

Appendix B

2002 Lead Health Teacher Overall Survey Results

Please note: All percentages in this report are rounded to the nearest whole percent. All questions, 1-21, are included in the School Health Education Profile (SHEP) questionnaire, in contrast with recent surveys that included a School Tobacco Survey Module questionnaire in addition to the SHEP.

1. Is a health education course required for students in any of grades 6 through 12 in this school?

87% responded “yes”

2. Are teachers in this school required to use each of the following materials in a required health education course for students in any grades 6 through 12?

- The National Health Education Standards 37%
- Your state’s curriculum, set of guidelines, or framework 87%
- Your district’s curriculum, set of guidelines, or framework 88%
- Your school’s curriculum, set of guidelines, or framework 75%
- Any materials from health organizations, such as the American Red Cross or the American Cancer Society 43%
- A commercially-developed student textbook 73%
- A commercially-developed teacher’s guide 61%

3. During this school year, have teachers in this school tried to increase student knowledge on each of the following topics in a required health education course in any of grades 6 through 12?

- Accident or injury prevention 94%
- Alcohol or other drug use prevention 98%
- Consumer health 84%
- CPR (Cardiopulmonary resuscitation) 73%
- Death and dying 51%
- Dental and oral health 65%
- Emotional and mental health 93%
- Environmental health 76%
- First aid 85%
- Growth and development 90%
- HIV (Human immunodeficiency virus) prevention 93%
- Human sexuality 86%
- Immunization and vaccinations 67%
- Nutrition and dietary behavior 98%
- Personal hygiene 89%
- Physical activity and fitness 100%

- Pregnancy prevention 81%
 - STD (Sexually transmitted disease) prevention 85%
 - Suicide prevention 72%
 - Sun safety or skin cancer prevention 76%
 - Tobacco use prevention 100%
 - Violence prevention 91%
4. During this school year, have teachers in this school tried to improve each of the following student skills in a required health education course in any of grades 6 through 12?
- Accessing valid health information, products, and services 89%
 - Advocating for personal, family, and community health 88%
 - Analysis of media messages 88%
 - Communication 94%
 - Decision making 98%
 - Goal setting 95%
 - Conflict resolution 89%
 - Resisting peer pressure for unhealthy behaviors 98%
 - Stress management 94%
5. During this school year, have teachers in this school used each of the following teaching methods in a required health education course in any of grades 6 through 12?
- Group discussion 99%
 - Cooperative group activities 93%
 - Role play, simulations, or practice 85%
 - Language, performing, or visual arts 65%
 - Pledges or contracts for behavior change 56%
 - Adult guest speakers 83%
 - Peer educators 61%
 - The Internet 85%
 - Computer-assisted instruction 72%
6. During this school year, have teachers in this school asked students to participate in each of the following activities as part of a required health education course in any of grades 6 through 12?
- Perform volunteer work at a hospital, a local health dept., or any other community health organization 20%
 - Participate in or attend a school or community health fair 33%
 - Gather information about health services that are available in the community 61%
 - Visit a store to compare prices of health products 31%
 - Identify potential injury sites at school, home, or in the community 71%
 - Identify and analyze advertising in the community designed to influence health behaviors or health risk behaviors 73%
 - Advocate for a health-related issue 47%
 - Complete homework assignments with family members 80%

7. During this school year, did teachers in this school teach each of the following tobacco use prevention topics in a required health education course for students in any of grades 6 through 12?

- Short- and long-term health consequences of cigarette smoking 99%
- Benefits of not smoking cigarettes 99%
- Risks of cigar or pipe smoking 90%
- Short- and long-term health consequences of using smokeless tobacco 94%
- Benefits of not using smokeless tobacco 91%
- Addictive effects of nicotine in tobacco products 97%
- How many young people use tobacco 92%
- The number of illnesses and death related to tobacco use 93%
- Influence of families on tobacco use 94%
- Influence of the media on tobacco use 96%
- Social or cultural influence on tobacco use 91%
- How to find valid information or services related to tobacco use cessation 75%
- Making a personal commitment not to use tobacco 81%
- How students can influence or support others to prevent tobacco use 92%
- How students can influence or support others in efforts to quit using tobacco 91%
- How to say no to tobacco use 96%
- The health effects of environmental tobacco smoke or second-hand smoke 96%

8. During this school year, did teachers in this school teach each of the following HIV prevention topics in a required health education course for students in any of grades 6 through 12?

- Abstinence as the most effective method to avoid HIV infection 89%
- How HIV is transmitted 90%
- How HIV affects the human body 89%
- Influence of alcohol and other drugs on HIV-related risk behaviors 83%
- Social or cultural influences on HIV-related risk behaviors 75%
- The number of young people who get HIV 79%
- How to find valid information or services related to HIV or HIV testing 70%
- Compassion for persons living with HIV or AIDS 74%

9. During this school year, did teachers in this school teach each of the following nutrition and dietary topics in a required health education course for students in any of grades 6 through 12?

- The benefits of healthy eating 96%
- The Food Guide Pyramid 91%
- The Dietary Guidelines for Americans 82%
- Using food labels 89%
- Aiming for a healthy weight 94%
- Choosing a variety of grains daily, especially whole grains 88%
- Choosing a variety of fruits and vegetables daily 90%
- Choosing a diet low in saturated fat and cholesterol and moderate in total fat 91%

- Moderating intake of sugars 91%
- Choosing and preparing foods with less salt 81%
- Eating more calcium-rich foods 85%
- Keeping food safe to eat 82%
- Preparing healthy meals and snacks 86%
- Risks of unhealthy weight control practices 92%
- Accepting body size differences 90%
- Eating disorders 90%

10. During this school year, did teachers in this school teach each of the following physical activity topics in a required health education course for students in any of grades 6 through 12?

- The physical, psychological, or social benefits of physical activity 96%
- Health-related fitness 98%
- Phases of a workout 96%
- How much physical activity is enough 90%
- Developing an individualized physical activity plan 78%
- Monitoring progress toward reaching goals in an individualized physical activity plan 75%
- Overcoming barriers to physical activity 82%
- Decreasing sedentary activities such as television watching 93%
- Opportunities for physical activity in the community 83%
- Preventing injury during physical activity 93%
- Weather-related safety 89%
- Dangers of using performance-enhancing drugs, such as steroids 89%

11. During this school year, in which of the following grades was information on tobacco use prevention provided?

- 6th grade 86%
- 7th grade 91%
- 8th grade 86%
- 9th grade 96%
- 10th grade 69%
- 11th grade 15%
- 12th grade 14%

12. Are required tobacco use prevention units or lessons taught in each of the following courses in this school?

- Science 17%
- Home economics or family and consumer education 24%
- Physical education 80%
- Family life education or life skills 57%
- Special education 28%

13. Are required HIV prevention units or lessons taught in each of the following courses in this school?

- Science 23%
- Home economics or family and consumer education 23%
- Physical education 59%
- Family life education or life skills 81%
- Special education 24%

14. During this school year, have any health education staff worked with each of the following groups on health education activities?

- Physical education staff 88%
- School health services staff 74%
- School mental health or social services staff 53%
- Food service staff 20%
- Community members 50%

15. During this school year, has this school done each of the following activities?

- Provided families with information on the health education program 72%
- Met with a parent's organization such as the PTA or PTO to discuss the health education program 25%
- Invited family members to attend a health education class 39%

16. During the past two years, did you receive staff development on each of the following health education topics?

- Accident or injury prevention 47%
- Alcohol or other drug use prevention 50%
- Consumer health 17%
- CPR (Cardiopulmonary resuscitation) 69%
- Death and dying 12%
- Dental and oral health 11%
- Emotional and mental health 26%
- Environmental health 14%
- First aid 59%
- Growth and development 23%
- HIV (Human immunodeficiency virus) prevention 39%
- Human sexuality 23%
- Immunization and vaccinations 17%
- Nutrition and dietary behavior 24%
- Personal hygiene 12%
- Physical activity and fitness 67%
- Pregnancy prevention 20%
- STD (Sexually transmitted disease) prevention 28%
- Suicide prevention 19%
- Sun safety or skin cancer prevention 13%
- Tobacco use prevention 33%
- Violence prevention 53%

17. Would you like to receive staff development on each of these health education topics?

• Accident or injury prevention	49%
• Alcohol or other drug use prevention	63%
• Consumer health	45%
• CPR (Cardiopulmonary resuscitation)	62%
• Death and dying	56%
• Dental and oral health	36%
• Emotional and mental health	63%
• Environmental health	48%
• First aid	63%
• Growth and development	44%
• HIV (Human immunodeficiency virus) prevention	52%
• Human sexuality	49%
• Immunization and vaccinations	38%
• Nutrition and dietary behavior	61%
• Personal hygiene	40%
• Physical activity and fitness	73%
• Pregnancy prevention	51%
• STD (Sexually transmitted disease) prevention	54%
• Suicide prevention	67%
• Sun safety or skin cancer prevention	53%
• Tobacco use prevention	56%
• Violence prevention	78%

18. During the past two years, did you receive staff development on each of the following teaching methods?

• Teaching students with physical or cognitive disabilities	45%
• Teaching students of various cultural backgrounds	41%
• Teaching students with limited English proficiency	22%
• Using interactive teaching methods such as role plays or cooperative group activities.	61%
• Encouraging family or community involvement	35%
• Teaching skills for behavior change	45%

19. Would you like to receive staff development on each of these teaching methods?

• Teaching students with physical or cognitive disabilities	67%
• Teaching students of various cultural backgrounds	51%
• Teaching students with limited English proficiency	53%
• Using interactive teaching methods such as role plays or cooperative group activities.	59%
• Encouraging family or community involvement	64%
• Teaching skills for behavior change	80%

20. What was the major emphasis of your professional preparation?

- Health and physical education combined 85%
- Health education 1%
- Physical education 7%
- Other education degree 3%
- Kinesiology 0%
- Exercise science or exercise physiology 1%
- Home economics or family and consumer science 0%
- Science 1%
- Nursing 0%
- Counseling 1%
- Public health 0%
- Other 1%

21. Including this school year, how many years have you been teaching health education?

- 1 year 3%
- 2 to 5 years 16%
- 6 to 9 years 9%
- 10 to 14 years 15%
- 15 or more years 57%