

NEW HAMPSHIRE
2018 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
School Health Coordination														
Percentage of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:														
Nutrition					40.8	44.2	45.9	55.7	53.5	56.2	Increased, 2008-2018	No quadratic change	No change	
Tobacco-use prevention					38.8	42.4	37.5	50.3	46.1	50.9	Increased, 2008-2018	No quadratic change	Increased	
Unintentional injury and violence prevention (safety)					36.6	37.0	47.4	47.6	48.6	Increased, 2010-2018	Not available	No change		

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:														
Health education						26.1	21.0	26.1	13.3	13.0		Decreased, 2010-2018	Not available	No change
Physical education								25.0	13.9	11.9		Decreased, 2014-2018	Not available	No change
Physical activity								23.0	13.4	11.9		Decreased, 2014-2018	Not available	No change
School meal programs								25.0	13.9	11.9		Decreased, 2014-2018	Not available	No change
Foods and beverages available at school outside the school meal programs								25.0	11.7	11.9		Decreased, 2014-2018	Not available	No change
Health services						26.0	19.2	24.0	13.9	13.7		Decreased, 2010-2018	Not available	No change
Counseling, psychological, and social services									14.5	15.9		No linear change	Not available	No change
Physical environment									14.4	15.2		No linear change	Not available	No change

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Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:														
Social and emotional climate										18.9	17.5	No linear change	Not available	No change
Family engagement										17.8	16.3	No linear change	Not available	No change
Community involvement										18.9	16.3	No linear change	Not available	No change
Employee wellness										14.4	14.1	No linear change	Not available	No change
Percentage of schools that reviewed health and safety data as part of school's improvement planning process*								76.1	90.2	86.7	83.3	Increased, 2012-2018	Not available	No change
Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities						87.3	83.5	88.1	95.9	94.4	95.0	Increased, 2008-2018	No quadratic change	No change

* Among schools that engaged in an improvement planning process during the past year.

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that have one or more than one group (e.g., a school health council, committee, team) that offers guidance on the development of policies or coordinates activities on health topics					64.7	67.6	71.3	75.2	76.0	82.4	78.0	Increased, 2006-2018	No quadratic change	Decreased
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*														
Identified student health needs based on a review of relevant data								68.3	71.5	78.2	78.7	Increased, 2012-2018	Not available	No change
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team								70.2	85.7	82.8	88.6	Increased, 2012-2018	Not available	Increased
Sought funding or leveraged resources to support health and safety priorities for students and staff								50.8	62.9	63.3	74.8	Increased, 2012-2018	Not available	Increased

* Among schools that have one or more than one group that offers guidance on the development of policies or coordinates activities on health topics.

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Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*														
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members							84.0	88.6	92.0	94.8		Increased, 2012-2018	Not available	Increased
Reviewed health-related curricula or instructional materials							68.5	76.4	85.4	91.3		Increased, 2012-2018	Not available	Increased
Assessed the availability of physical activity opportunities for students								78.3	81.9	85.9		Increased, 2014-2018	Not available	Increased
Developed a written plan for implementing a Comprehensive School Physical Activity Program (a multi-component approach that provides opportunities for students to be physically active before, during, and after school)										28.0	35.4	Increased, 2016-2018	Not available	Increased

* Among schools that have one or more than one group that offers guidance on the development of policies or coordinates activities on health topics.

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
School Connectedness														
Percentage of schools that have any clubs that give students opportunities to learn about people different from them, such as students with disabilities, homeless youth, or people from different cultures									60.1	62.6	70.8	Increased, 2014-2018	Not available	Increased
Percentage of schools that offer each of the following activities for students to learn about people different from them, such as students with disabilities, homeless youth, or people from different cultures:														
Lessons in class									91.3	90.1	95.7	Increased, 2014-2018	Not available	Increased
Special events sponsored by the school or community organizations (e.g., multicultural week, family night)									61.7	66.4	66.6	Increased, 2014-2018	Not available	No change

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Sexual Orientation														
Percentage of schools that have a student-led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity						30.7	36.7	39.7	41.5	39.4	48.1	Increased, 2008-2018	No quadratic change	Increased
Percentage of schools that engage in the following LGBTQ youth-related practices:														
Identify “safe spaces” (e.g., a counselor’s office, designated classroom, or student organization) where LGBTQ youth can receive support from administrators, teachers, or other school staff						63.2	61.9	69.3	83.3	88.1	Increased, 2010-2018	Not available	Increased	
Prohibit harassment based on a student’s perceived or actual sexual orientation or gender identity						89.8	94.3	94.3	94.7	98.3	Increased, 2010-2018	Not available	Increased	

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Percentage of schools that engage in the following LGBTQ youth-related practices:														
Encourage staff to attend professional development on safe and supportive school environments for all students, regardless of sexual orientation or gender identity						66.2	75.9	79.0	80.4	89.2		Increased, 2010-2018	Not available	Increased
Facilitate access to providers not on school property who have experience in providing health services, including HIV/STD testing and counseling, to LGBTQ youth						59.5	59.9	66.1	64.6	69.4		Increased, 2010-2018	Not available	Increased
Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth						60.2	61.2	69.2	69.5	77.8		Increased, 2010-2018	Not available	Increased
LGBTQ. Percentage of schools that implement HIV, other STD, and pregnancy prevention strategies that meet the needs of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth						12.6	15.5	26.6	29.1	34.1		Increased, 2010-2018	Not available	Increased

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Bullying and Sexual Harassment														
Percentage of schools in which staff received professional development on preventing, identifying, and responding to student bullying and sexual harassment, including electronic aggression									90.1	87.3	87.2	Decreased, 2014-2018	Not available	No change
Percentage of schools that have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression									99.0	97.3	96.1	Decreased, 2014-2018	Not available	No change
Percentage of schools that use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression									96.4	98.4	99.4	Increased, 2014-2018	Not available	Increased
SSE PM 4. Percentage of schools that prevent bullying and sexual harassment, including electronic aggression, among all students									59.9	54.3	60.3	No linear change	Not available	Increased

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Required Physical Education														
Percentage of schools that taught required physical education in the following grades:*														
6th grade				98.2	100.0	99.1	98.0	100.0	98.2	96.2	94.5	Decreased, 2004-2018	†	No change
7th grade				99.2	99.1	97.5	100.0	100.0	98.4	95.7	94.0	Decreased, 2004-2018	†	No change
8th grade				98.5	99.1	99.2	100.0	100.0	100.0	94.8	93.0	Decreased, 2004-2018	†	No change
9th grade				89.2	97.0	94.7	97.4	96.9	94.7	98.5	92.0	No linear change	Increased, 2004-2010 Decreased, 2010-2018	Decreased

* Among schools with students in that grade. The results published here for 2012 and prior years may not match previously published numbers because the manner in which these were calculated changed in 2014.

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Percentage of schools that taught required physical education in the following grades:*														
10th grade				57.5	73.4	73.0	78.5	74.5	67.1	68.4	71.0	No linear change	Increased, 2004-2008 Decreased, 2008-2018	No change
11th grade				37.4	48.4	53.2	43.4	60.0	43.2	51.6	43.6	No linear change	Increased, 2004-2008 No change, 2008-2018	Decreased
12th grade				27.0	43.4	46.3	37.8	51.9	34.3	42.1	40.4	No linear change	Increased, 2004-2008 No change, 2008-2018	No change

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Physical Education and Physical Activity														
Percentage of schools in which physical education teachers or specialists received professional development on physical education or physical activity during the past year									97.0	97.8	97.2	No linear change	Not available	No change
Percentage of schools in which those who teach physical education are provided with the following materials:														
Goals, objectives, and expected outcomes for physical education					95.6	96.8	96.0	95.4	98.3	96.6	No linear change	No quadratic change	Decreased	
A chart describing the annual scope and sequence of instruction for physical education					80.2	79.8	82.8	82.5	83.3	86.0	Increased, 2008-2018	No quadratic change	No change	
Plans for how to assess student performance in physical education					78.7	84.6	87.5	86.1	90.8	90.6	Increased, 2008-2018	No quadratic change	No change	
A written physical education curriculum					90.2	91.2	94.4	93.3	89.8	88.2	No linear change	Increased, 2008-2012 Decreased, 2012-2018	No change	
Resources for fitness testing									94.4	96.7	95.9	No linear change	Not available	No change
Physical activity monitoring devices, such as pedometers or heart rate monitors, for physical education									83.9	76.9	80.8	Decreased, 2014-2018	Not available	Increased

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Percentage of schools in which students participate in physical activity breaks in classrooms during the school day outside of physical education							50.7	54.4	66.8	65.8		Increased, 2012-2018	Not available	No change
Percentage of schools that offer opportunities for all students to participate in intramural sports programs or physical activity clubs					80.6	80.0	74.4	76.8	80.3	76.9		No linear change	No quadratic change	No change
Percentage of schools that offer interscholastic sports to students							95.3	94.8	94.1	94.3		No linear change	Not available	No change
Percentage of schools that offer opportunities for students to participate in physical activity before the school day through organized physical activities or access to facilities or equipment for physical activity								43.5	48.0	41.9		No linear change	Not available	Decreased
Percentage of schools that have a joint use agreement for shared use of school or community physical activity facilities							64.1	70.7	66.9	67.9		No linear change	Not available	No change
CSPAP (2.6.03). Percentage of schools that have established, implemented, or evaluated CSPAP								10.2	13.9	10.8		No linear change	Not available	Decreased

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Tobacco-Use Prevention Policies														
Percentage of schools that have adopted a policy prohibiting tobacco use			98.9	98.6	99.5	99.4	98.8	100.0	99.5	99.5	99.5	Increased, 2002-2018	†	No change
Percentage of schools that prohibit tobacco use by students, staff, and visitors in school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events, applicable 24 hours a day and seven days a week			40.0	43.6	49.6	54.2	61.2	57.6	70.6	71.8	68.7	Increased, 2002-2018	Increased, 2002-2014 No change, 2014-2018	No change
Percentage of schools that post signs marking a tobacco-free school zone, that is, a specified distance from school grounds where tobacco use is not allowed					83.0	84.2	88.1	91.9	92.1	90.1	91.4	Increased, 2006-2018	Increased, 2006-2012 No change, 2012-2018	No change

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Nutrition-Related Policies and Practices														
Percentage of schools that always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered						41.5	44.2	47.2	54.6	58.8	65.0	Increased, 2008-2018	No quadratic change	Increased
Percentage of schools in which students can purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar			94.2	91.4	90.5	81.8	82.7	83.0	74.1	66.9	65.6	Decreased, 2002-2018	No quadratic change	No change
Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:														
Chocolate candy			46.8	31.5	22.2	8.6	6.8	8.4	6.8	2.8	2.3	Decreased, 2002-2018	Decreased, 2002-2008 Decreased, 2008-2018	No change
Other kinds of candy			49.7	36.3	24.5	9.6	11.2	10.0	9.3	5.6	4.8	Decreased, 2002-2018	Decreased, 2002-2008 Decreased, 2008-2018	No change
Salty snacks that are not low in fat (e.g., regular potato chips)			71.0	62.8	44.6	23.6	26.5	27.6	18.0	17.2	19.3	Decreased, 2002-2018	Decreased, 2002-2008 Decreased, 2008-2018	No change

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Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:															
Low sodium or “no added salt” pretzels, crackers, or chips									56.7	54.7	47.2	Decreased, 2014-2018	Not available	Decreased	
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat						37.7	32.4	28.1	20.2	17.1	14.8	Decreased, 2008-2018	No quadratic change	No change	
Ice cream or frozen yogurt that is not low in fat						33.0	30.7	25.3	21.2	18.2	16.4	Decreased, 2008-2018	No quadratic change	No change	
2% or whole milk (plain or flavored)					60.2	53.8	49.1	37.2	27.4	30.9	28.5	Decreased, 2006-2018	Decreased, 2006-2014 No change, 2014-2018	No change	
Nonfat or 1% (low-fat) milk (plain)									50.2	52.7	45.0	Decreased, 2014-2018	Not available	Decreased	
Water ices or frozen slushes that do not contain juice						16.7	13.5	4.5	9.7	10.9	10.5	Decreased, 2008-2018	Decreased, 2008-2012 Increased, 2012-2018	No change	
Soda pop or fruit drinks that are not 100% juice					43.4	28.5	19.2	16.2	8.4	9.3	6.9	Decreased, 2006-2018	Decreased, 2006-2014 No change, 2014-2018	Decreased	

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Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:															
Sports drinks (e.g., Gatorade)					73.1	56.0	42.9	44.2	31.6	26.9	26.2	Decreased, 2006-2018	Decreased, 2006-2010 Decreased, 2010-2018	No change	
Energy drinks (e.g., Red Bull, Monster)									3.7	1.1	1.8	Decreased, 2014-2018	Not available	No change	
100% fruit or vegetable juice									57.5	54.8	43.1	Decreased, 2014-2018	Not available	Decreased	
Foods or beverages containing caffeine					23.9	22.4	18.2	11.6	18.8	14.9		Decreased, 2008-2018	Decreased, 2008-2014 Increased, 2014-2018	Decreased	
Fruits (not fruit juice)					48.7	50.2	47.0	44.5	47.7	43.2		Decreased, 2008-2018	No quadratic change	Decreased	
Non-fried vegetables (not vegetable juice)					38.0	33.5	35.8	32.2	39.5	35.6		No linear change	No quadratic change	No change	

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Percentage of schools that have done any of the following during the current school year:														
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages						11.3	10.2	12.9	14.0	11.5	18.3	Increased, 2008-2018	No quadratic change	Increased
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating						67.3	66.3	67.9	62.6	70.6	65.1	No linear change	No quadratic change	Decreased
Provided information to students or families on the nutrition and caloric content of foods available						55.8	55.7	64.2	65.3	74.4	71.1	Increased, 2008-2018	No quadratic change	No change
Conducted taste tests to determine food preferences for nutritious items						36.4	35.2	36.5	44.9	58.1	48.3	Increased, 2008-2018	No quadratic change	Decreased
Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics						25.2	17.4	29.7	29.2	31.0	42.1	Increased, 2008-2018	Increased, 2008-2014 Increased, 2014-2018	Increased
Served locally or regionally grown foods in the cafeteria or classrooms								67.0	70.0	70.7	73.4	Increased, 2012-2018	Not available	No change

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Percentage of schools that have done any of the following during the current school year:														
Planted a school food or vegetable garden							27.4	38.0	43.7	53.5		Increased, 2012-2018	Not available	Increased
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access							78.5	89.5	85.8	92.6		Increased, 2012-2018	Not available	Increased
Used attractive displays for fruits and vegetables in the cafeteria							64.0	79.8	86.4	83.6		Increased, 2012-2018	Not available	No change
Offered a self-serve salad bar to students							44.1	36.2	48.7	52.6		Increased, 2012-2018	Not available	No change
Labeled healthful foods with appealing names (e.g., crunchy carrots)							40.6	47.6	51.2	51.7		Increased, 2012-2018	Not available	No change
Encouraged students to drink plain water								90.6	91.2	91.4		No linear change	Not available	No change
Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance								40.7	50.7	51.0		Increased, 2014-2018	Not available	No change
Prohibited less nutritious foods and beverages (e.g., candy, baked goods) from being sold for fundraising purposes								52.5	54.1	47.8		Decreased, 2014-2018	Not available	Decreased

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:															
In school buildings					73.5	77.0	74.7	82.3	80.3	84.2	Increased, 2008-2018	No quadratic change	Increased		
On school grounds including on the outside of the school building, on playing fields, or other areas of the campus					63.2	66.8	66.5	78.1	77.6	80.7	Increased, 2008-2018	No quadratic change	No change		
On school buses or other vehicles used to transport students					76.1	80.8	77.3	85.4	83.0	85.8	Increased, 2008-2018	No quadratic change	No change		
In school publications (e.g., newsletters, newspapers, web sites, other school publications)					71.9	77.4	77.7	85.4	81.4	83.5	Increased, 2008-2018	Increased, 2008-2014 No change, 2014-2018	No change		
In curricula or other educational materials (including assignment books, school supplies, book covers, and electronic media)								84.9	81.8	81.1	Decreased, 2014-2018	Not available	No change		

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that permit students to have a drinking water bottle with them in either all locations or certain locations during the school day								98.9	99.0	100.0	98.8	No linear change	Not available	Decreased
Percentage of schools that offer a free source of drinking water in the following locations:*														
Cafeteria during breakfast									91.4	88.1	93.3	No linear change	Not available	Increased
Cafeteria during lunch									91.1	89.2	93.9	Increased, 2014-2018	Not available	Increased
Gymnasium or other indoor physical activity facilities									94.8	96.2	95.5	No linear change	Not available	No change
Outdoor physical activity facilities and sports fields									60.2	61.8	65.5	Increased, 2014-2018	Not available	No change
Hallways throughout the school									99.5	98.9	99.4	No linear change	Not available	No change

* Among schools with that location.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
SSNE 1 (2.3.04). Percentage of schools that do not sell less healthy foods and beverages (soda pop or fruit drinks, sports drinks, baked goods, salty snacks, candy)						31.2	35.5	39.7	53.1	59.2	59.9	Increased, 2008-2018	No quadratic change	No change
SSNE 2 (2.3.06). Percentage of schools that prohibit all forms of advertising and promotion for candy, fast food restaurants, and soft drinks									71.4	72.4	72.0	No linear change	Not available	No change
SSNE 3 (2.3.07). Percentage of schools that price nutritional foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages						11.3	10.2	12.9	14.0	11.5	18.3	Increased, 2008-2018	No quadratic change	Increased
SSNE 4 (2.3.08). Percentage of schools that provide information to students or families on the nutrition, caloric, and sodium content of foods available						55.8	55.7	64.2	65.3	74.4	71.1	Increased, 2008-2018	No quadratic change	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
SSNE 5 (2.3.09). Percentage of schools that place fruits and vegetables near the cafeteria cashier, where they are easy to access							78.5	89.5	85.8	92.6	Increased, 2012-2018	Not available	Increased	
SSNE 6 (2.3.10). Percentage of schools that allow students to have access to drinking water								57.4	56.5	63.3	Increased, 2014-2018	Not available	Increased	
SSNE 7 (2.3.11). Percentage of schools that offer fruits or non-fried vegetables when foods or beverages are offered at school celebrations						41.5	44.2	47.2	54.6	58.8	65.0	Increased, 2008-2018	No quadratic change	Increased
SSNE 8 (2.3.12). Percentage of schools that allow students to purchase fruits and vegetables from vending machines or at the school store, canteen, or snack bar						37.6	32.7	33.4	31.7	39.0	34.6	No linear change	Decreased, 2008-2012 No change, 2012-2018	Decreased

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Health Services														
Percentage of schools that have a full-time registered nurse who provides health services to students					91.7	94.4	91.7	93.2	92.0	92.1		No linear change	No quadratic change	No change
Percentage of schools that have a part-time registered nurse who provides health services to students									19.7	20.0		No linear change	Not available	No change
Percentage of schools that have a school-based health center that offers health services to students									19.7	22.6		No linear change	Not available	No change
Percentage of schools that provide the following services to students:														
HIV testing							3.3	0.0	0.0	0.0		Decreased, 2012-2018	Not available	¶
HIV treatment								1.0	1.1	1.7		No linear change	Not available	No change
STD testing								0.0	0.0	0.0		§	Not available	¶

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that provide the following services to students:														
STD treatment									1.6	0.0	1.2	No linear change	Not available	Increased
Pregnancy testing								1.2	1.0	0.0	1.1	No linear change	Not available	Increased
Provision of condoms								1.7	1.6	0.0	0.6	Decreased, 2012-2018	Not available	Increased
Provision of condom-compatible lubricants (i.e., water- or silicone-based)									0.0	0.0	0.0	§	Not available	¶
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])								2.4	0.0	0.0	0.0	Decreased, 2012-2018	Not available	¶
Prenatal care								2.9	5.1	0.0	0.6	Decreased, 2012-2018	Not available	Increased
Human papillomavirus (HPV) vaccine administration								1.2	1.0	0.5	0.6	No linear change	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:														
HIV testing								53.4	53.8	39.1	35.9	Decreased, 2012-2018	Not available	No change
HIV treatment									53.8	44.3	42.7	Decreased, 2014-2018	Not available	No change
nPEP (non-occupational post-exposure prophylaxis for HIV-- a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive)										42.1	42.6	No linear change	Not available	No change
STD testing									54.3	39.7	37.1	Decreased, 2014-2018	Not available	No change
STD treatment									54.3	38.9	36.8	Decreased, 2014-2018	Not available	No change
Pregnancy testing								55.1	55.1	41.9	38.0	Decreased, 2012-2018	Not available	No change

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:														
Provision of condoms							43.1	48.1	32.9	33.8	Decreased, 2012-2018	Not available	No change	
Provision of condom-compatible lubricants (i.e., water- or silicone-based)								44.9	32.5	31.6	Decreased, 2014-2018	Not available	No change	
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])							45.5	48.9	35.3	34.7	Decreased, 2012-2018	Not available	No change	
Prenatal care							50.7	52.8	39.4	37.4	Decreased, 2012-2018	Not available	No change	
Human papillomavirus (HPV) vaccine administration							49.4	50.7	44.8	43.8	Decreased, 2012-2018	Not available	No change	
Percentage of schools that have a protocol that ensures students with a chronic condition that may require daily or emergency management (e.g., asthma, diabetes, food allergies) are enrolled in private, state, or federally funded insurance programs if eligible								77.8	80.9	67.6	Decreased, 2014-2018	Not available	Decreased	

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²Based on t-test analysis, p < 0.05.

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2018 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that routinely use school records to identify and track students with a current diagnosis of the following chronic conditions:														
Asthma									99.0	98.4	97.7	Decreased, 2014-2018	Not available	No change
Food allergies									99.0	98.4	98.2	No linear change	Not available	No change
Diabetes									99.0	98.9	97.7	Decreased, 2014-2018	Not available	Decreased
Epilepsy or seizure disorder									97.9	97.9	97.7	No linear change	Not available	No change
Obesity									55.8	55.3	47.0	Decreased, 2014-2018	Not available	Decreased
Hypertension/high blood pressure									75.8	80.4	72.3	Decreased, 2014-2018	Not available	Decreased

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2018 School Health Profiles Report
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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools that provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have the following chronic conditions:															
Asthma									72.1	72.2	67.2	Decreased, 2014-2018	Not available	Decreased	
Food allergies									71.1	70.0	66.7	Decreased, 2014-2018	Not available	No change	
Diabetes									72.1	71.6	68.4	Decreased, 2014-2018	Not available	No change	
Epilepsy or seizure disorder									70.6	71.1	66.1	Decreased, 2014-2018	Not available	Decreased	
Obesity									60.3	59.1	52.1	Decreased, 2014-2018	Not available	Decreased	
Hypertension/high blood pressure									65.9	69.6	62.1	Decreased, 2014-2018	Not available	Decreased	

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:														
School does not provide any sexual or reproductive health services										87.0	87.3	No linear change	Not available	No change
Parental consent is required before any sexual or reproductive health services are provided										11.3	8.0	Decreased, 2016-2018	Not available	Decreased
Parental consent is not required for sexual or reproductive health services and parents are provided with information about services provided only upon request										0.0	1.2	Increased, 2016-2018	Not available	Increased
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the service provided										0.6	2.4	Increased, 2016-2018	Not available	Increased

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2018 School Health Profiles Report
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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:														
Parental consent is not required for sexual or reproductive health services, but parents are notified about all services provided										1.1	1.1	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services and parents are not notified about any services provided										0.0	0.0	§	Not available	Not available
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:														
School does not refer any sexual or reproductive health services										50.5	55.1	Increased, 2016-2018	Not available	Increased
Parental consent is required before any sexual or reproductive health services are referred										28.0	21.3	Decreased, 2016-2018	Not available	Decreased

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:														
Parental consent is not required for sexual or reproductive health services and parents are provided with information about referrals provided only upon request										2.5	4.0	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the referral provided										12.9	9.9	Decreased, 2016-2018	Not available	Decreased
Parental consent is not required for sexual or reproductive health services, but parents are notified about all referrals provided										1.9	4.8	Increased, 2016-2018	Not available	Increased
Parental consent is not required for sexual or reproductive health services and parents are not notified about any referrals provided										4.2	4.9	No linear change	Not available	No change

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2018 School Health Profiles Report
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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
SHS PM 2. Percentage of schools that provide students with on-site services or referrals to healthcare providers for 7 key sexual health services									43.0	29.9	31.4	Decreased, 2014-2018	Not available	No change
SWCC_1 (4.5.02). Percentage of schools that identify and track students with chronic conditions that may require daily or emergency management (e.g., asthma, food allergies)									99.0	98.9	98.2	No linear change	Not available	No change
SWCC_2 (4.5.05). Percentage of schools that have protocols that ensure students with a chronic condition that may require daily or emergency management are enrolled into private, state, or federally funded insurance programs if eligible									77.8	80.9	67.6	Decreased, 2014-2018	Not available	Decreased
SWCC_3 (4.5.08). Percentage of schools that provide referrals to community-based medical care providers for students identified with chronic conditions or at risk for activity, diet, and weight-related chronic conditions									72.1	73.1	69.0	No linear change	Not available	Decreased

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Family and Community Involvement														
Percentage of schools that have done any of the following activities during the current school year:														
Provided parents and families with information about how to communicate with their child about sex									37.4	35.4	38.0	No linear change	Not available	No change
Provided parents with information about how to monitor their child (e.g., setting parental expectations, keeping track of their child, responding when their child breaks the rules)									57.0	56.6	58.6	No linear change	Not available	No change
Involved parents as school volunteers in the delivery of health education activities and services									31.2	24.0	28.9	No linear change	Not available	Increased
Linked parents and families to health services and programs in the community									80.9	81.5	84.7	Increased, 2014-2018	Not available	Increased
Percentage of schools that use electronic, paper, or oral communication to inform parents about school health services and programs									87.7	91.8	91.6	Increased, 2014-2018	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that participate in a program in which family or community members serve as role models to students or mentor students, such as the Big Brothers Big Sisters program									51.1	41.2	37.3	Decreased, 2014-2018	Not available	No change
Percentage of schools that provide service-learning opportunities for students									68.4	64.5	60.3	Decreased, 2014-2018	Not available	Decreased
Percentage of schools that provide peer tutoring opportunities for students									79.3	72.9	77.7	No linear change	Not available	Increased
Percentage of schools in which students' families helped develop or implement policies and programs related to school health during the past two years									53.1	44.0	48.6	Decreased, 2014-2018	Not available	Increased
SSE PM 5. Percentage of schools that implement school connectedness strategies									86.8	79.4	79.9	Decreased, 2014-2018	Not available	No change
SSE PM 6. Percentage of schools that implement parent engagement strategies for all students									62.8	62.5	61.7	No linear change	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Required Health Education														
Percentage of schools in which students take only one required health education course	46.8	48.2	41.2	36.7	39.0	39.7	30.9	31.9	36.7	38.8	40.6	Decreased, 1998-2018	Decreased, 1998-2012 Increased, 2012-2018	No change
Percentage of schools in which students take two or more required health education courses	36.0	37.3	39.3	42.2	42.0	49.3	63.1	59.7	58.0	53.2	48.6	Increased, 1998-2018	Increased, 1998-2012 Decreased, 2012-2018	No change
Percentage of schools that taught a required health education course in the following grades:*														
6th grade	54.7	59.3	54.8	51.5	50.6	56.3	68.4	72.6	77.3	73.0	71.7	Increased, 1998-2018	No change, 1998-2004 Increased, 2004-2018	No change
7th grade	62.4	68.0	61.8	63.8	61.1	70.1	82.1	74.5	80.5	73.0	70.2	Increased, 1998-2018	No quadratic change	No change
8th grade	61.3	63.0	58.5	60.1	64.3	66.4	80.1	73.1	77.8	78.9	74.2	Increased, 1998-2018	No quadratic change	No change

* The 2008-2018 results published here may differ slightly from the 2008-2018 results published in site reports. This is because the site reports excluded data from schools that do not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that taught a required health education course in the following grades:*														
9th grade	47.6	53.7	43.9	39.2	44.9	54.9	67.2	57.2	67.6	58.3	55.5	Increased, 1998-2018	No quadratic change	No change
10th grade	45.1	39.5	35.7	34.0	40.1	50.1	58.0	42.3	51.3	46.3	39.0	Increased, 1998-2018	No quadratic change	Decreased
11th grade	16.6	15.2	12.0	11.8	11.8	17.2	22.6	20.1	30.9	23.0	21.2	Increased, 1998-2018	No quadratic change	No change
12th grade	13.3	9.2	8.5	8.7	11.7	12.4	16.3	11.2	25.1	18.7	14.0	Increased, 1998-2018	No quadratic change	No change
Among schools that required a health education course, percentage that required students who fail the course to repeat it				54.7	52.2	55.0	51.6	49.8	50.4	51.4	55.6	No linear change	Decreased, 2004-2014 Increased, 2014-2018	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the health education curriculum addresses the following skills:														
Comprehending concepts related to health promotion and disease prevention to enhance health						93.1	91.6	96.4	97.6	97.5	97.4	Increased, 2008-2018	No quadratic change	No change
Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors						93.1	94.9	96.1	96.9	95.9	96.9	Increased, 2008-2018	No quadratic change	No change
Accessing valid information and products and services to enhance health						80.3	86.3	89.4	95.9	93.6	95.6	Increased, 2008-2018	Increased, 2008-2014 No change, 2014-2018	No change
Using interpersonal communication skills to enhance health and avoid or reduce health risks						90.6	93.7	96.6	96.4	96.4	95.6	Increased, 2008-2018	Increased, 2008-2012 No change, 2012-2018	No change
Using decision-making skills to enhance health						94.7	95.0	97.2	97.1	97.0	97.5	Increased, 2008-2018	No quadratic change	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the health education curriculum addresses the following skills:														
Using goal-setting skills to enhance health					90.5	90.5	94.6	95.9	96.4	92.5	Increased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Practicing health-enhancing behaviors to avoid or reduce risks					93.6	93.9	96.1	96.5	96.4	96.8	Increased, 2008-2018	No quadratic change	No change	
Advocating for personal, family, and community health					85.7	85.1	94.2	94.0	97.0	95.6	Increased, 2008-2018	No quadratic change	No change	
Percentage of schools in which those who teach sexual health education are provided with the following materials:														
Goals, objectives, and expected outcomes for sexual health education									82.8	85.3	80.8	No linear change	Not available	Decreased
A written health education curriculum that includes objectives and content addressing sexual health education									80.6	76.5	75.9	Decreased, 2014-2018	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018					
Percentage of schools in which those who teach sexual health education are provided with the following materials:																
A chart describing the annual scope and sequence of instruction for sexual health education									68.1	63.0	67.0	No linear change	Not available	No change		
Strategies that are age-appropriate, relevant, and actively engage students in learning									85.9	80.1	74.5	Decreased, 2014-2018	Not available	Decreased		
Methods to assess student knowledge and skills related to sexual health education									77.1	79.6	71.3	Decreased, 2014-2018	Not available	Decreased		
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							31.4	36.9	45.5	49.6	54.9	Increased, 2010-2018	Not available	Increased		
Percentage of schools in which health education instruction is required in any of grades 6 through 12							89.6	90.1	94.8	92.3	93.3	Increased, 2010-2018	Not available	No change		

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:														
Alcohol- or other drug-use prevention					94.6	97.2	94.8	97.0	97.8	97.7	Increased, 2008-2018	No quadratic change	No change	
Asthma					37.6	48.5	44.6	55.1	58.9	53.0	Increased, 2008-2018	Increased, 2008-2014 No change, 2014-2018	Decreased	
Chronic disease prevention										97.6	94.2	Decreased, 2016-2018	Not available	Decreased
Emotional and mental health					91.6	93.8	93.1	95.4	96.0	96.3	Increased, 2008-2018	No quadratic change	No change	
Epilepsy or seizure disorder								40.6	39.3	38.8	No linear change	Not available	No change	
Food allergies								79.2	77.9	71.8	Decreased, 2014-2018	Not available	Decreased	
Foodborne illness prevention					80.0	74.4	78.9	85.9	76.8	71.0	Decreased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Human immunodeficiency virus (HIV) prevention					89.3	91.1	93.3	91.1	90.0	87.0	No linear change	Increased, 2008-2012 Decreased, 2012-2018	No change	

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:														
Human sexuality					85.2	91.2	93.5	89.6	90.5	86.9	No linear change	Increased, 2008-2012 Decreased, 2012-2018	Decreased	
Infectious disease prevention (e.g., influenza [flu] prevention)							89.9	90.0	90.4	88.0	No linear change	Not available	No change	
Injury prevention and safety					85.5	87.3	87.9	90.9	91.5	89.2	Increased, 2008-2018	No quadratic change	No change	
Nutrition and dietary behavior					98.3	98.1	98.8	98.8	98.9	98.7	No linear change	No quadratic change	No change	
Physical activity and fitness					99.4	99.4	98.8	98.8	100.0	98.7	No linear change	†	Decreased	
Pregnancy prevention					80.7	84.1	85.2	86.0	85.3	83.1	No linear change	Increased, 2008-2014 No change, 2014-2018	No change	

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:														
Sexually transmitted disease (STD) prevention						87.0	88.4	90.3	90.1	88.2	87.4	No linear change	Increased, 2008-2012 Decreased, 2012-2018	No change
Suicide prevention						71.0	74.1	75.6	81.7	85.1	82.5	Increased, 2008-2018	No quadratic change	No change
Tobacco-use prevention						95.0	96.6	96.4	97.5	100.0	95.3	Increased, 2008-2018	†	Decreased
Violence prevention (e.g., bullying, fighting, dating violence prevention)						86.9	88.9	96.6	95.9	96.7	95.2	Increased, 2008-2018	Increased, 2008-2012 No change, 2012-2018	No change

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:														
Identifying tobacco products and the harmful substances they contain					89.9	92.0	94.0	92.4	97.8	94.1	Increased, 2008-2018	No quadratic change	Decreased	
Identifying short- and long-term health consequences of tobacco use					93.3	92.6	95.2	95.2	94.7	92.8	No linear change	Increased, 2008-2014 No change, 2014-2018	No change	
Identifying social, economic, and cosmetic consequences of tobacco use					83.0	88.0	90.6	91.7	90.3	87.9	Increased, 2008-2018	Increased, 2008-2012 Decreased, 2012-2018	No change	
Understanding the addictive nature of nicotine					91.0	90.9	94.5	93.0	94.3	92.8	Increased, 2008-2018	No quadratic change	No change	
Effects of nicotine on the adolescent brain									87.0	86.1	No linear change	Not available	No change	

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:														
Effects of tobacco use on athletic performance						82.1	85.8	87.0	88.2	86.0	85.3	No linear change	Increased, 2008-2012 No change, 2012-2018	No change
Effects of second-hand smoke and benefits of a smoke-free environment						90.0	91.9	94.0	93.4	90.8	92.1	No linear change	Increased, 2008-2012 Decreased, 2012-2018	No change
Understanding the social influences on tobacco use, including media, family, peers, and culture						88.8	88.6	91.5	89.7	90.3	89.8	No linear change	No quadratic change	No change
Identifying reasons why students do and do not use tobacco						89.4	87.1	93.5	92.7	91.5	91.0	Increased, 2008-2018	Increased, 2008-2012 Decreased, 2012-2018	No change
Making accurate assessments of how many peers use tobacco						64.1	70.1	76.3	76.7	65.6	70.9	No linear change	Increased, 2008-2012 Decreased, 2012-2018	Increased

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:														
Using interpersonal communication skills to avoid tobacco use (e.g., refusal skills, assertiveness)						83.7	84.8	91.1	92.6	90.4	87.5	Increased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	No change
Using goal-setting and decision-making skills related to not using tobacco						75.5	83.1	85.9	87.8	83.1	83.4	Increased, 2008-2018	Increased, 2008-2012 Decreased, 2012-2018	No change
Finding valid information and services related to tobacco-use prevention and cessation						68.2	68.3	79.4	82.6	77.2	73.8	Increased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	No change
Supporting others who abstain from or want to quit using tobacco						70.6	76.0	78.9	81.4	76.8	77.0	Increased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:														
Identifying harmful effects of tobacco use on fetal development					78.4	79.0	83.1	83.6	81.2	77.7		No linear change	Increased, 2008-2014 Decreased, 2014-2018	No change
Relationship between using tobacco and alcohol or other drugs								90.4	89.3	87.9		No linear change	Not available	No change
How addiction to tobacco use can be treated								86.6	80.8	85.3		No linear change	Not available	Increased
Understanding school policies and community laws related to the sale and use of tobacco products								84.6	81.1	83.0		No linear change	Not available	No change
Benefits of tobacco cessation programs								74.5	66.1	66.0		Decreased, 2014-2018	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:														
How HIV and other STDs are transmitted						83.9	77.7	82.4	84.8	82.2	69.1	Decreased, 2008-2018	No change, 2008-2014 Decreased, 2014-2018	Decreased
Health consequences of HIV, other STDs, and pregnancy						78.6	76.6	77.6	83.6	81.6	71.2	No linear change	No change, 2008-2012 Decreased, 2012-2018	Decreased
The benefits of being sexually abstinent						81.4	78.7	78.2	84.7	83.7	71.2	No linear change	No change, 2008-2014 Decreased, 2014-2018	Decreased
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy						62.6	61.2	62.1	77.6	77.2	63.3	Increased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	Decreased

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:															
The influences of family, peers, media, technology and other factors on sexual risk behaviors									80.9	84.2	67.7	Decreased, 2014-2018	Not available	Decreased	
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						67.2	71.2	72.4	79.0	78.5	66.9	No linear change	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						66.6	70.2	67.8	80.0	77.6	63.6	No linear change	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Influencing and supporting others to avoid or reduce sexual risk behaviors									76.2	80.4	62.5	Decreased, 2014-2018	Not available	Decreased	
Efficacy of condoms, that is, how well condoms work and do not work								52.1	53.4	60.7	59.2	51.4	No linear change	Not available	Decreased

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:														
The importance of using condoms consistently and correctly						44.1	52.3	59.1	54.9	51.7	Increased, 2010-2018	Not available	No change	
How to obtain condoms						34.0	39.0	42.2	44.0	40.3	Increased, 2010-2018	Not available	No change	
How to correctly use a condom						18.9	22.4	31.4	29.7	25.6	Increased, 2010-2018	Not available	No change	
Methods of contraception other than condoms										51.6	48.9	No linear change	Not available	No change
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy							42.9	54.7	55.3	45.8	No linear change	Not available	Decreased	
How to create and sustain healthy and respectful relationships							83.2	86.2	86.2	75.5	Decreased, 2012-2018	Not available	Decreased	

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:														
The importance of limiting the number of sexual partners									73.1	69.5	57.9	Decreased, 2014-2018	Not available	Decreased
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health									78.3	77.2	61.2	Decreased, 2014-2018	Not available	Decreased
Sexual orientation									40.9	38.2		No linear change	Not available	No change
Gender roles, gender identity, or gender expression									47.1	42.8		No linear change	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:														
How HIV and other STDs are transmitted						97.3	100.0	100.0	98.5	96.5		No linear change	Not available	No change
Health consequences of HIV, other STDs, and pregnancy						97.3	98.4	100.0	98.5	96.5		No linear change	Not available	No change
The benefits of being sexually abstinent						98.4	97.3	98.6	100.0	98.5	96.5	No linear change	†	No change
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy						97.0	93.1	98.5	98.3	98.5	96.5	No linear change	No quadratic change	No change
The influences of family, peers, media, technology and other factors on sexual risk behaviors									98.3	95.5	96.5	No linear change	Not available	No change
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						95.4	90.5	98.4	100.0	95.4	94.8	No linear change	†	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:														
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy					94.0	87.4	95.3	96.5	97.0	96.5	Increased, 2008-2018	No quadratic change	No change	
Influencing and supporting others to avoid or reduce sexual risk behaviors								94.8	94.0	93.2	No linear change	Not available	No change	
Efficacy of condoms, that is, how well condoms work and do not work					96.9	94.5	100.0	98.3	97.0	96.5	No linear change	†	No change	
The importance of using condoms consistently and correctly					96.9	94.5	100.0	98.2	96.9	96.5	No linear change	†	No change	
How to obtain condoms					87.7	88.9	90.8	96.4	88.0	89.8	No linear change	Increased, 2008-2014 Decreased, 2014-2018	No change	
How to correctly use a condom						84.5	86.0	88.9	83.1	88.0	No linear change	Not available	No change	

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																
Methods of contraception other than condoms										98.5	94.7	Decreased, 2016-2018	Not available	Decreased		
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy								96.9	100.0	98.5	96.5	No linear change	Not available	No change		
How to create and sustain healthy and respectful relationships								98.5	96.5	95.4	100.0	No linear change	Not available	Increased		
The importance of limiting the number of sexual partners									100.0	98.5	94.7	Decreased, 2014-2018	Not available	Decreased		
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health									98.3	95.5	93.1	Decreased, 2014-2018	Not available	No change		
Sexual orientation										74.1	77.9	No linear change	Not available	No change		
Gender roles, gender identity, or gender expression										67.5	73.0	No linear change	Not available	No change		

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year:														
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									76.8	76.2	60.4	Decreased, 2014-2018	Not available	Decreased
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									73.9	67.9	59.0	Decreased, 2014-2018	Not available	Decreased
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									67.9	64.8	52.9	Decreased, 2014-2018	Not available	Decreased
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									73.5	79.4	59.4	Decreased, 2014-2018	Not available	Decreased
Use decision-making skills to prevent HIV, other STDs, and pregnancy									76.3	76.3	59.4	Decreased, 2014-2018	Not available	Decreased

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year:														
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them									75.9	75.3	60.4	Decreased, 2014-2018	Not available	Decreased
Influence and support others to avoid or reduce sexual risk behaviors									70.7	72.1	58.1	Decreased, 2014-2018	Not available	Decreased
Percentage of schools in which teachers assessed 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 during the current school year:														
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									100.0	97.0	94.8	Decreased, 2014-2018	Not available	No change
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									96.4	92.4	91.4	Decreased, 2014-2018	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers assessed 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 during the current school year:														
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									98.2	97.0	91.4	Decreased, 2014-2018	Not available	Decreased
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									96.4	95.4	93.2	No linear change	Not available	No change
Use decision-making skills to prevent HIV, other STDs, and pregnancy									98.2	97.0	94.8	Decreased, 2014-2018	Not available	No change
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them									86.3	88.0	93.2	Increased, 2014-2018	Not available	Increased
Influence and support others to avoid or reduce sexual risk behaviors									91.0	90.9	93.3	No linear change	Not available	No change

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:															
Benefits of healthy eating					96.0	96.9	97.1	98.2	96.6	92.3		Decreased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Benefits of drinking plenty of water								98.2	96.6	93.9		Decreased, 2014-2018	Not available	Decreased	
Benefits of eating breakfast every day									95.0	89.4		Decreased, 2016-2018	Not available	Decreased	
Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate)									96.6	94.9	87.4	Decreased, 2014-2018	Not available	Decreased	
Using food labels					90.5	90.2	92.4	96.6	95.5	88.7		No linear change	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Differentiating between nutritious and non-nutritious beverages								95.9	94.3	89.4		Decreased, 2014-2018	Not available	Decreased	
Balancing food intake and physical activity					94.9	96.4	95.8	97.1	95.5	91.6		Decreased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	Decreased	

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:														
Eating more fruits, vegetables, and whole grain products					95.5	95.2	96.5	97.0	96.6	92.4	No linear change	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)					93.4	92.4	94.2	95.9	96.0	90.6	No linear change	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Choosing foods, snacks, and beverages that are low in added sugars								97.0	95.4	91.8	Decreased, 2014-2018	Not available	Decreased	
Choosing foods and snacks that are low in sodium								94.6	92.6	83.4	Decreased, 2014-2018	Not available	Decreased	
Eating a variety of foods that are high in calcium								90.7	90.9	82.7	Decreased, 2014-2018	Not available	Decreased	
Eating a variety of foods that are high in iron								86.5	86.0	77.6	Decreased, 2014-2018	Not available	Decreased	
Food safety					77.0	83.0	80.5	88.9	82.5	74.3	No linear change	Increased, 2008-2014 Decreased, 2014-2018	Decreased	

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:														
Preparing healthy meals and snacks					85.9	85.9	88.6	93.6	86.3	83.1	No linear change	Increased, 2008-2014 Decreased, 2014-2018	No change	
Risks of unhealthy weight control practices					88.9	89.3	89.6	92.4	93.1	84.3	No linear change	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Accepting body size differences					88.9	87.9	89.7	93.4	93.7	84.1	No linear change	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Signs, symptoms, and treatment for eating disorders					84.0	79.9	84.5	87.9	85.8	74.1	Decreased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Relationship between diet and chronic diseases								87.6	89.7	80.8	Decreased, 2014-2018	Not available	Decreased	
Assessing body mass index (BMI)								78.6	74.3	65.4	Decreased, 2014-2018	Not available	Decreased	

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:														
Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease									95.3	98.2	96.2	No linear change	Not available	Decreased
Mental and social benefits of physical activity									97.5	97.8	96.9	No linear change	Not available	No change
Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)					94.5	95.0	91.0	96.4	94.9	95.6	No linear change	No quadratic change	No change	
Phases of a workout (i.e., warm-up, workout, cool down)					89.0	89.9	87.3	91.8	89.5	90.4	No linear change	No quadratic change	No change	
Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity									92.9	88.4	93.6	No linear change	Not available	Increased
Decreasing sedentary activities (e.g., television viewing)					88.4	93.2	91.9	97.5	98.3	94.5	Increased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	Decreased	

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:														
Preventing injury during physical activity					84.6	90.6	90.8	92.2	94.2	93.1	Increased, 2008-2018	Increased, 2008-2012 Increased, 2012-2018	No change	
Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)					77.0	79.9	82.2	90.5	85.2	83.2	Increased, 2008-2018	Increased, 2008-2014 Decreased, 2014-2018	No change	
Dangers of using performance-enhancing drugs (e.g., steroids)					81.8	84.1	87.9	87.7	87.4	80.3	No linear change	Increased, 2008-2014 Decreased, 2014-2018	Decreased	
Increasing daily physical activity								97.1	100.0	96.2	No linear change	Not available	Decreased	
Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)								96.9	99.4	96.8	No linear change	Not available	Decreased	
Using safety equipment for specific physical activities								87.6	93.0	88.1	No linear change	Not available	Decreased	
Benefits of drinking water before, during, and after physical activity								98.8	98.8	95.5	Decreased, 2014-2018	Not available	Decreased	

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that taught all 13 physical activity topics during the current school year									74.8	68.8	69.6	Decreased, 2014-2018	Not available	No change
ESHE_PM_2a: Percentage of schools that teach 11 key HIV, STD, and pregnancy prevention topics in a required course during grades 6, 7, or 8 and during grades 9, 10, 11, or 12									61.0	57.5	55.9	Decreased, 2014-2018	Not available	No change
ESHE_PM_2b: Percentage of schools that assess the ability of students to do 7 skills in a required course taught during grades 6, 7, or 8 and during grades 9, 10, 11, or 12									66.5	64.0	59.7	Decreased, 2014-2018	Not available	No change
ESHE_PM_2c: Percentage of schools in which those who teach sexual health education are provided with key materials for teaching sexual health education									63.6	56.4	63.6	No linear change	Not available	Increased

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
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:														
HIV prevention, STD prevention, or teen pregnancy prevention					25.4	17.8	24.8	25.4	27.1	27.8		Increased, 2008-2018	No quadratic change	No change
Tobacco-use prevention					34.8	24.3	31.5	35.5	36.4	45.0		Increased, 2008-2018	No change, 2008-2012 Increased, 2012-2018	Increased
Physical activity					50.7	40.6	46.9	53.1	45.9	45.4		No linear change	No quadratic change	No change
Nutrition and healthy eating					45.8	44.6	51.8	58.5	52.1	54.2		Increased, 2008-2018	Increased, 2008-2014 No change, 2014-2018	No change

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
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:														
Asthma						13.5	13.6	17.3	25.7	21.1	22.3	Increased, 2008-2018	Increased, 2008-2014 No change, 2014-2018	No change
Food allergies									42.9	36.3	35.0	Decreased, 2014-2018	Not available	No change
Diabetes									31.0	23.3	21.9	Decreased, 2014-2018	Not available	No change
Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)									71.1	66.7	71.5	No linear change	Not available	Increased
Percentage of schools in which teachers have given students health education homework assignments or activities to do at home with their parents during the current school year									72.2	64.8	67.0	Decreased, 2014-2018	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Professional Development														
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Alcohol- or other drug-use prevention	56.2	60.9	56.0	68.1	63.6	58.7	52.0	69.3	63.9	69.9		Increased, 2000-2018	No quadratic change	Increased
Asthma				17.4	14.1	20.9	20.3	30.4	22.3	21.7		Increased, 2006-2018	Increased, 2006-2014 Decreased, 2014-2018	No change
Chronic disease prevention									48.0	48.5		No linear change	Not available	No change
Emotional and mental health	48.5	49.2	50.2	62.3	52.2	59.9	61.7	66.8	74.6	84.8		Increased, 2000-2018	Increased, 2000-2014 Increased, 2014-2018	Increased
Epilepsy or seizure disorder								26.3	26.2	18.3		Decreased, 2014-2018	Not available	Decreased
Food allergies								38.4	34.6	29.3		Decreased, 2014-2018	Not available	Decreased

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Foodborne illness prevention					21.1	22.3	18.4	21.4	33.6	26.7	22.9	Increased, 2006-2018	No quadratic change	No change
HIV prevention	44.7	54.6	42.7	63.9	55.6	46.0	48.6	49.9	39.0	34.4	Decreased, 2000-2018	Increased, 2000-2006 Decreased, 2006-2018	No change	
Human sexuality	47.8	45.8	43.4	65.6	59.0	46.2	60.8	56.8	45.2	51.1	No linear change	Increased, 2000-2006 Decreased, 2006-2018	Increased	
Infectious disease prevention (e.g., flu prevention)							41.0	52.7	45.4	53.4	Increased, 2012-2018	Not available	Increased	
Injury prevention and safety	38.3	40.0	32.9	43.9	44.9	47.6	42.1	64.6	59.5	62.1	Increased, 2000-2018	Decreased, 2000-2004 Increased, 2004-2018	No change	
Nutrition and dietary behavior	41.2	48.2	46.4	72.8	61.8	59.0	59.5	71.1	65.0	58.0	Increased, 2000-2018	Increased, 2000-2006 Decreased, 2006-2018	Decreased	

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:															
Physical activity and fitness		49.5	52.1	48.4	64.6	64.5	64.9	61.5	71.0	69.0	64.3	Increased, 2000-2018	Increased, 2000-2006 No change, 2006-2018	Decreased	
Pregnancy prevention		30.8	32.0	34.3	55.7	45.5	36.8	43.2	41.8	31.6	36.9	No linear change	Increased, 2000-2006 Decreased, 2006-2018	Increased	
STD prevention		45.9	40.1	39.3	64.8	51.2	43.1	49.8	47.8	34.5	38.7	Decreased, 2000-2018	Increased, 2000-2006 Decreased, 2006-2018	No change	
Suicide prevention		31.3	29.1	25.0	25.8	29.8	43.0	40.3	56.2	54.7	69.9	Increased, 2000-2018	Decreased, 2000-2004 Increased, 2004-2018	Increased	

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Tobacco-use prevention	38.6	40.7	35.0	45.0	36.1	38.7	35.6	47.8	31.7	46.4	No linear change	No quadratic change	Increased	
Violence prevention (e.g., bullying, fighting, dating violence prevention)	54.5	57.5	64.4	49.8	49.7	60.1	77.6	72.6	66.1	67.3	Increased, 2000-2018	No quadratic change	No change	
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Teaching students with physical, medical, or cognitive disabilities	53.4	52.8	54.4	64.9	47.6	53.0	49.4	55.2	64.9	63.0	Increased, 2000-2018	Decreased, 2000-2012 Increased, 2012-2018	No change	
Teaching students of various cultural backgrounds	18.2	14.4	17.0	20.6	12.5	15.5	12.4	26.0	22.8	34.8	Increased, 2000-2018	Decreased, 2000-2012 Increased, 2012-2018	Increased	
Teaching students with limited English proficiency	6.1	11.0	8.5	8.8	6.6	9.3	5.0	14.6	12.9	16.3	Increased, 2000-2018	No change, 2000-2012 Increased, 2012-2018	No change	

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:															
Teaching students of different sexual orientations or gender identities						20.2	24.6	28.8	28.2	41.9		Increased, 2010-2018	Not available	Increased	
Using interactive teaching methods (e.g., role plays, cooperative group activities)	67.4	58.3	55.2	68.0	56.5	53.7	67.6	68.8	70.7	69.5		Increased, 2000-2018	Decreased, 2000-2008 Increased, 2008-2018	No change	
Encouraging family or community involvement	32.2	30.9	36.5	43.1	25.1	32.9	38.4	46.7	42.6	42.1		Increased, 2000-2018	No quadratic change	No change	
Teaching skills for behavior change	60.1	52.5	60.4	61.1	47.9	48.4	53.8	61.7	53.6	60.7		No linear change	Decreased, 2000-2010 Increased, 2010-2018	Increased	
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)					63.4	53.2	58.5	64.0	67.8	65.6	72.2	Increased, 2006-2018	Decreased, 2006-2010 Increased, 2010-2018	Increased	
Assessing or evaluating students in health education					60.7	55.2	47.0	52.6	57.4	55.4	60.3	No linear change	Decreased, 2006-2010 Increased, 2010-2018	Increased	

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:														
Aligning lessons and materials with the district scope and sequence for sexual health education										38.6	47.4	Increased, 2016-2018	Not available	Increased
Creating a comfortable and safe learning environment for students receiving sexual health education										35.7	44.2	Increased, 2016-2018	Not available	Increased
Connecting students to on-site or community-based sexual health services										23.3	27.6	Increased, 2016-2018	Not available	Increased
Using a variety of effective instructional strategies to deliver sexual health education										38.0	45.8	Increased, 2016-2018	Not available	Increased
Building student skills in HIV, other STD, and pregnancy prevention										36.1	36.0	No linear change	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:														
Assessing student knowledge and skills in sexual health education										34.5	40.5	Increased, 2016-2018	Not available	Increased
Understanding current district or school board policies or curriculum guidance regarding sexual health education										31.9	42.3	Increased, 2016-2018	Not available	Increased
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Alcohol- or other drug-use prevention		81.1	70.5	66.3	76.4	75.2	76.1	80.7	78.8	77.4	78.7	Increased, 2000-2018	No quadratic change	No change
Asthma					56.6	46.0	48.6	45.7	52.1	41.3	47.2	Decreased, 2006-2018	Decreased, 2006-2010 No change, 2010-2018	Increased
Chronic disease prevention (e.g., diabetes, obesity prevention)										63.9	62.0	No linear change	Not available	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Emotional and mental health		82.1	73.9	71.7	78.5	78.1	79.2	80.7	81.6	85.2	85.8	Increased, 2000-2018	Decreased, 2000-2004 Increased, 2004-2018	No change
Epilepsy or seizure disorder									49.6	40.2	49.6	No linear change	Not available	Increased
Food allergies									60.4	49.7	47.2	Decreased, 2014-2018	Not available	No change
Foodborne illness prevention					53.7	47.8	50.2	45.7	52.9	42.9	42.9	Decreased, 2006-2018	No quadratic change	No change
HIV prevention		75.5	62.6	58.8	62.1	62.7	64.7	64.1	68.6	58.6	64.0	Decreased, 2000-2018	Decreased, 2000-2004 No change, 2004-2018	Increased
Human sexuality		77.6	69.6	59.5	66.0	69.2	75.1	76.5	72.5	80.8	81.3	Increased, 2000-2018	Decreased, 2000-2004 Increased, 2004-2018	No change
Infectious disease prevention (e.g., flu prevention)								54.7	65.0	62.8	55.9	No linear change	Not available	Decreased

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Injury prevention and safety		61.2	52.1	40.2	67.3	61.3	65.5	57.5	63.4	64.0	56.2	Increased, 2000-2018	Increased, 2000-2010 Decreased, 2010-2018	Decreased
Nutrition and dietary behavior		75.4	69.8	75.5	78.0	74.8	78.4	74.6	77.7	76.3	67.9	No linear change	Increased, 2000-2014 Decreased, 2014-2018	Decreased
Physical activity and fitness		64.1	63.3	56.4	68.6	59.1	68.4	67.0	72.4	67.7	64.6	Increased, 2000-2018	No quadratic change	No change
Pregnancy prevention		66.2	56.3	52.9	58.8	55.7	65.6	64.0	63.0	63.8	66.4	Increased, 2000-2018	Decreased, 2000-2004 Increased, 2004-2018	No change
STD prevention		76.9	65.7	63.3	68.3	66.0	71.5	67.2	66.8	66.7	66.5	Decreased, 2000-2018	Decreased, 2000-2004 No change, 2004-2018	No change

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²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Suicide prevention	83.7	70.4	69.7	73.9	70.4	80.6	75.0	76.7	78.0	78.6	Increased, 2000-2018	Decreased, 2000-2004 Increased, 2004-2018	No change	
Tobacco-use prevention	71.7	59.0	59.3	64.8	60.6	64.0	59.6	66.2	67.2	66.4	No linear change	Decreased, 2000-2004 Increased, 2004-2018	No change	
Violence prevention (e.g., bullying, fighting, dating violence prevention)	85.4	77.8	73.8	76.7	72.0	76.9	78.6	79.2	75.7	78.4	No linear change	Decreased, 2000-2004 Increased, 2004-2018	No change	
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Teaching students with physical, medical, or cognitive disabilities	71.4	63.4	58.8	64.9	62.9	60.8	68.0	74.0	74.9	76.6	Increased, 2000-2018	Decreased, 2000-2004 Increased, 2004-2018	No change	
Teaching students of various cultural backgrounds	58.1	51.0	45.9	53.4	45.1	45.8	45.7	61.9	57.2	67.3	Increased, 2000-2018	Decreased, 2000-2010 Increased, 2010-2018	Increased	

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Teaching students with limited English proficiency		43.2	43.2	29.8	47.4	41.8	41.7	38.7	46.1	52.7	55.0	Increased, 2000-2018	No change, 2000-2012 Increased, 2012-2018	No change
Teaching students of different sexual orientations or gender identities							64.6	72.0	70.6	74.1	84.2	Increased, 2010-2018	Not available	Increased
Using interactive teaching methods (e.g., role plays, cooperative group activities)		79.6	73.4	62.2	67.1	69.0	69.7	73.7	69.0	77.5	77.7	Increased, 2000-2018	Decreased, 2000-2004 Increased, 2004-2018	No change
Encouraging family or community involvement		77.0	71.5	67.6	68.2	73.5	72.4	75.6	77.5	74.2	76.2	Increased, 2000-2018	Decreased, 2000-2004 Increased, 2004-2018	No change
Teaching skills for behavior change		88.7	82.7	79.5	79.6	75.7	77.0	85.0	77.5	80.3	83.5	Decreased, 2000-2018	Decreased, 2000-2006 Increased, 2006-2018	No change

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)					70.7	64.5	62.2	68.9	65.9	68.9	72.8	Increased, 2006-2018	Decreased, 2006-2010 Increased, 2010-2018	No change
Assessing or evaluating students in health education					77.1	69.2	73.4	75.5	77.8	78.1	73.8	No linear change	No quadratic change	Decreased
Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics related to teaching sexual health education:														
Aligning lessons and materials with the district scope and sequence for sexual health education										63.3	67.9	Increased, 2016-2018	Not available	Increased
Creating a comfortable and safe learning environment for students receiving sexual health education										63.8	66.4	No linear change	Not available	No change

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics related to teaching sexual health education:														
Connecting students to on-site or community-based sexual health services										60.9	62.3	No linear change	Not available	No change
Using a variety of effective instructional strategies to deliver sexual health education										75.5	76.3	No linear change	Not available	No change
Building student skills in HIV, other STD, and pregnancy prevention										72.2	69.2	No linear change	Not available	No change
Assessing student knowledge and skills in sexual health education										75.1	69.0	Decreased, 2016-2018	Not available	Decreased
Understanding current district or school board policies or curriculum guidance regarding sexual health education										61.2	66.6	Increased, 2016-2018	Not available	Increased

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Professional Preparation														
Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:														
Health education or health and physical education combined (a or b)	38.3	41.6	44.4	38.4	41.4	48.2	54.9	62.6	63.2	64.6	56.7	Increased, 1998-2018	No quadratic change	Decreased
Physical education, kinesiology, exercise science or exercise physiology (c or e)					20.4	15.0	17.0	8.9	10.9	9.0	14.5	Decreased, 2006-2018	Decreased, 2006-2014 Increased, 2014-2018	Increased
Home economics or family and consumer science, biology or other science, or nutrition (f, g, or k)					11.9	15.1	10.0	11.0	8.5	8.1	8.8	Decreased, 2006-2018	No quadratic change	No change
Nursing or counseling (h or i)	7.4	18.4	23.2	17.2	18.2	14.8	10.7	12.0	9.8	8.6	12.8	Decreased, 1998-2018	Increased, 1998-2002 Decreased, 2002-2018	Increased
Public health or other (j or l)		0.0	4.3	8.9	3.4	3.5	2.3	2.5	2.9	4.1	2.3	No linear change	†	Decreased

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

† Analysis cannot be conducted when prevalence estimates of 0% or 100% are present.

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	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher was certified, licensed, or endorsed by the state to teach health education in middle school or high school					54.2	63.3	64.1	70.9	74.8	72.0	76.9	Increased, 2006-2018	Increased, 2006-2012 Increased, 2012-2018	Increased
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:														
1 year	12.0	11.1	6.9	7.8	3.7	6.6	1.7	5.1	2.8	5.7	11.8	Decreased, 1998-2018	Decreased, 1998-2014 Increased, 2014-2018	Increased
2 to 5 years	25.4	26.3	34.5	29.1	25.6	20.1	21.9	21.7	22.9	22.6	18.0	Decreased, 1998-2018	No quadratic change	Decreased
6 to 9 years	22.1	17.6	12.2	18.5	23.8	21.3	16.4	17.8	12.7	11.3	10.9	Decreased, 1998-2018	No change, 1998-2008 Decreased, 2008-2018	No change
10 to 14 years	18.6	22.3	23.4	15.9	16.2	19.0	25.6	19.7	17.3	13.7	14.8	Decreased, 1998-2018	No change, 1998-2010 Decreased, 2010-2018	No change
15 years or more	22.0	22.7	23.1	28.8	30.7	33.1	34.5	35.7	44.3	46.7	44.5	Increased, 1998-2018	No quadratic change	No change

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.