

## **School Health Program Report Card**

## **Health Education**

Requires each district to have an HED         •           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         •           1.3.1, 1.3.2, and         Has HED standards or guidelines based on the National Health Education Standards         •           Addresses the following topics in goals and objectives:         Addresses the following topics in goals and objectives:           Addresses the following products and services         •         •           Advocating for personal, family, and community health         •         •           Comprehending concepts related to health-promotion and disease prevention         •         •           Practicing health-enhancing behaviors and reducing health risks         •         •           Using interpersonal communication skills         •         •         •           1.4, 1.5, and         Requires schools to teach:         •         •         •           1.4, 1.5, and         Requires schools to teach:         •         •         •           1.6         Alcohol - or other drug-use prevention         •         •         •           Alcohol - or other drug-use prevention         •         •         •         • <tr< th=""><th><b>1</b>.1<sup>1</sup></th><th>Has a state health education (HED) coordinator</th><th></th><th><math>\bullet^2</math></th><th></th></tr<>	<b>1</b> .1 <sup>1</sup>	Has a state health education (HED) coordinator		$\bullet^2$		
coordinator         •           1.2         Requires or encourages districts or schools to guidelines         •           1.3.1, 1.3.1, 1.3.2, and         Has HED standards or guidelines based on the National Health Education Standards         •           1.3.3         Addresses the following topics in goals and objectives:         •           1.3.3         Addresses the following topics and services         •           Advocating for personal, family, and community health         •         •           Advocating for personal, family, and community health         •         •           Coorprehending concepts related to health promotion and disease prevention         •         •           Practicing health-enhancing behaviors and reducing health risks         •         •           Using goal-setting and decision-making skills         •         •         •           1.4, 1.5, and         Requires schools to teach:         •         •         •           1.4, 1.5, and         Requires schools to teach:         •         •         •           1.4, 1.5, and         Alcohol- or other drug-use prevention         •         •         •           1.6         Alcohol- or other drug-use prevention         •         •         •           1.6         Alcohol- or other drug-use prevention         •		coordinator		•		
follow national or state HED standards or guidelines       • *         1.3.1, Has HED standards or guidelines based on the National Health Education Standards       •         Addresses the following topics in goals and objectives:       Middle         1.3.3       Elementary Schools       Middle         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       •       •         1.4,       Requires schools to teach:       •       •         1.5, and       Alcohol- or other drug-use prevention       •       •         1.6       Alcohol- or other drug-use prevention       •       •         Asthma awareness       •       •       •         Emotional and mental health       •       •       •         Foodborne illness prevention       •       •       •         1.6       Alcohol- or other drug-use (STD)       •		coordinator		0		
1.3.1, 1.3.2, and 1.3.3       Has HED standards or guidelines based on the National Health Education Standards         Addresses the following topics in goals and objectives:         1.3.3         Adcessing 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, 1.5, and         1.6         Alcohol- or other drug-use prevention         Attima awareness         Elementary Bemotional and mental health         Foodborne illness prevention         Human immunodeficiency virus (HIV) prevention         Human immunodeficiency virus (HIV) prevention         Human immunodeficiency virus (HIV) prevention         Human immunodeficiency virus (HIV) prevention         Human sexually transmitted disease (STD) prevention         Physical activity and fitness         Pregnancy prevention         Middle sciency virus (Mitor and cietary behavior         Middle sciency virus (Mitor and cietary behavior         Physical activity and fitness	1.2	follow national or state HED standards or		• <sup>3</sup>		
1.3.3       Elementary Schools       Middle Schools       High 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       •       •       •       •       •         1.4,       Requires schools to teach:       •       •       •       •       •         1.5,       and       Elementary Schools       Middle Schools       Schools       Schools       Schools         1.6       Alcohol- or other drug-use prevention       •       •       •       •       •         1.6       Alcohol- or other drug-use prevention       •       •       •       •       •         1.6       Alcohol- or other drug-use prevention       •       •       •       •       •         1.6 <td>1.3.2,</td> <td>Has HED standards or guidelines based on the National Health Education Standards</td> <td></td> <td>•</td> <td></td>	1.3.2,	Has HED standards or guidelines based on the National Health Education Standards		•		
Schools         Schools         Schools           Accessing valid health information and health-promoting products and services <ul> <li>Advocating for personal, family, and community health</li> <li>Analyzing influence of culture, media, and technology on health</li> <li>Comprehending concepts related to health promotion and disease prevention</li> <li>Practicing health-enhancing behaviors and reducing health risks</li> <li>Using goal-setting and decision-making skills</li> <li>Using interpersonal communication skills</li> <li>Elementary Schools</li> <li>Schools</li> <li>Schools</li></ul>		Addresses the following topics in goals and objectives:				
health-promoting products and services <ul> <li>Advocating for personal, family, and community health</li> <li>Analyzing influence of culture, media, and technology on health</li> <li>Comprehending concepts related to health promotion and disease prevention</li> <li>Practicing health-enhancing behaviors and reducing health risks</li> <li>Using goal-setting and decision-making skills</li> <li>Using interpersonal communication skills</li> <li>Using interpersonal communication skills</li> </ul> <ul> <li>Acchol- or other drug-use prevention</li> <li>Asthma awareness</li> <li>Asthma awareness</li> <li>Elementary</li> <li>Middle</li> <li>High</li> <li>Schools</li> <li>Schools</li> <li>Asthma awareness</li> <li>Middle</li> <li>Human immunodeficiency virus (HIV)</li> <li>prevention</li> <li>Human sexuality</li> <li>Human sexuality</li> <li>Human dietary behavior</li> <li>Mutrition and disease (STD)</li> <li>prevention</li> <li>Physical activity and fitness</li> <li>Pregnancy prevention</li> <li>Micale prevention</li> </ul>	1.3.3					
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, 1.5, and       Requires schools to teach:       •       •         1.6       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       •       •       •       •         Pregnancy prevention       •       •       •       •       •         Pregnancy prevention       •       •       •       •       •         Pregnancy prevention       •       •		health-promoting products and services	•	•	•	
and technology on health       O         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, 1.5, and       Requires schools to teach:         1.4, 1.6       Requires schools to teach:         1.6       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       •		community health	•	•	•	
health promotion and disease prevention         Image: mail of the second s		and technology on health	0	•	•	
and reducing health risks       Image: Constraint of the second sec		health promotion and disease prevention	●	•	•	
skills       using interpersonal communication skills       •       •         1.4,       Requires schools to teach:       •       •         1.5,       Elementary       Middle       High         Schools       Schools       Schools       Schools         1.6       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       •       •       •       •       •         Other sexually transmitted disease (STD)       •       •       •       •       •         Pregnancy prevention       •       •       •       •       •       •         Physical activity and fitness       •       •       •       •       •       •		and reducing health risks	•	•	•	
1.4, 1.5, and       Requires schools to teach:         1.6       Alcohol- or other drug-use prevention       Blementary Schools       Middle Schools       High Schools         1.6       Alcohol- or other drug-use prevention       Image: Schools       Schools       Schools         Asthma awareness       Image: Schools       Image: Schools       Image: Schools       Schools         Emotional and mental health       Image: Schools       Image: Schools       Image: Schools       Image: Schools         Human immunodeficiency virus (HIV) prevention       Image: Schools       Image: Schools       Image: Schools       Image: Schools         Human sexuality       Image: Schools       Image: Schools       Image: Schools       Image: Schools       Image: Schools         Human sexuality       Image: Schools       Image: Schools       Image: Schools       Image: Schools       Image: Schools         Human sexuality       Image: Schools       Image: Schools       Image: Schools       Image: Schools       Image: Schools       Image: Schools         Other sexually transmitted disease (STD) prevention       Image: Schools       Im		skills	•	•	•	
1.5, and       Elementary Schools       Middle Schools       High Schools         1.6       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       •       •       •       •       •         Other sexually transmitted disease (STD) prevention       •       •       •       •       •         Physical activity and fitness       •       •       •       •       •       •         Pregnancy prevention       •       •       •       •       •       •       •         Dicide prevention       •       •       •       •       •       •       •         Activity and fitness       •       •       •       •       •       •       •         Dicide prevention       •       •       • <td></td> <td></td> <td>•</td> <td>•</td> <td>•</td>			•	•	•	
and       Schools       Schools       Schools         1.6       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)       •       •       •       •       •         Pregnancy prevention       •       •       •       •       •       •       •         Suicide prevention       •       •       •       •       •       •       •         Tobacco-use prevention       •       •       •       •       •       •       •		Requires schools to teach:				
Asthma awareness       •       •       •         Emotional and mental health       •       •       •         Foodborne illness prevention       •       •       •         Human immunodeficiency virus (HIV)       •       •       •         prevention       •       •       •       •         Human sexuality       •       •       •       •         Human sexuality       •       •       •       •         Injury prevention and safety       •       •       •       •         Nutrition and dietary behavior       •       •       •       •         Other sexually transmitted disease (STD)       •       •       •       •         prevention       •       •       •       •       •         Physical activity and fitness       •       •       •       •         Suicide prevention       •       •       •       •       •         Tobacco-use prevention       •       •       •       •       •	and					
Emotional and mental health••Foodborne illness prevention••Human immunodeficiency virus (HIV) prevention••Human sexuality••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••	1.6		•	•	•	
Foodborne illness prevention••Human immunodeficiency virus (HIV) prevention••Human sexuality••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••			•	•	•	
Human immunodeficiency virus (HIV) prevention••Human sexuality••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••			•	•	•	
prevention•Human sexuality•Injury prevention and safety•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•			●	•	•	
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••			•	•	•	
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••			_			
Nutrition and dietary behavior••Other sexually transmitted disease (STD) prevention••Physical activity and fitness••Pregnancy prevention••Suicide prevention••Tobacco-use prevention••			•	•	•	
Other sexually transmitted disease (STD) prevention•••Physical activity and fitness•••Pregnancy prevention•••Suicide prevention•••Tobacco-use prevention•••			•	•	•	
prevention••Physical activity and fitness••Pregnancy prevention••Suicide prevention••Tobacco-use prevention••			•	•	•	
Physical activity and fitness••Pregnancy prevention••Suicide prevention••Tobacco-use prevention••			●	•	•	
Pregnancy prevention●●Suicide prevention●●Tobacco-use prevention●●				•		
Suicide prevention••Tobacco-use prevention••			•	•		
Tobacco-use prevention • •			•	•	•	
			•	•	•	
		Violence prevention		•	•	





		Elementary Schools	Middle Schools	High Schools		
1.7	Requires that students will be tested on health topics	0	0	0		
1.8	Requires or recommends that districts or schools use one particular curriculum for HED	• <sup>3</sup>	• <sup>3</sup>	• <sup>3</sup>		
1.9	Provided the following information or materials for HED during the past two years:					
		Elementary	Middle	High		
		Schools	Schools	Schools		
	Chart describing scope and sequence of instruction	0	0	0		
	Curriculum	•	•	•		
	Lesson plans or learning activities	•	•	•		
	List of recommended curricula	•	•	•		
	List of recommended textbooks	•	•	•		
	Plans for how to assess or evaluate	0		0		
	students	U	•	0		
1.10	Has specified time requirements for HED	•	0	•		
1.11	Requires newly hired HED teachers to have	•	•	•		
	undergraduate or graduate training in HED	•	•	•		
1.12	Requires newly hired HED teachers to be	•	•	•		
	certified, licensed, or endorsed by the state	-	-	_		
1.13	Offers the following types of certification, licensu	ure, or endorser	ment for HED t	eachers:		
	Combined HED and physical education (PE) for grades K-12		•			
	Combined HED and PE for elementary school		•			
	Combined HED and PE for middle school		•			
	Combined HED and PE for high school		•			
	HED for grades K-12		•			
	HED for elementary school		•			
	HED for middle school		•			
	HED for high school		•			
1.14	Provided funding for staff development or offered staff development to HED teachers					
	during the past two years on the following topics	<u>s:</u>				
	Alcohol- or other drug-use prevention		•			
	Asthma awareness		0			
	Emotional and mental health		0			
	Foodborne illness prevention		0			
	HIV prevention		•			
	Human sexuality		0			
	Injury prevention and safety	•				
	Nutrition and dietary behavior		0			
	Other STD prevention	•				
	Physical activity and fitness	0				
	Pregnancy prevention	0				
	Suicide prevention	0				
	Tobacco-use prevention		•			
	Violence prevention		•			





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	0		
	Teaching skills for behavior change	0		
	Teaching students of various cultural backgrounds	0		
	Teaching students with limited English proficiency	0		
	Teaching students with disabilities	0		
	Using classroom management techniques	0		
	Using interactive teaching methods	0		

## Footnotes

- 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.
- <sup>2</sup> Unless otherwise indicated,
  - Yes

1

3

4

7

- O No
- ? Incomplete Data
- NA Not Applicable
- Requires
  - ➡ Recommends or Encourages
  - O Neither Requires, Recommends, nor Encourages
  - ? Incomplete Data
  - Prohibits
    - Discourages
    - O 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.
  - Associate's Degree in Nursing
  - •• Undergraduate Degree in Nursing
  - O Associate's Degree in Any Field
  - OO Undergraduate Degree in Any Field
  - NA Not Applicable
  - ? Incomplete Data

- Undergraduate Degree in Specific Field
- •• Master's Degree in Specific Field
- ●●● Doctoral Degree in Specific Field
- O Undergraduate Degree in Any Field
- OO Master's Degree in Any Field
- Other Degree
- NA Not Applicable
- ? Incomplete Data
- Yes (For Breakfast, All Schools)
  - Yes (For Breakfast, Some Categories of Schools)
  - O No

8

9

13

- ? Incomplete Data
- <sup>10</sup> 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.
- <sup>11</sup> Both on School Property and at Off-Campus, School-Sponsored Events
  - On School Property Only
  - O Neither on School Property nor at Off-Campus, School-Sponsored Events
- <sup>12</sup> Required of All Faculty and Staff
  - Required of Some Faculty and Staff
  - O Not Required on Any Faculty or Staff
  - ? Incomplete Data
  - State Offers Coverage
    - State Requires Districts to Offer Coverage
    - O 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.