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Health Education District Questionnaire

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S
School Health Policies and Practices Study 2012
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Health Education District Questionnaire

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Special Instructions

THIS QUESTIONNAIRE WILL BE ADMINISTERED USING WEB-BASED INTERVIEW TECHNOLOGY. AS THE RESPONDENT TYPES RESPONSES TO THE QUESTIONS INTO THE COMPUTER, THE INTERVIEW PROGRAM WILL 1) DISPLAY THE CORRECT TENSE OF VERBS, 2) PROVIDE ALTERNATE ANSWERS TO QUESTIONS (E.G., NOT APPLICABLE, “I DON’T KNOW”), 3) NAVIGATE COMPLEX SKIP PATTERNS, AND 4) PERFORM OTHER USEFUL FUNCTIONS. THE PROGRAMMING SPECIFICATIONS FOR THE INTERVIEW ARE NOT INCLUDED IN THIS PRINTED VERSION OF THE QUESTIONNAIRE.

1. This questionnaire focuses on your district’s policies and practices regarding health education.
2. For the purposes of this questionnaire, “policy” means any law, rule, regulation, administrative order, or similar kind of mandate issued by the local school board or other local agency with authority over schools in your district. SHPPS is most interested in what is required by the district, not what is recommended or contained in non-binding guidance documents, unless the question specifically asks about recommendations.
3. If a district policy is worded in such a way that it requires schools to develop and adopt their own policies on a given topic, for the purpose of this questionnaire please consider it the same as a district-wide requirement.
4. Districts may sometimes grant policy exceptions or waivers, but please answer each question based on what is considered the general policy and standard practice in your district.
5. Please do not consider school practices or policies when answering the questions. This information is gathered during data collection from schools across the country.
6. For the purposes of this questionnaire, “elementary school” refers to a school that contains any of grades K-5. “Middle school” refers to a school that contains any of grades 6-8. Some jurisdictions may refer to these schools as “junior high schools.” “High school” refers to a school that contains any of grades 10-12. Some jurisdictions may refer to these schools as “senior high schools.”

Standards

The first questions ask about your district’s health education standards. These standards might cover student expectations and performance outcomes for health education.

1. Has your district adopted a policy stating that schools will follow any national, state, or district health education standards?
Yes.....1 →SKIP TO Q3
No.....2

2. Has your district adopted a policy encouraging schools to follow any national, state, or district health education standards?
Yes.....1
No.....2 →SKIP TO THE
INTRODUCTION TO Q4

3. Are these health education standards based on the 2007 National Health Education Standards?
Yes.....1
No.....2

Elementary School Instruction

The next questions ask about elementary school instruction.

4. Has your district adopted standards for elementary school health education?

Yes.....1

No.....2

→SKIP TO THE
INTRODUCTION TO Q6

5. Do the standards adopted by your district for elementary school health education specifically address...

Yes **No**

a.....Comprehending concepts related to health promotion and disease prevention to enhance health?.....1.....2

b.....Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors?.....1.....2

c.....Accessing valid information, products, and services to enhance health?.....1.....2

d.....Using interpersonal communication skills to enhance health and avoid or reduce health risks?.....1.....2

e.....Using decision-making skills to enhance health?
1.....2

f.....Using goal-setting skills to enhance health?
.....1.....2

g.....Practicing health-enhancing behaviors to avoid or reduce health risks?.....1.....2

h.....Advocating for personal, family, and community health?
1.....2

The next questions ask about specific health topics.

6. Has your district adopted a policy stating that elementary schools will teach about...

	Yes	No
a.....Alcohol or other drug use prevention?.....2		
b.....Tobacco use prevention?.....2		
c.....Nutrition and dietary behavior?.....2		
d.....Physical activity and fitness, that is, classroom instruction, not a physical education class?.....1.....2		
e.....Pregnancy prevention?.....2		
f.....Human immunodeficiency virus (HIV) prevention? 1.....2		
g.....Other sexually transmitted disease (STD) prevention? 1.....2		
h.....Human sexuality?..1 2		
i.....Emotional and mental health?.....2		
j.....Suicide prevention?.1 2		
k.....Violence prevention, for example bullying, fighting, or dating violence prevention?.....1.....2		
l.....Injury prevention and safety?.....2		
m.....Asthma?.....1 2		
n.....Infectious disease prevention, including foodborne illness and flu prevention?.....1.....2		

IF STUDENTS RECEIVE INSTRUCTION ON HUMAN SEXUALITY TOPICS (Q6E, Q6F, Q6G, OR Q6H IS “YES”), ANSWER Q7 AND Q8. OTHERWISE, SKIP TO THE INTRODUCTION TO Q9.

7. Has your district adopted a policy stating that elementary schools will notify parents or guardians before students receive instruction on pregnancy prevention, HIV prevention, other STD prevention, or human sexuality?

Yes.....1

No.....2

8. Has your district adopted a policy stating that elementary schools will allow parents or guardians to exclude their children from receiving instruction on pregnancy prevention, HIV prevention, other STD prevention, or human sexuality?

Yes.....1

No.....2

The next questions ask about the framework or course of study used by elementary schools for health education. A framework or course of study provides information on how each standard can be addressed at all grade levels and provides guidance on content, instruction, and assessment.

9. Does your district require or recommend that schools use an approved framework, course of study, or scope and sequence for elementary school health education?

Require.....1

Recommend.....2

Neither.....3

→SKIP TO THE
INTRODUCTION TO Q11

10. How often is your framework or course of study reviewed or revised?

Every year.....1

Every 2 to 3 years.....2

Every 4 to 5 years.....3

More than every 5 years.....4

As needed.....5

Other time frame.....6

Never.....7

The next questions ask about resources that your district may have provided for elementary school health education.

11. During the past two years, has your district provided...

	Yes	No
a.....Health education standards for elementary schools		
1.....	1	2
b.....A list of one or more recommended elementary school health education curricula?.....		
1.....	1	2
c.....Instructional strategies for elementary school health education		
1.....	1	2
d.....Lesson plans or learning activities for elementary school health education?.....		
1.....	1	2
e.....Plans or strategies for assessing or evaluating students in elementary school health education?.....		
1.....	1	2
f.....A list of one or more recommended elementary school health education textbooks?.....		
1.....	1	2

12. Has your district ever used a self-assessment tool such as the Health Education Curriculum Analysis Tool (HECAT) to assess a health education curriculum for elementary schools?

Yes.....	1
No.....	2

13. Districts use many ways to describe how much health education students are required to receive while in elementary school. For example, districts may describe these requirements in terms of minutes per week, hours per quarter, or hours per year. In your district, are there specified time requirements for health education at the elementary school level?

Yes.....	1
No.....	2

The next questions ask about staffing for elementary school health education in your district.

14. Has your district adopted a policy stating that newly hired staff who teach health education at the elementary school level will have undergraduate or graduate training in health education?

Yes.....	1
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No.....2

15. Has your district adopted a policy stating that newly hired staff who teach health education at the elementary school level will be certified, licensed, or endorsed by the state to teach health education?

Yes.....1

No.....2

State does not offer certification, licensure,
or endorsement to teach health education
at the elementary school level.....3

Middle School Instruction

16. Has your district adopted standards for middle school health education?

Yes.....1

No.....2 →SKIP TO THE
INTRODUCTION TO Q18

17. Do the standards adopted by your district for middle school health education specifically address...

Yes No

a.....Comprehending concepts related to health promotion and disease prevention to enhance health?.....1.....2

b.....Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors?.....1.....2

c.....Accessing valid information, products, and services to enhance health?.....1.....2

d.....Using interpersonal communication skills to enhance health and avoid or reduce health risks?.....1.....2

e.....Using decision-making skills to enhance health?
1.....2

f.....Using goal-setting skills to enhance health?
.....1.....2

g.....Practicing health-enhancing behaviors to avoid or reduce health risks?.....1.....2

h.....Advocating for personal, family, and community health?
1.....2

The next questions ask about specific health topics.

18. Has your district adopted a policy stating that middle schools will teach about...

	Yes	No
a.....Alcohol or other drug use prevention?.....		
.....2		
b.....Tobacco use prevention?.....		
.....2		
c.....Nutrition and dietary behavior?.....		
.....2		
d.....Physical activity and fitness, that is, classroom instruction, not a physical education class?.....	1.....	2
e.....Pregnancy prevention?.....		
.....2		
f.....Human immunodeficiency virus (HIV) prevention?		
1.....	2	
g.....Other sexually transmitted disease (STD) prevention?		
1.....	2	
h.....Human sexuality?..	1	2
i.....Emotional and mental health?.....		
.....2		
j.....Suicide prevention?..	1	2
k.....Violence prevention, for example bullying, fighting, or dating violence prevention?.....	1.....	2
l.....Injury prevention and safety?.....		
.....2		
m.....Asthma?.....	1	2
n.....Infectious disease prevention, including foodborne illness and flu prevention?.....	1.....	2

IF STUDENTS RECEIVE INSTRUCTION ON HUMAN SEXUALITY TOPICS (Q18E, Q18F, Q18G, OR Q18H IS “YES”), ANSWER Q19 AND Q20. OTHERWISE, SKIP TO THE INTRODUCTION TO Q21.

19. Has your district adopted a policy stating that middle schools will notify parents or guardians before students receive instruction on pregnancy prevention, HIV prevention, other STD prevention, or human sexuality?

Yes.....1

No.....2

20. Has your district adopted a policy stating that middle schools will allow parents or guardians to exclude their children from receiving instruction on pregnancy prevention, HIV prevention, other STD prevention, or human sexuality?

Yes.....1

No.....2

The next questions ask about the framework or course of study used by middle schools for health education. A framework or course of study provides information on how each standard can be addressed at all grade levels and provides guidance on content, instruction, and assessment.

21. Does your district require or recommend that schools use an approved framework, course of study, or scope and sequence for middle school health education??

Require.....1

Recommend.....2

Neither.....3

→SKIP TO THE
INTRODUCTION TO Q23

22. How often is your course of study reviewed or revised?

Every year.....1

Every 2 to 3 years.....2

Every 4 to 5 years.....3

More than every 5 years.....4

As needed.....5

Other time frame.....6

Never.....7

The next questions ask about resources that your district may have provided for middle school health education.

23. During the past two years, has your district provided...

	Yes	No
a.....Health education standards for elementary schools? 1.....2		
b.....A list of one or more recommended middle school health education curricula?.....1.....2		
c.....Instructional strategies for elementary school health education? 1.....2		
d.....Lesson plans or learning activities for middle school health education?.....1.....2		
e.....Plans or strategies for assessing or evaluating students in middle school health education?.....1.....2		
f.....A list of one or more recommended middle school health education textbooks?.....1.....2		

24. Has your district ever used a self-assessment tool such as the Health Education Curriculum Analysis Tool (HECAT) to assess a health education curriculum for middle schools?

Yes.....	1	
No.....		2

25. Districts use many ways to describe how much health education students are required to receive while in middle school. For example, districts may describe these requirements in terms of minutes per week, hours per quarter, or hours per year. In your district, are there specified time requirements for health education at the middle school level?

Yes.....	1	
No.....		2

The next questions ask about staffing for middle school health education in your district.

26. Has your district adopted a policy stating that newly hired staff who teach health education at the middle school level will have undergraduate or graduate training in health education?

Yes.....	1	
No.....		2

27. Has your district adopted a policy stating that newly hired staff who teach health education at the middle level will be Certified Health Education Specialists (CHES)?

Yes.....1

No.....2

28. Has your district adopted a policy stating that newly hired staff who teach health education at the middle level will be certified, licensed, or endorsed by the state to teach health education?

Yes.....1

No.....2

State does not offer certification, licensure,
or endorsement to teach health education
at the middle school level.....3

High School Instruction

The next questions ask about high school instruction.

29. Has your district adopted standards for high school health education?

Yes.....1

No.....2

→SKIP TO THE
INTRODUCTION TO Q31

30. Do the standards adopted by your district for high school health education specifically address...

Yes **No**

a.....Comprehending concepts related to health promotion and disease prevention to enhance health?.....1.....2

b.....Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors?.....1.....2

c.....Accessing valid information, products, and services to enhance health?.....1.....2

d.....Using interpersonal communication skills to enhance health and avoid or reduce health risks?.....1.....2

e.....Using decision-making skills to enhance health?
1.....2

f.....Using goal-setting skills to enhance health?
.....1.....2

g.....Practicing health-enhancing behaviors to avoid or reduce health risks?.....1.....2

h.....Advocating for personal, family, and community health?
1.....2

The next questions ask about specific health topics.

31. Has your district adopted a policy stating that high schools will teach about...

	Yes	No
a.....Alcohol or other drug use prevention?.....		
.....2		
b.....Tobacco use prevention?.....		
.....2		
c.....Nutrition and dietary behavior?.....		
.....2		
d.....Physical activity and fitness, that is, classroom instruction, not a physical education class?.....	1.....	2
e.....Pregnancy prevention?.....		
.....2		
f.....Human immunodeficiency virus (HIV) prevention?		
1.....	2	
g.....Other sexually transmitted disease (STD) prevention?		
1.....	2	
h.....Human sexuality?..	1	2
i.....Emotional and mental health?.....		
.....2		
j.....Suicide prevention?..	1	2
k.....Violence prevention, for example bullying, fighting, or dating violence prevention?.....	1.....	2
l.....Injury prevention and safety?.....		
.....2		
m.....Asthma?.....	1	2
n.....Infectious disease prevention, including foodborne illness and flu prevention?.....	1.....	2

IF STUDENTS RECEIVE INSTRUCTION ON HUMAN SEXUALITY TOPICS (Q31E, Q31F, Q31G, OR Q31H IS “YES”), ANSWER Q32 AND Q33. OTHERWISE, SKIP TO THE INTRODUCTION TO Q34.

32. Has your district adopted a policy stating that high schools will notify parents or guardians before students receive instruction on pregnancy prevention, HIV prevention, other STD prevention, or human sexuality?

Yes.....1

No.....2

33. Has your district adopted a policy stating that high schools will allow parents or guardians to exclude their children from receiving instruction on pregnancy prevention, HIV prevention, other STD prevention, or human sexuality?

Yes.....1

No.....2

The next questions ask about the framework or course of study used by high schools for health education. A framework or course of study provides information on how each standard can be addressed at all grade levels and provides guidance on content, instruction, and assessment.

34. Does your district require or recommend that schools use an approved framework, course of study, or scope and sequence for high school health education??

Require.....1

Recommend.....2

Neither.....3

→SKIP TO THE
INTRODUCTION TO Q36

35. How often is your course of study reviewed or revised?

Every year.....1

Every 2 to 3 years.....2

Every 4 to 5 years.....3

More than every 5 years.....4

As needed.....5

Other time frame.....6

Never.....7

The next questions ask about resources that your district may have provided for high school health education.

36. During the past two years, has your district provided...

- | | Yes | No |
|--|-----|--------|
| a.....Health education standards for elementary schools? | | |
| 1..... | 2 | |
| b.....A list of one or more recommended high school health education curricula?..... | 1 |2 |
| c.....Instructional strategies for elementary school health education? | | |
| 1..... | 2 | |
| d.....Lesson plans or learning activities for high school health education?..... | 1 |2 |
| e.....Plans or strategies for assessing or evaluating students in high school health education?..... | 1 |2 |
| f.....A list of one or more recommended high school health education textbooks?..... | 1 |2 |

37. Has your district ever used a self-assessment tool such as the Health Education Curriculum Analysis Tool (HECAT) to assess a health education curriculum for high schools?

- Yes.....1
 No.....2

38. Districts use many ways to describe how much health education students are required to receive while in high school. For example, districts may describe these requirements in terms of minutes per week, hours per quarter, or hours per year. In your district, are there specified time requirements for health education at the high school level?

- Yes.....1
 No.....2

The next questions ask about staffing for high school health education in your district.

39. Has your district adopted a policy stating that newly hired staff who teach health education at the high school level will have undergraduate or graduate training in health education?

- Yes.....1

No.....2

40. Has your district adopted a policy stating that newly hired staff who teach health education at the high school level will be Certified Health Education Specialists (CHES)?

Yes.....1

No.....2

41. Has your district adopted a policy stating that newly hired staff who teach health education at the high school level will be certified, licensed, or endorsed by the state to teach health education?

Yes.....1

No.....2

State does not offer certification, licensure
or endorsement to teach health education
at the high school level.....3

Staffing and Professional Development

42. Has your district adopted a policy stating that those who teach health education are required to earn continuing education credits on health education topics or instructional strategies?

Yes.....1

No.....2

43. Has your district adopted a policy stating that each school will have someone to oversee or coordinate health education at the school, for example, a lead health education teacher?

Yes.....1

No.....2

The next questions are about professional development for those who teach health education. This might include workshops, conferences, continuing education, graduate courses, or any other kind of in-service.

44. During the past two years, has your district provided funding for or offered professional development to those who teach health education on...

	Yes	No
a.....Alcohol or other drug use prevention?.....		
.....	2	
b.....Tobacco use prevention?.....		
.....	2	
c.....Nutrition and dietary behavior?.....		
.....	2	
d.....Physical activity and fitness?.....		
.....	2	
e.....Pregnancy prevention?.....		
.....	2	
f.....Human immunodeficiency virus (HIV) prevention?		
1.....	1	2
g.....Other sexually transmitted disease (STD) prevention?		
1.....	1	2
h.....Human sexuality?..	1	2
i.....Emotional and mental health?.....		
.....	2	
j.....Suicide prevention?..	1	2

Staffing and Professional Development

k.....Violence prevention, for example bullying, fighting, or dating violence prevention?.....1.....2
l.....Injury prevention and safety?.....2
m.....Asthma?.....1 2
n.....Infectious disease prevention, including foodborne illness and flu prevention?.....1.....2

Staffing and Professional Development

45. During the past two years, has your district provided funding for or offered professional development to those who teach health education on...

	Yes	No
a.....Teaching students with long-term physical, medical, or cognitive disabilities?.....	1.....	2
b.....Teaching students of various cultural backgrounds?.....	1.....	2
c.....Teaching students with limited English proficiency?.....	1.....	2
d.....Using interactive teaching methods, such as role plays or cooperative group activities?.....	1.....	2
e.....Using peer educators for health education?.....	1.....	2
f.....Encouraging family or community involvement?.....	1.....	2
g.....Teaching skills for behavior change?.....	1.....	2
h.....Using classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, and behavior management?.....	1.....	2
i.....Assessing or evaluating students in health education?.....	1.....	2
j.....Health education standards?.....	1.....	2
k.....Teaching online or distance education courses?.....	1.....	2
l.....Transforming traditional face-to-face courses into an online format?.....	1.....	2
m.....Using technology such as computers for health education?.....	1.....	2
n.....Using the Health Education Curriculum Analysis Tool (HECAT) to help assess health education curricula?.....	1.....	2
o.....Using data to plan or evaluate health education policies or practices?.....	1.....	2

Collaboration

The next questions ask about collaboration with other district-level staff and outside organizations.

46. During the past 12 months, have district-level health education staff worked on health education activities with district-level...

	Yes	No	District does not have staff in this area
a.....Physical education staff?.....1.....2 3			
b.....Health services staff?1.....2 3			
c.....Mental health or social services staff?.....			
2.....3			
d.....Nutrition or food service staff?.....			
2.....3			
e.....General curriculum coordinators or supervisors?.....1.....2.....3			

47. During the past 12 months, have district health education staff worked on health education activities with staff or members from...

	Yes	No
a.....A local health department?.....		
.....2		
b.....A local hospital?...1 2		
c.....A local mental health or social services agency?		
1.....2		
d.....A local law enforcement agency?.....		
.....2		
e.....A local service club, such as the Rotary Club?		
1.....2		
f.....Local fire or emergency services?.....		
.....2		
g.....Alliance for a Healthier Generation?.....		
.....2		
h.....A health organization, such as the American Heart Association or the American Cancer Society?.....1.....2		

- i.....A local college or university?.....
.....2
- j.....A local business?...1 2
- k.....A local youth organization, such as
the Boys and Girls Clubs?.....1.....2

Promotion

The next question asks about health education promotion that might occur in your district.

48. During the past 12 months, has your district...

	Yes	No
a.....Provided families of all students with information on school health education?.....	1.....	2
b.....Offered any health education to families of all students?	1.....	2
c.....Provided district or school personnel—for example classroom teachers, administrators, or school board members—with information on school health education?.....	1.....	2
d.....Sought positive media attention for school health education?	1.....	2

Evaluation

The next questions ask about different aspects of school health education that might have been evaluated during the past two years.

49. During the past two years, have the following aspects of health education in your district been evaluated?

	Yes	No	N/A
a. Health education policies.....	1.....	2.....	3
b.....Health education curricula.	1.....	2	3
c.....Health education professional development or in-service programs.....	1.....	2.....	3
d.....Health education teachers..	1.....	2	3

Health Education Coordinator

50. Currently, does someone in your district oversee or coordinate health education?

Yes.....1

No.....2

→ That is the last question.
Thank you very much for taking
the time to complete this
questionnaire.

51. Are you this person?

Yes.....1

No.....2

→ That is the last question.
Thank you very much for taking
the time to complete this
questionnaire.

The last questions ask about your educational background.

52. Do you have an undergraduate degree?

Yes.....1

No.....2

→ SKIP TO Q58

53. What did you major in?

MARK ALL THAT APPLY

Health education.....1

Physical education.....2

Other education.....3

Nursing.....4

Biology or other science.....5

Other (Specify).....6

54. Did you have an undergraduate minor?

Yes.....1

No.....2

→ SKIP TO Q56

55. What did you minor in?
 MARK ALL THAT APPLY

- Health education.....1
- Physical education.....2
- Other education.....3
- Nursing.....4
- Biology or other science.....5
- Other (Specify).....6

56. Do you have a graduate degree?

- Yes.....1
- No.....2 →SKIP TO Q58

57. In what area or areas?
 MARK ALL THAT APPLY

- Health education.....1
- Physical education.....2
- Other education.....3
- Nursing.....4
- Biology or other science.....5
- Other (Specify).....6

58. Are you certified, licensed, or endorsed by the state to teach health education at the...

	Yes	No	State does not offer certification, licensure, or endorsement to teach health education at this level
a. Elementary school level?.....1.....2.....3			
b.....Middle school level?.....1.....2 3			
c.....High school level?.....1.....2 3			

59. Are you a Certified Health Education Specialist (CHES)?

Yes.....1

No.....2

Thank you very much for taking the time to participate in this study.

If you would like more information about this study or would like clarification of any questions in this questionnaire, please call 800-287-1815.