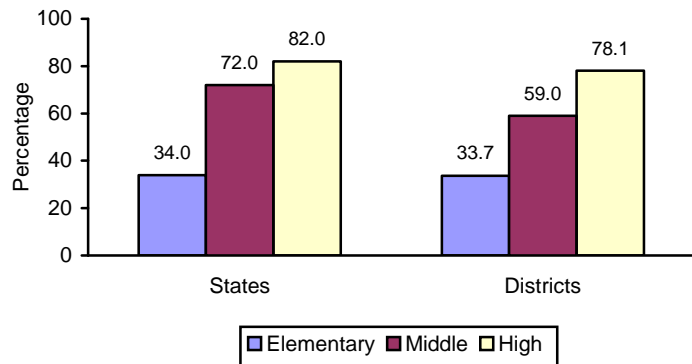


Health Education

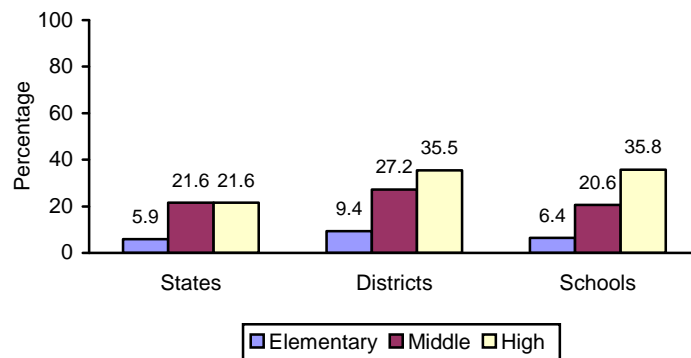
About SHPPS: SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the *Journal of School Health*, Volume 77, Number 8, October 2007.

- The percentage of states that required districts or schools to follow national or state health education standards or guidelines increased from 60.8% in 2000 to 74.5% in 2006, and the percentage of districts that required this of schools increased from 68.8% to 79.3%.¹
- 72.0% of states required or encouraged districts or schools to follow health education standards or guidelines based on the *National Health Education Standards*.
- 94.1% of states, 70.3% of districts, and 67.8% of schools had a person who oversees or coordinates school health education.
- 22.0% of states required each school district to have someone oversee or coordinate school health education.
- 13.7% of states and 42.6% of districts required each school to have someone oversee or coordinate school health education (e.g., lead health education teacher).
- 94.1% of states offered some type of certification, licensure, or endorsement to teach health education.
- The percentage of schools that required newly hired health education staff to be certified, licensed, or endorsed by the state in health education increased from 35.0% in 2000 to 45.9% in 2006.
- 19.6% of states required elementary school students to be tested on health topics, and 21.6% of states required this for middle school and high school students.

Percentage of States and Districts That Required Newly Hired Health Education Staff to Have Undergraduate or Graduate Training in Health Education, by School Level



Percentage of States, Districts, and Schools That Required Instruction on 14 Health Topics* During the 2 Years Preceding the Study, by School Level



*Topics chosen to reflect the leading causes of mortality and morbidity among both youth and adults and other important public health issues.

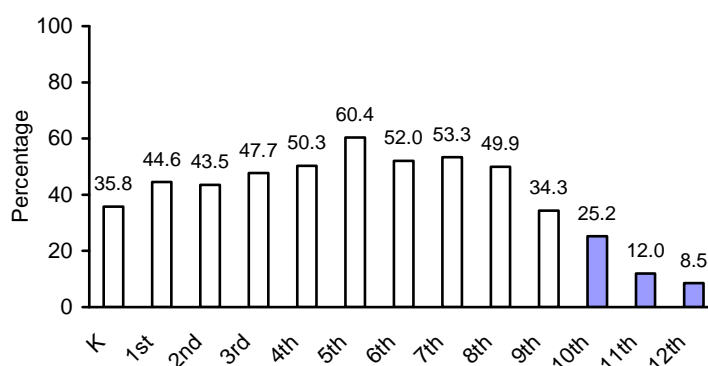
¹ Selected changes between 2000 and 2006 are included if they met at least 2 of 3 criteria (p < .01 from a t-test, a difference greater than 10 percentage points, or an increase by at least a factor of 2 or decrease by at least half). Variables are not included if they did not meet these criteria or if no comparable variable existed in both survey years.

Percentage of Schools in Which Specific Types of Staff Taught Required Health Education, by School Level			
Type of Staff	Elementary	Middle	High
Health education teachers	19.0	58.8	78.4
Physical education teachers	55.0	52.6	48.2
Other teachers*	85.7	55.1	30.8
School nurses	40.8	20.6	18.8
School counselors	31.4	19.8	11.1

* Regular classroom teachers at the elementary school level.

- Among the 92.0% of schools that required students to receive instruction on at least 1 health topic, 71.6% provided letter or numerical grades for required health education, 10.8% used a pass/fail system, and 14.1% did not provide grades.
- 67.5% of schools used school assemblies and 28.8% used health fairs to provide information about health topics to students.

Percentage of Schools That Required Health Education in a Particular Grade*



*Among schools that had students in that grade.

- 39.8% of middle schools and high schools offered elective courses that included instruction on health topics.

Percentage of Classes That Covered Required Health Instruction or Health Education Courses in Which Teachers Sometimes, Almost Always, or Always Used Specific Teaching Methods	
Teaching Methods	Schools
Audiovisual media, such as videos	59.2
Computer-assisted instruction	25.6
Cooperative group activities	81.1
Guest speakers	41.6
Group discussions	92.0
Peer teaching	38.0
Pledges or contracts for changing behavior or abstaining from a behavior	36.7
Programs available through videoconferencing or other distance learning methods	7.3
Role play, simulations, or practice	67.4
The Internet	44.0
Visual, performing, or language arts	60.6

Where can I get more information? Visit www.cdc.gov/shpps or call 800-CDC INFO (800-232-4636).