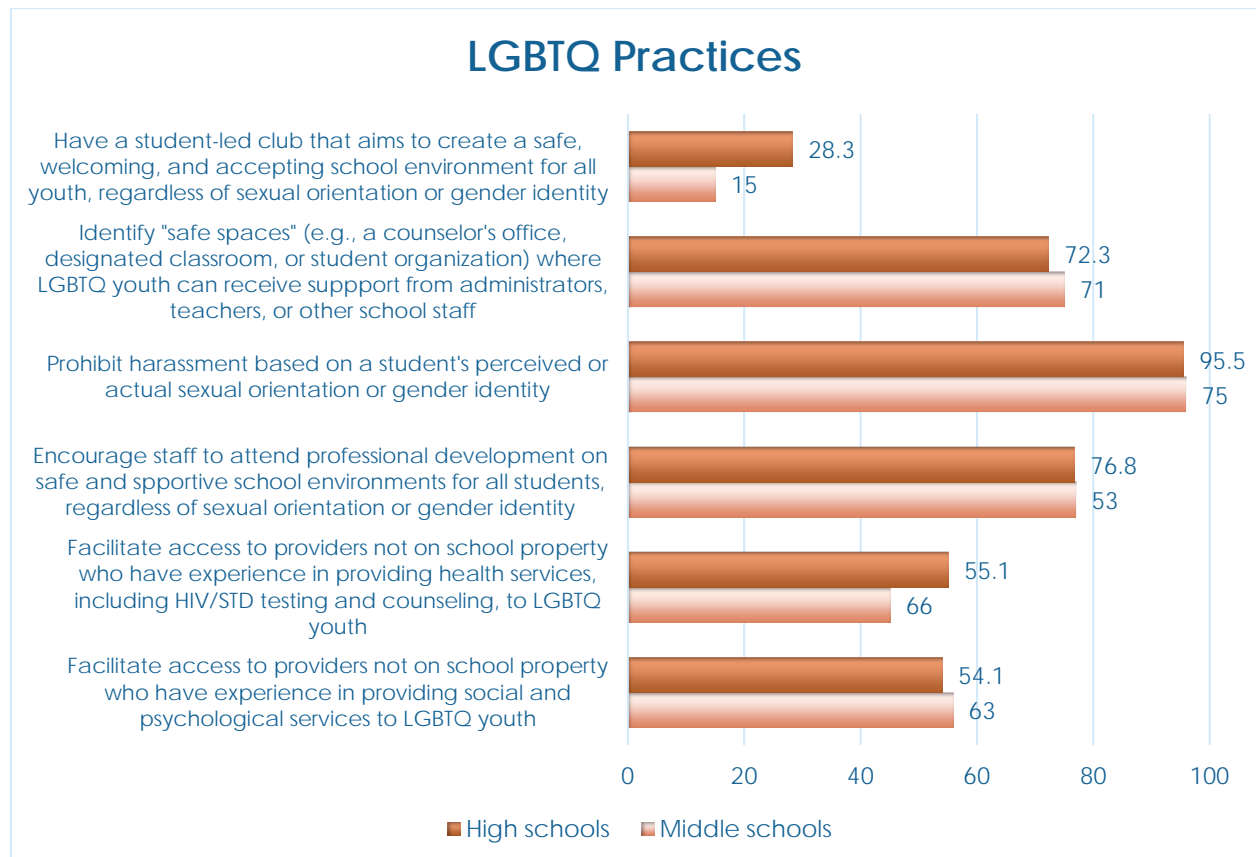
Bullying and Sexual Harassment

Percentage of schools that/in which.



Sexual Orientation

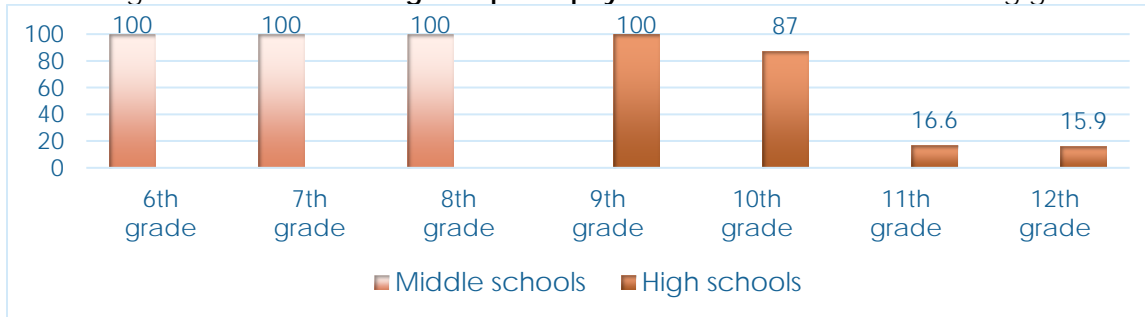
Percentage of schools that engage in the following practices related to lesbian, gay, bisexual, transgender, or questioning (LGBTQ) youth.



Principal Survey Results

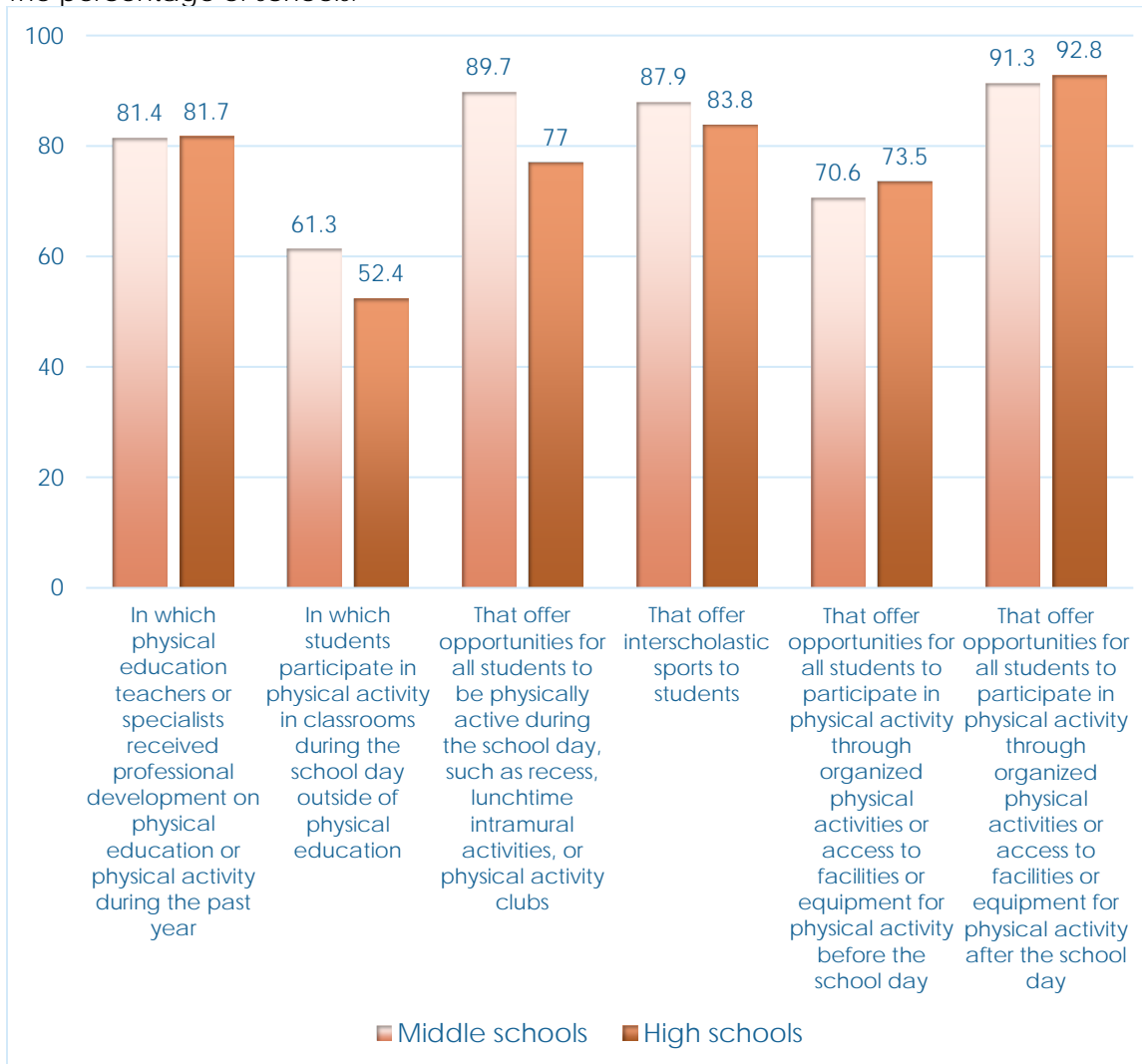
Required Physical Education

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



Physical Education and Physical Activity

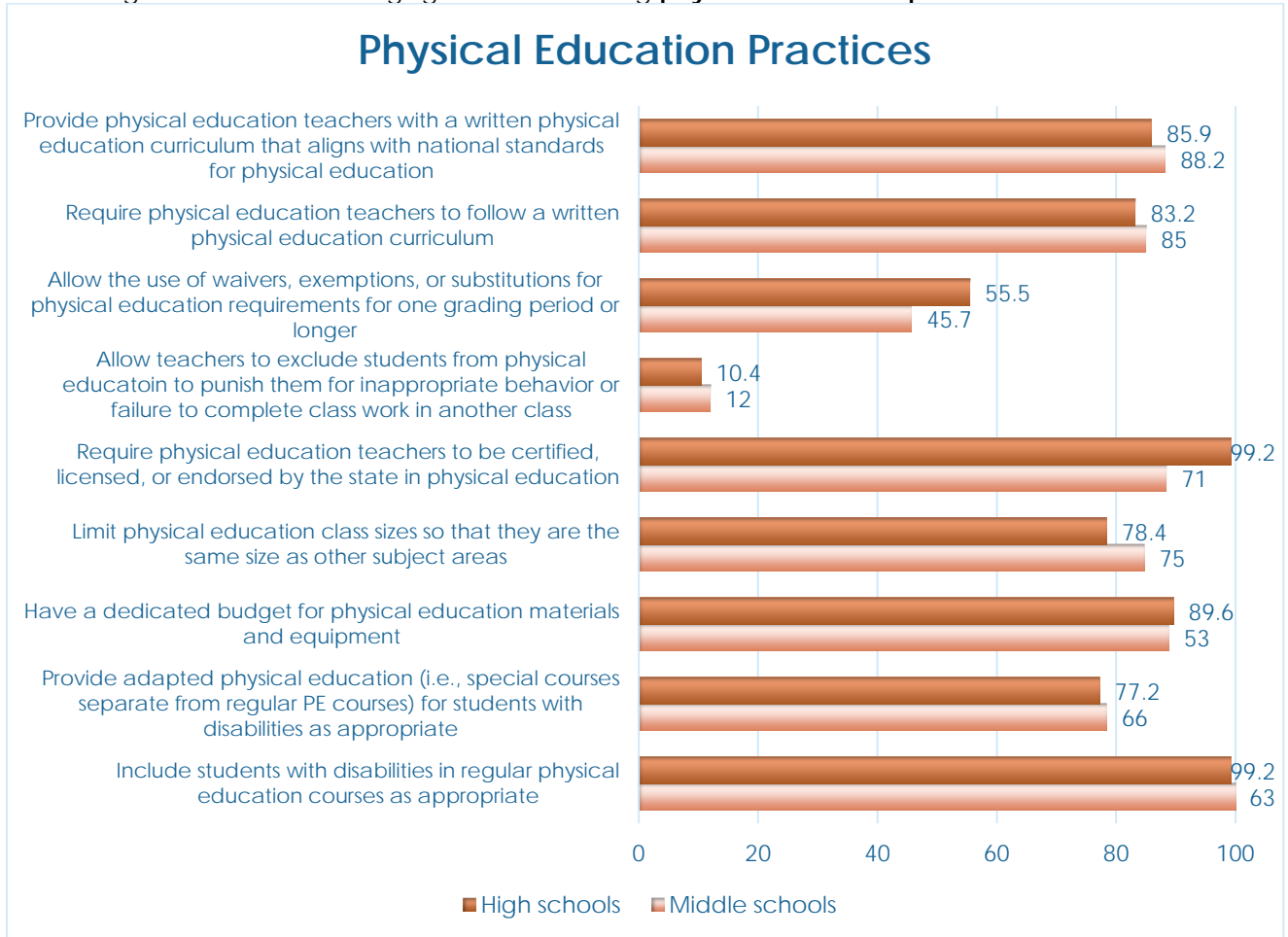
The percentage of schools:



Principal Survey Results

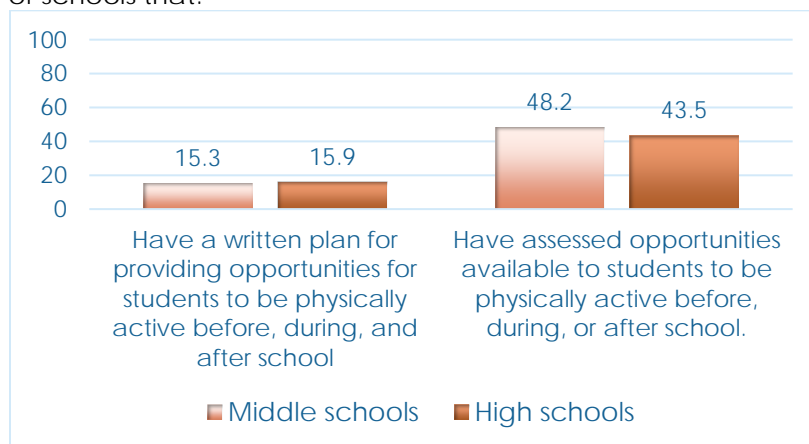
Required Physical Education

Percentage of schools that engage in the following **physical education practices**.



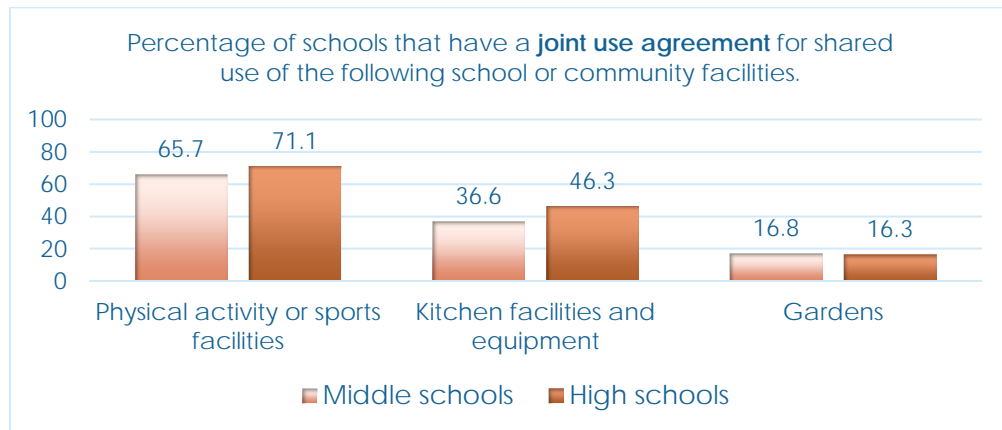
Physical Activity

The percentage of schools that:



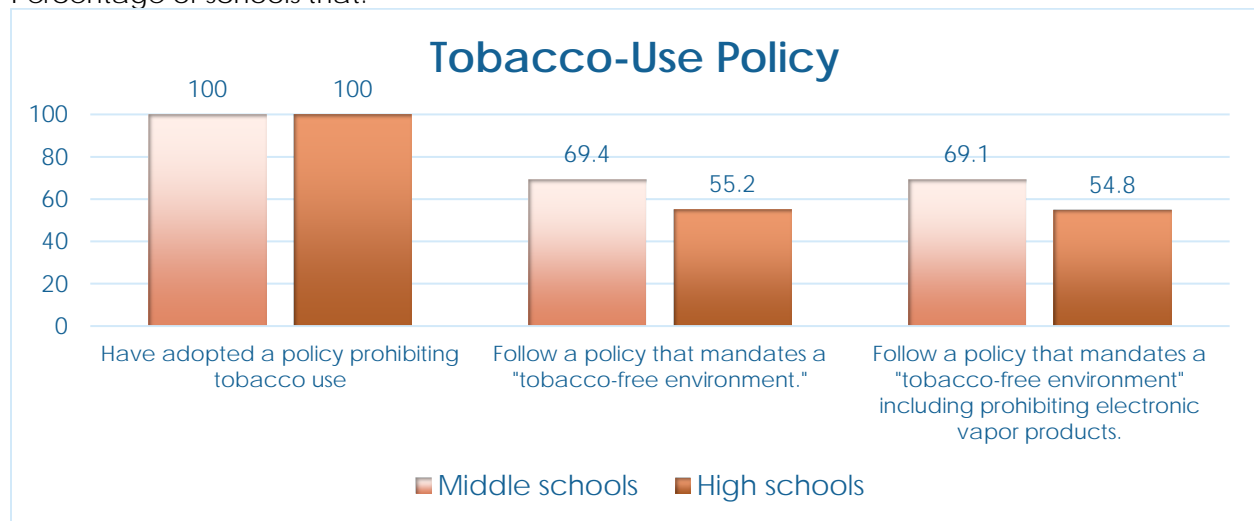
Principal Survey Results

Physical Activity



Tobacco-Use Prevention Policies

Percentage of schools that:



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

Principal Survey Results

Tobacco Use Policy

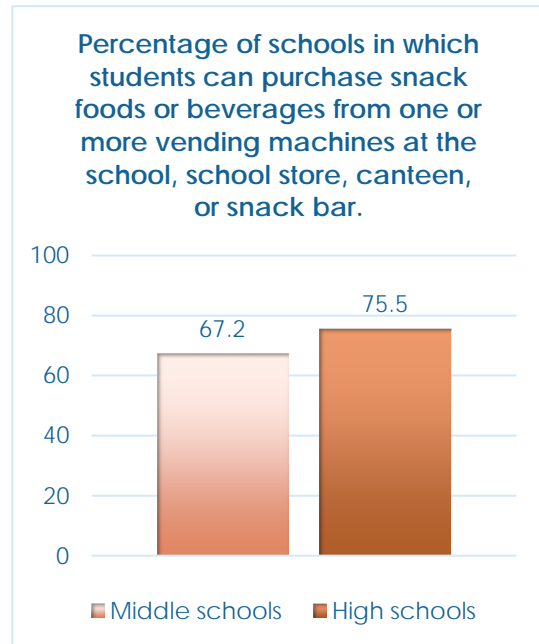
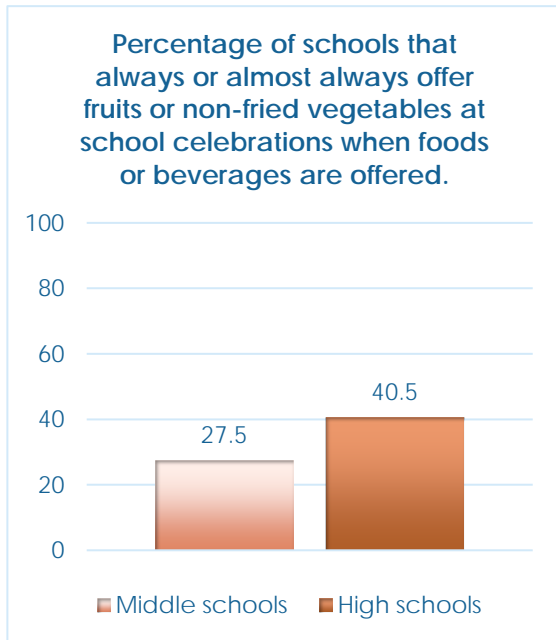
Percentage of schools that have a tobacco use prevention policy that specifically prohibits the use of each type of tobacco during any school-related activity	Students		Faculty/Staff		Visitors	
	Middle Schools	High Schools	Middle Schools	High Schools	Middle Schools	High Schools
Cigarettes	100.0	100.0	98.3	98.2	98.2	98.2
Smokeless tobacco (e.g., chewing tobacco, snuff, dip, snus, dissolvable tobacco)	100.0	100.0	98.3	98.2	98.2	98.2
Cigars	97.5	96.4	95.0	93.6	95.7	94.6
Pipes	98.4	97.2	95.0	93.6	95.7	94.6
Electronic vapor products (e.g., e-cigarettes, vapes, vape pens, e-hookahs, mods, or brands such as JUUL)	100.0	99.0	97.4	95.4	97.4	95.4

Percentage of schools that have a tobacco use prevention policy that specifically prohibits tobacco use during the following times	Students		Faculty/Staff		Visitors	
	Middle Schools	High Schools	Middle Schools	High Schools	Middle Schools	High Schools
During school hours	100.0	99.0	98.3	98.0	98.3	98.0
During non-school hours	95.9	92.5	88.4	83.9	87.6	84.7

Percentage of schools that have a tobacco use prevention policy that specifically prohibits tobacco use in each of the following locations	Students		Faculty/Staff		Visitors	
	Middle Schools	High Schools	Middle Schools	High Schools	Middle Schools	High Schools
In school buildings	100.0	100.0	100.0	100.0	100.0	100.0
Outside on school grounds, including parking lots and playing fields	100.0	100.0	99.1	99.0	99.1	99.0
On school buses or other vehicles used to transport students	100.0	98.0	100.0	97.2	97.2	100.0
At off-campus, school sponsored events	100.0	95.4	95.7	88.2	80.3	66.4

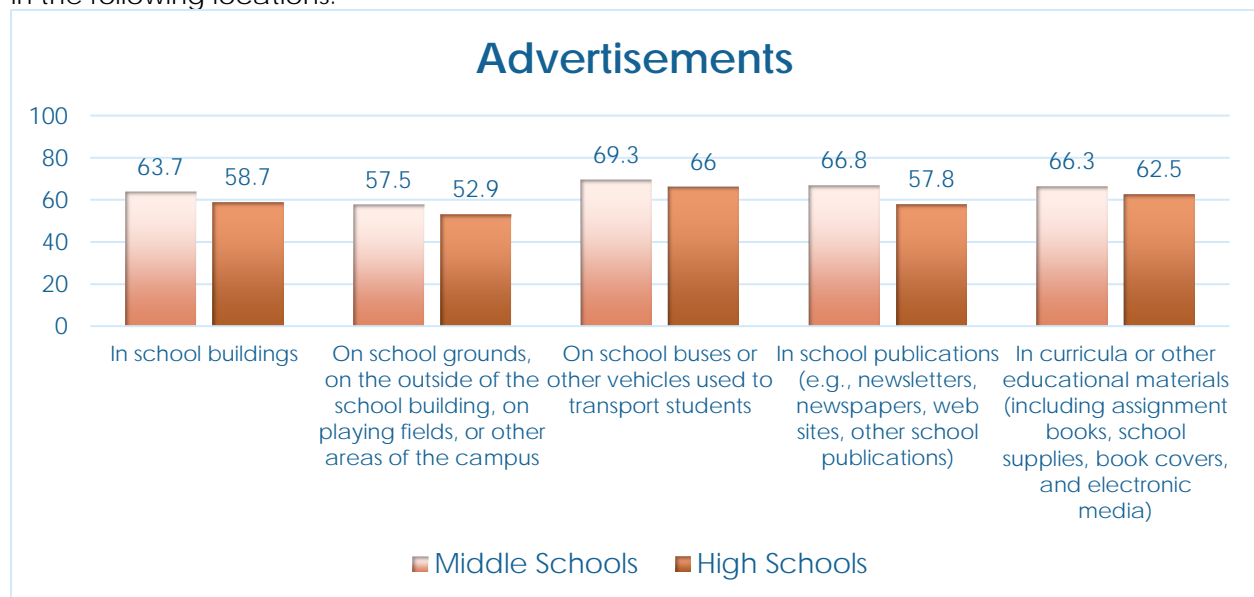
Principal Survey Results

Nutrition-Related Policies and Practices



Nutrition-Related Policies and Practices

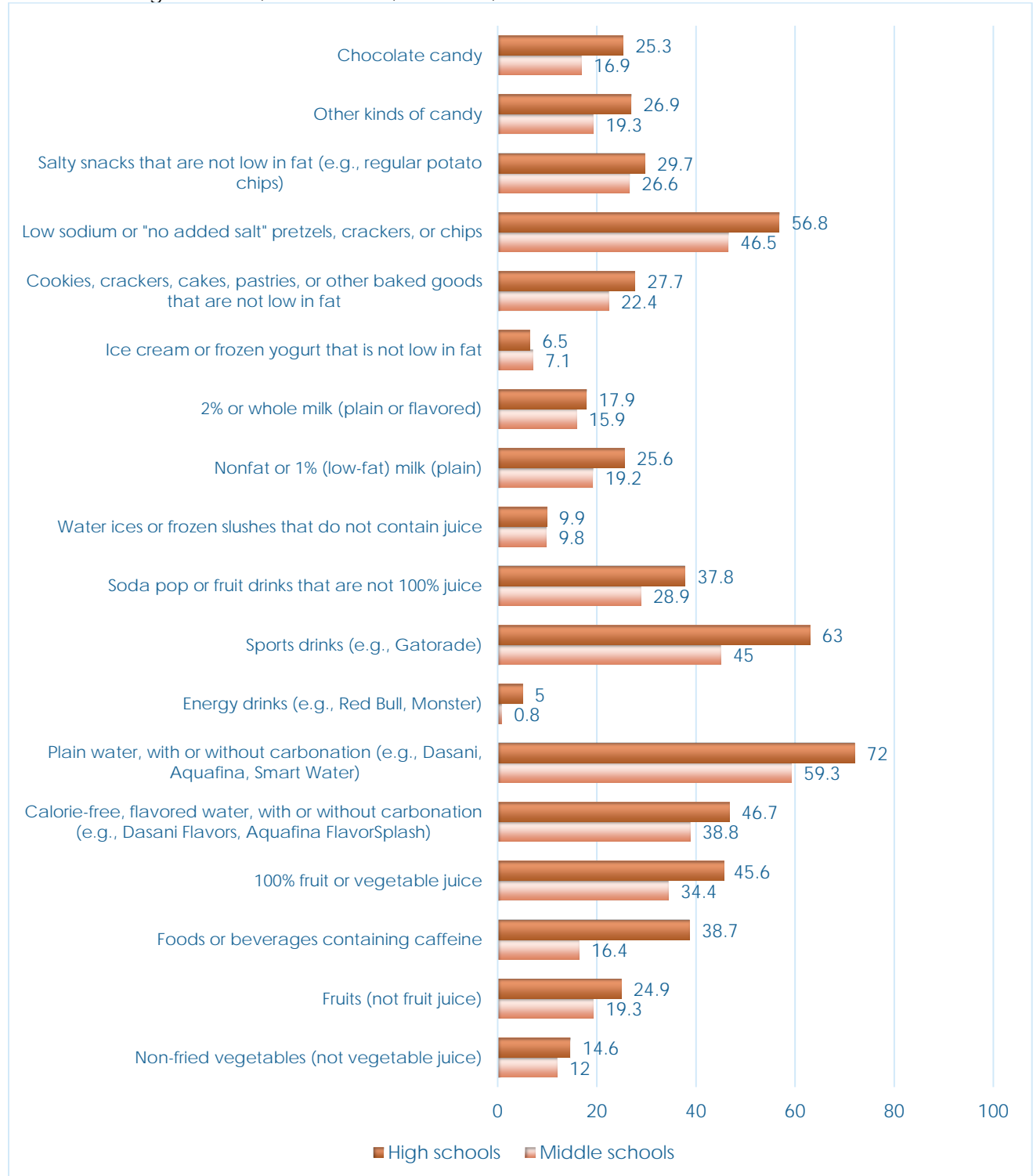
Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations.



Principal Survey Results

Nutrition-Related Policies and Practices

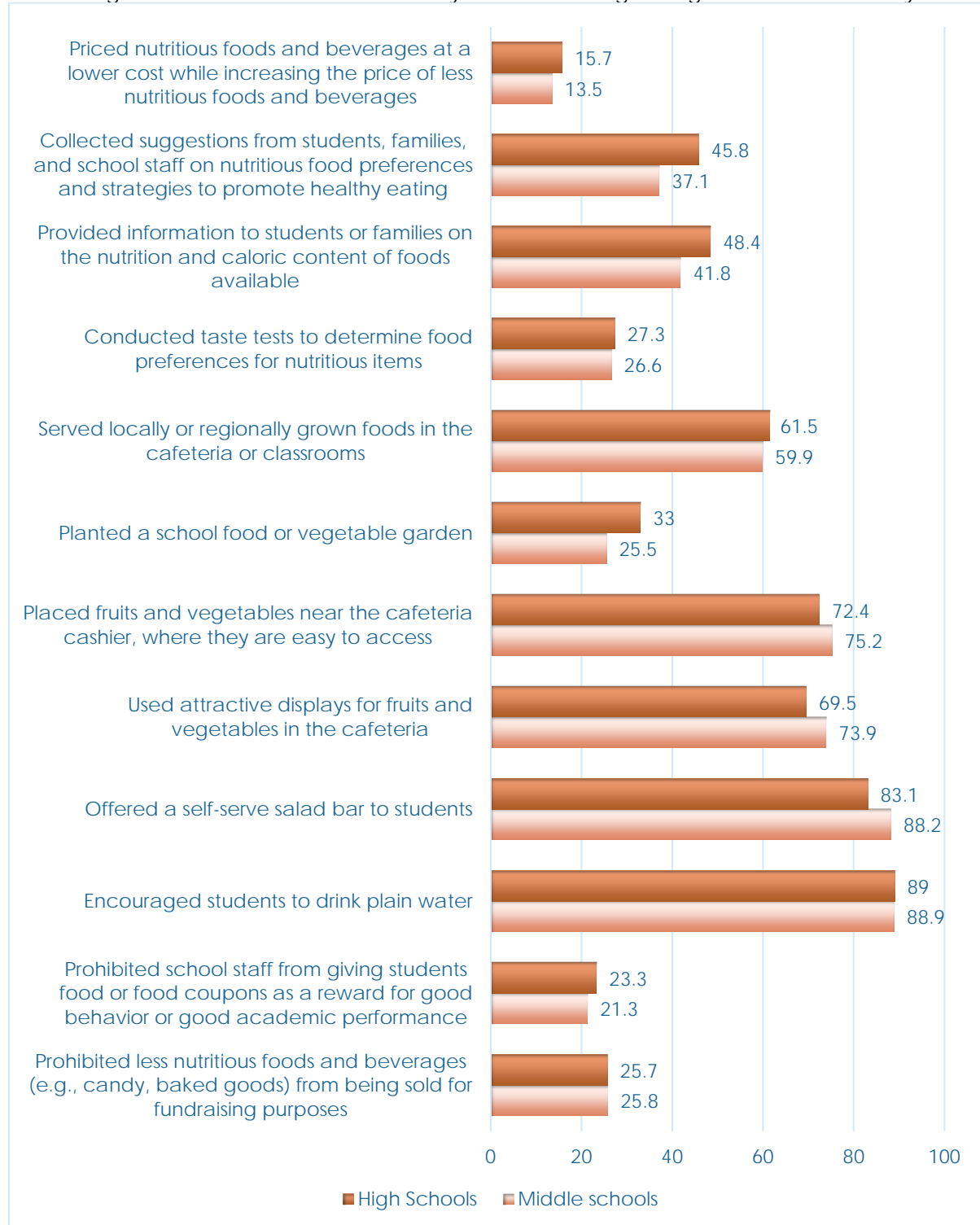
Percentage of schools in which **students can purchase the following snack foods** or beverages from a vending machine, school store, canteen, or snack bar.



Principal Survey Results

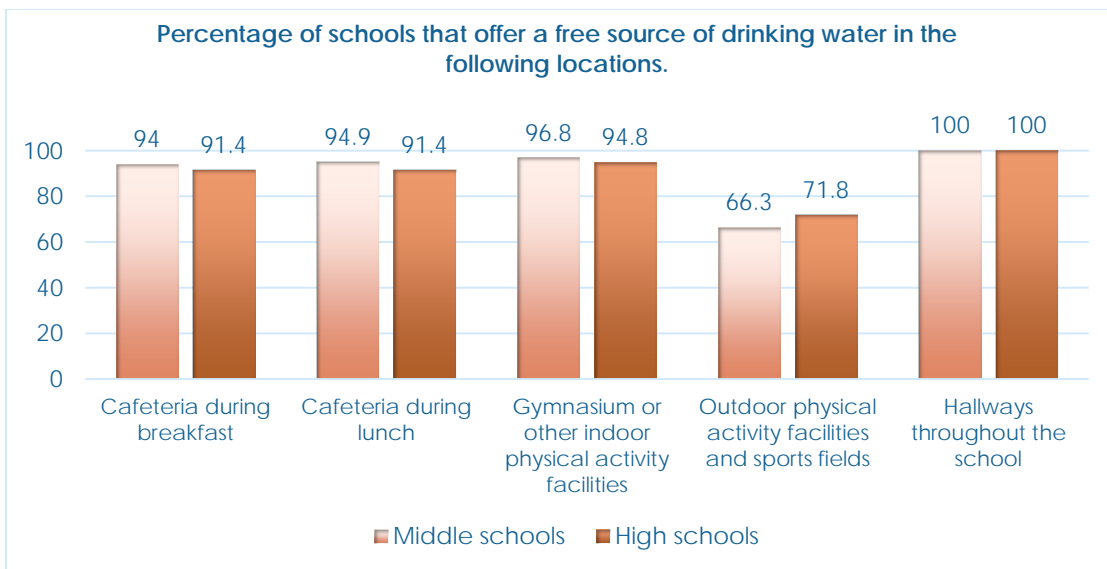
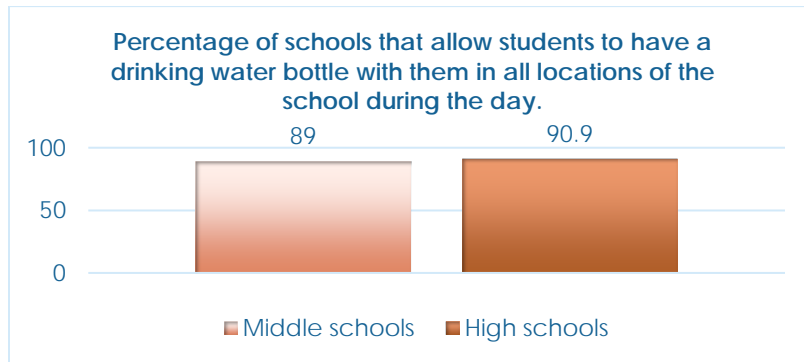
Nutrition-Related Policies and Practices

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



Principal Survey Results

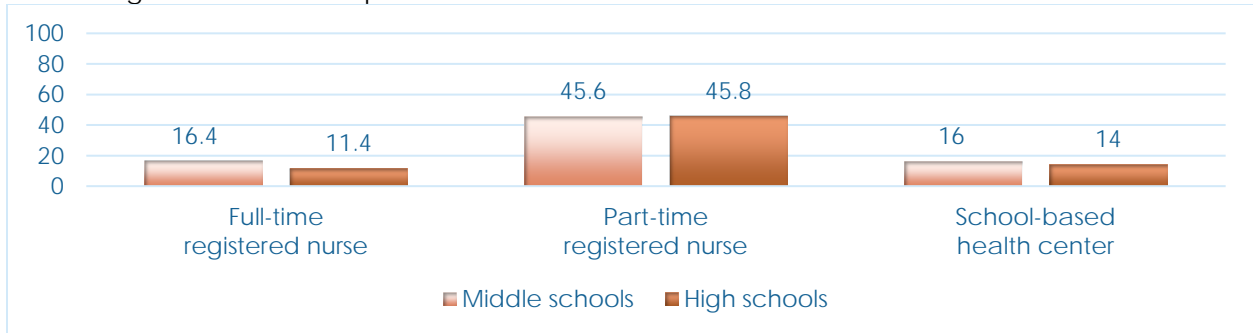
Nutrition-Related Policies and Practices



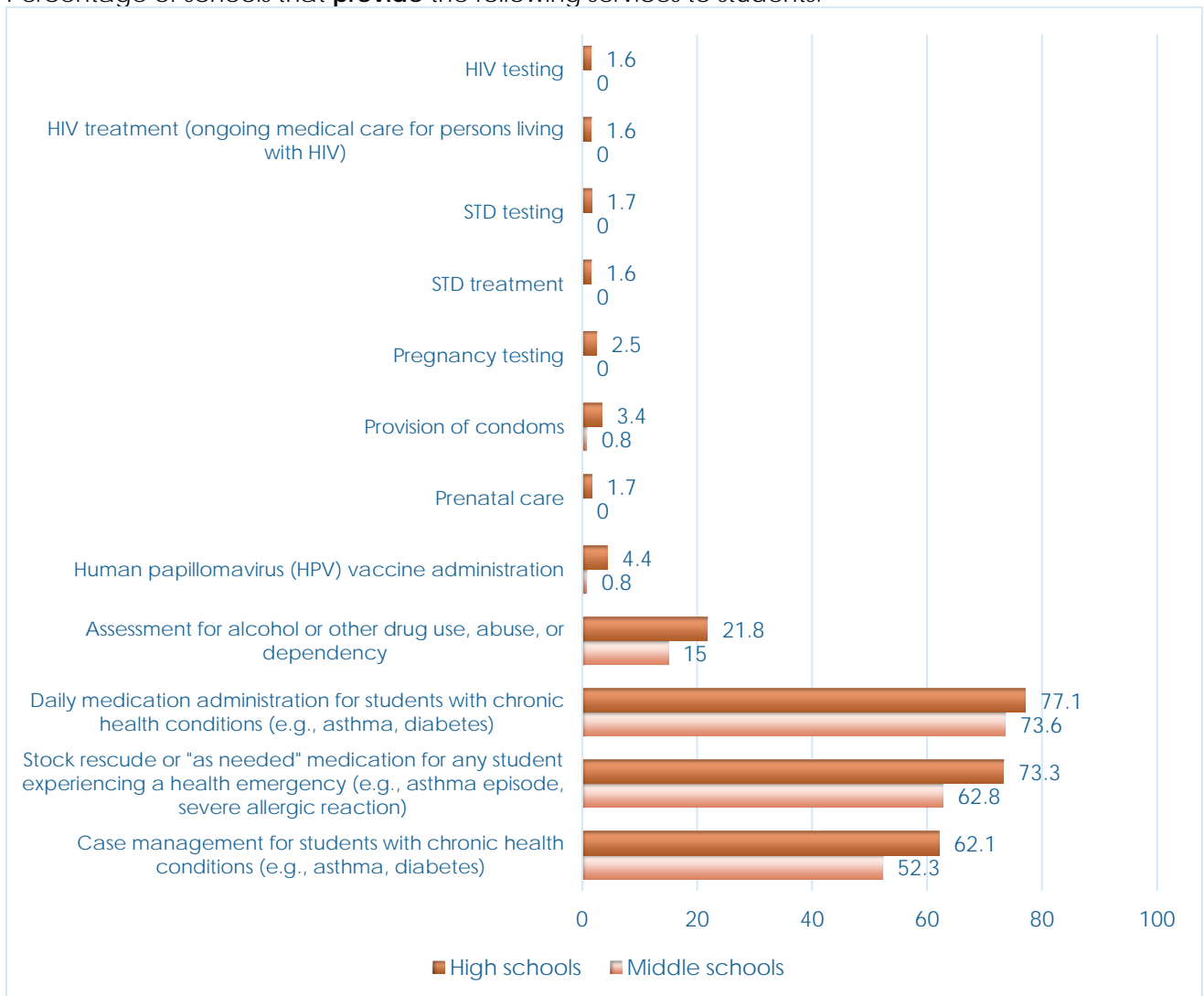
Principal Survey Results

Health Services

Percentage of schools that provide health services with a:



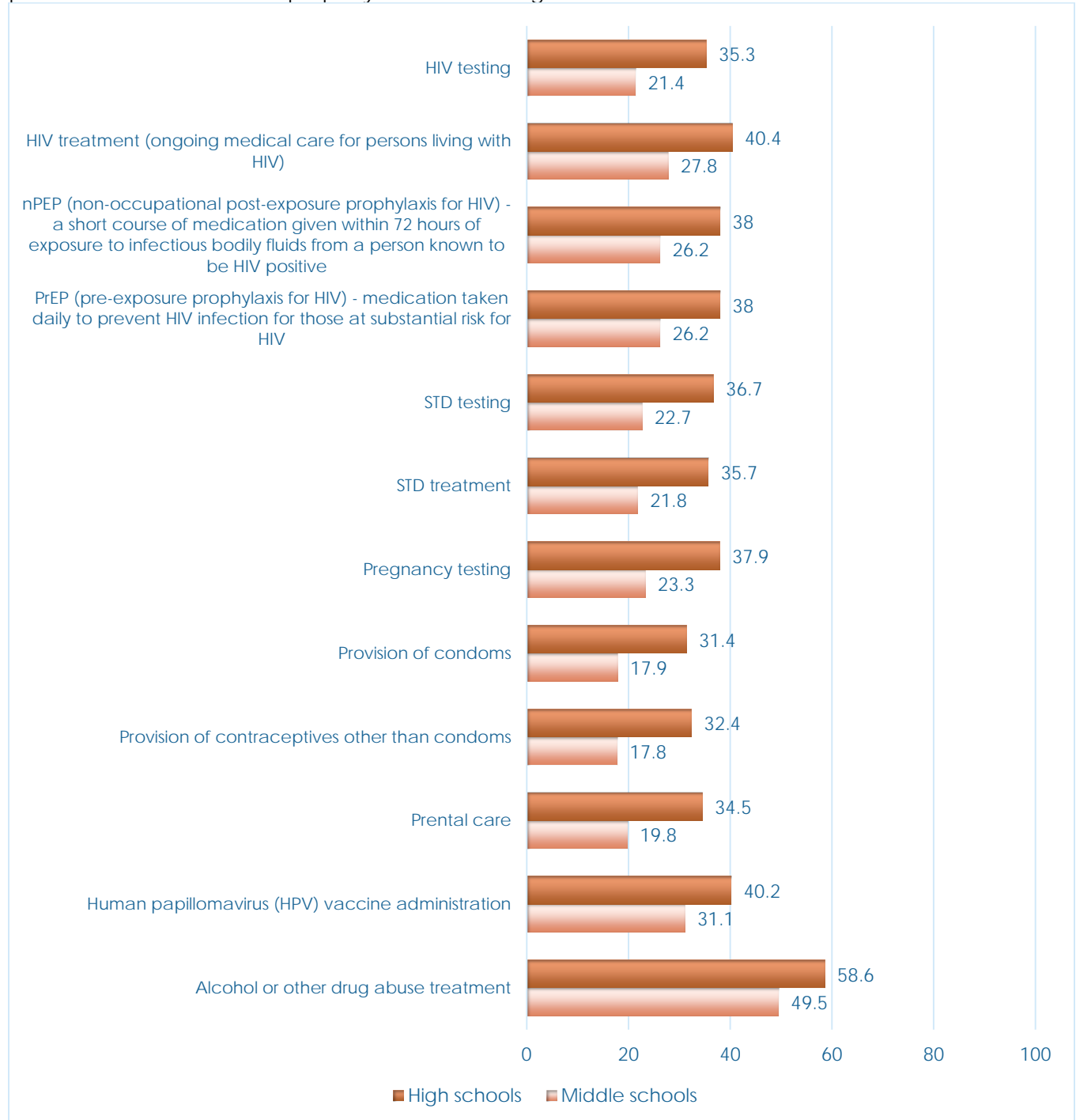
Percentage of schools that **provide** the following services to students.



Principal Survey Results

Health Services

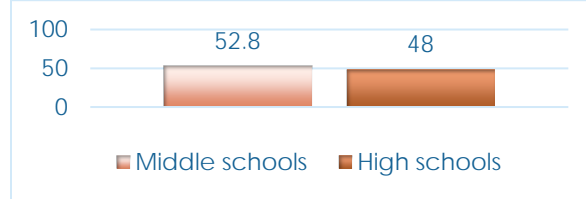
Percentage of schools that provide students with **referrals** to any organizations or health care professionals not on school property for the following services.



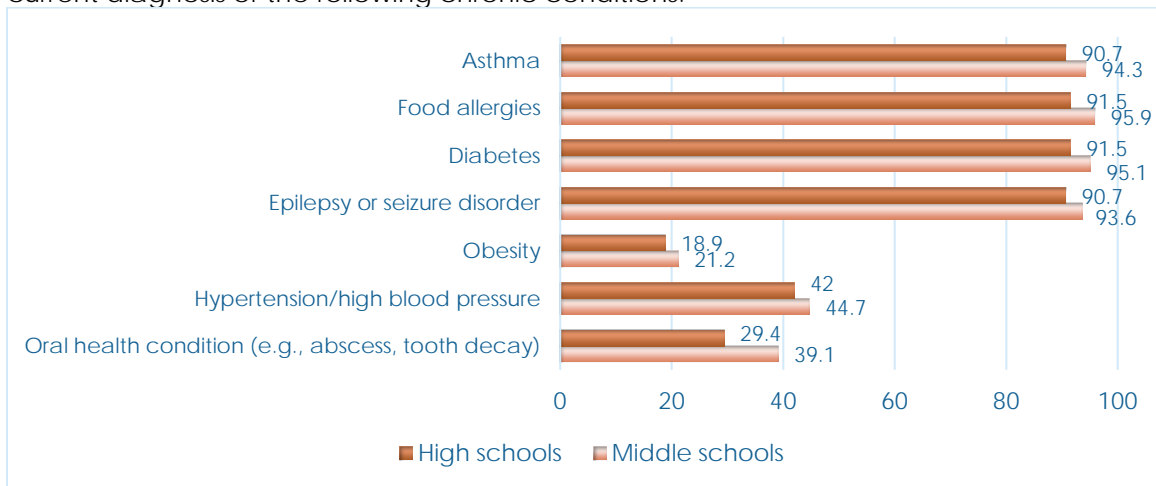
Principal Survey Results

Health Services

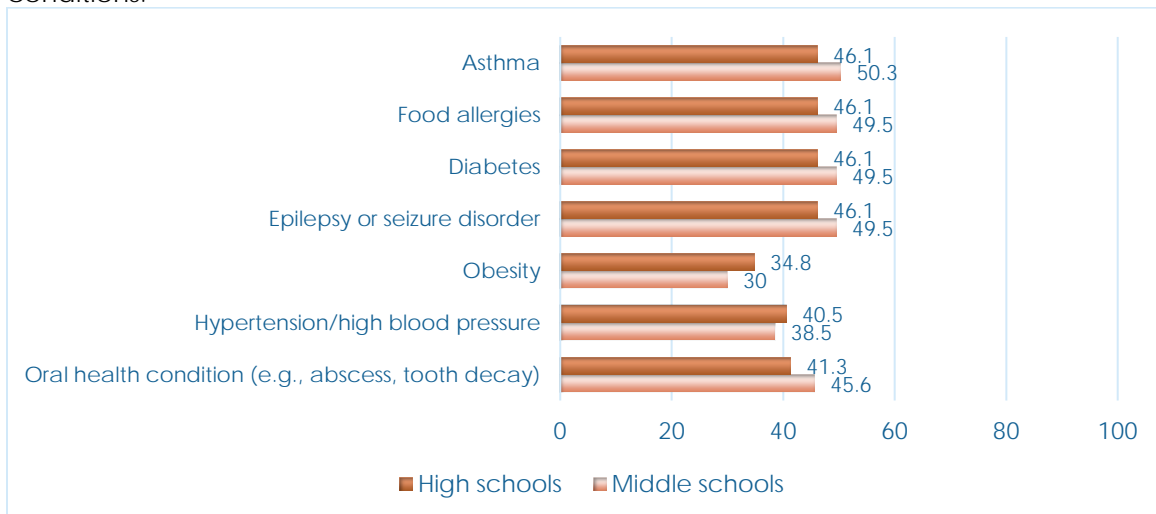
Percentage of schools that have a protocol that ensures students with a chronic condition that may require daily or emergency management (e.g., asthma, diabetes, food allergies) are **enrolled in private, state, or federally funded insurance programs** if eligible.



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



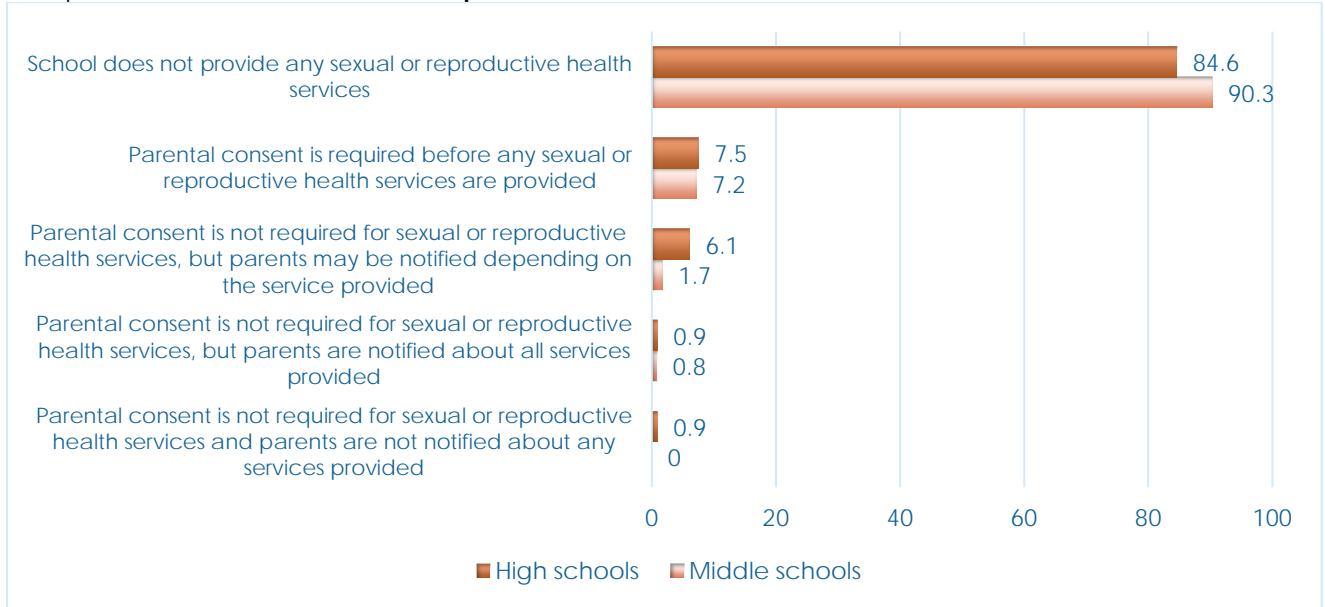
Percentage of schools that **provide referrals** to any organizations or health care professionals not on school property for students diagnosed with or suspected to have the following chronic conditions.



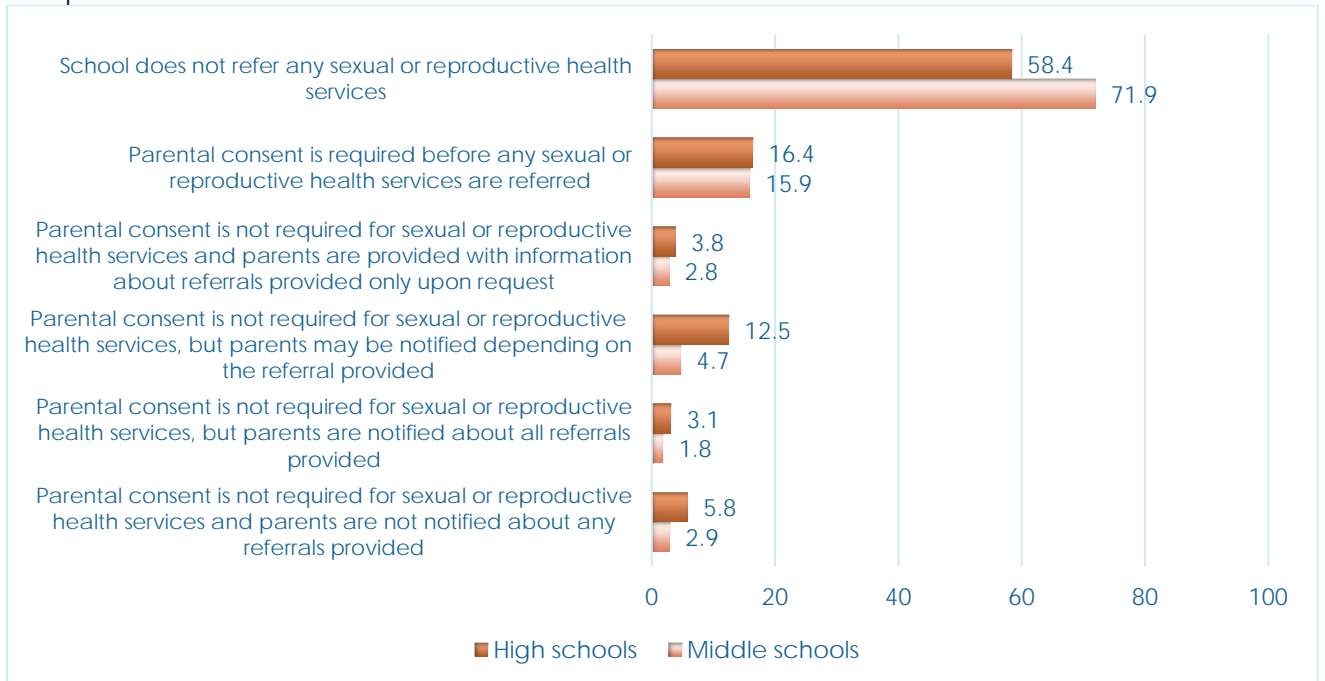
Principal Survey Results

Parental Consent and Notification

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



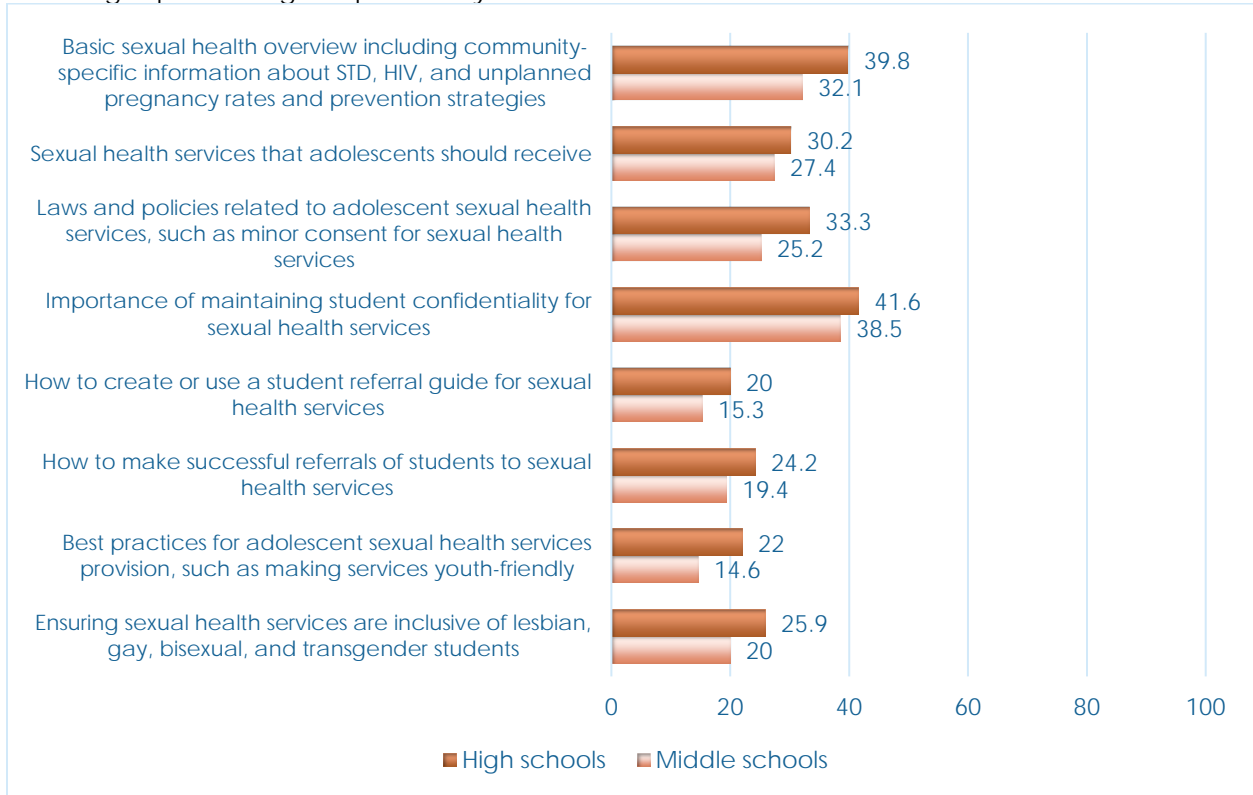
Percentage of schools with practices regarding parental consent and notification when sexual or reproductive health services are **referred**.



Principal Survey Results

Professional Development

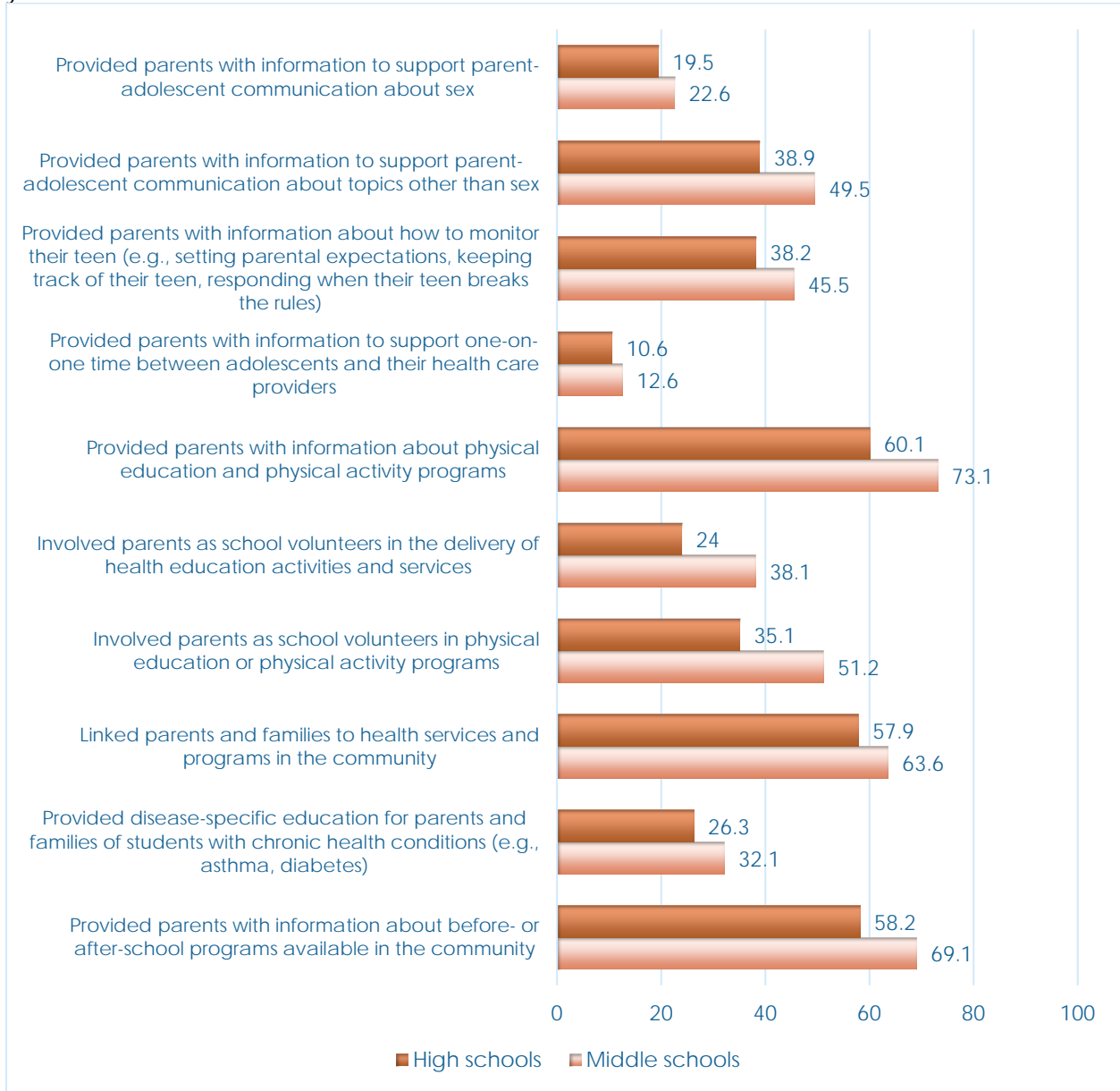
Percentage of schools in which any **staff received professional development** on each of the following topics during the past two years.



Principal Survey Results

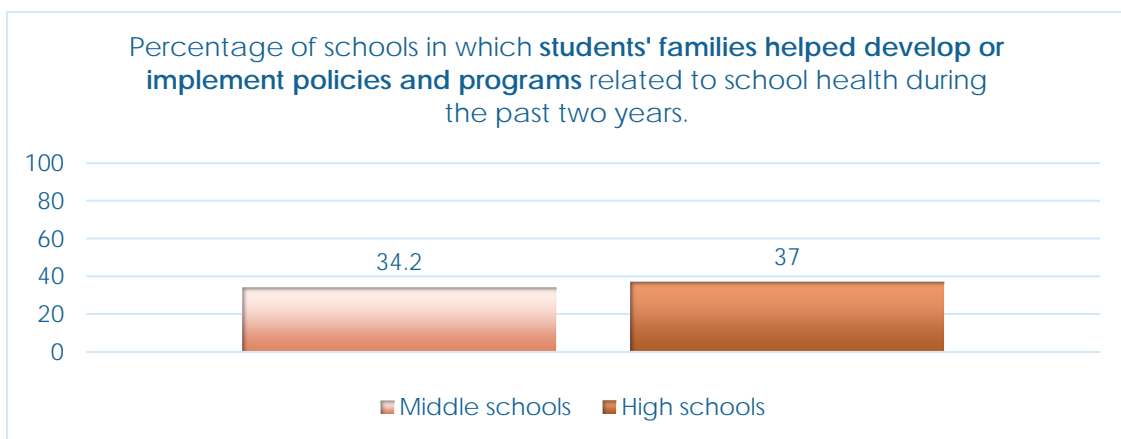
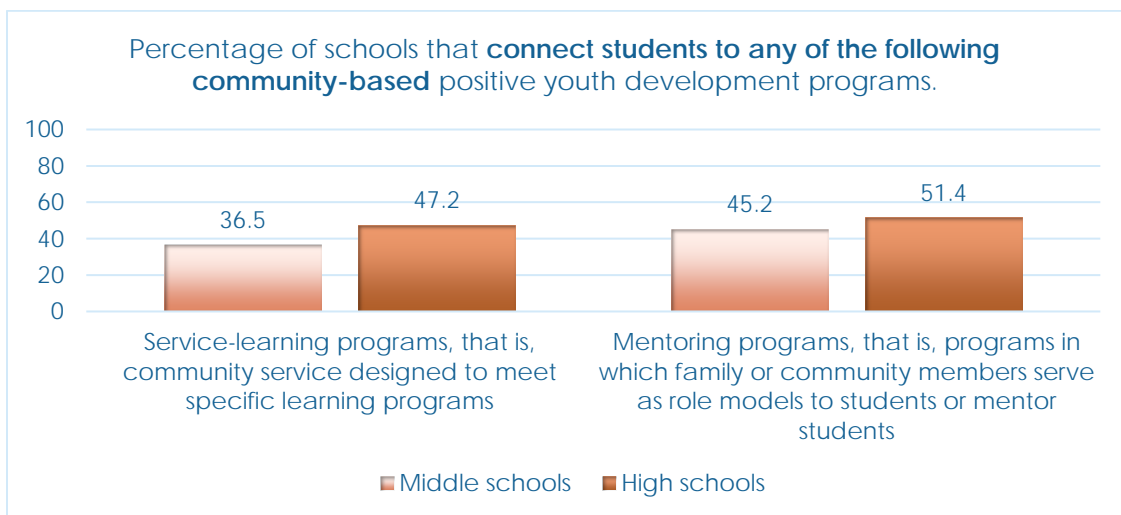
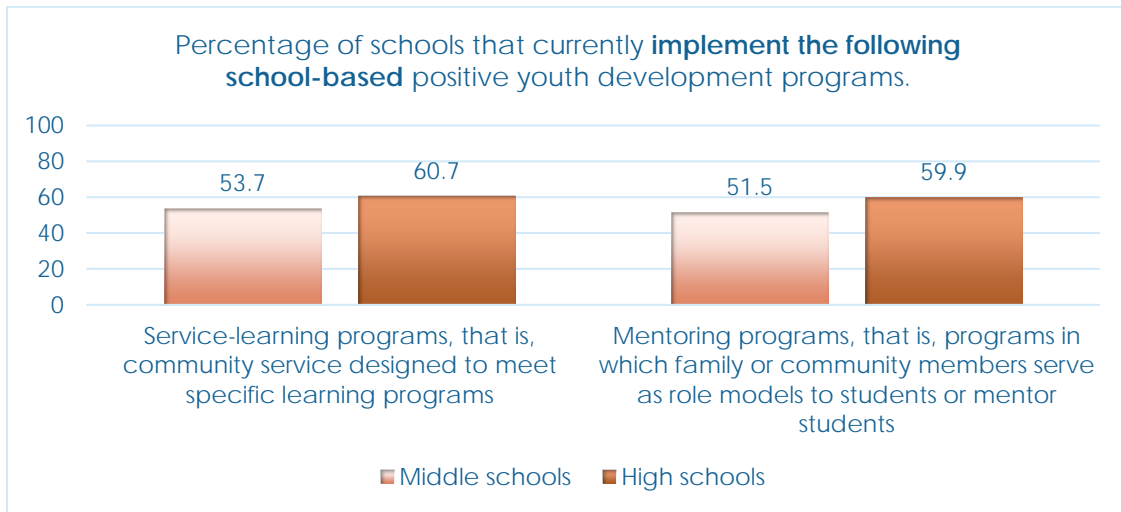
Family Engagement

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



Principal Survey Results

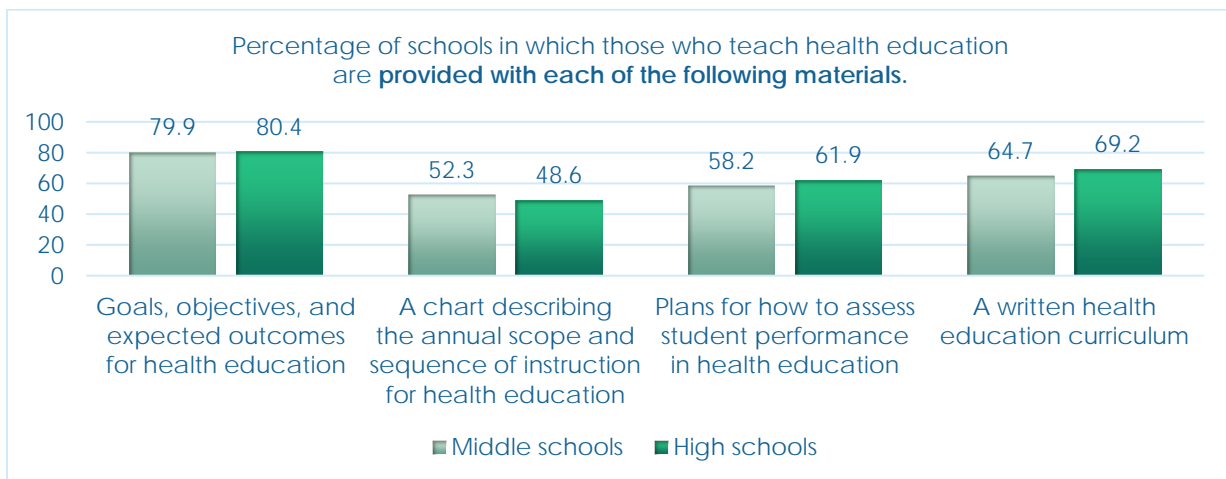
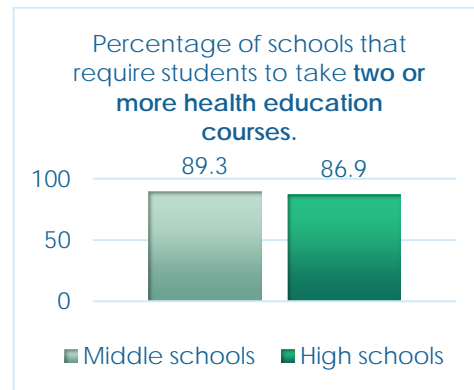
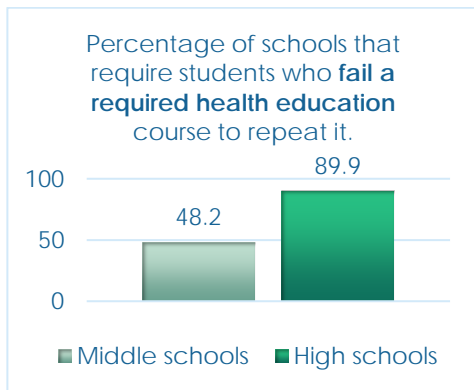
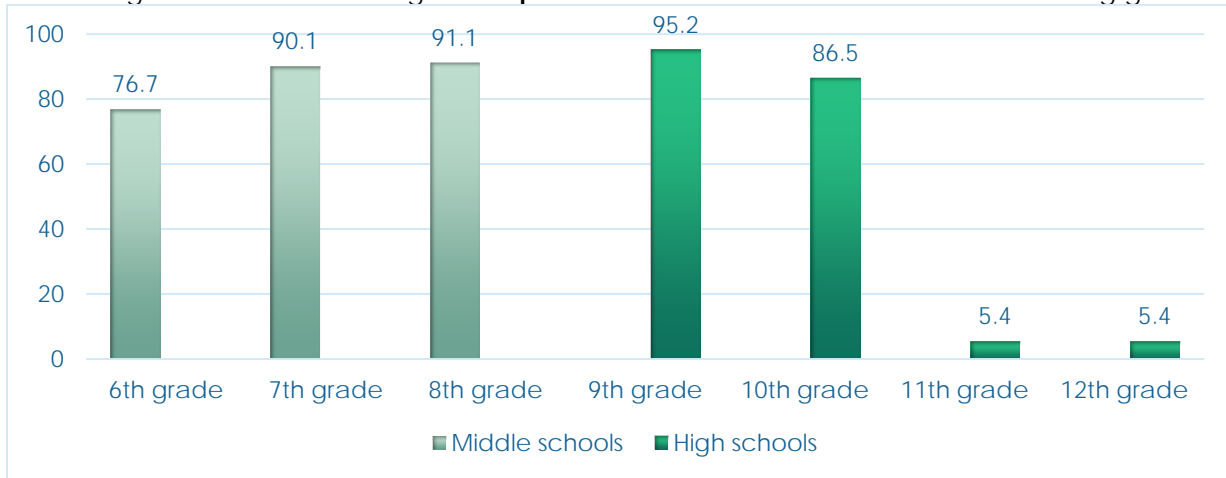
Family and Community Engagement



Health Education Teacher Survey Results

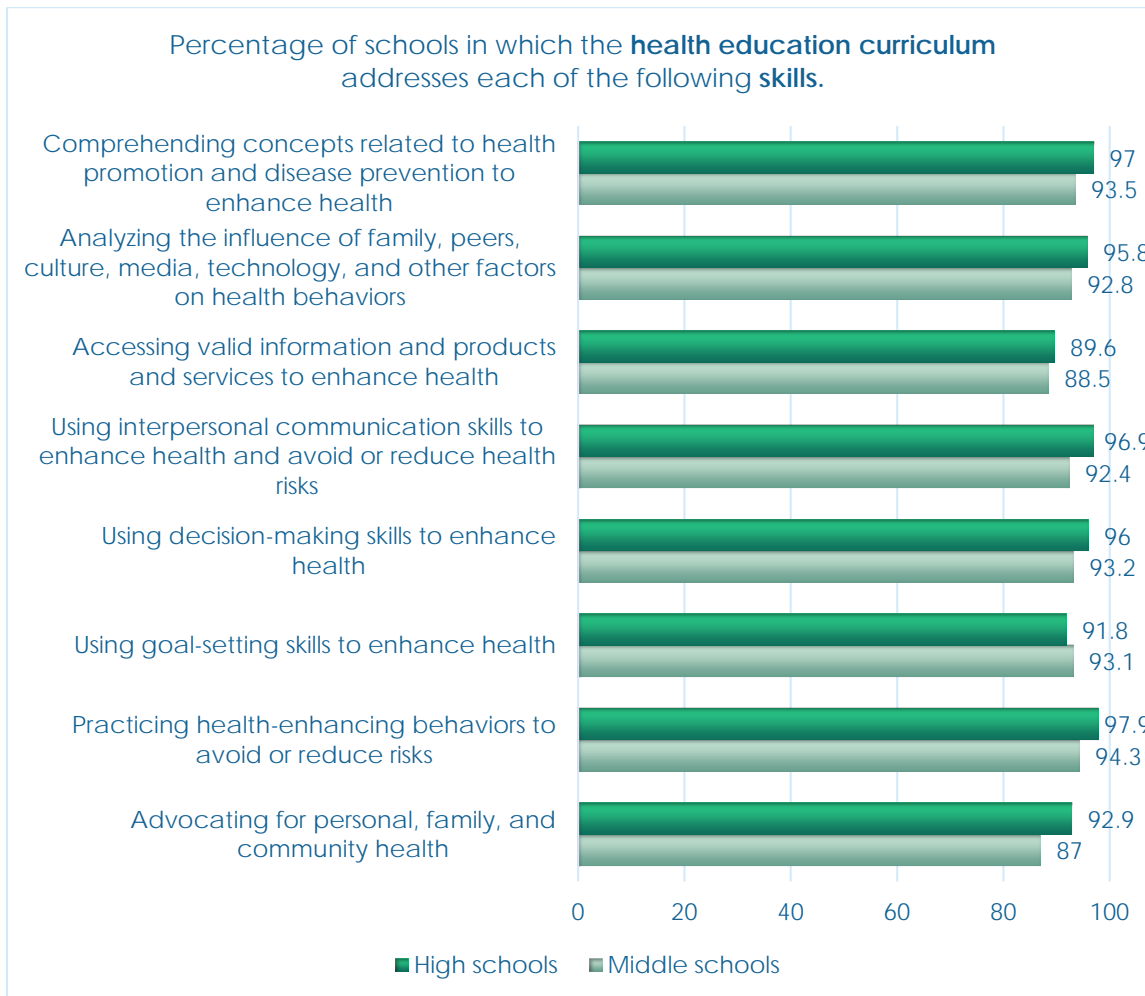
Required Health Education

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



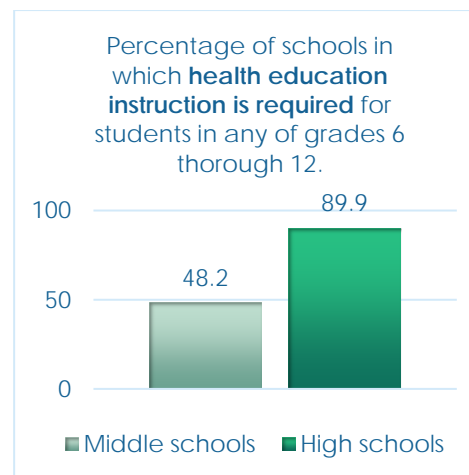
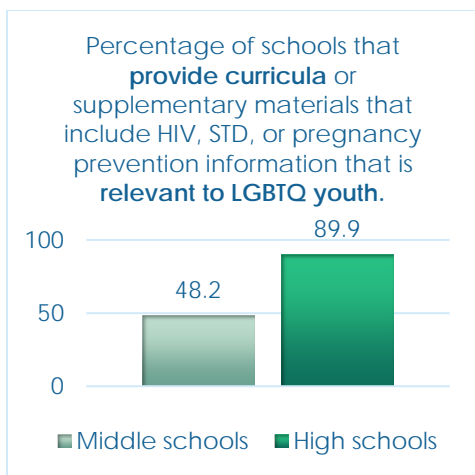
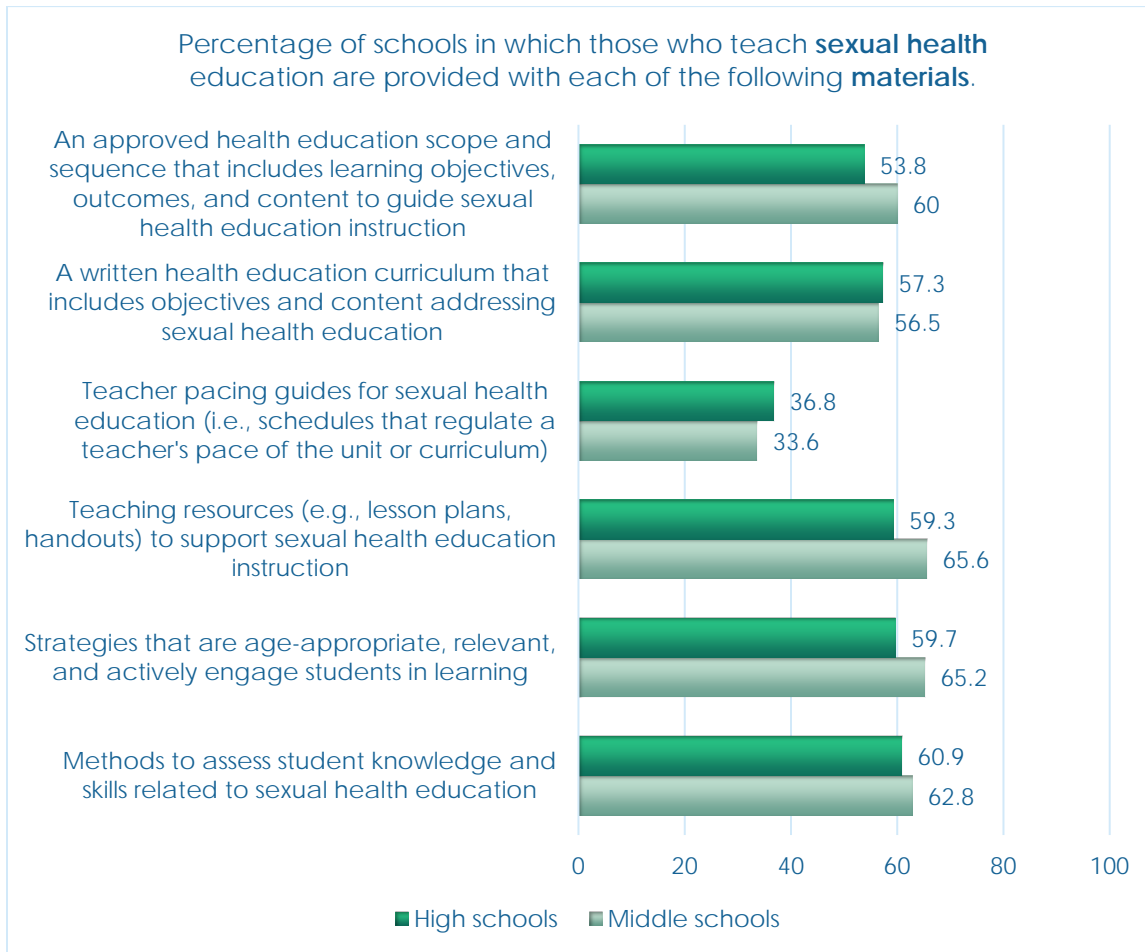
Health Education Teacher Survey Results

Required Health Education



Health Education Teacher Survey Results

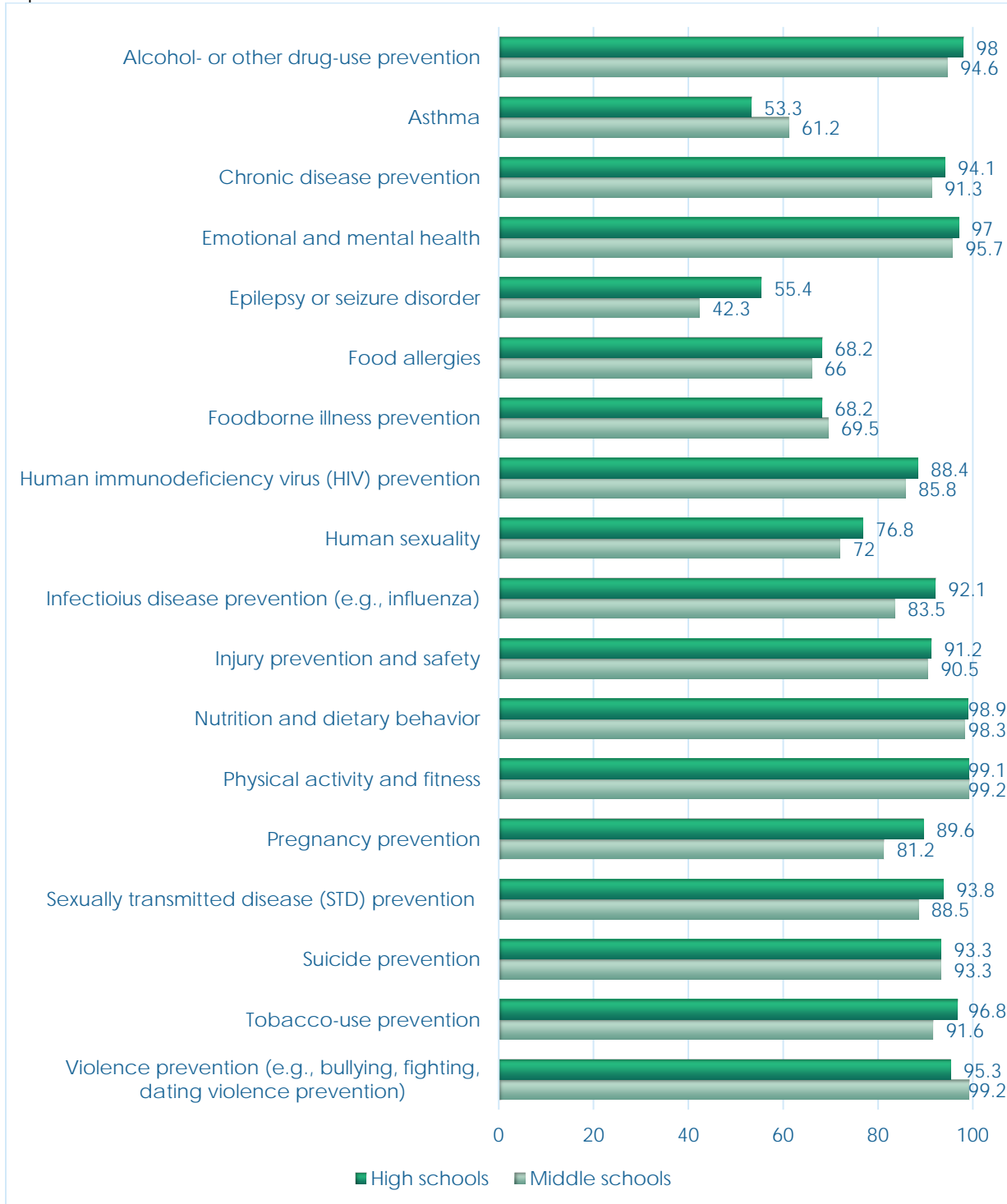
Health Education



Health Education Teacher Survey Results

Health Education

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



Health Education Teacher Survey Results

Tobacco-Use Prevention

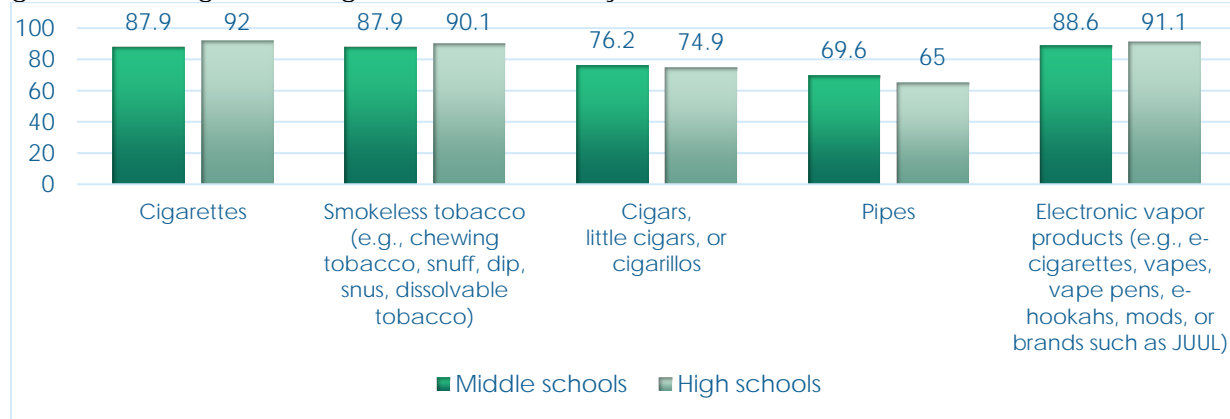
Percentage of schools in which teachers taught each of the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year.



Health Education Teacher Survey Results

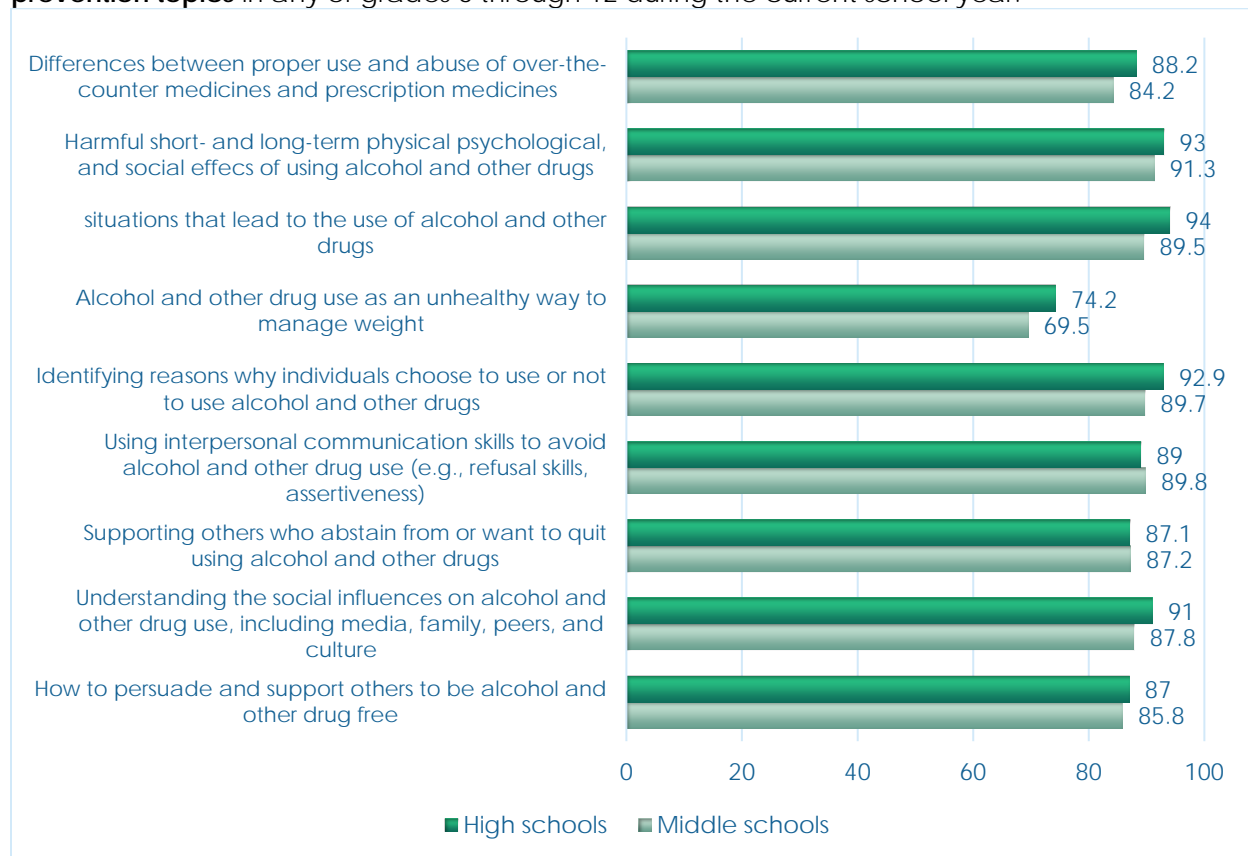
Tobacco-Use Prevention

Percentage of schools in which teachers **taught about the following tobacco products** in any of grades 6 through 12 during the current school year.



Alcohol- and Other Drug-Use Prevention

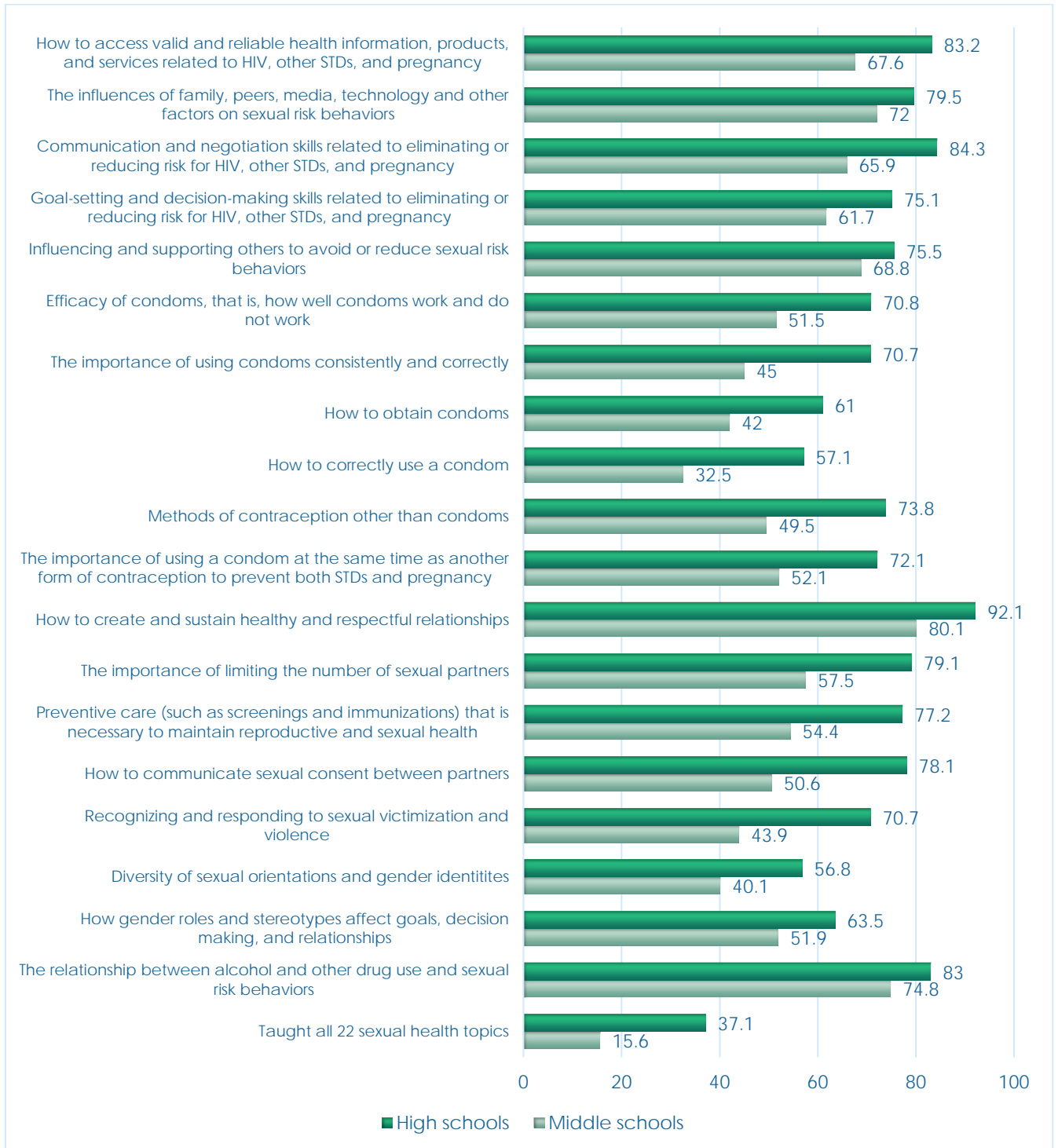
Percentage of schools in which teachers **taught about the following alcohol- and other drug-use prevention topics** in any of grades 6 through 12 during the current school year.



Health Education Teacher Survey Results

Sexual Health Education

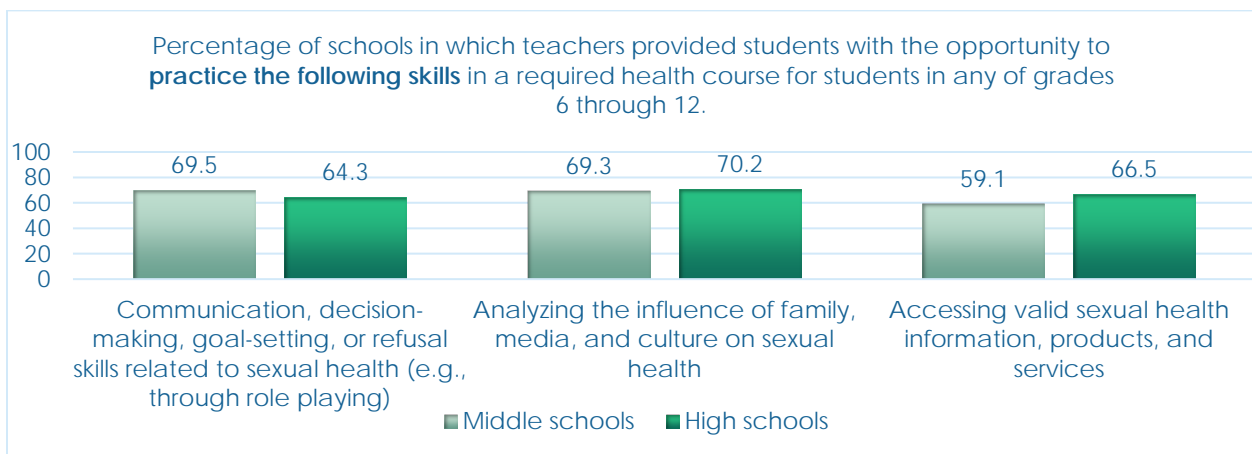
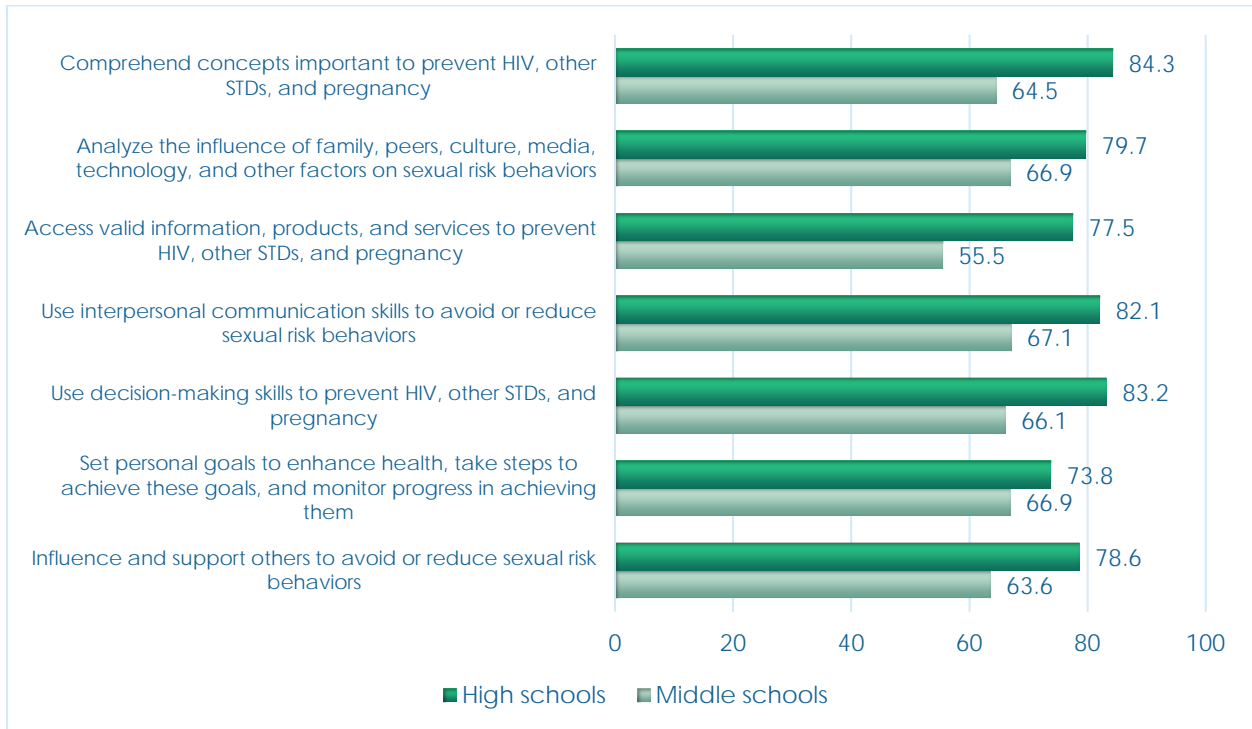
Percentage of schools in which teachers **taught about the following sexual health topics** in any of grades 6 through 12 during the current school year.



Health Education Teacher Survey Results

Sexual Health Assessment

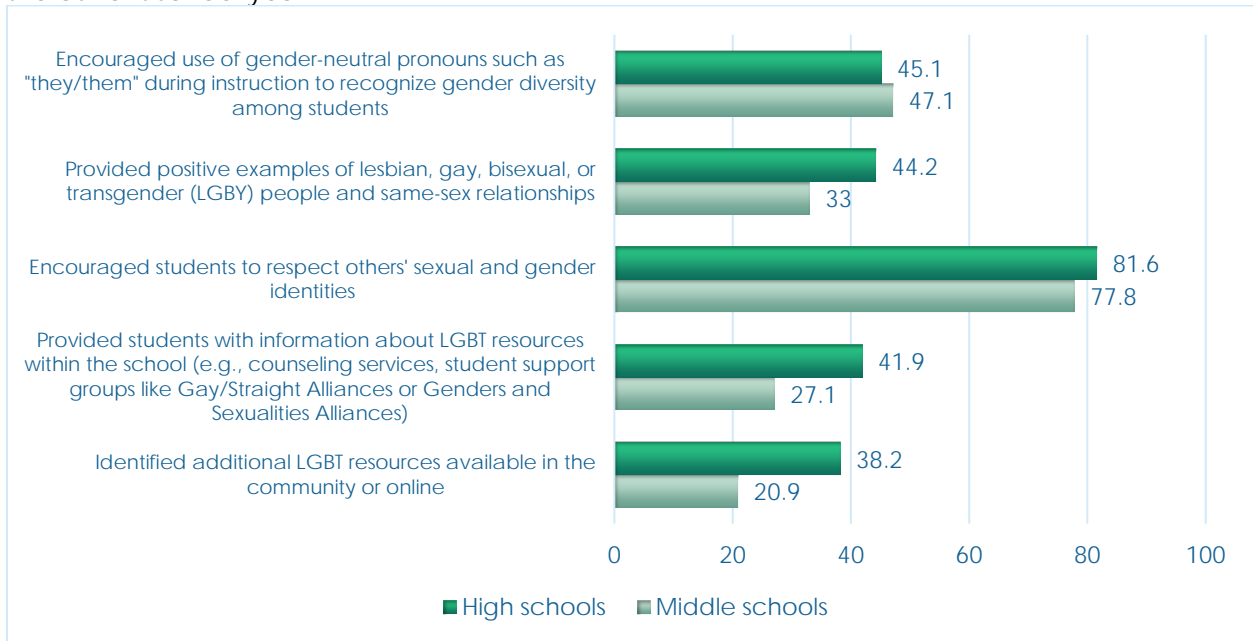
Percentage of schools in which teachers **assess the ability of students** to do each of the following in any of grades 6 through 12 during the current school year.



Health Education Teacher Survey Results

Sexual Health Assessment

Percentage of schools in which teachers **implemented the following inclusive practices when providing sexual health education** in a required course for students in grades 6 through 12 during the current school year.



Health Education Teacher Survey Results

Nutrition and Dietary Behavior Topics

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

Topic	Middle schools	High schools
Benefits of healthy eating	97.4	95.9
Benefits of drinking plenty of water	96.3	95.9
Benefits of eating breakfast every day	97.4	91.8
Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate)	92.6	91.9
Using food labels	91.4	87.8
Differentiating between nutritious and non-nutritious beverages	95.6	93.9
Balancing food intake and physical activity	96.5	91.9
Eating more fruits, vegetables, and whole grain products	96.3	95.9
Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)	93.5	93.9
Choosing foods, snacks, and beverages that are low in added sugars	96.5	94.9
Choosing foods and snacks that are low in sodium	91.1	87.8
Eating a variety of foods that are high in calcium	90.9	92.5
Eating a variety of foods that are high in iron	89.5	85.0
Food safety	88.8	84.8
Preparing healthy meals and snacks	92.7	86.8
Risks of unhealthy weight control practices	94.4	92.1
Accepting body size differences	92.3	91.1
Signs, symptoms, and treatment for eating disorders	90.9	89.1
Relationship between diet and chronic diseases	93.5	87.1
Assessing body mass index (BMI)	84.0	78.2
The influence of the media on dietary behaviors	96.2	89.1
Food production, including how food is grown, harvested, processed, packaged, and transported	76.2	69.8
Percentage of schools that taught all 22 nutrition and dietary behavior topics	60.5	49.1

Health Education Teacher Survey Results

Physical Activity Topics

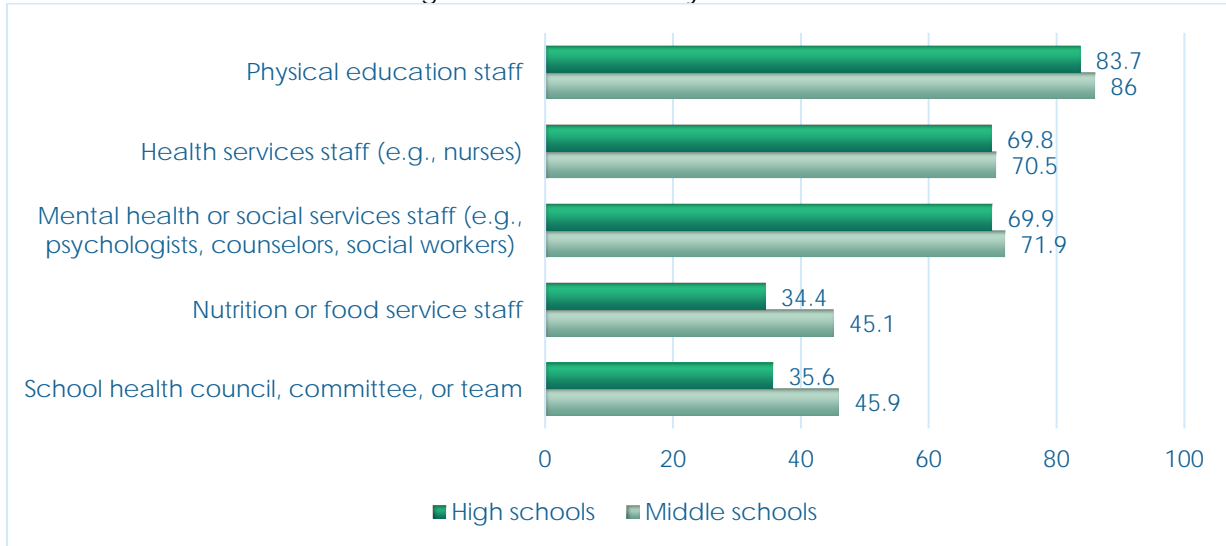
Percentage of schools in which teachers taught the following physical activity topics in a required health education course in any of grades 6 through 12 during the current school year.



Health Education Teacher Survey Results

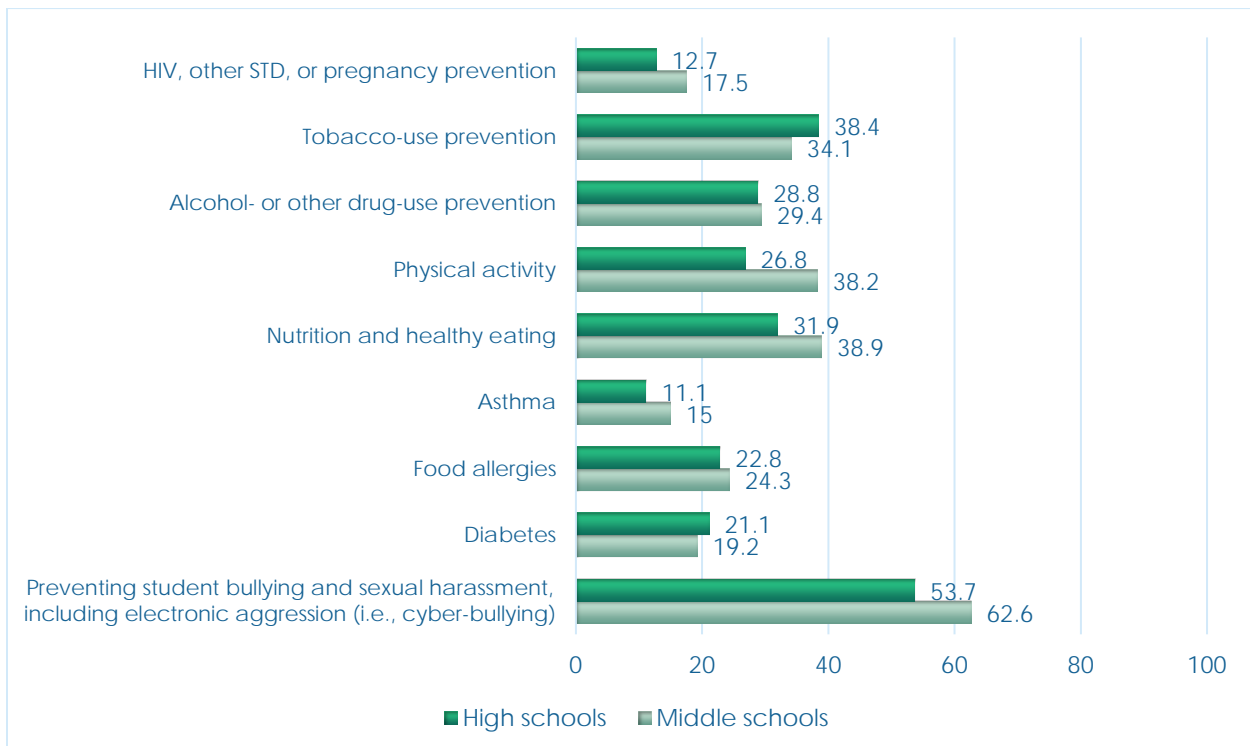
Collaboration

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



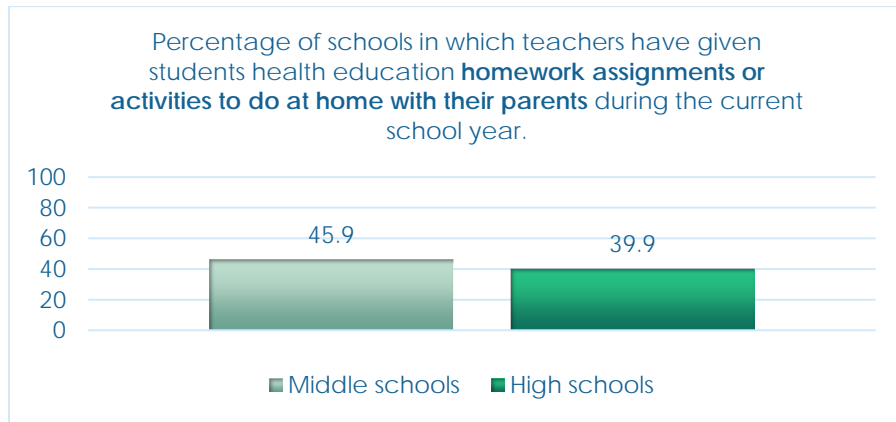
Family Engagement

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



Health Education Teacher Survey Results

Family Engagement



Professional Development (PD)

Percentage of schools in which the lead health education teacher **received professional development during the past 2 years OR would like to receive professional development** (e.g., workshops, conferences, continuing education, any other kind of in-service) on each of the following topics.

Health Education Topic	Received PD		Would like PD	
	Middle schools	High schools	Middle schools	High schools
Alcohol- or other drug-use prevention	39.7	47.9	77.1	76.6
Asthma	19.4	17.6	61.3	46.4
Chronic disease prevention (e.g., diabetes, obesity prevention)	34.0	29.3	69.3	64.9
Emotional and mental health	65.0	65.0	80.6	80.5
Epilepsy or seizure disorder	21.1	17.6	62.2	59.0
Food allergies	21.1	19.4	59.1	52.0
Foodborne illness prevention	20.5	17.5	57.6	47.8
HIV prevention	18.2	23.4	70.5	63.9
Human sexuality	22.1	28.4	77.1	77.6
Infectious disease prevention (e.g., flu)	32.0	31.1	65.4	63.9
Injury prevention and safety	54.1	54.7	69.9	63.5
Nutrition and dietary behavior	35.2	34.3	79.4	78.4
Physical activity and fitness	48.4	45.6	73.2	70.4
Pregnancy prevention	13.6	19.4	61.8	61.1
STD prevention	15.3	23.2	66.9	65.9
Suicide prevention	60.0	69.2	76.8	78.3
Tobacco-use prevention	46.4	50.8	72.3	77.4
Violence prevention (e.g., bullying, fighting, dating violence prevention)	54.9	52.7	81.7	79.5

Health Education Teacher Survey Results

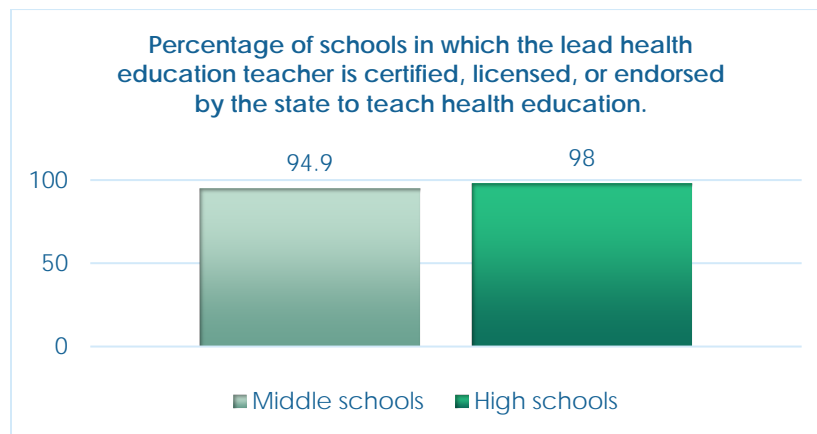
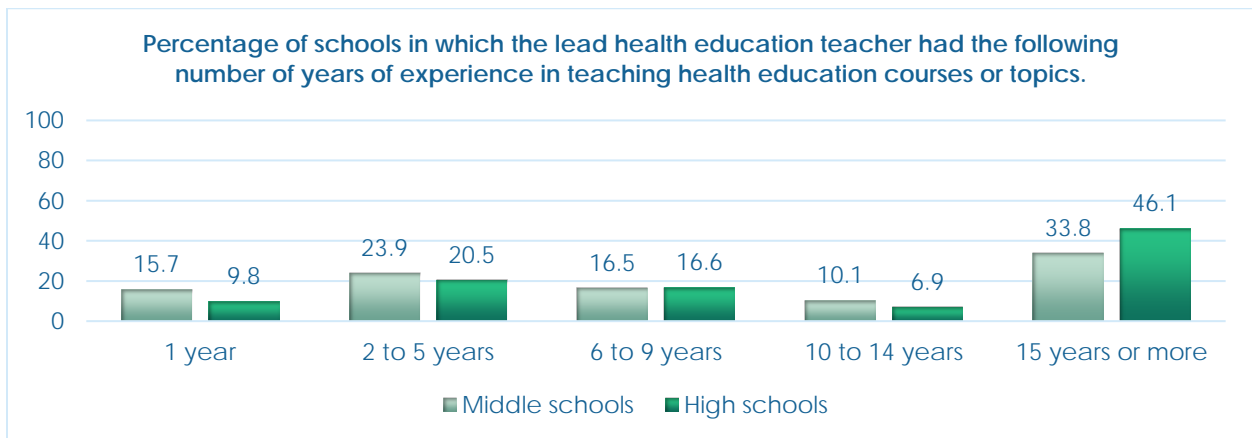
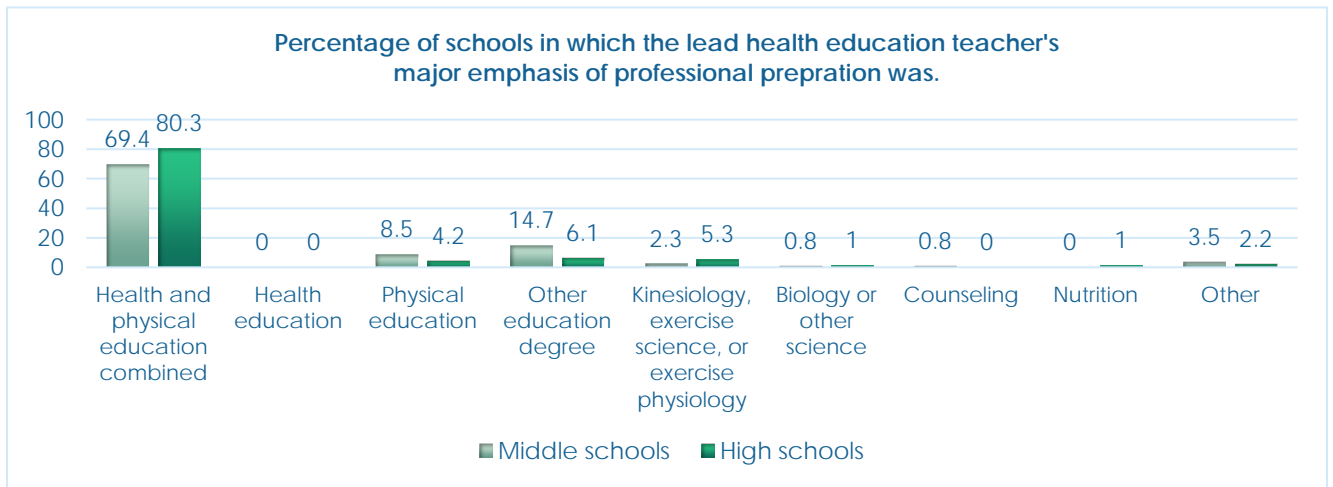
Professional Development

Percentage of schools in which the lead health education teacher **received professional development during the past 2 years OR would like to receive professional development** (e.g., workshops, conferences, continuing education, any other kind of in-service) on each of the following topics .

Health Education Topic	Received PD		Would like PD	
	Middle schools	High schools	Middle schools	High schools
Teaching students with physical, medical, or cognitive disabilities	56.8	40.5	72.4	73.3
Teaching students of various cultural backgrounds	41.7	26.5	64.4	66.4
Teaching students with limited English proficiency	19.9	10.9	51.6	49.6
How to support lesbian, gay, bisexual, and transgender students	19.6	18.8	61.2	70.8
Using interactive teaching methods (e.g., role plays, cooperative group activities)	54.2	45.3	66.7	71.2
Encouraging family or community involvement	46.2	29.8	72.4	78.2
Teaching skills for behavior change	61.7	43.6	78.8	77.3
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)	64.7	58.5	69.4	72.3
Assessing or evaluating students in health education	33.2	30.4	81.3	75.5
Sexual Health Education Topic				
Aligning lessons and materials with the district scope and sequence for sexual health education	24.4	20.8	60.2	64.3
Creating a comfortable and safe learning environment for students receiving sexual health education	23.7	28.4	66.0	71.4
Connecting students to on-site or community-based sexual health services	14.4	21.6	59.4	69.4
Using a variety of effective instructional strategies to deliver sexual health education	16.7	23.4	75.7	77.5
Building student skills in HIV, other STD, and pregnancy prevention	17.5	23.4	67.2	74.3
Assessing student knowledge and skills in sexual health education	16.5	20.7	71.6	74.5
Understanding current district or school board policies or curriculum guidance regarding sexual health education	20.1	23.6	65.6	70.4
Identifying appropriate modifications to the sexual health curriculum to meet the needs of all students	13.9	17.5	68.5	71.3
Engaging parents in sexual health education	7.4	12.7	68.9	74.9

Health Education Teacher Survey Results

Professional Preparation





*Funded through cooperative agreement NU87PS004124
with the Centers for Disease Control and Prevention (CDC)
Division of Adolescent and School Health
Atlanta, GA 30341*