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

a. 0 courses

b. 1 course

c. 2 courses

d. 3 courses

e. 4 or more courses

NA = Not available
1N. Percentage of schools in which students take two or more required health education courses in grades 6 through 12.
2. Percentage of schools that taught a required health education course in each of the following grades.*

a. Sixth grade

b. Seventh grade

c. Eighth grade

*Among schools with students in that grade.

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

- d. Ninth grade
- e. Tenth grade
- f. Eleventh grade
- g. Twelfth grade

*Among schools with students in that grade.

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

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

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

<table>
<thead>
<tr>
<th>Material</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Goals, objectives, and expected outcomes for health education</td>
<td>NA</td>
<td>77.3</td>
<td>83.6</td>
<td>94.0</td>
</tr>
<tr>
<td>b. A chart describing the annual scope and sequence of instruction for health education</td>
<td>NA</td>
<td>62.7</td>
<td>67.8</td>
<td>76.3</td>
</tr>
<tr>
<td>c. Plans for how to assess student performance in health education</td>
<td>NA</td>
<td>64.4</td>
<td>69.5</td>
<td>77.8</td>
</tr>
<tr>
<td>d. A written health education curriculum</td>
<td>NA</td>
<td>75.5</td>
<td>80.2</td>
<td>88.1</td>
</tr>
</tbody>
</table>

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

a. Comprehending concepts related to health promotion and disease prevention to enhance health

b. Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors

c. Accessing valid information and products and services to enhance health

d. Using interpersonal communication skills to enhance health and avoid or reduce health risks

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

e. Using decision-making skills to enhance health

f. Using goal-setting skills to enhance health

g. Practicing health-enhancing behaviors to avoid or reduce risks

h. Advocating for personal, family, and community health

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

- **a.** Goals, objectives, and expected outcomes for sexual health education
- **b.** A written health education curriculum that includes objectives and content addressing sexual health education
- **c.** A chart describing the annual scope and sequence of instruction for sexual health education
- **d.** Strategies that are age-appropriate, relevant, and actively engage students in learning
- **e.** Methods to assess student knowledge and skills related to sexual health education

*Among schools that teach sexual health education.

NA = Not available
7. 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.

<table>
<thead>
<tr>
<th>School Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Schools</td>
<td>61.5</td>
</tr>
<tr>
<td>Middle Schools</td>
<td>42.4</td>
</tr>
<tr>
<td>Junior/Senior High Schools</td>
<td>49.6</td>
</tr>
<tr>
<td>All Schools</td>
<td>NA</td>
</tr>
</tbody>
</table>

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

a. Alcohol- or other drug-use prevention

b. Asthma

c. Chronic disease prevention (e.g., diabetes, obesity prevention)

d. Emotional and mental health

e. Epilepsy or seizure disorder

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

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>f. Food allergies</td>
<td>76.5</td>
<td>78.7</td>
<td>79.9</td>
<td>79.0</td>
</tr>
<tr>
<td>g. Foodborne illness prevention</td>
<td>78.1</td>
<td>75.9</td>
<td>76.8</td>
<td>76.5</td>
</tr>
<tr>
<td>h. Human immunodeficiency virus (HIV) prevention</td>
<td></td>
<td></td>
<td>84.8</td>
<td>90.0</td>
</tr>
<tr>
<td>i. Human sexuality</td>
<td></td>
<td></td>
<td>88.3</td>
<td>94.0</td>
</tr>
<tr>
<td>j. Infectious disease prevention (e.g., influenza [flu] prevention)</td>
<td></td>
<td></td>
<td>91.1</td>
<td>90.0</td>
</tr>
</tbody>
</table>

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

k. Injury prevention and safety

l. Nutrition and dietary behavior

m. Physical activity and fitness

n. Pregnancy prevention

o. Sexually transmitted disease (STD) prevention

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

- **p. Suicide prevention**
  - High Schools: 80.7
  - Middle Schools: 85.1
  - Junior/Senior High Schools: 92.4
  - All Schools: 100.0

- **q. Tobacco-use prevention**
  - High Schools: 100.0
  - Middle Schools: 100.0
  - Junior/Senior High Schools: 100.0
  - All Schools: 100.0

- **r. Violence prevention (e.g., bullying, fighting, dating violence prevention)**
  - High Schools: 97.1
  - Middle Schools: 96.5
  - Junior/Senior High Schools: 96.7
  - All Schools: 100.0

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

- **a.** Identifying tobacco products and the harmful substances they contain
- **b.** Identifying short- and long-term health consequences of tobacco use
- **c.** Identifying social, economic, and cosmetic consequences of tobacco use
- **d.** Understanding the addictive nature of nicotine
- **e.** Effects of nicotine on the adolescent brain

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

- **f.** Effects of tobacco use on athletic performance
  - High Schools: 84.1
  - Middle Schools: 87.2
  - Junior/Senior High Schools: 86.0
  - All Schools: 86.0
  - NA = Not available

- **g.** Effects of second-hand smoke and benefits of a smoke-free environment
  - High Schools: 92.7
  - Middle Schools: 89.7
  - Junior/Senior High Schools: 90.8
  - All Schools: 90.8
  - NA = Not available

- **h.** Understanding the social influences on tobacco use, including media, family, peers, and culture
  - High Schools: 91.3
  - Middle Schools: 89.7
  - Junior/Senior High Schools: 90.3
  - All Schools: 90.3
  - NA = Not available

- **i.** Identifying reasons why students do and do not use tobacco
  - High Schools: 92.7
  - Middle Schools: 90.7
  - Junior/Senior High Schools: 91.5
  - All Schools: 91.5
  - NA = Not available

- **j.** Making accurate assessments of how many peers use tobacco
  - High Schools: 70.4
  - Middle Schools: 62.6
  - Junior/Senior High Schools: 65.6
  - All Schools: 65.6
  - NA = Not available
10. Percentage of schools in which teachers taught each of the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year.

k. Using interpersonal communication skills to avoid tobacco use (e.g., refusal skills, assertiveness)

l. Using goal-setting and decision-making skills related to not using tobacco

m. Finding valid information and services related to tobacco-use prevention and cessation

n. Supporting others who abstain from or want to quit using tobacco

o. Identifying harmful effects of tobacco use on fetal development

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

- p. Relationship between using tobacco and alcohol or other drugs
  
- q. How addiction to tobacco use can be treated
  
- r. Understanding school policies and community laws related to the sale and use of tobacco products
  
- s. Benefits of tobacco cessation programs

NA = Not available
10N. Percentage of schools that taught all 19 tobacco-use prevention topics during the current school year.*

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

NA = Not available
11. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course in any of grades 6, 7, or 8 during the current school year.

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. How HIV and other STDs are transmitted</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>82.2</td>
</tr>
<tr>
<td>b. Health consequences of HIV, other STDs, and pregnancy</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>81.6</td>
</tr>
<tr>
<td>c. The benefits of being sexually abstinent</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>83.7</td>
</tr>
<tr>
<td>d. How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>77.2</td>
</tr>
<tr>
<td>e. The influences of family, peers, media, technology and other factors on sexual risk behaviors</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>84.2</td>
</tr>
</tbody>
</table>
11. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course in any of grades 6, 7, or 8 during the current school year.

f. Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>f. Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy</td>
<td>NA</td>
<td>NA</td>
<td>78.5</td>
<td>78.5</td>
</tr>
</tbody>
</table>

g. Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>g. Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy</td>
<td>NA</td>
<td>NA</td>
<td>77.6</td>
<td>77.6</td>
</tr>
</tbody>
</table>

h. Influencing and supporting others to avoid or reduce sexual risk behaviors

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>h. Influencing and supporting others to avoid or reduce sexual risk behaviors</td>
<td>NA</td>
<td>NA</td>
<td>80.4</td>
<td>80.4</td>
</tr>
</tbody>
</table>

i. Efficacy of condoms, that is, how well condoms work and do not work

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Efficacy of condoms, that is, how well condoms work and do not work</td>
<td>NA</td>
<td>NA</td>
<td>59.2</td>
<td>59.2</td>
</tr>
</tbody>
</table>

j. The importance of using condoms consistently and correctly

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>j. The importance of using condoms consistently and correctly</td>
<td>NA</td>
<td>NA</td>
<td>54.9</td>
<td>54.9</td>
</tr>
</tbody>
</table>

NA = Not available
11. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course in any of grades 6, 7, or 8 during the current school year.

k. How to obtain condoms

l. How to correctly use a condom

m. Methods of contraception other than condoms

n. The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy

o. How to create and sustain healthy and respectful relationships

NA = Not available
11. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course in any of grades 6, 7, or 8 during the current school year.

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>p. The importance of limiting the number of sexual partners</td>
<td>NA</td>
<td>NA</td>
<td></td>
<td>69.5</td>
</tr>
<tr>
<td>q. Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health</td>
<td>NA</td>
<td>NA</td>
<td></td>
<td>77.2</td>
</tr>
<tr>
<td>r. Sexual orientation</td>
<td>NA</td>
<td>NA</td>
<td></td>
<td>40.9</td>
</tr>
<tr>
<td>s. Gender roles, gender identity, or gender expression</td>
<td>NA</td>
<td>NA</td>
<td></td>
<td>47.1</td>
</tr>
</tbody>
</table>
11. Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course in any of grades 9, 10, 11, or 12 during the current school year.

- **a. How HIV and other STDs are transmitted**: 98.5%
- **b. Health consequences of HIV, other STDs, and pregnancy**: 98.5%
- **c. The benefits of being sexually abstinent**: 98.5%
- **d. How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy**: 98.5%
- **e. The influences of family, peers, media, technology and other factors on sexual risk behaviors**: 95.5%

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

- **f. Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy**
  - High Schools: 95.4%
  - Middle Schools: 95.4%
  - Junior/Senior High Schools: 95.4%
  - All Schools: 95.4%

- **g. Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy**
  - High Schools: 97.0%
  - Middle Schools: 97.0%
  - Junior/Senior High Schools: 97.0%
  - All Schools: 97.0%

- **h. Influencing and supporting others to avoid or reduce sexual risk behaviors**
  - High Schools: 94.0%
  - Middle Schools: 94.0%
  - Junior/Senior High Schools: 94.0%
  - All Schools: 94.0%

- **i. Efficacy of condoms, that is, how well condoms work and do not work**
  - High Schools: 97.0%
  - Middle Schools: 97.0%
  - Junior/Senior High Schools: 97.0%
  - All Schools: 97.0%

- **j. The importance of using condoms consistently and correctly**
  - High Schools: 96.9%
  - Middle Schools: 96.9%
  - Junior/Senior High Schools: 96.9%
  - All Schools: 96.9%

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

k. How to obtain condoms

l. How to correctly use a condom

m. Methods of contraception other than condoms

n. The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy

o. How to create and sustain healthy and respectful relationships

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

- **p. The importance of limiting the number of sexual partners**
  - NA
  - NA
  - 98.5
- **q. Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health**
  - NA
  - NA
  - 95.5
- **r. Sexual orientation**
  - NA
  - NA
  - 74.1
- **s. Gender roles, gender identity, or gender expression**
  - NA
  - NA
  - 67.5

NA = Not available
11N_1. Percentage of schools that taught all 19 HIV, STD, and pregnancy prevention topics in any of grades 6, 7, or 8 during the current school year.*

*Responses to question 11 a through s all are "yes."

NA = Not available
11N_2. Percentage of schools that taught all 19 HIV, STD, and pregnancy prevention topics in any of grades 9, 10, 11, or 12 during the current school year.*

*Responses to question 11 a through s all are "yes."

NA = Not available
12. 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.

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

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>NA</td>
<td>NA</td>
<td></td>
<td>76.2</td>
</tr>
<tr>
<td>b.</td>
<td>NA</td>
<td>NA</td>
<td></td>
<td>67.9</td>
</tr>
<tr>
<td>c.</td>
<td>NA</td>
<td>NA</td>
<td></td>
<td>64.8</td>
</tr>
<tr>
<td>d.</td>
<td>NA</td>
<td>NA</td>
<td></td>
<td>79.4</td>
</tr>
</tbody>
</table>
12. 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.

- **e. Use decision-making skills to prevent HIV, other STDs, and pregnancy**
  - High Schools: 76.3
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: 76.3

- **f. Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them**
  - High Schools: 75.3
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: 75.3

- **g. Influence and support others to avoid or reduce sexual risk behaviors**
  - High Schools: 72.1
  - Middle Schools: NA
  - Junior/Senior High Schools: NA
  - All Schools: 72.1
12. 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.

a. Comprehend concepts important to prevent HIV, other STDs, and pregnancy
   - High Schools: 97.0%
   - Middle Schools: NA
   - Junior/Senior High Schools: NA
   - All Schools: 97.0%

b. Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors
   - High Schools: 92.4%
   - Middle Schools: NA
   - Junior/Senior High Schools: NA
   - All Schools: 92.4%

c. Access valid information, products, and services to prevent HIV, other STDs, and pregnancy
   - High Schools: 97.0%
   - Middle Schools: NA
   - Junior/Senior High Schools: NA
   - All Schools: 97.0%

d. Use interpersonal communication skills to avoid or reduce sexual risk behaviors
   - High Schools: 95.4%
   - Middle Schools: NA
   - Junior/Senior High Schools: NA
   - All Schools: 95.4%

NA = Not available
12. 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.

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>e. Use decision-making skills to prevent HIV, other STDs, and pregnancy</td>
<td>NA</td>
<td>NA</td>
<td>97.0</td>
<td>97.0</td>
</tr>
<tr>
<td>f. Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them</td>
<td>NA</td>
<td>NA</td>
<td>88.0</td>
<td>88.0</td>
</tr>
<tr>
<td>g. Influence and support others to avoid or reduce sexual risk behaviors</td>
<td>NA</td>
<td>NA</td>
<td>90.9</td>
<td>90.9</td>
</tr>
</tbody>
</table>

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

- **a. Benefits of healthy eating**
  - High Schools: 98.4%
  - Middle Schools: 95.5%
  - Junior/Senior High Schools: 96.6%
  - All Schools: 96.6%
  - NA

- **b. Benefits of drinking plenty of water**
  - High Schools: 98.4%
  - Middle Schools: 95.5%
  - Junior/Senior High Schools: 96.6%
  - All Schools: 96.6%
  - NA

- **c. Benefits of eating breakfast every day**
  - High Schools: 97.0%
  - Middle Schools: 93.7%
  - Junior/Senior High Schools: 95.0%
  - All Schools: 95.0%
  - NA

- **d. Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate, MyPyramid)**
  - High Schools: 96.8%
  - Middle Schools: 93.7%
  - Junior/Senior High Schools: 94.9%
  - All Schools: 94.9%
  - NA

- **e. Using food labels**
  - High Schools: 93.7%
  - Middle Schools: 93.7%
  - Junior/Senior High Schools: 93.7%
  - All Schools: 98.4%
  - NA

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

- Differentiating between nutritious and non-nutritious beverages
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)
- Choosing foods, snacks, and beverages that are low in added sugars

**Graphical Representation:**

- High Schools
- Middle Schools
- Junior/Senior High Schools
- All Schools

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

- Choosing foods and snacks that are low in sodium
- Eating a variety of foods that are high in calcium
- Eating a variety of foods that are high in iron
- Food safety
- Preparing healthy meals and snacks

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

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>p. Risks of unhealthy weight control practices</td>
<td>89.9</td>
<td>93.1</td>
<td></td>
<td>98.5</td>
</tr>
<tr>
<td>q. Accepting body size differences</td>
<td>95.6</td>
<td>92.6</td>
<td></td>
<td>93.7</td>
</tr>
<tr>
<td>r. Signs, symptoms, and treatment for eating disorders</td>
<td>80.8</td>
<td>85.8</td>
<td></td>
<td>94.1</td>
</tr>
<tr>
<td>s. Relationship between diet and chronic diseases</td>
<td>85.2</td>
<td>89.7</td>
<td></td>
<td>97.1</td>
</tr>
<tr>
<td>t. Assessing body mass index (BMI)</td>
<td>64.1</td>
<td>74.3</td>
<td></td>
<td>91.1</td>
</tr>
</tbody>
</table>

NA = Not available
13N. Percentage of schools that taught all 20 nutrition and dietary behavior topics during the current school year.*

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

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

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease</td>
<td>98.5%</td>
<td>98.0%</td>
<td>98.2%</td>
<td>98.0%</td>
</tr>
<tr>
<td>b. Mental and social benefits of physical activity</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>c. Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)</td>
<td>95.4%</td>
<td>94.5%</td>
<td>94.9%</td>
<td>95.6%</td>
</tr>
<tr>
<td>d. Phases of a workout (i.e., warm-up, workout, cool down)</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>e. Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity</td>
<td>87.0%</td>
<td>87.0%</td>
<td>88.4%</td>
<td>90.9%</td>
</tr>
</tbody>
</table>

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

- **f.** Decreasing sedentary activities (e.g., television viewing, using video games)
  - High Schools: 98.5
  - Middle Schools: 98.2
  - Junior/Senior High Schools: 98.3
  - All Schools: NA

- **g.** Preventing injury during physical activity
  - High Schools: 92.3
  - Middle Schools: 95.4
  - Junior/Senior High Schools: 94.2
  - All Schools: NA

- **h.** Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)
  - High Schools: 79.0
  - Middle Schools: 89.0
  - Junior/Senior High Schools: 89.0
  - All Schools: NA

- **i.** Dangers of using performance-enhancing drugs (e.g., steroids)
  - High Schools: 83.7
  - Middle Schools: 93.7
  - Junior/Senior High Schools: 93.7
  - All Schools: NA

- **j.** Increasing daily physical activity
  - High Schools: 100.0
  - Middle Schools: 100.0
  - Junior/Senior High Schools: 100.0
  - All Schools: NA

_NA = Not available_
14. Percentage of schools in which teachers taught each of the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year.

k. Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)

l. Using safety equipment for specific physical activities

m. Benefits of drinking water before, during, and after physical activity

NA = Not available
14N. Percentage of schools that taught all 13 physical activity topics during the current school year.*

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

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

a. Physical education staff

b. Health services staff (e.g., nurses)

c. Mental health or social services staff (e.g., psychologists, counselors, social workers)

d. Nutrition or food service staff

e. School health council, committee, or team

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

a. HIV prevention, STD prevention, or teen pregnancy prevention

b. Tobacco-use prevention

c. Alcohol- or other drug-use prevention

d. Physical activity

e. Nutrition and healthy eating

NA = Not available
16. 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.

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>f. Asthma</td>
<td>13.7</td>
<td>25.4</td>
<td>21.1</td>
<td>NA</td>
</tr>
<tr>
<td>g. Food allergies</td>
<td>22.8</td>
<td>44.2</td>
<td>36.3</td>
<td>NA</td>
</tr>
<tr>
<td>h. Diabetes</td>
<td>19.6</td>
<td>25.5</td>
<td>23.3</td>
<td>NA</td>
</tr>
<tr>
<td>i. Preventing student bullying and sexual harassment, including</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>electronic aggression (i.e., cyber-bullying)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Alcohol- or other drug-use prevention</td>
<td>57.3</td>
<td>63.9</td>
<td>NA</td>
<td>74.8</td>
</tr>
<tr>
<td>b. Asthma</td>
<td>22.3</td>
<td>25.4</td>
<td>NA</td>
<td>22.3</td>
</tr>
<tr>
<td>c. Chronic disease prevention (e.g., diabetes, obesity prevention)</td>
<td>42.4</td>
<td>51.4</td>
<td>NA</td>
<td>71.5</td>
</tr>
<tr>
<td>d. Emotional and mental health</td>
<td>48.0</td>
<td>71.5</td>
<td>76.4</td>
<td>74.6</td>
</tr>
<tr>
<td>e. Epilepsy or seizure disorder</td>
<td>24.3</td>
<td>27.3</td>
<td>26.2</td>
<td>NA</td>
</tr>
</tbody>
</table>
18. Percentage of schools in which the lead health education teacher received professional development (e.g., workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.

- **f. Food allergies**
  - High Schools: 24.3%
  - Middle Schools: 40.8%
  - Junior/Senior High Schools: 34.6%
  - All Schools: NA

- **g. Foodborne illness prevention**
  - High Schools: 20.0%
  - Middle Schools: 30.7%
  - Junior/Senior High Schools: 26.7%
  - All Schools: NA

- **h. HIV prevention**
  - High Schools: 47.9%
  - Middle Schools: 33.6%
  - Junior/Senior High Schools: 39.0%
  - All Schools: NA

- **i. Human sexuality**
  - High Schools: 47.9%
  - Middle Schools: 43.5%
  - Junior/Senior High Schools: 45.2%
  - All Schools: NA

- **j. Infectious disease prevention (e.g., flu prevention)**
  - High Schools: 45.7%
  - Middle Schools: 45.3%
  - Junior/Senior High Schools: 45.4%
  - All Schools: NA

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

k. Injury prevention and safety

l. Nutrition and dietary behavior

m. Physical activity and fitness

n. Pregnancy prevention

o. STD prevention

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

- p. Suicide prevention
  - High Schools: 56.4
  - Middle Schools: 53.8
  - Junior/Senior High Schools: 54.7
  - All Schools: 54.7

- q. Tobacco-use prevention
  - High Schools: 31.6
  - Middle Schools: 31.7
  - Junior/Senior High Schools: 31.7
  - All Schools: 31.7

- r. Violence prevention (e.g., bullying, fighting, dating violence prevention)
  - High Schools: 67.2
  - Middle Schools: 65.5
  - Junior/Senior High Schools: 66.1
  - All Schools: 66.1

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

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

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

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

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>f. Encouraging family or community involvement</td>
<td>42.8</td>
<td>42.5</td>
<td>42.6</td>
<td>NA</td>
</tr>
<tr>
<td>g. Teaching skills for behavior change</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>h. Classroom management techniques</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>i. Assessing or evaluating students in health education</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NA = Not available
20. Percentage of schools in which the lead health education teacher received professional development on each of the following topics related to teaching sexual health education during the past two years.

a. Aligning lessons and materials with the district scope and sequence for sexual health education
   - High Schools: 49.2
   - Middle Schools: NA
   - Junior/Senior High Schools: 32.2
   - All Schools: 38.6

b. Creating a comfortable and safe learning environment for students receiving sexual health education
   - High Schools: NA
   - Middle Schools: 40.5
   - Junior/Senior High Schools: 32.8
   - All Schools: 35.7

c. Connecting students to on-site or community-based sexual health services
   - High Schools: 34.5
   - Middle Schools: 16.5
   - Junior/Senior High Schools: NA
   - All Schools: 23.3

d. Using a variety of effective instructional strategies to deliver sexual health education
   - High Schools: 45.4
   - Middle Schools: 33.6
   - Junior/Senior High Schools: NA
   - All Schools: 38.0

NA = Not available
20. Percentage of schools in which the lead health education teacher received professional development on each of the following topics related to teaching sexual health education during the past two years.

e. Building student skills in HIV, other STD, and pregnancy prevention

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building student</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>skills in HIV, other</td>
<td>31.6</td>
<td>36.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>STD, and pregnancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>prevention</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

f. Assessing student knowledge and skills in sexual health education

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessing student</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>knowledge and</td>
<td>30.0</td>
<td>34.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>skills in sexual</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>health education</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

g. Understanding current district or school board policies or curriculum guidance regarding sexual health education

<table>
<thead>
<tr>
<th></th>
<th>High Schools</th>
<th>Middle Schools</th>
<th>Junior/Senior High Schools</th>
<th>All Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding current</td>
<td>23.8</td>
<td>31.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>district or school</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>board policies or</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>curriculum guidance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>regarding sexual</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>health education</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

- **a. Alcohol- or other drug-use prevention**
  - High Schools: 74.8%
  - Middle Schools: 77.4%
  - Junior/Senior High Schools: 81.7%
  - All Schools: 80.0%

- **b. Asthma**
  - High Schools: 35.9%
  - Middle Schools: 44.6%
  - Junior/Senior High Schools: 41.3%
  - All Schools: 40.2%

- **c. Chronic disease prevention (e.g., diabetes, obesity prevention)**
  - High Schools: 64.1%
  - Middle Schools: 63.8%
  - Junior/Senior High Schools: 63.9%
  - All Schools: 64.1%

- **d. Emotional and mental health**
  - High Schools: 82.8%
  - Middle Schools: 84.6%
  - Junior/Senior High Schools: 89.3%
  - All Schools: 85.2%

- **e. Epilepsy or seizure disorder**
  - High Schools: 36.1%
  - Middle Schools: 42.7%
  - Junior/Senior High Schools: 40.2%
  - All Schools: 40.2%

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

- **f. Food allergies**
  - High Schools: 49.2%
  - Middle Schools: 50.0%
  - Junior/Senior High Schools: 49.7%
  - All Schools: 49.7%

- **g. Foodborne illness prevention**
  - High Schools: 41.6%
  - Middle Schools: 43.7%
  - Junior/Senior High Schools: 42.9%
  - All Schools: 42.9%

- **h. HIV prevention**
  - High Schools: 54.6%
  - Middle Schools: 65.2%
  - Junior/Senior High Schools: 58.6%
  - All Schools: 58.6%

- **i. Human sexuality**
  - High Schools: 63.9%
  - Middle Schools: 77.3%
  - Junior/Senior High Schools: 86.6%
  - All Schools: 86.6%

- **j. Infectious disease prevention (e.g., flu prevention)**
  - High Schools: 63.9%
  - Middle Schools: 62.0%
  - Junior/Senior High Schools: 62.8%
  - All Schools: 62.8%

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

- **k. Injury prevention and safety**
  - High Schools: 67.1%
  - Middle Schools: 62.1%
  - Junior/Senior High Schools: 66.0%
  - All Schools: 64.0%

- **l. Nutrition and dietary behavior**
  - High Schools: 78.7%
  - Middle Schools: 74.9%
  - Junior/Senior High Schools: 76.3%
  - All Schools: 76.3%

- **m. Physical activity and fitness**
  - High Schools: 68.2%
  - Middle Schools: 66.9%
  - Junior/Senior High Schools: 67.7%
  - All Schools: 67.7%

- **n. Pregnancy prevention**
  - High Schools: 63.8%
  - Middle Schools: 63.9%
  - Junior/Senior High Schools: 63.8%
  - All Schools: 63.8%

- **o. STD prevention**
  - High Schools: 71.4%
  - Middle Schools: 63.9%
  - Junior/Senior High Schools: 66.7%
  - All Schools: 66.7%

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

- **p. Suicide prevention**
  - High Schools: 80.5%
  - Middle Schools: 76.5%
  - Junior/Senior High Schools: NA
  - All Schools: 78.0%

- **q. Tobacco-use prevention**
  - High Schools: 62.4%
  - Middle Schools: 70.1%
  - Junior/Senior High Schools: NA
  - All Schools: 67.2%

- **r. Violence prevention (e.g., bullying, fighting, dating violence prevention)**
  - High Schools: 75.7%
  - Middle Schools: 75.7%
  - Junior/Senior High Schools: NA
  - All Schools: 75.7%

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

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

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

- **f. Encouraging family or community involvement**
  - High Schools: 67.2%
  - Middle Schools: 73.2%
  - Junior/Senior High Schools: 80.3%
  - All Schools: 78.4%
  - NA: 74.2%

- **g. Teaching skills for behavior change**
  - High Schools: 60.9%
  - Middle Schools: 73.7%
  - Junior/Senior High Schools: 68.9%
  - All Schools: 84.5%
  - NA: 80.3%

- **h. Classroom management techniques**
  (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)
  - High Schools: 70.2%
  - Middle Schools: 68.9%
  - Junior/Senior High Schools: 82.8%
  - All Schools: 84.5%
  - NA: 80.3%

- **i. Assessing or evaluating students in health education**
  - High Schools: 67.2%
  - Middle Schools: 73.2%
  - Junior/Senior High Schools: 78.1%
  - All Schools: 78.1%
  - NA: 80.3%

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

a. Aligning lessons and materials with the district scope and sequence for sexual health education

- High Schools: 53.6%
- Middle Schools: 69.0%
- Junior/Senior High Schools: 63.3%
- All Schools: 63.3%

b. Creating a comfortable and safe learning environment for students receiving sexual health education

- High Schools: 54.8%
- Middle Schools: 69.3%
- Junior/Senior High Schools: 63.8%
- All Schools: 63.8%

c. Connecting students to on-site or community-based sexual health services

- High Schools: 54.9%
- Middle Schools: 64.5%
- Junior/Senior High Schools: 60.9%
- All Schools: 60.9%

d. Using a variety of effective instructional strategies to deliver sexual health education

- High Schools: 71.4%
- Middle Schools: 78.0%
- Junior/Senior High Schools: 75.5%
- All Schools: 75.5%

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

- **e. Building student skills in HIV, other STD, and pregnancy prevention**
  - High Schools: 73.0
  - Middle Schools: 71.7
  - Junior/Senior High Schools: 72.2
  - All Schools: 71.7

- **f. Assessing student knowledge and skills in sexual health education**
  - High Schools: 73.0
  - Middle Schools: 76.3
  - Junior/Senior High Schools: 75.1
  - All Schools: 76.3

- **g. Understanding current district or school board policies or curriculum guidance regarding sexual health education**
  - High Schools: 56.4
  - Middle Schools: 64.1
  - Junior/Senior High Schools: 61.2
  - All Schools: 64.1

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

- a. Health and physical education combined
  - High Schools: 36.5%
  - Middle Schools: 39.9%
  - Junior/Senior High Schools: 37.8%
  - All Schools: NA

- b. Health education
  - High Schools: 26.6%
  - Middle Schools: 26.9%
  - Junior/Senior High Schools: 26.8%
  - All Schools: NA

- c. Physical education
  - High Schools: 7.6%
  - Middle Schools: 8.2%
  - Junior/Senior High Schools: 8.0%
  - All Schools: NA

- d. Other education degree
  - High Schools: 6.0%
  - Middle Schools: 5.4%
  - Junior/Senior High Schools: 5.6%
  - All Schools: NA

- e. Kinesiology, exercise science, or exercise physiology
  - High Schools: 1.4%
  - Middle Schools: 0.9%
  - Junior/Senior High Schools: 1.1%
  - All Schools: NA

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

- **f. Home economics or family and consumer science**
  - High Schools: 6.2%
  - Middle Schools: 5.7%
  - Junior/Senior High Schools: 5.9%
  - All Schools: NA

- **g. Biology or other science**
  - High Schools: 4.6%
  - Middle Schools: 0.9%
  - Junior/Senior High Schools: NA
  - All Schools: 2.3%

- **h. Nursing**
  - High Schools: 1.6%
  - Middle Schools: 9.2%
  - Junior/Senior High Schools: 6.3%
  - All Schools: NA

- **i. Counseling**
  - High Schools: 1.6%
  - Middle Schools: 2.7%
  - Junior/Senior High Schools: NA
  - All Schools: 2.3%

- **j. Public health**
  - High Schools: 3.2%
  - Middle Schools: 2.0%
  - Junior/Senior High Schools: NA
  - All Schools: 2.4%

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

k. Nutrition

l. Other

NA = Not available
25. Percentage of schools in which the lead health education teacher is certified, licensed, or endorsed by the state to teach health education in middle school or high school.
26. Percentage of schools in which the lead health education teacher had the following number of years of experience in teaching health education courses or topics.

- **a. 1 year**
  - High Schools: 5.5%
  - Middle Schools: 6.2%
  - Junior/Senior High Schools: 5.7%
  - All Schools: NA

- **b. 2 to 5 years**
  - High Schools: 25.4%
  - Middle Schools: 18.0%
  - Junior/Senior High Schools: 22.6%
  - All Schools: NA

- **c. 6 to 9 years**
  - High Schools: 13.5%
  - Middle Schools: 7.6%
  - Junior/Senior High Schools: 11.3%
  - All Schools: NA

- **d. 10 to 14 years**
  - High Schools: 13.9%
  - Middle Schools: 13.4%
  - Junior/Senior High Schools: 13.9%
  - All Schools: NA

- **e. 15 years or more**
  - High Schools: 54.8%
  - Middle Schools: 41.8%
  - Junior/Senior High Schools: 46.7%
  - All Schools: NA

NA = Not available