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

   a. 0 courses
   - High Schools: 2.9
   - Middle Schools: 26.0
   - Junior/Senior High Schools: 15.9
   - All Schools: NA

   b. 1 course
   - High Schools: 70.0
   - Middle Schools: 30.0
   - Junior/Senior High Schools: 47.9
   - All Schools: NA

   c. 2 courses
   - High Schools: 5.9
   - Middle Schools: 16.1
   - Junior/Senior High Schools: 10.5
   - All Schools: NA

   d. 3 courses
   - High Schools: 1.8
   - Middle Schools: 29.9
   - Junior/Senior High Schools: 17.2
   - All Schools: NA

   e. 4 or more courses
   - High Schools: 9.2
   - Middle Schools: 8.2
   - Junior/Senior High Schools: 8.4
   - All Schools: NA

NA = Not available
1N. Percentage of schools in which students take two or more required health education courses in grades 6 through 12.

NA = Not available
2. Percentage of schools that taught a required health education course in each of the following grades.*

<table>
<thead>
<tr>
<th>Grade</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sixth grade</td>
<td>NA</td>
<td>NA</td>
<td>55.0</td>
<td>53.1</td>
</tr>
<tr>
<td>Seventh grade</td>
<td>NA</td>
<td>NA</td>
<td>55.6</td>
<td>53.8</td>
</tr>
<tr>
<td>Eighth grade</td>
<td>NA</td>
<td>NA</td>
<td>56.5</td>
<td>54.6</td>
</tr>
</tbody>
</table>

*Among schools with students in that grade.
NA = Not available
2. Percentage of schools that taught a required health education course in each of the following grades.*

- **d. Ninth grade**
  - High Schools: 94.9%
  - Weighted Lead Health Education Teacher Survey Results

- **e. Tenth grade**
  - High Schools: 94.1%
  - Weighted Lead Health Education Teacher Survey Results

- **f. Eleventh grade**
  - High Schools: 17.1%
  - Weighted Lead Health Education Teacher Survey Results

- **g. Twelfth grade**
  - High Schools: 16.2%
  - Weighted Lead Health Education Teacher Survey Results

*Among schools with students in that grade.

NA = Not available
3. Percentage of schools that require students who fail a required health education course to repeat it.*

*Among schools in which students take one or more required health education courses in any of grades 6 through 12.

NA = Not available
4. Percentage of schools in which those who teach health education are provided with the following materials.

a. Goals, objectives, and expected outcomes for health education

b. A chart describing the annual scope and sequence of instruction

c. Plans for how to assess student performance in health education

d. A written health education curriculum

NA = Not available
5. Percentage of schools in which the health education curriculum addresses each of the following skills.

- a. Comprehending concepts related to health promotion and disease prevention to enhance health
  - High Schools: 97.3%
  - Middle Schools: 89.6%
  - Junior/Senior High Schools: 92.7%
  - All Schools: 92.7%

- b. Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors
  - High Schools: 96.4%
  - Middle Schools: 89.6%
  - Junior/Senior High Schools: 92.3%
  - All Schools: 92.3%

- c. Accessing valid information and products and services to enhance health
  - High Schools: 94.0%
  - Middle Schools: 84.3%
  - Junior/Senior High Schools: 88.3%
  - All Schools: 88.3%

- d. Using interpersonal communication skills to enhance health and avoid or reduce health risks
  - High Schools: 95.8%
  - Middle Schools: 88.3%
  - Junior/Senior High Schools: 91.3%
  - All Schools: 91.3%

NA = Not available
5. Percentage of schools in which the health education curriculum addresses each of the following skills.

- **e. Using decision-making skills to enhance health**
  - High Schools: 97.3%
  - Middle Schools: 90.4%
  - Junior/Senior High Schools: 93.1%
  - All Schools: 90.4%

- **f. Using goal-setting skills to enhance health**
  - High Schools: 96.4%
  - Middle Schools: 90.4%
  - Junior/Senior High Schools: 92.7%
  - All Schools: 90.4%

- **g. Practicing health-enhancing behaviors to avoid or reduce risks**
  - High Schools: 97.3%
  - Middle Schools: 89.7%
  - Junior/Senior High Schools: 92.7%
  - All Schools: 92.7%

- **h. Advocating for personal, family, and community health**
  - High Schools: 93.2%
  - Middle Schools: 88.9%
  - Junior/Senior High Schools: 90.5%
  - All Schools: 90.5%

NA = Not available
6. Percentage of schools in which those who teach sexual health education are provided with each of the following materials.*

- **a. Goals, objectives, and expected outcomes for sexual health education**
  - High Schools: 77.4%
  - Middle Schools: 83.5%
  - Junior/Senior High Schools: 80.9%
  - All Schools: NA

- **b. A written health education curriculum that includes objectives and content addressing sexual health education**
  - High Schools: 70.4%
  - Middle Schools: 78.3%
  - Junior/Senior High Schools: 75.0%
  - All Schools: NA

- **c. A chart describing the annual scope and sequence of instruction for sexual health education**
  - High Schools: 51.6%
  - Middle Schools: 60.1%
  - Junior/Senior High Schools: 56.7%
  - All Schools: NA

- **d. Strategies that are age-appropriate, relevant, and actively engage students in learning**
  - High Schools: 76.0%
  - Middle Schools: 78.8%
  - Junior/Senior High Schools: 77.8%
  - All Schools: NA

- **e. Methods to assess student knowledge and skills related to sexual health education**
  - High Schools: 71.2%
  - Middle Schools: 73.3%
  - Junior/Senior High Schools: 72.7%
  - All Schools: NA

*Among schools that teach sexual health education.

NA = Not available
7. Percentage of schools in which health education instruction is required for students in any of grades 6 through 12.
8. Percentage of schools in which teachers tried to increase student knowledge on each of the following topics in a required course in any of grades 6 through 12.

a. Alcohol- or other drug-use prevention

b. Asthma

c. Diabetes

d. Emotional and mental health

e. Epilepsy or seizure disorder

NA = Not available
8. Percentage of schools in which teachers tried to increase student knowledge on each of the following topics in a required course in any of grades 6 through 12.

f. Food allergies

<table>
<thead>
<tr>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>49.5</td>
<td>62.5</td>
<td>79.5</td>
</tr>
</tbody>
</table>

g. Foodborne illness prevention

<table>
<thead>
<tr>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>53.8</td>
<td>66.5</td>
<td>83.2</td>
</tr>
</tbody>
</table>

h. Human immunodeficiency virus (HIV) prevention

<table>
<thead>
<tr>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>76.2</td>
<td>84.1</td>
<td>96.3</td>
</tr>
</tbody>
</table>

i. Human sexuality

<table>
<thead>
<tr>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>68.2</td>
<td>76.2</td>
<td>88.1</td>
</tr>
</tbody>
</table>

j. Infectious disease prevention (e.g., influenza [flu] prevention)

<table>
<thead>
<tr>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>74.2</td>
<td>81.1</td>
<td>90.9</td>
</tr>
</tbody>
</table>
8. Percentage of schools in which teachers tried to increase student knowledge on each of the following topics in a required course in any of grades 6 through 12.

- **k. Injury prevention and safety**
  - High Schools: 94.9%
  - Middle Schools: 75.6%
  - Junior/Senior High Schools: 83.5%
  - All Schools: 83.5%

- **l. Nutrition and dietary behavior**
  - High Schools: 100.0%
  - Middle Schools: 87.4%
  - Junior/Senior High Schools: 92.2%
  - All Schools: 92.2%

- **m. Physical activity and fitness**
  - High Schools: 100.0%
  - Middle Schools: 89.5%
  - Junior/Senior High Schools: 93.4%
  - All Schools: 93.4%

- **n. Pregnancy prevention**
  - High Schools: 92.4%
  - Middle Schools: 68.1%
  - Junior/Senior High Schools: 78.0%
  - All Schools: 78.0%

- **o. Sexually transmitted disease (STD) prevention**
  - High Schools: 97.1%
  - Middle Schools: 75.5%
  - Junior/Senior High Schools: 84.0%
  - All Schools: 84.0%

NA = Not available
8. Percentage of schools in which teachers tried to increase student knowledge on each of the following topics in a required course in any of grades 6 through 12.

- **p. Suicide prevention**: 56.3% for Middle Schools, 69.0% for Junior/Senior High Schools, 86.0% for All Schools.
- **q. Tobacco-use prevention**: 85.1% for Middle Schools, 89.8% for Junior/Senior High Schools, 98.3% for All Schools.
- **r. Violence prevention (e.g., bullying, fighting, or dating violence prevention)**: 85.0% for Middle Schools, 89.9% for Junior/Senior High Schools, 97.7% for All Schools.

NA = Not available
9. Percentage of schools in which teachers taught each of the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12.

a. Identifying tobacco products and the harmful substances they contain
   - High Schools: 97.2%
   - Middle Schools: 84.6%
   - Junior/Senior High Schools: 86.1%
   - All Schools: 97.2%
   - NA = Not available

b. Identifying short- and long-term health consequences of tobacco use
   - High Schools: 97.2%
   - Middle Schools: 79.4%
   - Junior/Senior High Schools: 86.1%
   - All Schools: 97.2%


c. Identifying social, economic, and cosmetic consequences
   - High Schools: 93.8%
   - Middle Schools: 76.7%
   - Junior/Senior High Schools: 83.1%
   - All Schools: 93.8%


d. Understanding the addictive nature of nicotine
   - High Schools: 97.2%
   - Middle Schools: 77.9%
   - Junior/Senior High Schools: 85.3%
   - All Schools: 97.2%


e. Effects of tobacco use on athletic performance
   - High Schools: 92.2%
   - Middle Schools: 76.6%
   - Junior/Senior High Schools: 82.5%
   - All Schools: 92.2%

NA = Not available
9. Percentage of schools in which teachers taught each of the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12.

- **f. Effects of second-hand smoke and benefits of a smoke-free environment**
  - High Schools: 96.5%
  - Middle Schools: 78.5%
  - Junior/Senior High Schools: 85.3%
  - All Schools: 85.0%

- **g. Understanding the social influences on tobacco use, including media, family, peers, and culture**
  - High Schools: 95.7%
  - Middle Schools: 78.5%
  - Junior/Senior High Schools: 85.0%
  - All Schools: 85.0%

- **h. Identifying reasons why students do and do not use tobacco**
  - High Schools: 95.4%
  - Middle Schools: 78.5%
  - Junior/Senior High Schools: 84.9%
  - All Schools: 85.0%

- **i. Making accurate assessments of how many peers use tobacco**
  - High Schools: 77.5%
  - Middle Schools: 67.2%
  - Junior/Senior High Schools: 70.9%
  - All Schools: 70.9%

- **j. Using interpersonal communication skills to avoid tobacco use (e.g., refusal skills, assertiveness)**
  - High Schools: 94.7%
  - Middle Schools: 78.6%
  - Junior/Senior High Schools: 84.6%
  - All Schools: 84.6%

NA = Not available
9. Percentage of schools in which teachers taught each of the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12.

- **k. Using goal-setting and decision-making skills related to not using tobacco**
  - High Schools: 77.3%
  - Middle Schools: 83.1%
  - Junior/Senior High Schools: NA
  - All Schools: 93.0%

- **l. Finding valid information and services related to tobacco-use prevention and cessation**
  - High Schools: 70.0%
  - Middle Schools: 75.8%
  - Junior/Senior High Schools: NA
  - All Schools: 85.3%

- **m. Supporting others who abstain from or want to quit using tobacco**
  - High Schools: 70.5%
  - Middle Schools: 77.1%
  - Junior/Senior High Schools: NA
  - All Schools: 87.7%

- **n. Identifying harmful effects of tobacco use on fetal development**
  - High Schools: 73.3%
  - Middle Schools: 81.4%
  - Junior/Senior High Schools: NA
  - All Schools: 94.7%

- **o. Relationship between using tobacco and alcohol or other drugs**
  - High Schools: 77.9%
  - Middle Schools: 84.2%
  - Junior/Senior High Schools: NA
  - All Schools: 94.4%
9. Percentage of schools in which teachers taught each of the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage of Schools Teaching</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>p. How addiction to tobacco use can be treated</td>
<td>NA</td>
<td>72.1</td>
<td></td>
<td>79.4</td>
<td>91.0</td>
</tr>
<tr>
<td>q. Understanding school policies and community laws related to the sale and use of tobacco products</td>
<td>NA</td>
<td>75.7</td>
<td></td>
<td>82.6</td>
<td>93.6</td>
</tr>
<tr>
<td>r. Benefits of smoking cessation programs</td>
<td>NA</td>
<td>60.8</td>
<td></td>
<td>68.5</td>
<td>80.4</td>
</tr>
<tr>
<td>Percentage of schools that taught all 18 tobacco-use prevention topics*</td>
<td>NA</td>
<td>53.3</td>
<td></td>
<td>62.0</td>
<td>62.0</td>
</tr>
</tbody>
</table>

*Responses to question 9 a through r all are "yes."

NA = Not available
10. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course for students in any of grades 6, 7, or 8.

a. How HIV and other STDs are transmitted

b. Health consequences of HIV, other STDs, and pregnancy

c. The benefits of being sexually abstinent

d. How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy

e. The influences of family, peers, media, technology and other factors on sexual risk behaviors

NA = Not available
10. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course for students in any of grades 6, 7, or 8.

- **f. Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy**
  - High Schools: 70.3%
  - Middle Schools: 68.0%
  - Junior/Senior High Schools: 72.1%
  - All Schools: 69.8%

- **g. Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy**
  - High Schools: 66.7%
  - Middle Schools: 64.5%
  - Junior/Senior High Schools: 66.7%
  - All Schools: 69.8%

- **h. Influencing and supporting others to avoid or reduce sexual risk behaviors**
  - High Schools: 50.7%
  - Middle Schools: 49.0%
  - Junior/Senior High Schools: 50.7%
  - All Schools: 50.7%

- **i. Efficacy of condoms, that is, how well condoms work and do not work**
  - High Schools: 34.8%
  - Middle Schools: 33.7%
  - Junior/Senior High Schools: 34.8%
  - All Schools: 34.8%

- **j. The importance of using condoms consistently and correctly**
  - High Schools: 34.8%
  - Middle Schools: 33.7%
  - Junior/Senior High Schools: 34.8%
  - All Schools: 34.8%

NA = Not available
10. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course for students in any of grades 6, 7, or 8.

k. How to obtain condoms
   - High Schools: 16.5
   - Middle Schools: 16.0
   - Junior/Senior High Schools: NA
   - All Schools: NA

l. How to correctly use a condom
   - High Schools: 14.9
   - Middle Schools: 14.4
   - Junior/Senior High Schools: NA
   - All Schools: NA

m. The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy
   - High Schools: 28.9
   - Middle Schools: 28.0
   - Junior/Senior High Schools: NA
   - All Schools: NA

n. How to create and sustain healthy and respectful relationships
   - High Schools: 71.8
   - Middle Schools: 69.4
   - Junior/Senior High Schools: NA
   - All Schools: NA

o. The importance of limiting the number of sexual partners
   - High Schools: 60.5
   - Middle Schools: 58.5
   - Junior/Senior High Schools: NA
   - All Schools: NA

NA = Not available
10. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course for students in any of grades 6, 7, or 8.

p. Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health

Percentage of schools that taught all 16 HIV, STD, and pregnancy prevention topics in any of grades 6, 7, or 8*

*Responses to question 10 a through p all are "yes."

NA = Not available
10. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course for students in any of grades 9, 10, 11, or 12.

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. How HIV and other STDs are transmitted</td>
<td></td>
<td></td>
<td></td>
<td>98.2</td>
</tr>
<tr>
<td>b. Health consequences of HIV, other STDs, and pregnancy</td>
<td></td>
<td></td>
<td></td>
<td>98.2</td>
</tr>
<tr>
<td>c. The benefits of being sexually abstinent</td>
<td></td>
<td></td>
<td></td>
<td>98.2</td>
</tr>
<tr>
<td>d. How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy</td>
<td></td>
<td></td>
<td></td>
<td>98.2</td>
</tr>
<tr>
<td>e. The influences of family, peers, media, technology and other factors on sexual risk behaviors</td>
<td></td>
<td></td>
<td></td>
<td>98.2</td>
</tr>
</tbody>
</table>

NA = Not available
10. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course for students in any of grades 9, 10, 11, or 12.

- **f.** Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy
- **g.** Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy
- **h.** Influencing and supporting others to avoid or reduce sexual risk behaviors
- **i.** Efficacy of condoms, that is, how well condoms work and do not work
- **j.** The importance of using condoms consistently and correctly

NA = Not available
10. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course for students in any of grades 9, 10, 11, or 12.

- **k. How to obtain condoms**
  - NA
  - 38.9

- **l. How to correctly use a condom**
  - NA
  - 33.8

- **m. The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy**
  - NA
  - 51.9

- **n. How to create and sustain healthy and respectful relationships**
  - NA
  - 92.1

- **o. The importance of limiting the number of sexual partners**
  - NA
  - 90.0

NA = Not available
10. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course for students in any of grades 9, 10, 11, or 12.

p. Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health

Percentage of schools that taught all 16 HIV, STD, and pregnancy prevention topics in any of grades 9, 10, 11, or 12*

*Responses to question 10 a through p all are "yes."

NA = Not available
11. Percentage of schools in which teachers taught about each of the following contraceptives in a required course for students in any of grades 9 through 12.

- **a. Birth control pill (e.g., OrthoTri-cyclen)**
  - High Schools: 47.3%
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: NA

- **b. Birth control patch (e.g., Ortho Evra)**
  - High Schools: 45.7%
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: NA

- **c. Birth control ring (e.g., NuvaRing)**
  - High Schools: 42.0%
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: NA

- **d. Birth control shot (e.g., Depo-Provera)**
  - High Schools: 40.7%
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: NA

NA = Not available
11. Percentage of schools in which teachers taught about each of the following contraceptives in a required course for students in any of grades 9 through 12.

- **e. Implants (e.g., Implanon)**
  - High Schools: 31.8%
  - Middle Schools: 31.0%
  - Junior/Senior High Schools: NA
  - All Schools: NA

- **f. Intrauterine device (IUD; e.g., Mirena, ParaGard)**
  - High Schools: 39.9%
  - Middle Schools: 38.7%
  - Junior/Senior High Schools: NA
  - All Schools: NA

- **g. Emergency contraception (e.g., Plan B)**
  - High Schools: 30.0%
  - Middle Schools: 29.2%
  - Junior/Senior High Schools: NA
  - All Schools: NA

NA = Not available
12. Percentage of schools in which teachers assess the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8.

- Comprehend concepts important to prevent HIV, other STDs, and pregnancy
- Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors
- Access valid information, products, and services to prevent HIV, other STDs, and pregnancy
- Use interpersonal communication skills to avoid or reduce sexual risk behaviors

NA = Not available
12. Percentage of schools in which teachers assess the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8.

e. Use decision-making skills to prevent HIV, other STDs, and pregnancy

f. Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them

g. Influence and support others to avoid or reduce sexual risk behaviors

NA = Not available
12. Percentage of schools in which teachers assess the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12.

- a. Comprehend concepts important to prevent HIV, other STDs, and pregnancy
  - High Schools: 92.4%
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: 90.7%

- b. Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors
  - High Schools: 90.7%
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: 89.0%

- c. Access valid information, products, and services to prevent HIV, other STDs, and pregnancy
  - High Schools: 84.2%
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: 81.8%

- d. Use interpersonal communication skills to avoid or reduce sexual risk behaviors
  - High Schools: 87.4%
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: 84.9%

NA = Not available
12. Percentage of schools in which teachers assess the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12.

- e. Use decision-making skills to prevent HIV, other STDs, and pregnancy

- f. Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them

- g. Influence and support others to avoid or reduce sexual risk behaviors

NA = Not available
13. Percentage of schools in which teachers taught each of the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12.

- **a. Benefits of healthy eating**
  - High Schools: 100.0%
  - Middle Schools: 90.3%
  - Junior/Senior High Schools: 83.9%
  - All Schools: 90.0%

- **b. Benefits of drinking plenty of water**
  - High Schools: 99.1%
  - Middle Schools: 90.0%
  - Junior/Senior High Schools: 83.9%
  - All Schools: 90.1%

- **c. Benefits of eating breakfast every day**
  - High Schools: 99.1%
  - Middle Schools: 89.1%
  - Junior/Senior High Schools: 82.3%
  - All Schools: 88.1%

- **d. Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate or MyPyramid)**
  - High Schools: 97.6%
  - Middle Schools: 86.0%
  - Junior/Senior High Schools: 77.9%
  - All Schools: 86.0%

- **e. Using food labels**
  - High Schools: 97.9%
  - Middle Schools: 86.7%
  - Junior/Senior High Schools: 79.1%
  - All Schools: 86.7%

NA = Not available
13. Percentage of schools in which teachers taught each of the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12.

- **f. Differentiating between nutritious and non-nutritious beverages**
  - High Schools: 79.7%
  - Middle Schools: 86.0%

- **g. Balancing food intake and physical activity**
  - High Schools: 83.1%
  - Middle Schools: 89.0%

- **h. Eating more fruits, vegetables, and whole grain products**
  - High Schools: 83.1%
  - Middle Schools: 88.8%

- **i. Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)**
  - High Schools: 79.8%
  - Middle Schools: 87.0%

- **j. Choosing foods, snacks, and beverages that are low in added sugars**
  - High Schools: 79.2%
  - Middle Schools: 86.5%

*NA = Not available*
13. Percentage of schools in which teachers taught each of the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12.

- **k.** Choosing foods and snacks that are low in sodium
- **l.** Eating a variety of foods that are high in calcium
- **m.** Eating a variety of foods that are high in iron
- **n.** Food safety
- **o.** Preparing healthy meals and snacks

NA = Not available
13. Percentage of schools in which teachers taught each of the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12.

- **p. Risks of unhealthy weight control practices**
  - High Schools: 98.2%
  - Middle Schools: 81.0%
  - Junior/Senior High Schools: 87.9%
  - All Schools: 87.9%

- **q. Accepting body size differences**
  - High Schools: 94.1%
  - Middle Schools: 74.4%
  - Junior/Senior High Schools: 82.5%
  - All Schools: 82.5%

- **r. Signs, symptoms, and treatment for eating disorders**
  - High Schools: 96.1%
  - Middle Schools: 73.9%
  - Junior/Senior High Schools: 83.1%
  - All Schools: 83.1%

NA = Not available
13. Percentage of schools in which teachers taught each of the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12.

s. Relationship between diet and chronic diseases

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<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
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<tr>
<td>NA</td>
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</table>

74.1%

82.0%

93.1%

NA = Not available

*Responses to question 13 a through t all are "yes."

NA = Not available
14. Percentage of schools in which teachers taught each of the following physical activity topics in a required course for students in any of grades 6 through 12.

- **a.** Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease
- **b.** Mental and social benefits of physical activity
- **c.** Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)
- **d.** Phases of a workout (i.e., warm-up, workout, cool down)
- **e.** Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity

NA = Not available
14. Percentage of schools in which teachers taught each of the following physical activity topics in a required course for students in any of grades 6 through 12.

- f. Decreasing sedentary activities (e.g., television viewing, using video games)
  - High Schools: 97.5%
  - Middle Schools: 82.3%
  - Junior/Senior High Schools: 88.3%
  - All Schools: 97.5%

- g. Preventing injury during physical activity
  - High Schools: 98.3%
  - Middle Schools: 83.7%
  - Junior/Senior High Schools: 89.4%
  - All Schools: 98.3%

- h. Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)
  - High Schools: 96.7%
  - Middle Schools: 77.1%
  - Junior/Senior High Schools: 85.1%
  - All Schools: 96.7%

- i. Dangers of using performance-enhancing drugs (e.g., steroids)
  - High Schools: 95.8%
  - Middle Schools: 77.0%
  - Junior/Senior High Schools: 84.7%
  - All Schools: 95.8%

- j. Increasing daily physical activity
  - High Schools: 99.1%
  - Middle Schools: 86.0%
  - Junior/Senior High Schools: 91.1%
  - All Schools: 99.1%
14. Percentage of schools in which teachers taught each of the following physical activity topics in a required course for students in any of grades 6 through 12.

- k. Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)
  - Percentage: 99.1 (High Schools), 89.9 (Middle Schools), 83.9 (Junior/Senior High Schools), 91.7 (All Schools)
  - NA (Middle Schools)

- l. Using safety equipment for specific physical activities
  - Percentage: 94.2 (High Schools), 85.5 (Middle Schools), 79.8 (Junior/Senior High Schools), 91.7 (All Schools)
  - NA (Middle Schools)

- m. Benefits of drinking water before, during, and after physical activity
  - Percentage: 99.1 (High Schools), 89.7 (Middle Schools), 83.5 (Junior/Senior High Schools), 91.7 (All Schools)
  - NA (Middle Schools)

- Percentage of schools that taught all 13 physical activity topics*
  - Percentage: 91.7 (High Schools), 76.1 (Middle Schools), 64.6 (Junior/Senior High Schools), 76.1 (All Schools)
  - NA (Middle Schools)

*Responses to question 14 a through m all are "yes."

NA = Not available
15. 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.
16. Percentage of schools in which health education staff worked with the following groups on health education activities during the current school year.

- Physical education staff (87.3%)
- Health services staff (e.g., nurses) (52.1%)
- Mental health or social services staff (e.g., psychologists, counselors, and social workers) (43.9%)
- Nutrition or food service staff (32.8%)
- School health council, committee, or team (31.8%)

NA = Not available
17. Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year.

- a. HIV prevention, STD prevention, or teen pregnancy prevention
  - High Schools: 37.5%
  - Middle Schools: 22.5%
  - Junior/Senior High Schools: 29.0%
  - All Schools: NA

- b. Tobacco-use prevention
  - High Schools: 32.0%
  - Middle Schools: 26.4%
  - Junior/Senior High Schools: 28.9%
  - All Schools: NA

- c. Physical activity
  - High Schools: 48.7%
  - Middle Schools: 53.0%
  - Junior/Senior High Schools: 50.6%
  - All Schools: NA

- d. Nutrition and healthy eating
  - High Schools: 42.0%
  - Middle Schools: 43.6%
  - Junior/Senior High Schools: 42.6%
  - All Schools: NA

NA = Not available
17. Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year.

e. Asthma

f. Food allergies

g. Diabetes

h. Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)

NA = Not available
18. Percentage of schools in which teachers have given students homework assignments or health education activities to do at home with their parents during the current school year.

NA = Not available
19. Percentage of schools in which the lead health education teacher received professional development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

- **a. Alcohol- or other drug-use prevention**
  - High Schools: 33.7%
  - Middle Schools: 33.2%
  - Junior/Senior High Schools: 33.3%
  - All Schools: 33.2%

- **b. Asthma**
  - High Schools: 10.8%
  - Middle Schools: 22.4%
  - Junior/Senior High Schools: 17.8%
  - All Schools: 22.4%

- **c. Diabetes**
  - High Schools: 20.3%
  - Middle Schools: 26.2%
  - Junior/Senior High Schools: 24.3%
  - All Schools: 24.3%

- **d. Emotional and mental health**
  - High Schools: 25.8%
  - Middle Schools: 24.3%
  - Junior/Senior High Schools: 25.0%
  - All Schools: 25.0%

- **e. Epilepsy or seizure disorder**
  - High Schools: 16.2%
  - Middle Schools: 19.8%
  - Junior/Senior High Schools: 19.0%
  - All Schools: 19.0%

NA = Not available
19. Percentage of schools in which the lead health education teacher received professional development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

f. Food allergies

- High Schools: 14.0%
- Middle Schools: 20.8%
- Junior/Senior High Schools: NA
- All Schools: 24.6%

NA = Not available
19. Percentage of schools in which the lead health education teacher received professional development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

- **k. Injury prevention and safety**
  - High Schools: 33.0%
  - Middle Schools: 37.1%
  - Junior/Senior High Schools: 36.5%
  - All Schools: 36.5%

- **l. Nutrition and dietary behavior**
  - High Schools: 19.5%
  - Middle Schools: 26.0%
  - Junior/Senior High Schools: 23.8%
  - All Schools: 23.8%

- **m. Physical activity and fitness**
  - High Schools: 25.4%
  - Middle Schools: 22.5%
  - Junior/Senior High Schools: 23.8%
  - All Schools: 23.8%

- **n. Pregnancy prevention**
  - High Schools: 29.0%
  - Middle Schools: 28.3%
  - Junior/Senior High Schools: 28.3%
  - All Schools: 28.3%

- **o. STD prevention**
  - High Schools: 29.0%
  - Middle Schools: 28.3%
  - Junior/Senior High Schools: 28.3%
  - All Schools: 28.3%

NA = Not available
19. Percentage of schools in which the lead health education teacher received professional development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

- **p. Suicide prevention**
  - High Schools: 21.9%
  - Middle Schools: 16.5%
  - Junior/Senior High Schools: 19.5%
  - All Schools: NA

- **q. Tobacco-use prevention**
  - High Schools: 18.9%
  - Middle Schools: 24.4%
  - Junior/Senior High Schools: 22.3%
  - All Schools: NA

- **r. Violence prevention (e.g., bullying, fighting, or dating violence prevention)**
  - High Schools: 45.8%
  - Middle Schools: 44.5%
  - Junior/Senior High Schools: 46.0%
  - All Schools: NA

NA = Not available
20. Percentage of schools in which the lead health education teacher received professional development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

a. Describing how widespread HIV and other STD infections are and the consequences of these infections

b. Understanding the modes of transmission and effective prevention strategies for HIV and other STDs

c. Identifying populations of youth who are at high risk of being infected with HIV and other STDs

d. Implementing health education strategies using prevention messages that are likely to be effective in reaching youth

e. Teaching essential skills for health behavior change related to HIV prevention and guiding student practice of these skills

NA = Not available
20. Percentage of schools in which the lead health education teacher received professional development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

f. Assessing students’ performance in HIV prevention education

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<thead>
<tr>
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<th>High Schools</th>
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<td>23.7</td>
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g. Describing the prevalence and potential effects of teen pregnancy

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<tr>
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<tbody>
<tr>
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<td>25.0</td>
<td>26.4</td>
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h. Identifying populations of youth who are at high risk of becoming pregnant

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<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
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<tbody>
<tr>
<td>Identifying</td>
<td>25.4</td>
<td>25.2</td>
<td>25.4</td>
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i. Current district or school board policies or curriculum guidance regarding HIV education or sexual health education

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<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
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</thead>
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<tr>
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<td>28.9</td>
<td>29.8</td>
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</tr>
<tr>
<td>or school board policies</td>
<td></td>
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<tr>
<td>curriculum guidance regarding HIV education or sexual health education</td>
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</table>

NA = Not available
21. Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics.

- **a. Alcohol- or other drug-use prevention**
  - High Schools: 74.8
  - Middle Schools: 76.6
  - Junior/Senior High Schools: 76.5
  - All Schools: NA

- **b. Asthma**
  - High Schools: 52.3
  - Middle Schools: 51.8
  - Junior/Senior High Schools: 51.9
  - All Schools: NA

- **c. Diabetes**
  - High Schools: 58.7
  - Middle Schools: 61.0
  - Junior/Senior High Schools: 60.1
  - All Schools: NA

- **d. Emotional and mental health**
  - High Schools: 66.2
  - Middle Schools: 68.0
  - Junior/Senior High Schools: 67.2
  - All Schools: NA

- **e. Epilepsy or seizure disorder**
  - High Schools: 45.7
  - Middle Schools: 50.6
  - Junior/Senior High Schools: 57.6
  - All Schools: NA

NA = Not available
21. Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics.

- **f. Food allergies**
  - High Schools: 49.7
  - Middle Schools: 52.4
  - Junior/Senior High Schools: NA
  - All Schools: NA

- **g. Foodborne illness prevention**
  - High Schools: 47.8
  - Middle Schools: 49.9
  - Junior/Senior High Schools: NA
  - All Schools: NA

- **h. HIV prevention**
  - High Schools: 65.7
  - Middle Schools: 68.6
  - Junior/Senior High Schools: NA
  - All Schools: NA

- **i. Human sexuality**
  - High Schools: 66.0
  - Middle Schools: 67.1
  - Junior/Senior High Schools: NA
  - All Schools: NA

- **j. Infectious disease prevention (e.g., flu prevention)**
  - High Schools: 55.9
  - Middle Schools: 57.8
  - Junior/Senior High Schools: NA
  - All Schools: NA

NA = Not available
21. Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics.

- **k. Injury prevention and safety**
  - High Schools: 67.6%
  - Middle Schools: 64.1%
  - Junior/Senior High Schools: 65.6%
  - All Schools: NA

- **l. Nutrition and dietary behavior**
  - High Schools: 79.3%
  - Middle Schools: 75.8%
  - Junior/Senior High Schools: 77.4%
  - All Schools: NA

- **m. Physical activity and fitness**
  - High Schools: 70.6%
  - Middle Schools: 78.9%
  - Junior/Senior High Schools: 76.0%
  - All Schools: NA

- **n. Pregnancy prevention**
  - High Schools: 61.1%
  - Middle Schools: 62.1%
  - Junior/Senior High Schools: 61.8%
  - All Schools: NA

- **o. STD prevention**
  - High Schools: 66.3%
  - Middle Schools: 66.5%
  - Junior/Senior High Schools: 66.4%
  - All Schools: NA

NA = Not available
21. Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics.

- **p. Suicide prevention**
  - High Schools: 69.9%
  - Middle Schools: 71.0%
  - Junior/Senior High Schools: 71.3%

- **q. Tobacco-use prevention**
  - High Schools: 66.9%
  - Middle Schools: 69.5%
  - Junior/Senior High Schools: 68.8%

- **r. Violence prevention (e.g., bullying, fighting, or dating violence prevention)**
  - High Schools: 78.2%
  - Middle Schools: 77.7%
  - Junior/Senior High Schools: 78.5%

NA = Not available
22. Percentage of schools in which the lead health education teacher received professional development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

- a. Teaching students with physical, medical, or cognitive disabilities
- b. Teaching students of various cultural backgrounds
- c. Teaching students with limited English proficiency
- d. Teaching students of different sexual orientations or gender identities
- e. Using interactive teaching methods (e.g., role plays or cooperative group activities)

NA = Not available
22. Percentage of schools in which the lead health education teacher received professional development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

- **f.** Encouraging family or community involvement  
  - High Schools: 34.1%  
  - Middle Schools: 39.7%  
  - Junior/Senior High Schools: 37.7%  
  - All Schools: NA

- **g.** Teaching skills for behavior change  
  - High Schools: 29.6%  
  - Middle Schools: 41.1%  
  - Junior/Senior High Schools: 37.1%  
  - All Schools: NA

- **h.** Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, and behavior management)  
  - High Schools: 54.7%  
  - Middle Schools: 48.7%  
  - Junior/Senior High Schools: 51.8%  
  - All Schools: NA

- **i.** Assessing or evaluating students in health education  
  - High Schools: 39.7%  
  - Middle Schools: 40.0%  
  - Junior/Senior High Schools: 40.3%  
  - All Schools: NA

NA = Not available
23. Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics.

- a. Teaching students with physical, medical, or cognitive disabilities
- b. Teaching students of various cultural backgrounds
- c. Teaching students with limited English proficiency
- d. Teaching students of different sexual orientations or gender identities
- e. Using interactive teaching methods (e.g., role plays or cooperative group activities)

NA = Not available
23. Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics.

- Encouraging family or community involvement
- Teaching skills for behavior change
- Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, and behavior management)
- Assessing or evaluating students in health education

NA = Not available
24. Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:

- **a. Health and physical education combined**
  - High Schools: 67.4%
  - Middle Schools: 68.3%
  - Junior/Senior High Schools: 67.4%
  - All Schools: 68.3%

- **b. Health education**
  - High Schools: 4.1%
  - Middle Schools: 4.6%
  - Junior/Senior High Schools: 4.7%
  - All Schools: 4.7%

- **c. Physical education**
  - High Schools: 7.9%
  - Middle Schools: 13.0%
  - Junior/Senior High Schools: 9.8%
  - All Schools: 9.8%

- **d. Other education degree**
  - High Schools: 3.5%
  - Middle Schools: 9.4%
  - Junior/Senior High Schools: 7.6%
  - All Schools: 7.6%

- **e. Kinesiology, exercise science, or exercise physiology**
  - High Schools: 6.0%
  - Middle Schools: 3.4%
  - Junior/Senior High Schools: 4.4%
  - All Schools: 4.4%

NA = Not available
24. Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:

- f. Home economics or family and consumer science
  - High Schools: 0.0
  - Middle Schools: 0.0
  - Junior/Senior High Schools: 0.0
  - All Schools: 0.0

- g. Biology or other science
  - High Schools: 2.7
  - Middle Schools: 3.9
  - Junior/Senior High Schools: 3.3
  - All Schools: NA

- h. Nursing
  - High Schools: 2.5
  - Middle Schools: 1.2
  - Junior/Senior High Schools: 1.2
  - All Schools: NA

- i. Counseling
  - High Schools: 0.0
  - Middle Schools: 0.0
  - Junior/Senior High Schools: NA
  - All Schools: NA

- j. Public health
  - High Schools: 0.0
  - Middle Schools: 0.0
  - Junior/Senior High Schools: NA
  - All Schools: NA

NA = Not available
24. Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:

- **k. Nutrition**
  - High Schools: 0.0
  - Middle Schools: 0.4
  - Junior/Senior High Schools: 0.9
  - All Schools: NA

- **l. Other**
  - High Schools: 0.7
  - Middle Schools: 1.3
  - Junior/Senior High Schools: NA
  - All Schools: 0.0
25. Percentage of schools in which the lead health education teacher is certified, licensed, or endorsed by the state to teach health education in middle school or high school.

NA = Not available
26. 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.

- a. 1 year
- b. 2 to 5 years
- c. 6 to 9 years
- d. 10 to 14 years
- e. 15 years or more

NA = Not available