

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Health Education	Median	Range	%
Percent of schools that require health education in any of grades 6-12	93.7	67.6-99.4	99.0
Percent of schools that required only one health education course	40.8	7.5-74.7	9.4
Percent of schools that required two or more health education courses	48.6	11.3-89.0	89.0
Percent of schools that required students who fail a required health education course to repeat it	63.9	39.2-85.9	59.4
Percent of schools that taught a required health education course in grade 6	59.9	17.1-94.6	87.1
Percent of schools that taught a required health education course in grade 7	69.3	19.2-95.3	93.5
Percent of schools that taught a required health education course in grade 8	70.3	19.9-96.2	94.8
Percent of schools that taught a required health education course in grade 9	75.4	18.7-100	96.7
Percent of schools that taught a required health education course in grade 10	51.4	9.3-93.6	86.5
Percent of schools that taught a required health education course in grade 11	23.3	2.6-98.9	7.5
Percent of schools that taught a required health education course in grade 12	21.6	2.6-98.9	6.3
<i>Percent of schools that provided those who teach health education with:</i>			
Goals, objectives, and expected outcomes for health education	85.5	73.6-97.3	73.6
Chart describing annual scope and sequence of instruction for health education	64.7	45.3-84.4	53.0
Plans for how to assess student performance in health education	67.1	44.6-86.2	50.2
Written health education curriculum	75.7	45.1-97.2	67.6
Sexual Health Education Materials			
<i>Percent of schools that provided those who teach sexual health education with:</i>			
Goals, objectives, and expected outcomes for sexual health education	79.4	67.5-96.1	68.3
Written, health education curriculum that includes objectives and content addressing sexual health education	74.1	56.8-95.1	59.7
Chart describing annual scope and sequence of instruction for sexual health education	60.2	42.7-83.5	42.7
Strategies that are age-appropriate, relevant, and actively engage students in learning	76.2	64.8-91.2	64.9
Methods to assess student knowledge and skills related to sexual health education	71.4	57.9-89.6	57.9
Percent of schools that provided those who teach sexual health education with all 5 types of materials	53.9	37.3-79.0	37.8

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Health Education	Median	Range	%
<i>Percent of schools in which teachers tried to increase student knowledge on specific health-related topics during the current school year:</i>			
Alcohol or other drug-use prevention	93.5	76.4-98.1	96.9
Asthma	54.1	31.9-76.0	59.7
Chronic disease prevention	88.7	65.0-96.2	91.5
Emotional and mental health	91.4	71.0-97.3	91.4
Epilepsy or seizure disorder	42.1	20.0-61.1	42.3
Food allergies	65.1	42.4-85.3	69.2
Foodborne illness prevention	65.8	42.0-81.7	70.1
HIV prevention	86.1	64.4-95.6	89.2
Human sexuality	80.3	58.6-95.8	83.2
Infectious disease prevention	83.0	66.9-93.2	86.5
Injury prevention and safety	85.4	68.5-95.2	91.5
Nutrition and dietary behavior	96.5	82.6-99.7	98.1
Physical activity and fitness	98.0	93.2-100.0	100.0
Pregnancy prevention	80.9	60.3-93.7	82.9
STD prevention	85.8	64.4-97.8	87.5
Suicide prevention	83.5	63.1-94.6	90.2
Tobacco-use prevention	92.9	75.3-98.7	95.4
Violence prevention	92.8	83.0-98.7	93.0
Health Education Curriculum - Skills Practice			
<i>Percent of schools with a health education curriculum that addressed:</i>			
Comprehending concepts related to health promotion and disease prevention to enhance health	92.0	76.8-98.6	95.6
Analyzing the influence of family peers, culture, media, technology, and other factors on health behaviors	91.8	75.6-97.7	93.3
Accessing valid information and products and services to enhance health	86.7	69.3-95.6	93.8
<i>Percent of schools in which teachers provided students with the opportunity to practice:</i>			
Using interpersonal communication skills to enhance health and avoid or reduce health risks	91.8	76.1-98.2	92.4
Using decision-making skills to enhance health	92.6	78.2-98.6	95.6
Using goal-setting skills to enhance health	90.6	78.2-98.2	92.9

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QUESTIONNAIRE TOPICS	All States		Montana
Health Education Curriculum - Skills Practice - continued	Median	Range	%
<i>Percent of schools in which teachers provided students with the opportunity to practice:</i>			
Health-enhancing behaviors to avoid or reduce risks	92.2	77.4-98.2	94.8
Advocating for personal, family, and community health	89.2	72.2-97.3	89.7
Skills related to sexual health	59.9	38.9-84.5	50.5
Tobacco-Use Prevention Topics			
<i>Percent of schools in which teachers taught specific tobacco-use prevention topics:</i>			
Identifying tobacco products and the harmful substances they contain	87.6	59.4-96.9	91.7
Identifying short- and long-term health consequences of tobacco use	88.5	60.9-97.2	93.1
Identifying social, economic, and cosmetic consequences of tobacco use	84.0	54.5-94.6	86.9
Understanding the addictive nature of nicotine	86.7	60.1-96.7	92.1
Effects of nicotine on the adolescent brain	79.9	54.3-94.4	78.7
Effects of tobacco use on athletic performance	78.7	54.0-93.7	81.0
Effects of second-hand smoke and benefits of a smoke-free environment	86.6	58.9-95.7	88.8
Understanding social influences on tobacco use, including media, family, peers, and culture	85.3	58.4-95.9	88.5
Identifying reasons why students do and do not use tobacco	83.8	58.6-95.0	91.3
Making accurate assessments of how many peers use tobacco	68.8	48.1-93.4	75.1
Using interpersonal communication skills to avoid tobacco use	85.3	57.3-96.5	86.4
Using goal-setting and decision-making skills related to not using tobacco	81.7	54.4-93.8	79.7
Finding valid information and services related to tobacco-use prevention and cessation	73.9	47.3-88.0	74.0
Supporting others who abstain from or want to quit using tobacco	73.9	48.6-89.8	80.7
Identifying harmful effects of tobacco use on fetal development	77.7	50.7-94.7	82.5
Relationship between using tobacco and alcohol or other drugs	84.3	56.9-95.3	89.0
How addiction to tobacco use can be treated	84.3	56.9-95.3	83.0
Understanding school policies and community laws related to the sale and use of tobacco products	78.9	50.6-93.2	83.7
Benefits of tobacco cessation programs	62.7	42.1-92.7	62.5
All 19 tobacco-use prevention topics	49.9	32.1-73.5	51.6

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Sexual Health Topics – Grades 6, 7, 8	Median	Range	%
<i>Percent of schools in which teachers taught specific sexual health topics in a grade 6, 7, or 8 health education course:</i>			
Benefits of being sexually abstinent	73.3	28.9-93.4	73.3
How to access valid and reliable information, products, and services related to HIV, other STDs, and pregnancy	63.5	28.4-90.6	57.6
Influences of family, peers, media, technology, and other factors on sexual risk behaviors	70.8	32.0-94.1	72.1
Communication and negotiation skills	66.9	31.8-90.7	66.8
Goal-setting and decision-making skills	65.4	29.3-92.8	62.6
Influencing and supporting others to avoid or reduce sexual risk behaviors	65.0	28.9-89.2	66.1
The relationship between alcohol and other drug use and sexual risk behaviors	70.5	30.5-88.6	77.8
Importance of using condoms consistently and correctly	44.0	11.3-72.6	37.8
Importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy	45.0	6.3-73.2	40.8
How to create and sustain healthy and respectful relationships	75.9	36.6-94.4	79.3
Importance of limiting the number of sexual partners	62.6	25.6-82.8	55.1
Preventive care that is necessary to maintain reproductive and sexual health	58.9	25.3-81.5	53.0
How HIV and other STDs are transmitted	70.7	31.8-93.4	71.9
Health consequences of HIV, other STDs, and pregnancy	70.9	32.2-92.8	73.3
Efficacy of condoms	51.4	16.7-81.4	46.3
How to obtain condoms	36.2	2.9-58.3	30.9
How to correctly use a condom	27.6	0.0-56.0	19.5
Methods of contraception other than condoms	47.9	14.6-79.4	42.6
Sexual orientation	36.2	6.1-67.8	27.9
Gender roles, gender identity, or gender expression	38.5	8.4-74.4	31.0
All 20 sexual health topics	17.6	0.0-39.9	12.4

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QUESTIONNAIRE TOPICS	All States		Montana
Sexual Health Topics – Grades 6, 7, 8	Median	Range	%
<i>Percent of schools in which teachers assess the ability of students to do specific skills in a grade 6, 7, or 8 health education course:</i>			
Comprehend concepts important to prevent HIV, other STDs, and pregnancy	62.7	32.2-91.3	61.0
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors	63.8	30.0-92.1	60.8
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy	57.2	26.5-87.1	47.1
Use interpersonal communication skills to avoid or reduce sexual risk behaviors	57.2	26.5-87.1	64.7
Use decision-making skills to prevent HIV, other STDs, and pregnancy	64.7	27.5-91.4	61.2
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them	65.9	33.4-90.7	65.7
Influence and support others to avoid or reduce sexual risk behaviors	59.8	26.2-88.5	63.5



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QUESTIONNAIRE TOPICS	All States		Montana
Sexual Health Topics – Grades 9, 10, 11, 12	Median	Range	%
<i>Percent of schools in which teachers taught specific sexual health topics in a grade 9, 10, 11, or 12 health education course:</i>			
Benefits of being sexually abstinent	93.0	57.5-100.0	89.4
How to access valid and reliable information, products, and services related to HIV, other STDs, and pregnancy	91.2	54.9-100.0	81.4
Influences of family, peers, media, technology, and other factors on sexual risk behaviors	90.8	57.8-100.0	84.6
Communication and negotiation skills	89.6	53.4-100.0	85.7
Goal-setting and decision-making skills	87.5	50.9-100.0	81.4
Influencing and supporting others to avoid or reduce sexual risk behaviors	87.0	50.1-99.0	66.1
The relationship between alcohol and other drug use and sexual risk behaviors	91.5	60.4-100.0	90.3
Importance of using condoms consistently and correctly	79.7	25.5-98.2	67.6
Importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy	79.6	31.5-100.0	70.9
How to create and sustain healthy and respectful relationships	92.5	67.9-100.0	88.5
Importance of limiting the number of sexual partners	87.5	50.5-100.0	86.5
Preventive care that is necessary to maintain reproductive and sexual health	87.4	50.7-97.8	75.5
How HIV and other STDs are transmitted	94.2	59.4-100.0	89.5
Health consequences of HIV, other STDs, and pregnancy	93.2	57.3-100.0	89.4
Efficacy of condoms	82.0	43.2-98.9	74.1
How to obtain condoms	66.8	12.8-94.7	64.2
How to correctly use a condom	62.1	9.0-92.6	56.4
Methods of contraception other than condoms	81.6	41.7-98.9	70.4
Sexual orientation	61.0	11.2-95.9	57.7
Gender roles, gender identity, or gender expression	61.7	19.5-95.8	57.7
All 20 sexual health topics	42.8	3.9-86.8	38.0

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QUESTIONNAIRE TOPICS	All States		Montana
Skills Assessment	Median	Range	%
<i>Percent of schools in which teachers assess the ability of students to do specific skills:</i>			
Comprehend concepts important to prevent HIV, other STDs, and pregnancy	92.0	56.2-100.0	89.4
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors	87.2	55.4-100.0	80.5
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy	86.3	54.4-98.0	83.4
Use interpersonal communication skills to avoid or reduce sexual risk behaviors	88.1	57.0-100.0	87.2
Use decision-making skills to prevent HIV, other STDs, and pregnancy	89.8	55.4-100.0	90.5
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them	84.0	58.8-98.9	81.7
Influence and support others to avoid or reduce sexual risk behaviors	84.6	46.8-98.0	84.6
All 7 skills	56.1	31.8-81.9	54.5

QUESTIONNAIRE TOPICS	All States		Montana
Nutrition and Dietary Behavior Topics	Median	Range	%
<i>Percent of schools in which teachers taught specific nutrition and dietary behavior topics in a required health course:</i>			
Benefits of healthy eating	93.9	71.0-99.3	96.8
Benefits of drinking plenty of water	92.8	72.1-99.7	96.1
Benefits of eating breakfast every day	91.6	69.8-98.3	95.7
Food guidelines using the current Dietary Guidelines for Americans	87.4	60.6-96.6	90.3
Using food labels	88.0	60.9-96.6	91.3
Differentiating between nutritious and non-nutritious beverages	89.5	64.6-98.1	93.5
Balancing food intake and physical activity	91.7	67.7-99.3	96.3
Eating more fruits, vegetables, and whole grain products	92.1	68.6-98.4	95.3
Choosing foods and snacks that are low in solid fat	88.4	62.5-96.0	89.6
Choosing foods, snacks, and beverages that are low in added sugars	89.8	64.3-97.3	92.1
Choosing foods and snacks that are low in sodium	85.5	58.7-96.7	86.6
Eating a variety of foods that are high in calcium	81.6	55.8-94.9	88.1
Eating a variety of foods that are high in iron	77.6	52.9-91.9	85.1
Food safety	77.3	47.7-91.2	86.1
Preparing health meals and snacks	83.0	56.8-93.6	89.3

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QUESTIONNAIRE TOPICS	All States		Montana
Nutrition and Dietary Behavior Topics	Median	Range	%
<i>Percent of schools in which teachers taught specific nutrition and dietary behavior topics in a required health course:</i>			
Risks of unhealthy weight control practices	87.3	58.2-97.7	92.0
Accepting body size differences	85.8	58.3-96.6	88.6
Signs, symptoms, and treatment for eating disorders	82.9	50.4-95.8	83.1
Relationship between diet and chronic diseases	82.0	55.3-95.8	86.8
Assessing body mass index	75.0	49.4-93.6	77.8
Influence of the media on dietary behaviors	84.9	56.8-97.1	90.5
Food production	63.9	47.4-84.8	68.9
All 22 nutrition and dietary behavior topics	50.2	27.9-80.5	56.3

QUESTIONNAIRE TOPICS	All States		Montana
Physical Activity Topics	Median	Range	%
<i>Percent of schools in which teachers taught specific physical activity topics in a required health course:</i>			
Short-term and long-term benefits of physical activity	94.2	83.0-99.1	97.2
Mental and social benefits of physical activity	94.2	81.4-99.1	97.8
Health-related fitness	93.7	82.5-99.7	96.8
Phases of a workout	90.8	78.0-99.1	96.8
Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity	88.9	73.6-96.1	94.0
Decreasing sedentary activities	92.1	80.6-99.1	94.5
Preventing injury during physical activity	90.6	81.4-97.8	96.4
Weather-related safety	81.6	66.4-92.4	86.4
Dangers of using performance-enhancing drugs	80.4	63.9-93.8	80.4
Increasing daily physical activity	94.8	85.3-99.7	97.6
Incorporating physical activity into daily life	92.9	82.7-98.7	93.5
Using safety equipment for specific physical activities	86.1	71.3-95.2	90.8
Benefits of drinking water before, during, and after physical activity	93.9	83.3-99.1	98.1
All 13 physical activity topics	69.3	49.2-83.9	71.5

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Collaboration	Median	Range	%
<i>Percent of schools in which health education staff worked on health education activities with other school staff during the current year:</i>			
Physical education staff	86.7	59.8-95.5	86.9
Health services staff	69.2	44.0-87.4	60.5
Mental health or social services staff	68.2	48.8-88.1	70.1
Nutrition or food service staff	38.2	21.2-62.8	32.5
School health council, committee, or team	47.7	29.6-73.9	34.9

QUESTIONNAIRE TOPICS	All States		Montana
Parent and Family Knowledge	Median	Range	%
<i>Percent of schools that provided parents and families with health information on specific topics designed to increase parent and family knowledge during the current year:</i>			
HIV, STD, or teen pregnancy prevention	27.7	13.4-53.6	21.6
Tobacco-use prevention	31.7	18.8-46.0	26.0
Alcohol- or other drug-use prevention	34.6	22.0-52.5	23.7
Physical activity	41.9	25.6-58.1	33.6
Nutrition and healthy eating	41.8	25.6-58.1	32.9
Asthma	22.3	7.8-44.8	15.1
Food allergies	30.2	12.5-55.3	25.3
Diabetes	23.3	11.3-41.4	19.0
Preventing student bullying and sexual harassment	63.7	49.4-81.2	53.4



2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Professional Preparation	Median	Range	%
<i>Percent of schools in which the major emphasis of the health education teacher's professional preparation was in each specific discipline:</i>			
Health and physical education combined	48.6	11.5-80.5	77.2
Health education only	6.3	1.0-28.1	1.0
Physical education only	13.4	2.0-42.0	5.1
Other education degree	5.2	0.0-29.0	11.6
Kinesiology, exercise science, or exercise physiology; home economics or family and consumer science; biology or other science	7.6	1.8-27.6	1.8
Nursing or counseling	3.9	0.0-20.4	0.5
Public health, nutrition, or another discipline	3.3	0.0-12.8	2.8

QUESTIONNAIRE TOPICS	All States		Montana
Certification and Longevity	Median	Range	%
<i>Percent of schools in which:</i>			
The health education teacher is certified to teach health education	82.2	36.8-99.4	96.1
The health education teacher has taught health education			
1 year	9.4	2.7-27.6	7.0
2-5 years	23.9	8.9-33.6	23.8
6-9 years	15.9	7.7-22.6	13.5
10-14 years	16.1	7.4-30.2	10.8
15 or more years	35.4	21.5-55.8	44.9

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Received Professional Development	Median	Range	%
<i>Percent of schools in which the lead health education teacher received professional development during the past two years on specific health topics:</i>			
Alcohol- or other drug-use prevention	40.3	20.8-69.9	32.8
Asthma	18.4	7.9-58.7	18.4
Chronic disease prevention	29.7	13.7-51.7	27.6
Emotional and mental health	55.1	40.8-84.8	46.9
Epilepsy or seizure disorder	23.4	11.7-47.6	19.5
Food allergies	25.1	18.6-57.6	21.1
Foodborne illness prevention	20.0	11.1-37.8	20.0
HIV prevention	31.2	10.0-66.7	22.6
Human sexuality	33.3	14.0-68.1	22.1
Infectious disease prevention	35.8	23.6-61.9	30.4
Injury prevention and safety	43.1	30.9-66.2	40.2
Nutrition and dietary behavior	34.5	13.9-58.0	28.5
Physical activity and fitness	51.3	22.0-74.3	48.6
Pregnancy prevention	26.6	8.3-52.7	17.3
STD prevention	30.5	9.5-60.5	18.1
Suicide prevention	54.2	34.5-83.9	61.4
Tobacco-use prevention	29.4	11.5-46.8	31.6
Violence prevention	60.3	41.1-82.7	47.5



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QUESTIONNAIRE TOPICS	All States		Montana
Want to Receive Professional Development	Median	Range	%
<i>Percent of schools in which the lead health education teacher wanted to received professional development on specific health topics:</i>			
Alcohol- or other drug-use prevention	67.7	52.4-82.6	64.8
Asthma	44.5	26.6-61.8	46.7
Chronic disease prevention	61.2	45.8-72.4	61.2
Emotional and mental health	76.1	62.1-86.9	74.2
Epilepsy or seizure disorder	48.2	28.5-66.6	47.5
Food allergies	47.6	31.9-63.8	50.3
Foodborne illness prevention	44.5	26.1-59.1	45.8
HIV prevention	54.8	37.6-73.7	60.3
Human sexuality	62.8	48.2-85.5	61.9
Infectious disease prevention	53.4	38.3-69.3	58.3
Injury prevention and safety	56.1	40.3-71.7	58.0
Nutrition and dietary behavior	66.7	52.1-76.5	68.0
Physical activity and fitness	63.9	48.3-76.5	66.3
Pregnancy prevention	55.8	39.7-73.7	58.9
STD prevention	58.9	44.5-76.9	63.6
Suicide prevention	74.4	60.0-85.5	74.4
Tobacco-use prevention	57.6	45.5-70.2	63.0
Violence prevention	73.7	60.1-85.2	69.8

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Received Professional Development on Teaching Methods	Median	Range	%
<i>Percent of schools in which the lead health education teacher received professional development on specific teaching methods during the past two years:</i>			
Teaching students with physical, medical, or cognitive disabilities	52.4	34.8-69.8	38.2
Teaching students of various cultural backgrounds	51.2	28.5	74.5
Teaching students with limited English proficiency	40.6	10.6-74.1	10.6
Teaching students of different sexual orientations or gender identities	32.5	12.2-60.5	16.4
Using interactive teaching methods	58.2	40.1-77.0	41.8
Encouraging family or community involvement	42.7	25.2-57.7	28.1
Teaching skills for behavior change	48.7	34.6-62.8	34.6
Classroom management techniques	63.5	49.2-74.5	49.2
Assessing or evaluating students in health education	39.1	20.2-66.7	30.8

QUESTIONNAIRE TOPICS	All States		Montana
Want to Receive Professional Development on Teaching Methods	Median	Range	%
<i>Percent of schools in which the lead health education teacher wanted to receive professional development on specific teaching methods:</i>			
Teaching students with physical, medical, or cognitive disabilities	66.1	51.1-86.1	63.7
Teaching students of various cultural backgrounds	57.7	41.4-74.5	52.7
Teaching students with limited English proficiency	54.0	32.3-72.5	39.6
Teaching students of different sexual orientations or gender identities	64.9	43.9-84.8	62.3
Using interactive teaching methods	63.5	50.5-84.1	67.8
Encouraging family or community involvement	69.3	54.2-80.5	67.9
Teaching skills for behavior change	71.7	55.4-83.7	74.9
Classroom management techniques	61.2	47.8-78.0	65.1
Assessing or evaluating students in health education	68.8	51.1-79.9	70.1

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QUESTIONNAIRE TOPICS	All States		Montana
Received Professional Development on Sexual Health Topics	Median	Range	%
<i>Percent of schools in which the lead health education teacher received professional development on specific sexual health topics during the past two years:</i>			
Aligning lessons and materials with the district scope and sequence for sexual health education	33.9	10.5-68.7	27.2
Creating a comfortable and safe learning environment for students receiving sexual health education	33.8	13.3-64.2	25.3
Connecting students to on-site or community-based sexual health services	25.4	8.8-48.8	24.1
Using a variety of effective instructional strategies to deliver sexual health education	32.5	9.5-65.1	24.2
Building student skills in HIV, other STD, and pregnancy prevention	28.6	9.5-60.3	23.7
Assessing student knowledge and skills in sexual health education	28.9	10.6-59.6	24.7
Understanding current district or school board policies or curriculum guidance regarding sexual health education	30.0	12.9-67.6	26.3

QUESTIONNAIRE TOPICS	All States		Montana
Want to Receive Professional Development on Sexual Health Topics	Median	Range	%
<i>Percent of schools in which the lead health education teacher wanted to receive professional development on specific sexual health topics:</i>			
Aligning lessons and materials with the district scope and sequence for sexual health education	58.3	41.4-73.5	60.4
Creating a comfortable and safe learning environment for students receiving sexual health education	61.3	41.8-78.5	64.9
Connecting students to on-site or community-based sexual health services	59.4	41.5-75.0	62.0
Using a variety of effective instructional strategies to deliver sexual health education	68.4	47.2-84.4	73.7
Building student skills in HIV, other STD, and pregnancy prevention	62.7	44.3-80.6	64.9
Assessing student knowledge and skills in sexual health education	63.6	42.8-78.3	67.0
Understanding current district or school board policies or curriculum guidance regarding sexual health education	59.6	43.1-75.0	65.0

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Required Physical Education Courses	Median	Range	%
<i>Percent of schools that taught a required physical education course in each grade:</i>			
Grade 6	97.1	79.5-100.0	100.0
Grade 7	97.1	13.3-64.2	100.0
Grade 8	94.2	54.8-100.0	100.0
Grade 9	94.8	24.2-100.0	100.0
Grade 10	71.0	14.8-100.0	88.7
Grade 11	44.0	11.2-100.0	13.8
Grade 12	43.3	10.0-100.0	13.0

QUESTIONNAIRE TOPICS	All States		Montana
Teaching Materials and Professional Development	Median	Range	%
<i>Percent of schools that provided those who teach physical education with materials and whose teacher received professional development during the past year:</i>			
Goals, objectives, and expected outcomes for physical education	94.8	74.6-100.0	93.9
Chart describing annual scope and sequence of instruction for physical education	81.5	48.5-93.5	71.8
Plans for how to assess student performance in physical education	86.7	53.3-96.9	82.3
Written physical education curriculum	84.7	53.0-98.1	85.0
Resources for fitness testing	94.0	62.5-98.5	92.7
Physical activity monitoring devices, such as pedometers or heart rate monitors, for physical education	69.1	36.7-85.6	60.1
Physical education specialist received professional development on physical education or physical activity	85.5	36.9-97.2	84.3

QUESTIONNAIRE TOPICS	All States		Montana
Physical Activity Opportunities for Students	Median	Range	%
<i>Percent of schools that offered physical activity opportunities for students:</i>			
Students participate in physical activity breaks in classrooms during the day	50.2	33.8-84.8	53.7
Offered opportunities for students to participate in physical activity before the school day	42.1	12.9-75.1	74.0
Offered opportunities for students to participate in physical activity after the school day	81.3	71.6-92.7	92.7
Offered intramural sports programs or physical activity clubs	63.7	35.3-86.7	95.6
Offered interscholastic sports	84.7	72.0-95.6	95.6
Has a school health council that assessed the availability of physical activity opportunities for students	80.2	65.1-93.9	79.7
Had joint use agreement for shared use of school or community physical activity facilities	66.9	46.4-82.9	61.9

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Vending Machines or Snack Bar	Median	Range	%
<i>Percent of schools that allowed students to purchase snack foods or beverages from vending machines, school store, canteen, or snack bar:</i>			
Allowed students to purchase snack foods or beverages	60.5	25.0-81.1	75.9
Type of food or beverage:			
Chocolate candy	10.3	1.0-21.4	21.3
Other kinds of candy	13.9	3.1-28.2	22.9
Salty snacks	18.6	6.2-34.4	25.0
Cookies, crackers, cakes, pastries, or other baked goods	18.7	6.0-33.2	24.5
Soda pop or fruit drinks	18.0	1.4-34.9	27.5
Sports drinks	34.8	10.6-60.5	52.4
Did not sell any of the above 6 items	53.2	34.5-82.8	39.6
Less nutritious foods or beverages:			
Ice cream or frozen yogurt	9.8	0.6-25.2	5.4
2% or whole milk (plain or flavored)	18.5	5.2-38.9	15.5
Water ices or frozen slushes that do not contain juice	10.6	2.9-23.3	10.4
Energy drinks	3.2	0.0-9.6	4.3
Foods or beverages containing caffeine	17.5	2.1-33.9	29.1
More nutritious foods or beverages:			
Low sodium or “no added salt” pretzels, crackers, or chips	44.8	14.6-63.5	52.9
Nonfat or 1% (low-fat) milk (plain)	29.3	2.3-46.8	24.8
Plain water	55.4	20.1-77.2	70.7
Calorie-free, flavored water	37.0	8.5-53.1	43.5
100% fruit or vegetable juice	37.5	9.4-54.1	46.8
Fruits (not fruit juice)	24.7	4.4-43.2	20.2
Non-fried vegetables (not vegetable juice)	18.1	1.9-35.6	14.3
Always or almost always offered fruits or non-fried vegetables at school celebrations	34.1	14.9-65.0	38.8

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Healthy Eating Strategies	Median	Range	%
<i>Percent of schools that implemented strategies to promote healthy eating during the current school year:</i>			
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages	11.9	5.6-18.3	12.5
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating	43.7	24.2-65.1	41.5
Provided information to students or families on the nutrition and caloric content of foods available	56.8	36.1-75.6	38.3
Conducted taste tests to determine food preferences for nutritious items	31.3	14.1-62.8	23.5
Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics	23.9	11.8-42.1	33.9
Served locally or regionally grown foods in the cafeteria or classrooms	47.8	15.5-95.1	63.8
Planted a school food or vegetable garden	32.5	14.7-78.1	35.6
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access	79.4	47.5-93.5	74.2
Used attractive displays for fruits and vegetables in the cafeteria	71.6	36.6-87.4	72.2
Offered a self-serve salad bar to students	49.5	9.5-93.6	85.0
Labeled healthful foods with appealing names	37.4	13.4-53.3	42.6
Encouraged students to drink plain water	83.8	69.9-91.4	90.2
Prohibited staff from giving students food or food coupons as a reward for good behavior or good academic performance	30.8	13.3-67.2	19.4
Prohibited less nutritious foods and beverages from being sold for fundraising purposes	38.8	19.0-70.4	28.7
Had a joint use agreement for shared use of school or community kitchen facilities and equipment	24.2	17.0-41.0	38.8

QUESTIONNAIRE TOPICS	All States		Montana
Prohibited Advertisements	Median	Range	%
<i>Percent of schools that prohibited advertisements for candy, fast food restaurants, or soft drinks in specific locations:</i>			
In school buildings	70.4	56.1-89.4	62.7
On school grounds	61.9	46.0-90.2	55.4
On school buses or other vehicles used to transport students	72.5	59.1-85.8	69.4
In school publications	65.1	53.4-86.0	65.1
In curricula or other educational materials	66.2	53.7-86.7	66.2
Prohibited advertisements in all of the above locations	53.7	40.3-78.3	44.4

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Drinking Water Availability	Median	Range	%
Percent of schools that made drinking water available to students:			
Permitted students to have a water bottle with them in all school locations	82.1	46.9-97.0	87.7
Permitted students to have a water bottle with them in certain locations	15.2	1.0-41.9	11.9
Offered a free source of drinking water:			
In the cafeteria during breakfast	94.7	89.3-98.7	90.6
In the cafeteria during lunch	95.6	89.6-99.2	91.0
In the gymnasium or other indoor physical activity facilities	96.4	89.5-99.4	96.4
In outdoor physical activity facilities and sports fields	72.7	57.2-93.1	72.3
In hallways throughout the school	99.1	92.9-100.0	98.0
Made drinking water available in all of the above ways	66.8	49.7-86.5	67.4



2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Tobacco Use Policy	Median	Range	%
<i>Percent of schools that had a policy prohibiting tobacco use:</i>			
Had a policy prohibiting tobacco use	97.3	90.3-100.0	100.0
Prohibited all tobacco use at all times in all locations	62.8	43.0-83.0	67.8
Prohibited all tobacco and electronic vapor product use at all times in all locations	91.0	37.9-82.1	65.3
Posted signs marking a tobacco-free school zone	79.0	65.6-94.4	91.6
<i>Percent of schools that had a policy prohibiting specific types of tobacco use for specific groups during any school-related activity:</i>			
<i>Cigarettes</i>			
Students	96.5	85.9-100.0	100.0
Faculty and staff	95.2	83.5-99.2	99.2
Visitors	94.6	82.8-99.6	99.6
<i>Smokeless tobacco</i>			
Students	96.2	85.1-99.6	99.6
Faculty and staff	94.6	82.1-98.9	98.7
Visitors	92.8	80.2-97.9	97.9
<i>Cigars</i>			
Students	93.9	83.8-97.7	96.3
Faculty and staff	93.1	81.9-97.1	95.4
Visitors	92.7	80.8-97.1	94.9
<i>Pipes</i>			
Students	93.8	83.8-97.6	95.4
Faculty and staff	92.9	81.2-97.0	94.6
Visitors	92.5	91.1-96.7	94.1
<i>Electronic vapor products</i>			
Students	93.3	76.0-97.7	95.9
Faculty and staff	90.9	76.5-98.3	94.1
Visitors	90.7	73.4-97.1	92.9

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Practices to Prevent Bullying and Sexual Harassment	Median	Range	%
<i>Percent of schools with practices in place to prevent bullying and sexual harassment:</i>			
All school staff received professional development on preventing, identifying, and responding to student bullying and sexual harassment	90.0	65.7-100.0	76.4
Has a designated staff member to whom students can confidentially report student bullying and sexual harassment	96.1	79.9-100.0	96.7
Uses electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment	95.4	78.8-99.4	88.9
Provide parents and families with health information on preventing student bullying and sexual harassment	63.7	49.4-81.2	53.4
All of the above 4 practices	49.4	28.3-79.7	34.1

QUESTIONNAIRE TOPICS	All States		Montana
Practices related to LGBTQ Youth	Median	Range	%
<i>Percent of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information relevant to Lesbian, Gay, Bisexual, Transgender, or Queering (LGBTQ) youth; practices related to LGBTQ youth; and provide gay/straight alliance:</i>			
Provide curricula or supplementary materials	45.9	18.4-76.3	42.0
Identify safe spaces	78.5	44.2-95.2	72.6
Prohibit harassment	96.1	86.8-100.0	93.6
Encourage staff to attend professional development on safe and supportive school environments for all students	76.5	55.6-95.7	71.7
Facilitate access to providers not on school property who have experience in providing health services to LGBTQ youth	53.3	40.0-75.4	46.6
Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth	59.0	44.4-84.4	51.9
Provide all 6 of the above practices related to LGBTQ youth	15.3	5.3-46.7	11.6
Have a gay/straight alliance or similar club	36.8	14.5-71.9	21.6

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Health Services Provided to Students	Median	Range	%
<i>Percent of schools with the following health services for students:</i>			
Full-time registered nurse	53.0	4.2-98.8	14.2
Part-time registered nurse	39.4	14.1-85.6	46.3
School-based health center	21.8	7.7-47.6	11.3
Protocol that ensures students with a chronic condition are enrolled in insurance programs if eligible	62.2	38.0-78.6	52.3

QUESTIONNAIRE TOPICS	All States		Montana
Health Records	Median	Range	%
<i>Percent of schools that routinely use school records to identify and track students with the following chronic health conditions:</i>			
Asthma	95.7	78.7-100.0	93.5
Food allergies	96.4	85.1-100.0	93.9
Diabetes	95.9	69.3-100.0	92.8
Epilepsy or seizure disorder	95.4	75.9-100.0	92.4
Obesity	36.9	18.8-66.0	32.9
Hypertension/high blood pressure	67.0	35.6-80.9	50.9
Oral health condition	47.8	18.8-71.6	37.0

QUESTIONNAIRE TOPICS	All States		Montana
Sexual Health Services Provided to Students	Median	Range	%
<i>Percent of schools that provide that provide specific sexual health services to students:</i>			
HIV testing	0.8	0.0-25.5	1.6
STD testing	1.2	0.0-27.8	2.0
Pregnancy testing	2.3	0.3-32.3	2.9
Provision of condoms	1.7	0.0-33.2	3.3
Provision of condom-compatible lubricants	0.6	0.0-21.3	2.9
Provision of contraceptives other than condoms	0.6	0.0-21.2	1.6
HPV vaccine administration	2.2	0.0-26.2	6.5

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Referrals for Sexual Health Services Provided to Students	Median	Range	%
<i>Percent of schools that provided students with referrals to any organization or health care professionals not on school property for specific sexual health services:</i>			
HIV testing	29.1	12.7-54.2	37.9
STD testing	30.5	14.3-57.2	38.0
Pregnancy testing	32.4	13.4-52.7	38.3
Provision of condoms	26.2	10.4-47.5	32.2
Provision of condom-compatible lubricants	24.5	10.4-49.1	28.9
Provision of contraceptives other than condoms	26.4	10.4-49.1	32.7
HPV vaccine administration	37.2	17.4-60.5	44.4
Provided services or referrals for all 7 sexual health services	23.5	10.2-47.6	27.2

QUESTIONNAIRE TOPICS	All States		Montana
Health Services Provided to Students	Median	Range	%
<i>Percent of schools that provide that provide specific health services to students:</i>			
HIV treatment	1.2	0.0-11.4	1.6
STD treatment	1.1	0.0-23.4	1.6
Prenatal care	1.5	0.0-18.8	0.8
Assessment for alcohol or other drug use, abuse, or dependency	19.5	7.5-61.7	20.9
Daily medication administration for students with chronic health conditions	85.8	57.3-97.7	76.6
Stock rescue or “as needed” medication for any student experiencing a health emergency	73.8	49.1-92.5	69.7
Case management for students with chronic health conditions	74.2	40.2-88.0	56.6

QUESTIONNAIRE TOPICS	All States		Montana
Referrals for Health Services Provided to Students	Median	Range	%
<i>Percent of schools that provided students with referrals to any organizations or health care professionals not on school property for specific health services:</i>			
HIV treatment	34.9	18.8-55.5	44.0
STD treatment	29.6	14.1-57.2	37.0
Prenatal care	31.5	11.5-49.7	34.7
nPEP*	34.3	16.1-54.0	39.6
Alcohol or other drug abuse treatment	59.0	34.3-80.8	57.0

*Non-occupational post-exposure prophylaxis for HIV

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Parental Consent for Sexual Health Services Provided by School	Median	Range	%
<i>Percent of schools with specific parental consent and notification practices for sexual or reproductive health services provided by the school:</i>			
Does not provide any sexual or reproductive health services	83.6	57.6-93.6	85.8
Requires parental consent before any services are provided	9.1	3.7-20.4	8.2
Notifies parents about services provided upon request	1.3	0.0-5.3	1.7
Notifies parents depending on the service provided	2.1	0.0-8.8	1.8
Notifies parents about all services provided	1.2	0.0-11.0	0.9
Does not notify parents about any services provided	0.9	0.0-9.6	1.7

QUESTIONNAIRE TOPICS	All States		Montana
Parental Consent for Sexual Health Services Referred by School	Median	Range	%
<i>Percent of schools with specific parental consent and notification practices for sexual or reproductive health services referred by the school:</i>			
Does not refer any sexual or reproductive health services	61.2	39.0-90.7	55.6
Requires parental consent before any services are referred	20.9	7.8-31.1	20.9
Notifies parents about services referred upon request	3.3	0.0-12.8	5.1
Notifies parents depending on the service referred	7.3	0.0-19.6	11.7
Notifies parents about all services referred	2.1	0.0-7.9	3.1
Does not notify parents about any services referred	2.8	0.0-19.7	3.6



2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
Parent Engagement Strategies	Median	Range	%
<i>Percent of schools that implemented parent engagement strategies for all students:</i>			
Provided parents and families with information about how to communicate with their child about sex	22.1	5.7-38.4	14.1
Provided parents with information about how to monitor their child	51.6	32.4-72.7	46.7
Involved parents as school volunteers in the delivery of health education activities and services	23.6	12.4-35.6	20.9
Linked parents and families to health services and programs in the community	72.9	51.1-86.2	59.1
Gave students health education homework assignments or activities to do at home with their parents	57.9	40.3-73.3	44.3
Provided disease-specific education for parents and families of students with chronic health conditions	42.6	20.8-67.5	33.6
Uses electronic, paper, or oral communication to inform parents about school health services and programs	80.4	60.7-93.0	67.3
Students' families helped develop or implement policies and programs related to school health	38.6	26.1-65.2	34.2
Implemented at least 4 of the above parent engagement strategies	45.4	27.5-69.1	34.3

QUESTIONNAIRE TOPICS	All States		Montana
School Connectedness Strategies	Median	Range	%
<i>Percent of schools that implemented school connectedness strategies:</i>			
Participates in a program in which family or community members serve as role models to students or mentor students	37.3	16.8-70.6	35.8
Provides service-learning opportunities	63.6	51.2-95.3	64.8
Provides peer training opportunities for students	77.8	68.1-93.1	76.2
Lead health education teacher received professional development on classroom management techniques	63.5	49.2-74.5	49.2
Has a gay/straight alliance or similar club	36.8	14.5-71.9	21.6
Has clubs that give students opportunities to learn about people different from them	64.0	49.2-74.5	52.3
<i>Offered activities for students to learn about people different from them via:</i>			
Lessons in class	87.8	77.4-97.9	93.1
Special events sponsored by the school or community organizations	66.6	53.2-87.3	64.4
Implemented at least 3 of the above school connectedness strategies	79.5	69.5-95.8	74.1

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
School Health and Policy Assessment	Median	Range	%
<i>Percent of schools that had someone who oversees or coordinates school health and safety programs and activities</i>	88.9	72.0-96.6	92.7
<i>Percent of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in specific areas:</i>			
Physical education and physical activity	50.3	32.6-90.1	56.9
Nutrition	49.3	34.9-88.4	55.3
Tobacco-use prevention	44.9	29.1-85.5	55.9
Chronic health conditions	36.0	22.3-75.1	44.5
Unintentional injury and violence prevention	38.3	25.3-75.5	50.7
Sexual health, including HIV, other STD, and pregnancy prevention	40.0	26.2-69.2	47.3

QUESTIONNAIRE TOPICS	All States		Montana
School Health Council Activities	Median	Range	%
<i>Percent of schools that had a school health council</i>	54.5	29.4-78.0	50.8
<i>Percent of schools with councils that did specific activities during the past year:</i>			
Identified student health needs based on review of relevant data	75.7	49.2-89.7	66.3
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team	76.8	56.0-88.6	74.0
Sought funding or leveraged resources to support health and safety priorities for students and staff	59.6	35.8-79.5	65.9
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members	84.6	72.8-96.1	86.2
Reviewed health-related curricula or instructional materials	79.8	60.8-92.5	81.3
Developed a written plan for implementing a Comprehensive School Physical Activity Program (CSPAP)	30.8	20.5-55.7	29.8

2018 School Health Profiles – Montana and U.S. Tables

QUESTIONNAIRE TOPICS	All States		Montana
SIP Health-Related Objectives	Median	Range	%
<i>Percent of schools with a School Improvement Plan (SIP) that includes health-related objectives on specific topics:</i>			
Health education	34.1	16.0-70.1	49.5
Physical education	34.7	18.9-70.1	46.9
Physical activity	30.8	20.8-64.1	41.2
School meal programs	28.7	17.1-49.2	40.0
Foods and beverages available at school outside the school meal programs	24.2	10.4-51.4	40.0
Health services	37.5	21.6-68.4	37.4
Counseling, psychological, and social services	59.2	42.5-78.0	48.4
Physical environment	46.7	27.7-73.8	52.7
Social and emotional climate	68.7	43.1-91.0	58.6
Family engagement	77.6	43.2-91.5	66.1
Community involvement	74.3	40.3-91.3	62.7
Employee wellness	30.6	22.3-58.6	42.9
Reviewed health and safety data as part of school's improvement planning process	62.0	27.5-92.5	76.7

QUESTIONNAIRE TOPICS	All States		Montana
Activities Related to Local Wellness Policies	Median	Range	%
<i>Percent of schools that did activities related to local wellness policies during the past year:</i>			
Reviewed district's local wellness policy	85.5	62.9-99.1	89.8
Helped revise district's local wellness policy	60.9	22.6-90.7	63.5
Communicated to school staff about district's local wellness policy	75.8	48.3-90.7	74.8
Communicated to parents and families about district's local wellness policy	64.2	41.4-86.5	58.9
Communicated to students about district's local wellness policy	63.2	40.4-85.7	62.1
Measured school's compliance with district's local wellness policy	61.2	41.2-86.8	62.5
Developed an action plan to meet requirements of district's local wellness policy	48.1	20.6-88.1	48.8