

# 2020

## 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 2020



# 2020 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.

**Principal Survey Results..... Pages 3-16**  
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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Physical education and physical activity											56.9	52.8	↓	↓
Nutrition						43.9	56.7	46.9	52.6	56.8	55.3	51.5	↑	↓
Tobacco-use prevention						48.7	58.3	51.8	52.5	49.2	55.9	58.9	↑	↑
Chronic health conditions (e.g., asthma, food allergies)											44.5	38.7	↓	↓
Unintentional injury and violence prevention (safety)							45.4	41.2	47.7	45.0	50.7	47.6	↑	↓
Sexual health, including HIV, other STD, and pregnancy prevention											47.3	49.6		
<b>Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:</b>														
Health education							43.2	40.4	42.5	49.6	49.5	50	↑	
Physical education									42.1	49.6	46.9	48.7	↑	
Physical activity									36.9	43.1	41.2	39.9		
School meal programs									39.8	50.2	47.4	46.7	↑	
Foods and beverages available at school outside the school meal programs									34.4	40.0	40.0	40.9	↑	
Health services							33.1	36.1	32.0	38.7	37.4	40.6	↑	↑
Counseling, psychological, and social services										51.9	48.4	57.1	↑	↑
Physical environment										52.0	52.7	51.3		
<b>Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:</b>														
Social and emotional climate										58.7	58.6	63.7	↑	↑
Family engagement										65.2	66.1	65.3		
Community involvement										64.9	62.7	63.1		
Employee wellness										40.3	42.9	44.2	↑	
<b>Percentage of schools that reviewed health and safety data as part of school's improvement planning process</b>								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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Reviewed district’s local wellness policy											89.8	82.8	↓	↓
Helped revise district’s local wellness policy											63.5	58.0	↓	↓
Communicated to school staff about district’s local wellness policy											74.8	75.8		
Communicated to parents and families about district’s local wellness policy											58.9	57.6		
Communicated to students about district’s local wellness policy											62.1	59.8		
Measured school’s compliance with district’s local wellness policy											62.5	55.8	↓	↓
Developed an action plan that describes steps to meet requirements of district’s local wellness policy											48.8	42.8	↓	↓
<b>Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities</b>						94.4	84.7	87.7	84.9	90.1	92.7	91.2		
<b>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</b>					61.1	66.6	53.2	46.8	54.0	55.4	50.8	55.8	↓	↓

**Sexual Orientation**

Percentage of schools that have a student-led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
						13.4	23.4	19.8	16.4	18.0	21.6	21.5	↑	

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**Sexual Orientation**

Percentage of schools that engage in the following LGBTQ youth-related practices:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Identify “safe spaces” (e.g., a counselor’s office, designated classroom, or student organization) where LGBTQ youth can receive support from administrators, teachers, or other school staff							42.1	40.6	51.2	59.9	72.6	73.7	↑	
Prohibit harassment based on a student’s perceived or actual sexual orientation or gender identity							86.2	83.3	85.2	90.5	93.6	95.7	↑	↑
Encourage staff to attend professional development on safe and supportive school environments for all students, regardless of sexual orientation or gender identity							56.5	55.5	60.6	62.3	71.7	76.9	↑	↑
Facilitate access to providers not on school property who have experience in providing health services, including HIV/STD testing and counseling, to LGBTQ youth							37.8	44.4	46.5	43.5	46.6	50	↑	↑
Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth							41.3	42.3	45.4	48.2	51.9	55.0	↑	↑

**Bullying and Sexual Harassment**

Percentage of schools . . .	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 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	↓	↓
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		↓
That use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression									92.1	91.6	88.9	88.9	↓	

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### Required Physical Education

Percentage of schools that taught required physical education in the following grades:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
6 <sup>th</sup> grade				98.3	96.0	100.0	98.6	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	↑	
8 <sup>th</sup> grade				99.5	97.8	99.3	99.4	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	↑	
10 <sup>th</sup> grade				96.1	95.7	96.1	98.5	95.4	94.8	91.1	88.7	87.0	↓	
11 <sup>th</sup> grade				12.1	13.0	14.5	18.1	18.9	15.7	18.3	13.8	16.6	↑	
12 <sup>th</sup> grade				12.1	11.7	13.8	18.1	18.9	14.8	18.3	13.0	15.9	↑	
Percentage of schools in which physical education teachers or specialists received <b>professional development</b> on physical education or physical activity during the past year									77.9	84.7	84.3	81.5	↑	↓
Percentage of schools in which students participate in <b>physical activity in classrooms</b> during the school day outside of physical education								38.5	39.6	44.8	53.7	56.9	↑	↑
Percentage of schools that offer <b>interscholastic sports</b> to students								93.4	91.7	95.2	95.6	85.9	↓	↓
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:														
Before the school day									58.2	62.1	74.0	72.0	↑	
After the school day											92.7	92.0		
Percentage of schools that have a joint use agreement for shared use of the following school or community facilities:														
Physical activity facilities								54.5	61.7	51.5	61.9	68.3	↑	↑
Kitchen facilities and equipment											38.8	41.4		

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**Tobacco-Use Prevention Policies**

Percentage of schools that . . .	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Have adopted a policy prohibiting tobacco use			100.0	99.4	100.0	100.0	98.4	99.2	100.0	100.0	100.0	100.0	↑	
Follow a policy that mandates a “tobacco-free environment”			28.7	30.4	0.0	54.9	50.3	61.1	60.3	60.5	67.8	62.3	↑	↓
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	0.0	57.9	65.3	61.9	↑	↓

**Nutrition-Related Policies**

Percentage of schools that . . .	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Percentage of schools that always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered						23.9	29.6	29.2	34.7	30.6	38.8	33.9	↑	↓
Percentage of schools in which students can purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar			87.7	88.8	87.3	80.5	79.1	82.4	80.0	73.8	75.9	71.3	↓	↓

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**Nutrition-Related Policies**

Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Chocolate candy			56.9	53.3	52.2	36.2	36.8	39.9	38.4	15.1	21.3	21.0	↓	
Other kinds of candy			59.5	54.9	55.2	38.4	41.1	44.6	43.2	20.4	22.9	23.0	↓	
Salty snacks that are not low in fat (e.g., regular potato chips)			52.7	47.4	49.9	35.4	33.7	37.5	36.3	21.1	25.0	28.1	↓	↑
Low sodium or “no added salt” pretzels, crackers, or chips									47.8	47.0	52.9	51.6	↑	
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat						38.0	45.3	46.0	36.4	21.9	24.5	25.0	↓	
Ice cream or frozen yogurt that is not low in fat						9.8	12.8	8.6	4.5	4.4	5.4	6.8	↓	↑
2% or whole milk (plain or flavored)					23.9	27.0	28.8	20.8	16.2	14.5	15.5	16.9	↓	
Nonfat or 1% (low-fat) milk (plain)									23.1	21.4	24.8	22.3		
Water ices or frozen slushes that do not contain juice						14.2	12.9	11.6	11.1	8.7	10.4	9.8	↓	
Soda pop or fruit drinks that are not 100% juice					71.3	46.5	43.1	50.5	44.6	30.8	27.5	33.2	↓	↑
Sports drinks (e.g., Gatorade)					85.3	75.5	71.4	73.8	65.9	54.7	52.4	53.8	↓	
Energy drinks (e.g., Red Bull, Monster)									6.7	4.9	4.3	2.8	↓	↓
Plain water, with or without carbonation											70.7	65.5	↓	↓
Calorie-free, flavored water, with or without carbonation											43.5	42.7		
100% fruit or vegetable juice									55.9	51.5	46.8	39.9	↓	↓
Foods or beverages containing caffeine						40.0	42.8	43.3	37.2	30.8	29.1	27.3	↓	
Fruits (not fruit juice)						21.0	27.7	31.1	24.7	23.4	20.2	22.0	↓	
Non-fried vegetables (not vegetable juice)						12.4	11.7	16.8	14.0	10.1	14.3	13.3		
<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	↑	

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**Nutrition-Related Policies**

Percentage of schools that have done any of the following during the current school year:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 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	↑	↑
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	↓	
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		↑
Conducted taste tests to determine food preferences for nutritious items						6.1	12.3	16.4	18.9	19.6	23.5	27.0	↑	↑
Served locally or regionally grown foods in the cafeteria or classrooms								50.7	58.9	50.0	63.8	60.7	↑	↓
Planted a school food or vegetable garden								21.5	24.7	25.8	35.6	29.2	↑	↓
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access								51.9	61.9	59.2	74.2	73.8	↑	
Used attractive displays for fruits and vegetables in the cafeteria								57.7	65.7	65.0	72.2	71.7	↑	
Offered a self-serve salad bar to students								70.0	75.3	76.9	85.0	85.7	↑	
Encouraged students to drink plain water									79.6	83.4	90.2	88.9	↑	
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	↑	↑
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	↑	↓

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
In school buildings						51.1	51.9	49.7	46.3	57.5	62.7	61.2	↑	
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	↑	
On school buses or other vehicles used to transport students						70.9	63.7	59.7	61.6	62.3	69.4	67.7		
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	↑	
In curricula or other educational materials (including assignment books, school supplies, book covers, and electronic media)									55.6	59.9	66.2	64.4	↑	
<b>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</b>								98.1	96.8	97.0	99.6	98.3	↑	↓
<b>Percentage of schools that offer a free source of drinking water in the following locations:</b>														
Cafeteria during breakfast									92.2	90.7	90.6	92.7		↑
Cafeteria during lunch									93.7	91.5	91.0	93.2		↑
Gymnasium or other indoor physical activity facilities									97.9	97.2	96.4	95.8	↓	
Outdoor physical activity facilities and sports fields									82.3	64.9	72.3	69.1	↓	↓
Hallways throughout the school									98.3	99.2	98.0	100.0	↑	↑

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**Health Services**

	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
<b>Percentage of schools that have a full-time registered nurse who provides health services to students</b>						16.2	11.9	14.9	15.2	15.5	14.2	14.0		
<b>Percentage of schools that have a part-time registered nurse who provides health services to students</b>										41.8	46.3	45.7	↑	
<b>Percentage of schools that have a school-based health center that offers health services to students</b>										9.5	11.3	15.0	↑	↑
<b>Percentage of schools that provide the following services to students:</b>														
HIV testing								5.5	0.4	0.4	1.6	0.8	↓	↓
HIV treatment									0.4	0.0	1.6	0.8	↑	↓
STD testing									0.4	0.4	2.0	0.8	↑	↓
STD treatment									0.4	0.0	1.6	0.8	↑	↓
Pregnancy testing								3.8	2.9	1.5	2.9	1.2	↓	↓
Provision of condoms								2.6	1.3	1.6	3.3	2.1		↓
Provision of condom-compatible lubricants (i.e., water- or silicone-based)									1.3	1.2	2.9	1.2		↓
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	↓	↓
Prenatal care								3.7	3.8	0.0	0.8	0.8	↓	
Human papillomavirus (HPV) vaccine administration								5.7	4.9	4.4	6.5	2.5	↓	↓
Assessment for alcohol or other drug use, abuse, or dependency											20.9	18.4	↓	↓
Daily medication administration for students with chronic health conditions (e.g., asthma, diabetes)											76.6	75.3		
Stock rescue or “as needed” medication for any student experiencing a health emergency (e.g., asthma episode, severe allergic reaction)											69.7	67.9		
Case management for students with chronic health conditions (e.g., asthma, diabetes)											56.6	57.1		

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**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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
HIV testing								44.6	46.4	31.2	37.9	28.2	↓	↓
HIV treatment									45.1	33.8	44.0	34.0	↓	↓
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		↓
STD testing									48.4	31.5	38.0	29.6	↓	↓
STD treatment									46.3	28.5	37.0	28.7	↓	↓
Pregnancy testing								45.6	51.2	31.8	38.3	30.5	↓	↓
Provision of condoms								33.5	39.6	26.5	32.2	24.6	↓	↓
Provision of condom-compatible lubricants (i.e., water- or silicone-based)									37.3	24.7	28.9	23.4	↓	↓
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	↓	↓
Prenatal care								43.5	47.8	29.2	34.7	27.0	↓	↓
Human papillomavirus (HPV) vaccine administration								40.1	43.9	38.1	44.4	35.5	↓	↓
Alcohol or other drug abuse treatment											57.0	54.0	↓	↓
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	↓	

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**Health Services**

Percentage of schools that routinely use school records to identify and track students with a current diagnosis of the following chronic conditions:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
	Asthma									94.1	95.5	93.5	92.6	↓
Food allergies									94.5	95.5	93.9	93.7		
Diabetes									94.6	93.9	92.8	93.3		
Epilepsy or seizure disorder									93.1	95.5	92.4	92.2	↓	
Obesity									30.3	25.0	32.9	20.1	↓	↓
Hypertension/high blood pressure									51.5	50.0	50.9	43.4	↓	↓
Oral health condition (e.g., abscess, tooth decay)											37.0	34.4		
<b>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:</b>														
Asthma									57.8	50.4	53.3	48.2	↓	↓
Food allergies									57.0	48.9	51.2	47.8	↓	↓
Diabetes									57.8	50.0	52.4	47.8	↓	↓
Epilepsy or seizure disorder									56.1	49.6	51.6	47.8	↓	↓
Obesity									41.1	33.9	39.8	32.4	↓	↓
Hypertension/high blood pressure									49.8	41.8	43.9	39.5	↓	↓
Oral health condition (e.g., abscess, tooth decay)											48.3	43.5	↓	↓

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**Health Services**

Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services ARE PROVIDED:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
	School does not provide any sexual or reproductive health services										88.6	85.8	87.6	
Parental consent is required before any sexual or reproductive health services are provided										8.7	8.2	7.4		
Parental consent is not required for sexual or reproductive health services and parents are provided with information about services provided only upon request										1.6	1.7	0.0	↓	↓
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the service provided										0.0	1.8	3.8	↑	↑
Parental consent is not required for sexual or reproductive health services, but parents are notified about all services provided										0.8	0.9	0.8		
Parental consent is not required for sexual or reproductive health services and parents are not notified about any services provided										0.4	1.7	0.4		↓

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**Health Services**

Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services ARE REFERRED:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
	School does not refer any sexual or reproductive health services										61.0	55.6	65.2	↑
Parental consent is required before any sexual or reproductive health services are referred										0.4	1.7	0.4		↓
Parental consent is not required for sexual or reproductive health services and parents are provided with information about referrals provided only upon request										4.9	5.1	3.3	↓	↓
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the referral provided										7.5	11.7	8.6		↓
Parental consent is not required for sexual or reproductive health services, but parents are notified about all referrals provided										1.7	3.1	2.4		
Parental consent is not required for sexual or reproductive health services and parents are not notified about any referrals provided										5.2	3.6	4.4		

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**Family and Community Involvement**

Percentage of schools that have done any of the following activities during the current school year:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Provided parents with information about how to monitor their teen									49.1	46.3	46.7	42.0	↓	↓
Involved parents as school volunteers in the delivery of health education activities and services									34.2	26.0	20.9	31.2	↓	↑
Linked parents and families to health services and programs in the community									63.4	61.6	59.1	60.8	↓	
Provided disease-specific education for parents and families of students with chronic health conditions (e.g., asthma, diabetes)											33.6	29.3	↓	↓
Percentage of schools in which students' families helped develop or implement policies and programs related to school health during the past two years									36.1	38.4	34.2	35.6		

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**Required Health Education**

	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Percentage of schools in which students take only one required health education course	14.3	19.5	15.1	11.9	15.5	11.7	7.0	9.8	7.5	12.7	9.4	10.9	↓	
Percentage of schools in which students take two or more required health education courses	61.7	63.5	75.4	72.5	79.3	86.1	92.4	89.4	90.7	85.1	89.0	88.2	↑	
Percentage of schools that taught a required health education course in the following grades:														
6 <sup>th</sup> grade	43.1	53.1	59.3	54.0	71.1	75.1	70.7	85.7	72.7	73.8	77.5	76.7	↑	
7 <sup>th</sup> grade	63.8	70.0	83.5	72.9	85.9	91.2	91.2	92.8	91.392.8	92.1	92.4	90.1	↑	
8 <sup>th</sup> grade	62.2	69.2	83.0	74.1	88.1	90.7	91.0	96.2	92.5	92.1	93.8	91.1	↑	
9 <sup>th</sup> grade	60.9	68.7	79.3	72.5	86.1	90.8	95.6	92.9	89.4	91.9	94.4	93.2	↑	
10 <sup>th</sup> grade	60.8	69.0	78.5	68.8	82.4	87.3	92.2	85.1	81.8	81.9	84.4	84.7	↑	
11 <sup>th</sup> grade	9.3	7.4	7.1	8.1	8.6	5.5	6.0	8.0	9.1	6.0	7.3	5.3	↓	
12 <sup>th</sup> grade	10.0	6.0	5.7	6.5	7.3	4.8	3.8	3.4	4.6	4.9	6.1	5.3	↓	
Percentage of schools that required students who fail a required health education course to repeat it				63.8	63.5	66.1	69.8	62.0	63.3	68.8	59.4	69.9		↑
Percentage of schools in which those who teach health education are provided with the following materials:														
Goals, objectives, and expected outcomes for health education						94.4	86.4	87.1	88.1	84.3	73.6	80.2	↓	↑
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	↓	
Plans for how to assess student performance in health education						69.8	66.5	59.7	66.7	60.6	50.2	60.0	↓	
A written health education curriculum						86.6	84.8	81.7	82.2	73.6	67.6	66.9	↓	
Percentage of schools in which health education instruction is required in any of grades 6 through 12							98.4	97.9	97.1	94.7	99.0	99.6	↑	

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**Required Health Education**

Percentage of schools in which the health education curriculum addresses the following skills:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 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	↓	
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	↓	
Accessing valid information and products and services to enhance health						90.1	88.6	86.4	92.1	88.6	93.8	89.0		↓
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		
Using decision-making skills to enhance health						93.7	98.5	96.6	97.9	94.9	95.6	94.5		
Using goal-setting skills to enhance health						90.8	92.7	91.0	95.2	92.5	92.9	92.5		
Practicing health-enhancing behaviors to avoid or reduce risks						96.6	97.5	96.6	97.0	95.8	94.8	96.0	↓	
Advocating for personal, family, and community health						89.9	92.0	87.3	92.0	91.2	89.7	89.8		
<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	↓	
Strategies that are age-appropriate, relevant, and actively engage students in learning									74.5	63.4	64.9	62.5	↓	
Methods to assess student knowledge and skills related to sexual health education									66.0	63.5	57.9	61.9	↓	
<b>Percentage of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth</b>							9.8	18.9	21.3	34.3	42.0	37.3	↑	↓

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**Required Health Education**

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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Alcohol- or other drug-use prevention						99.6	99.1	97.4	98.9	96.6	96.9	96.2	↓	
Asthma						45.8	60.6	50.5	62.8	56.9	59.7	57.4	↑	
Chronic disease prevention										93.4	91.5	92.7		
Emotional and mental health						95.2	90.3	94.5	94.6	91.0	91.4	96.3		↑
Epilepsy or seizure disorder									43.9	47.6	42.3	48.8		↑
Food allergies									71.2	67.3	69.2	67.1		
Foodborne illness prevention						75.8	77.7	77.0	77.7	66.7	70.1	68.9	↓	
Human immunodeficiency virus (HIV) prevention						93.3	90.0	91.1	90.2	85.6	89.2	87.1	↓	
Human sexuality						86.0	85.0	88.6	84.0	75.2	83.2	74.3	↓	↓
Infectious disease prevention (e.g., influenza)								91.3	94.7	88.0	86.5	87.7	↓	
Injury prevention and safety						92.6	91.9	93.4	96.3	93.8	91.5	90.9		
Nutrition and dietary behavior						97.8	99.5	99.6	97.8	98.3	98.1	98.6		
Physical activity and fitness						100.0	99.6	100.0	100.0	100.0	100.0	99.1		↓
Pregnancy prevention						78.9	82.3	85.1	81.8	80.1	82.9	85.4	↑	
Sexually transmitted disease (STD) prevention						88.0	88.1	89.0	89.3	83.8	87.5	91.1		↑
Suicide prevention						74.7	76.8	82.2	80.1	85.5	90.2	93.3	↑	↑
Tobacco-use prevention						99.6	98.2	98.4	97.8	96.2	95.4	94.1	↓	
Violence prevention (e.g., bullying, fighting, dating violence prevention)						93.6	90.2	96.2	96.8	96.4	93.0	97.3	↑	↑

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Identifying tobacco products and the harmful substances they contain						95.7	95.1	93.6	93.3	90.4	91.7	90.3	↓	
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	↓	↓
Identifying social, economic, and cosmetic consequences of tobacco product use						89.8	93.2	91.9	91.8	88.4	86.9	85.6	↓	
Understanding the addictive nature of nicotine						95.1	94.6	94.0	94.9	92.5	92.1	89.7	↓	
Effects of nicotine on the adolescent brain										81.4	78.7	83.6		↑
Effects of tobacco product use on athletic performance						87.4	91.4	90.4	92.4	87.7	81.0	86.1	↓	↑
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	↓	
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	↓	
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		
Making accurate assessments of how many peers use tobacco products						68.5	76.3	75.4	75.9	78.8	75.1	78.0	↑	

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
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		↓
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	↓	
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		↑
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		
Identifying harmful effects of tobacco product use on fetal development						83.0	85.8	81.4	85.5	76.7	82.5	78.5	↓	↓
Relationship between using tobacco products and alcohol or other drugs									90.5	86.5	89.0	86.0	↓	↓
How addiction to tobacco product use can be treated									87.0	82.0	83.0	86.2		↑
Understanding school policies and community laws related to the sale and use of tobacco products									89.4	84.6	83.7	85.3	↓	
Benefits of tobacco product cessation programs									70.2	65.8	62.5	66.4	↓	
<b>Percentage of schools that taught all 19 tobacco-use prevention topics during the current school year</b>						0.0	0.0	0.0	0.0	53.2	51.6	51.9	↑	

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
How HIV and other STDs are transmitted						93.0	77.0	76.3	74.5	73.2	71.9	70.6	↓	
Health consequences of HIV, other STDs, and pregnancy						82.7	74.0	71.9	74.2	71.3	73.3	71.2	↓	
The benefits of being sexually abstinent						80.1	77.2	76.3	79.1	79.5	73.3	69.4	↓	
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		↑
The influences of family, peers, media, technology, and other factors on sexual risk behaviors									75.2	71.8	72.1	72.0		
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		
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	↓	
Influencing and supporting others to avoid or reduce sexual risk behaviors									68.5	65.3	66.1	68.8		
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	↑	
The importance of using condoms consistently and correctly							35.8	38.7	33.7	35.3	37.8	45.0	↑	↑
How to obtain condoms							17.8	22.2	20.2	27.8	30.9	42.0	↑	↑
How to correctly use a condom							11.3	11.1	15.7	19.0	19.5	32.5	↑	↑
Methods of contraception other than condoms										37.6	42.6	49.5	↑	↑

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 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	↑	↑
How to create and sustain healthy and respectful relationships								67.1	78.8	74.6	79.3	80.1	↑	
The importance of limiting the number of sexual partners									59.7	55.6	55.1	57.5		
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health									56.2	49.2	53.0	54.4		
The relationship between alcohol and other drug use and sexual risk behaviors											77.8	74.8		

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
How HIV and other STDs are transmitted							89.2	96.6	91.8	87.3	89.5	88.6		
Health consequences of HIV, other STDs, and pregnancy							89.3	93.2	90.2	85.7	89.4	88.7		
The benefits of being sexually abstinent						88.5	89.3	94.8	91.6	86.4	89.4	86.7		
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		
The influences of family, peers, media, technology, and other factors on sexual risk behaviors									89.9	85.7	84.6	79.5	↓	
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		
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		↓
Influencing and supporting others to avoid or reduce sexual risk behaviors									86.0	80.5	83.5	75.5	↓	↓
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		
The importance of using condoms consistently and correctly						63.1	62.5	73.2	63.8	63.6	67.6	70.7	↑	
How to obtain condoms						53.2	52.2	52.9	60.1	53.9	64.2	61.0	↑	
How to correctly use a condom							39.9	40.8	50.1	41.3	56.4	57.1	↑	
Methods of contraception other than condoms										68.2	70.4	73.8	↑	

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 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	↑	
How to create and sustain healthy and respectful relationships								81.6	92.3	86.5	88.5	92.1	↑	
The importance of limiting the number of sexual partners									85.9	79.6	86.5	79.1		↓
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health									83.3	72.7	75.5	77.2	↓	
The relationship between alcohol and other drug use and sexual risk behaviors											90.3	83.0	↓	↓

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									65.0	64.1	61.0	64.5		
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									65.9	68.4	60.8	66.9		
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									52.9	52.5	47.1	55.5		↑
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									68.0	69.3	64.7	67.1		
Use decision-making skills to prevent HIV, other STDs, and pregnancy									68.4	66.3	61.2	66.1		
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achievement them									67.8	67.2	65.7	66.9		
Influence and support others to avoid or reduce sexual risk behaviors									68.8	66.3	63.5	63.6		

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									86.8	84.1	89.4	84.3		↓
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									83.5	82.9	80.5	79.7		
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									77.5	73.7	83.4	77.5		↓
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									82.5	83.3	87.2	82.1		↓
Use decision-making skills to prevent HIV, other STDs, and pregnancy									83.4	80.6	90.5	83.2		↓
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achievement them									73.6	77.2	81.7	73.8		↓
Influence and support others to avoid or reduce sexual risk behaviors									78.2	77.2	84.6	78.6		↓

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**Nutrition**

Percentage of schools in which teachers taught the following nutrition and dietary behaviors:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Benefits of healthy eating						96.1	97.5	99.2	97.3	96.2	96.8	96.7		
Benefits of drinking plenty of water									97.3	96.7	96.1	96.1		
Benefits of eating breakfast every day										96.2	95.7	94.7		
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	↓	
Differentiating between nutritious and non-nutritious beverages									95.3	93.4	93.5	94.7		
Balancing food intake and physical activity						95.7	96.7	97.9	96.5	96.3	96.3	94.3		↓
Eating more fruits, vegetables, and whole grain products						96.2	97.6	99.2	95.6	96.2	95.3	96.1	↓	
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	↓	↑
Choosing foods, snacks, and beverages that are low in added sugars									94.4	93.8	92.1	95.7		↑
Choosing foods and snacks that are low in sodium									91.9	88.9	86.6	89.4	↓	
Eating a variety of foods that are high in calcium									92.8	91.7	88.1	91.7		↑
Eating a variety of foods that are high in iron									88.9	86.4	85.1	87.3		
Food safety						84.2	82.8	89.0	87.8	82.7	86.4	86.9		
Preparing healthy meals and snacks						90.0	86.3	94.8	90.2	83.5	89.3	89.8		
Risks of unhealthy weight control practices						93.7	93.2	93.8	94.5	93.8	92.0	93.3		
Accepting body size differences						90.6	86.5	94.8	91.0	89.7	88.6	91.7		↑
Signs, symptoms, and treatment for eating disorders						91.5	87.0	91.1	89.1	86.7	83.1	90.0	↓	↑
Relationship between diet and chronic diseases									91.0	87.5	86.8	90.3		↑
Assessing body mass index (BMI)									82.8	79.5	77.8	90.3		↑
The influence of the media on dietary behaviors											90.5	92.7		
Food production, including how food is grown, harvested, processed, packaged, and transported											68.9	73.0	↑	↑

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**Physical Activity**

Percentage of schools in which teachers taught the following physical activity topics:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 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	↓	↓
Mental and social benefits of physical activity									97.8	98.4	97.8	97.8		
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		
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		
Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity									92.7	91.8	94.0	95.1	↑	
Decreasing sedentary activities (e.g., television viewing)						88.6	94.9	93.1	96.6	96.8	94.5	97.7	↑	↑
Preventing injury during physical activity						96.1	93.3	94.9	97.4	96.7	96.4	95.8		
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	↑	↑
Dangers of using performance-enhancing drugs (e.g., steroids)						88.8	87.9	85.8	87.6	89.0	80.4	83.2	↓	
Increasing daily physical activity									97.8	99.6	97.6	98.7		
Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)									96.4	97.2	93.5	95.2	↑	
Using safety equipment for specific physical activities									93.1	94.4	90.8	95.2		
Benefits of drinking water before, during, and after physical activity									96.1	98.8	98.1	98.2	↑	

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**Collaboration**

Percentage of schools in which health education staff worked with the following groups on health education activities:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Physical education staff		82.8	86.1	81.9	85.4	88.5	82.7	81.7	85.9	81.6	82.6	79.5	↓	
Health services staff (e.g., nurses)		49.2	55.1	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)		51.3	52.9	58.7	64.6	61.1	68.7	64.0	63.4	64.7	66.7	66.2	↑	↑
Nutrition or food service staff		18.2	26.1	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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Alcohol- or other drug-use prevention		44.0	57.4	53.7	70.0	52.0	40.8	44.8	34.6	39.6	32.8	43.8	↓	↑
Asthma					13.8	14.5	19.8	23.6	17.9	19.1	18.4	18.5	↑	
Chronic disease prevention										28.5	27.6	31.7		
Emotional and mental health		27.4	30.5	31.9	38.9	34.1	32.2	31.9	32.0	45.6	46.9	65.3	↑	↑
Epilepsy or seizure disorder									13.2	16.2	19.5	19.4	↑	
Food allergies									21.7	22.3	21.1	20.3		
Foodborne illness prevention					21.3	18.0	19.9	20.5	14.0	18.8	20.0	19.0		
HIV prevention		51.6	54.3	51.7	44.8	36.9	39.4	46.4	33.8	21.2	22.6	20.8	↓	
Human sexuality		28.2	35.0	29.5	27.1	29.7	29.8	36.2	26.8	18.7	22.1	25.2	↓	
Infectious disease prevention (e.g., flu prevention)								43.7	31.2	28.5	30.4	31.6	↓	
Injury prevention and safety		45.7	48.2	52.0	47.9	52.8	51.2	50.7	37.0	45.2	40.2	54.4	↓	↑
Nutrition and dietary behavior		30.8	31.5	37.6	34.5	41.8	32.6	36.3	30.2	31.9	28.5	34.8		↑
Physical activity and fitness		48.4	46.6	55.3	51.9	58.4	56.4	52.7	47.1	53.5	48.6	47.0		
Pregnancy prevention		25.1	26.2	27.7	23.4	20.3	28.5	26.0	24.7	15.2	17.3	16.5	↓	
STD prevention		39.4	38.1	40.1	33.2	29.7	33.9	37.3	29.1	18.4	18.1	19.3	↓	
Suicide prevention			21.6	27.9	30.7	32.2	38.9	35.4	32.7	48.3	61.4	64.6	↑	
Tobacco-use prevention		36.8	57.1	40.8	39.4	42.5	33.2	34.7	27.3	35.9	31.6	48.6	↓	↑
Violence prevention (e.g., bullying, fighting, dating violence prevention)		50.5	51.2	52.3	58.6	53.3	52.6	65.3	51.0	52.5	47.5	53.8		↑

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
	Teaching students with physical, medical, or cognitive disabilities		32.8	31.4	35.2	43.6	31.7	23.0	27.5	30.9	38.8	38.2	48.7	↑
Teaching students of various cultural backgrounds		24.1	21.4	24.3	33.0	38.2	33.0	39.5	30.3	37.0	34.4	34.2	↑	
Teaching students with limited English proficiency		4.0	3.5	10.8	8.8	10.6	8.2	9.0	7.0	13.0	10.6	15.4	↑	↑
Using interactive teaching methods (e.g., role plays, cooperative group activities)		48.8	50.5	44.8	45.2	39.9	49.3	51.4	46.3	48.2	41.8	49.8		↑
Encouraging family or community involvement		32.2	31.6	32.9	35.8	32.7	32.8	31.2	30.4	33.0	28.1	38.2		↑
Teaching skills for behavior change		43.8	46.0	51.0	52.7	47.0	38.3	44.3	33.9	39.4	34.6	52.7	↓	↑
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		↑
Assessing or evaluating students in health education					34.6	30.5	28.2	28.2	25.5	29.6	30.8	31.8		

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Aligning lessons and materials with the district scope and sequence for sexual health education										20.4	27.2	22.6		↓
Creating a comfortable and safe learning environment for students receiving sexual health education										21.7	25.3	26.0	↑	
Connecting students to on-site or community-based sexual health services										15.1	24.1	18.0		↓
Using a variety of effective instructional strategies to deliver sexual health education										18.7	24.2	20.1		↓
Building student skills in HIV, other STD, and pregnancy prevention										20.3	23.7	20.4		
Assessing student knowledge and skills in sexual health education										20.5	24.7	18.6		↓
Understanding current district or school board policies or curriculum guidance regarding sexual health education										21.9	26.3	21.9		↓

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Alcohol- or other drug-use prevention		68.4	65.3	67.7	71.8	78.5	70.2	74.3	68.4	73.0	64.8	76.8	↑	↑
Asthma					61.2	69.3	58.6	61.0	50.6	54.9	46.7	53.9	↓	↑
Chronic disease prevention										71.1	61.2	67.1	↓	↑
Emotional and mental health		61.4	67.8	65.6	70.7	75.7	65.6	67.2	65.5	72.8	74.2	80.5	↑	↑
Epilepsy or seizure disorder									48.1	52.6	47.5	60.6	↑	↑
Food allergies									51.4	51.8	50.3	55.6		↑
Foodborne illness prevention					49.8	54.5	46.8	48.0	47.2	45.2	45.8	52.7		↑
HIV prevention		65.3	64.2	59.7	62.4	72.0	66.3	63.8	63.3	63.8	60.3	67.2		↑
Human sexuality		55.1	58.4	53.5	56.1	72.8	65.5	62.7	64.8	70.5	61.9	77.4	↑	↑
Infectious disease prevention (e.g., flu prevention)								55.6	54.0	61.9	58.3	64.7	↑	↑
Injury prevention and safety		50.8	49.8	43.9	62.4	67.0	62.8	61.1	56.0	61.5	58.0	66.7	↑	↑
Nutrition and dietary behavior		67.1	66.6	63.6	73.9	78.7	76.5	69.8	73.2	76.9	68.0	78.9	↑	↑
Physical activity and fitness		62.7	66.0	60.5	71.5	75.5	74.2	70.2	67.0	71.3	66.3	71.8	↑	↑
Pregnancy prevention		59.2	54.6	51.2	57.1	64.6	58.1	65.0	55.4	62.0	58.9	61.5	↑	
STD prevention		64.5	62.8	57.0	61.5	71.4	62.6	63.2	63.4	68.1	63.6	66.4	↑	
Suicide prevention		73.5	74.2	74.4	71.7	80.3	70.3	75.5	72.1	76.1	74.4	77.6		
Tobacco-use prevention		66.4	60.4	61.0	59.9	66.4	61.3	66.2	66.2	67.6	63.0	74.8	↑	↑
Violence prevention (e.g., bullying, fighting, dating violence prevention)			74.6	75.9	72.1	77.4	75.0	76.6	74.0	76.5	69.8	80.6	↑	↑

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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:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Teaching students with physical, medical, or cognitive disabilities		62.1	57.9	53.7	61.5	60.4	57.1	61.1	63.4	65.3	63.7	72.8	↑	↑
Teaching students of various cultural backgrounds		43.9	43.6	39.6	43.7	47.2	44.4	45.9	49.2	53.9	52.7	65.4	↑	↑
Teaching students with limited English proficiency		35.6	34.8	29.8	34.9	35.4	31.6	33.3	42.3	37.8	39.6	50.6	↑	↑
Using interactive teaching methods (e.g., role plays, cooperative group activities)		64.8	63.3	55.1	60.9	66.5	65.4	59.0	60.0	67.2	67.8	68.9	↑	
Encouraging family or community involvement		67.6	66.2	61.2	62.3	70.3	65.6	66.4	63.0	67.0	67.9	75.2	↑	↑
Teaching skills for behavior change		75.1	78.2	70.6	79.4	75.2	76.4	70.4	72.7	70.9	74.9	78.1		
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	↓	↑
Assessing or evaluating students in health education					71.1	79.7	72.3	72.9	73.2	70.7	70.1	78.4		↑

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**Professional Development/Sexual Health – would like to receive**

Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Aligning lessons and materials with the district scope and sequence for sexual health education										64.1	60.4	62.2	↑	
Creating a comfortable and safe learning environment for students receiving sexual health education										61.5	64.9	68.6	↑	
Connecting students to on-site or community-based sexual health services										59.7	62.0	64.3	↑	
Using a variety of effective instructional strategies to deliver sexual health education										72.5	73.7	76.6	↑	
Building student skills in HIV, other STD, and pregnancy prevention										66.8	64.9	70.7	↑	↑
Assessing student knowledge and skills in sexual health education										65.5	67.0	73.0	↑	↑
Understanding current district or school board policies or curriculum guidance regarding sexual health education										64.8	65.0	68.0		

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**Professional Preparation**

Percentage of schools in which major emphasis of the health education teacher's professional preparation was on the following:	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020	Linear Change	2018-2020 Change
Health education or health and physical education combined	55.1	60.9	65.6	71.7	65.4	71.1	72.2	80.8	75.5	73.1	78.2	74.7	↑	↑
Physical education, kinesiology, exercise science or exercise physiology	22.3	14.9	11.1	10.6	12.4	10.8	12.1	10.3	9.0	14.5	5.6	10.1	↓	↑
Home economics of family and consumer science, biology or other science, or nutrition	2.9	8.4	2.2	1.8	1.7	1.9	1.6	1.3	4.4	2.9	2.2	1.4	↓	
Nursing or counseling	17.2	0.8	2.7	0.3	0.6	0.4	0.5	0.0	0.0	0.0	0.5	0.4	↓	
Public health or other	0.0	0.0	3.7	3.7	1.3	2.9	1.7	0.4	1.8	0.4	1.8	2.8		
<b>Percentage of schools in which the lead health education teacher had the following number of years of experience in teaching health education courses or topics:</b>														
1 year	7.9	13.3	8.4	6.0	6.1	4.2	4.9	4.5	9.5	7.1	7.0	12.8		↑
2 to 5 years	25.7	23.4	21.7	25.7	20.2	23.8	20.5	20.2	18.8	24.9	23.8	22.2		
6 to 9 years	19.2	16.8	17.0	14.6	17.5	14.6	15.4	12.8	13.5	16.6			↓	
10 to 14 years	14.1	14.4	14.6	16.9	18.3	21.5	16.7	19.9	13.7	13.4	10.8	8.5	↑	
15 years or more	33.1	32.2	38.3	36.8	37.9	33.8	40.5	40.7	42.6	41.9	44.9	39.9	↑	↓
<b>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</b>					90.8	95.5	94.0	96.7	97.2	96.6	96.1	96.5	↑	