

# School Health Program Report Card

## Health Education

|                                  |   |                       |                   |                 |
|----------------------------------|---|-----------------------|-------------------|-----------------|
| 1.1 <sup>1</sup>                 | Has a state health education (HED) coordinator  | ● <sup>2</sup>        |                   |                 |
|                                  | Requires each district to have an HED coordinator   | ○                     |                   |                 |
|                                  | Requires each school to have an HED coordinator   | ○                     |                   |                 |
| 1.2                              | Requires or encourages districts or schools to follow national or state HED standards or guidelines | ● <sup>3</sup>        |                   |                 |
| 1.3.1,<br>1.3.2,<br>and<br>1.3.3 | Has HED standards or guidelines based on the <i>National Health Education Standards</i>             | ●                     |                   |                 |
|                                  | Addresses the following topics in goals and objectives:   |                       |                   |                 |
|                                  |   | Elementary<br>Schools | Middle<br>Schools | High<br>Schools |
|                                  | Accessing valid health information and health-promoting products and services                       | ●                     | ●                 | ●               |
|                                  | Advocating for personal, family, and community health   | ●                     | ●                 | ●               |
|                                  | Analyzing influence of culture, media, and technology on health                                     | ●                     | ●                 | ●               |
|                                  | Comprehending concepts related to health promotion and disease prevention                           | ●                     | ●                 | ●               |
|                                  | Practicing health-enhancing behaviors and reducing health risks                                     | ●                     | ●                 | ●               |
|                                  | Using goal-setting and decision-making skills   | ●                     | ●                 | ●               |
|                                  | Using interpersonal communication skills  | ●                     | ●                 | ●               |
| 1.4,<br>1.5,<br>and<br>1.6       | Requires schools to teach:  |                       |                   |                 |
|                                  |   | Elementary<br>Schools | Middle<br>Schools | High<br>Schools |
|                                  | Alcohol- or other drug-use prevention   | ●                     | ●                 | ●               |
|                                  | Asthma awareness  | ○                     | ○                 | ○               |
|                                  | Emotional and mental health   | ●                     | ●                 | ●               |
|                                  | Foodborne illness prevention  | ○                     | ○                 | ○               |
|                                  | Human immunodeficiency virus (HIV) prevention   | ●                     | ●                 | ●               |
|                                  | Human sexuality   | ●                     | ●                 | ○               |
|                                  | Injury prevention and safety  | ●                     | ●                 | ○               |
|                                  | Nutrition and dietary behavior  | ●                     | ●                 | ○               |
|                                  | Other sexually transmitted disease (STD) prevention   | ○                     | ●                 | ●               |
|                                  | Physical activity and fitness   | ●                     | ●                 | ●               |
|                                  | Pregnancy prevention  | ○                     | ●                 | ●               |
|                                  | Suicide prevention  | ●                     | ●                 | ●               |
| Tobacco-use prevention           | ●   | ●                     | ●                 |                 |
| Violence prevention              | ●   | ●                     | ●                 |                 |

|  |  | Elementary Schools                 | Middle Schools                     | High Schools                       |
|--|--|------------------------------------|------------------------------------|------------------------------------|
| 1.7  | Requires that students will be tested on health topics   | <input type="radio"/>              | <input type="radio"/>              | <input type="radio"/>              |
| 1.8  | Requires or recommends that districts or schools use one particular curriculum for HED   | <input type="radio"/> <sup>3</sup> | <input type="radio"/> <sup>3</sup> | <input type="radio"/> <sup>3</sup> |
| 1.9  | Provided the following information or materials for HED during the past two years:   |                                    |                                    |                                    |
|  |  | Elementary Schools                 | Middle Schools                     | High Schools                       |
|  | Chart describing scope and sequence of instruction   | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   |
|  | Curriculum   | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   |
|  | Lesson plans or learning activities  | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   |
|  | List of recommended curricula  | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   |
|  | List of recommended textbooks  | <input type="radio"/>              | <input type="radio"/>              | <input type="radio"/>              |
| Plans for how to assess or evaluate students | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   |                                    |
| 1.10   | Has specified time requirements for HED  | <input type="radio"/>              | <input type="radio"/>              | <input type="radio"/>              |
| 1.11   | Requires newly hired HED teachers to have undergraduate or graduate training in HED  | <input type="radio"/>              | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   |
| 1.12   | Requires newly hired HED teachers to be certified, licensed, or endorsed by the state  | <input type="radio"/>              | <input checked="" type="radio"/>   | <input checked="" type="radio"/>   |
| 1.13   | Offers the following types of certification, licensure, or endorsement for HED teachers:   |                                    |                                    |                                    |
|  | Combined HED and physical education (PE) for grades K-12   |                                    | <input type="radio"/>              |                                    |
|  | Combined HED and PE for elementary school  |                                    | <input type="radio"/>              |                                    |
|  | Combined HED and PE for middle school  |                                    | <input type="radio"/>              |                                    |
|  | Combined HED and PE for high school  |                                    | <input type="radio"/>              |                                    |
|  | HED for grades K-12  |                                    | <input checked="" type="radio"/>   |                                    |
|  | HED for elementary school  |                                    | <input type="radio"/>              |                                    |
| HED for middle school                        |  | <input type="radio"/>              |                                    |                                    |
| HED for high school                          |  | <input type="radio"/>              |                                    |                                    |
| 1.14   | Provided funding for staff development or offered staff development to HED teachers during the past two years on the following topics: |                                    |                                    |                                    |
|  | Alcohol- or other drug-use prevention  |                                    | <input checked="" type="radio"/>   |                                    |
|  | Asthma awareness   |                                    | <input checked="" type="radio"/>   |                                    |
|  | Emotional and mental health  |                                    | <input checked="" type="radio"/>   |                                    |
|  | Foodborne illness prevention   |                                    | <input type="radio"/>              |                                    |
|  | HIV prevention   |                                    | <input checked="" type="radio"/>   |                                    |
|  | Human sexuality  |                                    | <input checked="" type="radio"/>   |                                    |
|  | Injury prevention and safety   |                                    | <input checked="" type="radio"/>   |                                    |
|  | Nutrition and dietary behavior   |                                    | <input checked="" type="radio"/>   |                                    |
|  | Other STD prevention   |                                    | <input checked="" type="radio"/>   |                                    |
|  | Physical activity and fitness  |                                    | <input checked="" type="radio"/>   |                                    |
|  | Pregnancy prevention   |                                    | <input checked="" type="radio"/>   |                                    |
|  | Suicide prevention   |                                    | <input checked="" type="radio"/>   |                                    |
| Tobacco-use prevention                       |  | <input checked="" type="radio"/>   |                                    |                                    |
| Violence prevention                          |  | <input checked="" type="radio"/>   |                                    |                                    |

|      |  |   |
|------|--|---|
| 1.15 | Provided funding for staff development or offered staff development to HED teachers during the past two years on the following teaching methods: |   |
|      | Assessing or evaluating students   | ● |
|      | Encouraging family or community involvement  | ● |
|      | Teaching skills for behavior change  | ● |
|      | Teaching students of various cultural backgrounds  | ● |
|      | Teaching students with limited English proficiency   | ○ |
|      | Teaching students with disabilities  | ● |
|      | Using classroom management techniques  | ● |
|      | Using interactive teaching methods   | ● |

## Footnotes

<sup>1</sup> Numbers refer to tables in *State-Level School Health Policies and Practices: A State-by-State Summary from the School Health Policies and Programs Study 2006*, which includes information from all 50 states and the District of Columbia. This document can be downloaded at [www.cdc.gov/HealthyYouth/SHPPS/2006/summaries/index.htm](http://www.cdc.gov/HealthyYouth/SHPPS/2006/summaries/index.htm).

<sup>2</sup> Unless otherwise indicated,

Yes

No

? Incomplete Data

NA Not Applicable

<sup>3</sup>  Requires

Recommends or Encourages

Neither Requires, Recommends, nor Encourages

? Incomplete Data

<sup>4</sup>  Prohibits

Discourages

Neither Prohibits nor Discourages

? Incomplete Data

<sup>5</sup> SCHIP is the State Children's Health Insurance Program.

<sup>6</sup> WIC is the Special Supplemental Food Program for Women, Infants, and Children.

<sup>7</sup>  Associate's Degree in Nursing

Undergraduate Degree in Nursing

Associate's Degree in Any Field

Undergraduate Degree in Any Field

NA Not Applicable

? Incomplete Data

- 8
- Undergraduate Degree in Specific Field
  - Master's Degree in Specific Field
  - Doctoral Degree in Specific Field
  - Undergraduate Degree in Any Field
  - Master's Degree in Any Field
  - Other Degree
  - NA Not Applicable
  - ? Incomplete Data

- 9
- Yes (For Breakfast, All Schools)
  - Yes (For Breakfast, Some Categories of Schools)
  - No
  - ? Incomplete Data

10 Junk foods are defined as foods or beverages that have low nutrient density, that is, they provide calories primarily through fats or added sugars and have minimal amounts of vitamins and minerals.

- 11
- Both on School Property and at Off-Campus, School-Sponsored Events
  - On School Property Only
  - Neither on School Property nor at Off-Campus, School-Sponsored Events

- 12
- Required of All Faculty and Staff
  - Required of Some Faculty and Staff
  - Not Required on Any Faculty or Staff
  - ? Incomplete Data

- 13
- State Offers Coverage
  - State Requires Districts to Offer Coverage
  - State Neither Offers Coverage nor Requires Districts to Offer Coverage
  - ? Incomplete Data

This publication was prepared by the Centers for Disease Control and Prevention (CDC). It summarizes state-level data collected from each of the 50 states and the District of Columbia during the School Health Policies and Programs Study (SHPPS) 2006. SHPPS is conducted periodically to monitor the extent to which school health policies and practices are addressing the leading causes of death, illness, and social problems among young people and adults.

**For additional information** on SHPPS or to order SHPPS publications, contact the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717; 800-CDC-INFO; [www.cdc.gov/shpps](http://www.cdc.gov/shpps).