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Health Education State Questionnaire

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**School Health Policies and Practices Study 2012
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Health Education State 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. In this questionnaire, you will be asked about health education in your state. Health education refers to any instruction on health topics, including instruction that occurs outside of health education courses, but not outside the school day. You have been identified as the person who knows the most about how instruction on health topics is provided throughout all grades in your state. As you think about the questions, please consider all health education provided to students in your state. Please consider instruction on any health topic, even if it does not occur in health education courses. Also, please think about the health education requirements for students in general, even though there may be some exceptions.
2. 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 state’s health education standards. These standards might cover student expectations and performance outcomes for health education.

1. Has your state adopted national or state health education standards?
Yes.....1
No.....2 →SKIP TO Q3

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

State Assistance to Districts and Schools

The next questions ask about state assistance to districts and schools.

3. During the past 2 years, did your state develop, revise, or assist in developing model policies, policy guidance, or other materials to inform district or school policy on each of the following topics?

	Yes	No
a. Time requirements for elementary school health education.....	1.....	2
b. Time requirements for middle school health education.....	1.....	2
c. Time and graduation requirements for high school health education.....	1.....	2
d. Certification or licensure requirements for health education teachers.....	1.....	2
e. Professional development or continuing education requirements to maintain certification or licensure.....	1.....	2

4. During the past 2 years, did your state develop, revise, or assist in developing model policies, policy guidance, or other materials to inform district or school policy on the content of instruction for each of the following health education topics?

	Yes	No
a. Alcohol or other drug use prevention.....	1.....	2
b. Tobacco use prevention.....	1.....	2
c. Nutrition and dietary behavior.....	1.....	2
d. Physical activity and fitness, that is, classroom instruction, not a physical education class.....	1.....	2
e. Pregnancy prevention.....	1.....	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.....	1.....	2
j. Suicide prevention.....	1.....	2
k. Violence prevention, for example bullying, fighting, or dating violence prevention.....	1.....	2
l. Injury prevention and safety.....	1.....	2
m. Asthma.....	1.....	2
n. Infectious disease prevention, including foodborne illness and flu prevention.....	1.....	2

5. During the past 2 years, did your state distribute to district or school staff model policies, policy guidance, or other materials to inform district or school policy on each of the following topics?

	Yes	No
a. Time requirements for elementary school health education.....	1.....	2
b. Time requirements for middle school health education.....	1.....	2
c. Time and graduation requirements for high school health education.....	1.....	2
d. Certification or licensure requirements for health education teachers.....	1.....	2
e. Professional development or continuing education requirements to maintain certification or licensure.....	1.....	2

6. During the past 2 years, did your state distribute to district or school staff model policies, policy guidance, or other materials to inform district or school policy on the content of instruction for each of the following health education topics?

	Yes	No
a. Alcohol or other drug use prevention.....	1.....	2
b. Tobacco use prevention.....	1.....	2
c. Nutrition and dietary behavior.....	1.....	2
d. Physical activity and fitness, that is, classroom instruction, not a physical education class.....	1.....	2
e. Pregnancy prevention.....	1.....	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.....	1.....	2
j. Suicide prevention.....	1.....	2
k. Violence prevention, for example bullying, fighting, or dating violence prevention.....	1.....	2
l. Injury prevention and safety.....	1.....	2
m. Asthma.....	1.....	2
n. Infectious disease prevention, including foodborne illness and flu prevention.....	1.....	2

7. During the past 2 years, did your state distribute to district or school staff the Health Education Curriculum Analysis Tool (HECAT)?

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

The next questions ask about technical assistance your state may have provided to district or school staff. Technical assistance refers to tailored guidance to meet the specific needs of the district or school that may be provided through phone, e-mail, Internet, or in-person meetings.

8. During the past 12 months, has your state provided technical assistance to district or school staff on...

	Yes	No
a. Time requirements for elementary school health education?.....1.....2	1.....	2
b. Time requirements for middle school health education?.....1.....2	1.....	2
c. Time and graduation requirements for high school health education?.....1.....2	1.....	2
d. Certification or licensure requirements for health education teachers?.....1.....2	1.....	2
e. Professional development or continuing education requirements to maintain certification or licensure?.....1.....2	1.....	2
f. Using the Health Education Curriculum Analysis Tool (HECAT) to help assess health education curricula?.....1.....2	1.....	2
g. Using data to plan or evaluate health education policies or practices?.....1.....2	1.....	2

9. During the past 12 months, has your state provided technical assistance to district or school staff on the content of instruction for each of the following health education topics?

	Yes	No
a. Alcohol or other drug use prevention.....	1.....	2
b. Tobacco use prevention.....	1.....	2
c. Nutrition and dietary behavior.....	1.....	2
d. Physical activity and fitness, that is, classroom instruction, not a physical education class.....	1.....	2
e. Pregnancy prevention.....	1.....	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.....	1.....	2
j. Suicide prevention.....	1.....	2
k. Violence prevention, for example bullying, fighting, or dating violence prevention.....	1.....	2
l. Injury prevention and safety.....	1.....	2
m. Asthma.....	1.....	2
n. Infectious disease prevention, including foodborne illness and flu prevention.....	1.....	2

10. During the past 2 years, did your state develop, revise, or assist in developing or improving each of the following items?

	Yes	No
a. Health education curricula.....	1.....	2
b. Health education standards.....	1.....	2
c. A framework or course of study for health education.....	1.....	2
d. Instructional strategies for health education.....	1.....	2
e. Lesson plans or learning activities for health education.....	1.....	2
f. Plans or strategies for assessing or evaluating students in health education.....	1.....	2

Elementary School Instruction

The next questions ask about elementary school instruction.

11. Has your state adopted standards for elementary school health education?

Yes.....1

No.....2 →SKIP TO THE
INTRODUCTION TO Q13

12. Do the standards adopted by your state 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 resources that states may provide to districts or schools for elementary school health education.

13. During the past two years, has your state provided...

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

Middle School Instruction

The next questions ask about middle school instruction.

14. Has your state adopted standards for middle school health education?

Yes.....1

No.....2 →SKIP TO THE
INTRODUCTION TO Q16

15. Do the standards adopted by your state 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 resources that states may provide for middle school health education.

16. During the past two years, has your state provided...

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

High School Instruction

The next questions ask about high school instruction.

17. Has your state adopted standards for high school health education?

Yes.....1

No.....2 →SKIP TO THE
INTRODUCTION TO Q19

18. Do the standards adopted by your state 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 resources that states may provide for high school health education.

19. During the past two years, has your state provided...

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

Certification, Licensure, or Endorsement

The next questions ask about types of certification, licensure, or endorsement your state may offer for health education teachers.

20. Does your state offer certification, licensure, or endorsement for...

	Yes	No
a. Health education for grades K–12?.....	1.....	2
b. Health education for elementary school?.....	1.....	2
c. Health education for middle school?.....	1.....	2
d. Health education for high school?.....	1.....	2
e. Combined health education and physical education for grades K–12?.....	1.....	2
f. Combined health education and physical education for elementary school?.....	1.....	2
g. Combined health education and physical education for middle school?.....	1.....	2
h. Combined health education and physical education for high school?.....	1.....	2

Professional Development

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.

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

	Yes	No
a. Alcohol or other drug use prevention?.....	1.....	2
b. Tobacco use prevention?.....	1.....	2
c. Nutrition and dietary behavior?.....	1.....	2
d. Physical activity and fitness?.....	1.....	2
e. Pregnancy prevention?.....	1.....	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?.....	1.....	2
j. Suicide prevention?.....	1.....	2
k. Violence prevention, for example bullying, fighting, or dating violence prevention?.....	1.....	2
l. Injury prevention and safety?.....	1.....	2
m. Asthma?.....	1.....	2
n. Infectious disease prevention, including foodborne illness and flu prevention?.....	1.....	2

22. During the past two years, has your state 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 among health education staff and other staff in your state.

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

	Yes	No	State 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.....Child nutrition or nutrition services staff?.....			
2.....3			

24. During the past 12 months, have state-level health education staff worked on health education activities with staff or members from...

	Yes	No	State does not have this agency or organization
a. An AAHPERD state affiliate?	1.....2.....3		
b. The state-level American School Health Association?	1.....2.....3		
c. Alliance for a Healthier Generation?	1.....2.....3		
d. A state-level school nurses' association or organization?	1.....2.....3		
e. A state-level physicians' organization, such as the American Academy of Pediatrics?	1.....2.....3		
f. A state-level health organization, such as the American Heart Association or the American Cancer Society?	1.....2.....3		
g. A state-level parents' organization, such as the PTA?	1.....2.....3		
h. A state-level youth organization, such as the Boys and Girls Clubs?	1.....2.....3		
i. The state health department?	1.....2.....3		

j. The state mental health or social services agency? 1.....2.....3

(Q24 Continued)

k. The state juvenile justice department? 1.....2.....3

l. A state-level school health committee, council, or team? 1.....2.....3

m. Colleges or universities? 1.....2.....3

n. Businesses? 1.....2

Health Education Coordinator

25. Currently, does someone in your state oversee or coordinate school health education?

Yes.....1

No.....2

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

26. 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 few questions ask about your educational background.

27. Do you have an undergraduate degree?

Yes.....1

No.....2

→SKIP TO Q33

28. 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

29. Did you have an undergraduate minor?

Yes.....1

No.....2

→SKIP TO Q31

30. 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

31. Do you have a graduate degree?

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

→SKIP TO Q33

32. 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

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

**State does not
 offer certification,
 licensure, or
 endorsement
 to teach health
 education
 at this level**

- | | Yes | No | |
|----------------------------------|--------|--------|---|
| a. Elementary school level?..... | 1..... | 2..... | 3 |
| b. Middle school level?..... | 1..... | 2..... | 3 |
| c. High school level?..... | 1..... | 2..... | 3 |

34. 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.