

**2006 SCHOOL HEALTH PROFILE  
LEAD HEALTH EDUCATION TEACHER QUESTIONNAIRE**

**This questionnaire will be used to assess school health education across your state or school district. Your cooperation is essential for making the results of this survey comprehensive, accurate, and timely. Your answers will be kept confidential.**

**INSTRUCTIONS**

1. This questionnaire should be completed by the **lead health education teacher** (or the person acting in that capacity) and concerns only activities that occur in the school listed below. Please consult with other people if you are not sure of an answer.
2. Please use a #2 pencil to fill in the answer circles completely. Do not fold, bend, or staple this questionnaire or mark outside the answer circles.
3. Follow the instructions for each question.
4. Write any additional comments you wish to make at the end of this questionnaire.
5. Return the questionnaire in the envelope provided.

**Person completing this questionnaire**

Name: \_\_\_\_\_  
 Title: \_\_\_\_\_  
 School name: \_\_\_\_\_  
 District: \_\_\_\_\_  
 Telephone number: \_\_\_\_\_

**To be completed by the SEA or LEA conducting the survey**

School name: \_\_\_\_\_

Survey ID			
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

## REQUIRED HEALTH EDUCATION COURSES

(Definition: A required health education course is taught as a separate semester-, quarter-, or year-long unit of instruction for which the student receives credit. It is not health education units or lessons integrated into other subjects.)

1. Is a required health education course taught for students in any of grades 6 through 12 in this school? (Mark one response.)

- a. Yes
- b. No → Skip to Question 12

2. Are teachers in this school required to use each of the following materials in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each type of material.)

Material	Yes	No
a. The National Health Education Standards.....	0	0
b. The Health Education Curriculum Analysis Tool (HECAT) from the Centers for Disease Control and Prevention.....	0	0
c. Any state-, district-, or school-developed curriculum.....	0	0
d. A commercially-developed curriculum.....	0	0
e. A commercially-developed student textbook.....	0	0
f. A commercially-developed teacher's guide.....	0	0
g. Health education performance assessment materials.....	0	0
h. Any materials from health organizations, such as the American Heart Association or the American Cancer Society.....	0	0

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? (Mark yes or no for each topic.)**

Topic	Yes	No
a. Alcohol or other drug use prevention.....	0	0
b. Asthma awareness.....	0	0
c. Consumer health, such as choosing sources of health-related information, products, and services wisely.....	0	0
d. Cardiopulmonary resuscitation (CPR).....	0	0
e. Dental and oral health.....	0	0
f. Emotional and mental health.....	0	0
g. Environmental health, such as how air and water quality can affect health.....	0	0
h. First aid.....	0	0
i. Foodborne illness prevention.....	0	0
j. Growth and development.....	0	0
k. HIV (human immunodeficiency virus) prevention.....	0	0
l. Human sexuality.....	0	0
m. Immunizations.....	0	0
n. Injury prevention and safety.....	0	0
o. Nutrition and dietary behavior.....	0	0
p. Physical activity and fitness.....	0	0
q. Pregnancy prevention.....	0	0
r. STD (sexually transmitted disease) prevention.....	0	0
s. Suicide prevention.....	0	0
t. Sun safety or skin cancer prevention.....	0	0
u. Tobacco-use prevention.....	0	0
v. Violence prevention (such as bullying, fighting, or homicide).....	0	0

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?** (Mark yes or no for each skill.)

Skill	Yes	No
a. How to find valid information or services related to personal health and wellness.....	0	0
b. Influence of media on personal health and wellness.....	0	0
c. Communication skills, such as how to ask for assistance with a health-related problem.....	0	0
d. Decision-making skills, such as deciding to get appropriate health screenings and exams .....	0	0
e. Goal-setting skills, such as setting a goal for improving personal health habits.....	0	0
f. Conflict resolution skills, such as techniques to resolve interpersonal conflicts without fighting.....	0	0
g. Resisting peer pressure to engage in unhealthy behavior related to personal health and wellness .....	0	0

5. **During this school year, how often 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?** (Mark yes or no for each teaching method.)

Teaching Method	Never	Rarely	Sometimes	Almost always or always
a. Audio-visual media, such as videos.....	0	0	0	0
b. Group discussions.....	0	0	0	0
c. Cooperative group activities.....	0	0	0	0
d. Role play, simulations, or practice.....	0	0	0	0
e. Language, performing, or visual arts.....	0	0	0	0
f. Pledges or contracts for changing behavior or abstaining from a behavior...	0	0	0	0
g. Peer teaching.....	0	0	0	0
h. The Internet.....	0	0	0	0
i. Computer-assisted instruction.....	0	0	0	0
j. Guest speakers.....	0	0	0	0
k. Health education programs available through videoconferencing or other distance learning methods.....	0	0	0	0

6. **During this school year, have teachers in this school used each of the following teaching methods to highlight diversity or the values of various cultures in a required health education course in any of grades 6 through 12?** (Mark yes or no for each teaching method.)

<b>Teaching method</b>	<b>Yes</b>	<b>No</b>
a. Use textbooks or curricular materials reflective of various cultures.....	0	0
b. Use textbooks or curricular materials designed for students with limited English proficiency.....	0	0
c. Ask students or families to share their own cultural experiences related to health topics.....	0	0
d. Teach about cultural differences and similarities.....	0	0
e. Modify teaching methods to match students' learning styles, health beliefs, or cultural values.....	0	0

7. **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?** (Mark yes or no for each activity.)

<b>Activity</b>	<b>Yes</b>	<b>No</b>
a. Perform volunteer work at a hospital, a local health department, or any other local organization that addresses health issues.....	0	0
b. Participate in or attend a community health fair.....	0	0
c. Gather information about health services that are available in the community, such as health screenings.....	0	0
d. Visit a store to compare prices of health products.....	0	0
e. Identify potential injury sites at school, home, or in the community.....	0	0
f. Identify advertising in the community designed to influence health behaviors.....	0	0
g. Advocate for a health-related issue.....	0	0
h. Complete homework or projects that involve family members .....	0	0

8. **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?** (Mark yes or no for each topic.)

Topic	Yes	No
a. Short- and long-term health consequences of cigarette smoking (such as stained teeth, bad breath, heart disease, and cancer).....	0	0
b. Benefits of <b>not</b> smoking cigarettes (including long- and short-term health benefits, social benefits, environmental benefits, and financial benefits).....	0	0
c. Short- and long-term health consequences of cigar smoking.....	0	0
d. Short- and long-term health consequences of using smokeless tobacco.....	0	0
e. Benefits of <b>not</b> using smokeless tobacco.....	0	0
f. Addictive effects of nicotine in tobacco products.....	0	0
g. How many young people use tobacco.....	0	0
h. Influence of families on tobacco use.....	0	0
i. Influence of the media on tobacco use.....	0	0
j. Social or cultural influences on tobacco use.....	0	0
k. How to find valid information or services related to tobacco-use prevention or cessation.....	0	0
l. Making a personal commitment not to use tobacco.....	0	0
m. How students can influence or support others to prevent tobacco use...0.....	0	0
n. How students can influence or support others in efforts to quit using tobacco.....	0	0
o. Resisting peer pressure to use tobacco.....	0	0
p. The health effects of environmental tobacco smoke (ETS) or secondhand smoke.....	0	0

9. **During this school year, did teachers in this school teach each of the following pregnancy, HIV, or STD prevention topics in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each topic.)**

Topic	Yes	No
a. Abstinence as the most effective method to avoid pregnancy, HIV, and STDs.....	0	0
b. How to correctly use a condom.....	0	0
c. Condom efficacy, that is, how well condoms work and do not work.....	0	0
d. Risks associated with having multiple sexual partners.....	0	0
e. Social or cultural influences on sexual behavior.....	0	0
f. How to prevent HIV infection.....	0	0
g. How HIV is transmitted.....	0	0
h. How HIV affects the human body.....	0	0
i. Influence of alcohol and other drugs on HIV-related risk behaviors.....	0	0
j. How to find valid information or services related to HIV or HIV testing.....	0	0
k. Compassion for persons living with HIV or AIDS.....	0	0

10. **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? (Mark yes or no for each topic.)**

Topic	Yes	No
a. The benefits of healthy eating.....	0	0
b. Food guidance using MyPyramid .....	0	0
c. Using food labels.....	0	0
d. Balancing food intake and physical activity.....	0	0
e. Eating more fruits, vegetables, and grain products.....	0	0
f. Choosing foods that are low in fat, saturated fat, and cholesterol .....	0	0
g. Using sugars in moderation.....	0	0
h. Using salt and sodium in moderation.....	0	0
i. Eating more calcium-rich foods.....	0	0
j. Food safety.....	0	0
k. Preparing healthy meals and snacks.....	0	0
l. Risks of unhealthy weight control practices.....	0	0
m. Accepting body size differences.....	0	0
n. Eating disorders.....	0	0

11. 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? (Mark yes or no for each topic.)

Topic	Yes	No
a. The physical, psychological, or social benefits of physical activity.....	0	0
b. Health-related fitness (i.e., cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition).....	0	0
c. The difference between physical activity, exercise, and fitness.....	0	0
d. Phases of a workout (i.e., warm-up, workout, and cool down).....	0	0
e. How much physical activity is enough (i.e., determining frequency, intensity, time, and type of physical activity).....	0	0
f. Developing an individualized physical activity plan.....	0	0
g. Monitoring progress toward reaching goals in an individualized physical activity plan.....	0	0
h. Overcoming barriers to physical activity.....	0	0
i. Decreasing sedentary activities such as television watching.....	0	0
j. Opportunities for physical activity in the community.....	0	0
k. Preventing injury during physical activity.....	0	0
l. Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active).....	0	0
m. Dangers of using performance-enhancing drugs, such as steroids.....	0	0

## HIV PREVENTION

12. Are required HIV prevention units or lessons taught in each of the following courses in this school? (Mark yes or no for each course.)

Topic	Yes	No
a. Science.....	0	0
b. Home economics or family and consumer education.....	0	0
c. Physical education.....	0	0
d. Family life education or life skills.....	0	0
e. Special education.....	0	0
f. Social studies.....	0	0

## COLLABORATION

13. During this school year, have any health education staff worked with each of the following groups on health education activities? (Mark yes or no for each group.)

Group	Yes	No
a. Physical education staff.....	0	0
b. School health services staff (e.g., nurses).....	0	0
c. School mental health or social services staff (e.g., psychologists, counselors, and social workers).....	0	0
d. Nutrition or food service staff.....	0	0

14. During this school year, has this school done each of the following activities? (Mark yes or no for each activity.)

Activity	Yes	No
a. Provided families with information on school health education .....	0	0
b. Met with a parents' organization such as the PTA to discuss school health education .....	0	0
c. Invited family members to attend health education classes.....	0	0

## STAFF DEVELOPMENT

15. During the past two years, did you receive staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following health education topics? (Mark yes or no for each topic.)

Topic	Yes	No
a. Alcohol or other drug use prevention.....	0	0
b. Asthma awareness.....	0	0
c. Consumer health, such as choosing sources of health-related information, products, and services wisely.....	0	0
d. Cardiopulmonary resuscitation (CPR).....	0	0
e. Dental and oral health.....	0	0
f. Emotional and mental health.....	0	0
g. Environmental health, such as how air and water quality can affect health.....	0	0
h. First aid.....	0	0
i. Foodborne illness prevention.....	0	0
j. Growth and development.....	0	0
k. HIV (human immunodeficiency virus) prevention.....	0	0
l. Human sexuality.....	0	0
m. Immunizations.....	0	0
n. Injury prevention and safety.....	0	0
o. Nutrition and dietary behavior.....	0	0
p. Physical activity and fitness.....	0	0
q. Pregnancy prevention.....	0	0
r. STD (sexually transmitted disease) prevention.....	0	0
s. Suicide prevention.....	0	0
t. Sun safety or skin cancer prevention.....	0	0
u. Tobacco-use prevention.....	0	0
v. Violence prevention (such as bullying, fighting, or homicide).....	0	0

**16. Would you like to receive staff development on each of these health education topics? (Mark yes or no for each topic.)**

<b>Topic</b>	<b>Yes</b>	<b>No</b>
a. Alcohol or other drug use prevention.....	0.....	0
b. Asthma awareness.....	0.....	0
c. Consumer health, such as choosing sources of health-related information, products, and services wisely.....	0.....	0
d. Cardiopulmonary resuscitation (CPR).....	0.....	0
e. Dental and oral health.....	0.....	0
f. Emotional and mental health.....	0.....	0
g. Environmental health, such as how air and water quality can affect health.....	0.....	0
h. First aid.....	0.....	0
i. Foodborne illness prevention.....	0.....	0
j. Growth and development.....	0.....	0
k. HIV (human immunodeficiency virus) prevention.....	0.....	0
l. Human sexuality.....	0.....	0
m. Immunizations.....	0.....	0
n. Injury prevention and safety.....	0.....	0
o. Nutrition and dietary behavior.....	0.....	0
p. Physical activity and fitness.....	0.....	0
q. Pregnancy prevention.....	0.....	0
r. STD (sexually transmitted disease) prevention.....	0.....	0
s. Suicide prevention.....	0.....	0
t. Sun safety or skin cancer prevention.....	0.....	0
u. Tobacco-use prevention.....	0.....	0
v. Violence prevention (such as bullying, fighting, or homicide).....	0.....	0

17. During the past two years, did you receive staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics? (Mark yes or no for each teaching topic.)

Topic	Yes	No
a. Teaching students with physical, medical, or cognitive disabilities.....	0	0
b. Teaching students of various cultural backgrounds.....	0	0
c. Teaching students with limited English proficiency.....	0	0
d. Using interactive teaching methods such as role plays or cooperative group activities.....	0	0
e. Encouraging family or community involvement.....	0	0
f. Teaching skills for behavior change .....	0	0
g. Classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, and behavior management.....	0	0
h. Assessing or evaluating students in health education.....	0	0

18. Would you like to receive staff development on each of these topics? (Mark yes or no for each teaching topic.)

Topic	Yes	No
a. Teaching students with physical, medical, or cognitive disabilities.....	0	0
b. Teaching students of various cultural backgrounds.....	0	0
c. Teaching students with limited English proficiency.....	0	0
d. Using interactive teaching methods such as role plays or cooperative group activities .....	0	0
e. Encouraging family or community involvement .....	0	0
f. Teaching skills for behavior change.....	0	0
g. Classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, and behavior management.....	0	0
h. Assessing or evaluating students in health education.....	0	0

## PROFESSIONAL PREPARATION

**19. What was the major emphasis of your professional preparation?** (Mark one response.)

- a. Health and physical education combined
- b. Health education
- c. Physical education
- d. Other education degree
- e. Kinesiology, exercise science, or exercise physiology
- f. Home economics or family and consumer science
- g. Biology or other science
- h. Nursing
- i. Counseling
- j. Public health
- k. Nutrition
- l. Other

**20. Currently, are you certified, licensed, or endorsed by the state to teach health education in middle/junior high school or senior high school?**

- a. Yes
- b. No

**21. Including this school year, how many years of experience do you have teaching health education classes or topics?** (Mark one response.)

- a. 1 year
- b. 2 to 5 years
- c. 6 to 9 years
- d. 10 to 14 years
- e. 15 years or more

**Thank you for your responses. Please return this questionnaire.**

## COMMENTS

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