

## Health Education District Questionnaire

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**School Health Policies and Practices Study 2016**  
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# Health Education District Questionnaire

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## Special Instructions

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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. COMMENTS APPEARING IN THE MARGIN REPRESENT ADDITIONAL CLARIFICATION ON THE QUESTION OR THE SPECIFIC TERMINOLOGY USED. THIS TEXT WILL APPEAR ON-SCREEN UNDER THE MAIN QUESTION TEXT. 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. For the purposes of this questionnaire, “adopted a policy” means either that the district has its own policy **or** that the district follows a policy established at the state level, including any law, rule, regulation, administrative order, or similar kind of mandate.
4. 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 purposes of this questionnaire please consider it the same as a district-wide requirement.
5. 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.
6. Please do not consider school practices or policies when answering the questions. This information is gathered during data collection from schools across the country.
7. 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

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The first questions ask about health education standards adopted or used by your district. 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

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The next questions ask about elementary school instruction.

4. Does your district follow standards for elementary school health education?

Yes.....1

No.....2 →SKIP TO THE  
INTRODUCTION TO Q6

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

	<b>Yes</b>	<b>No</b>
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...

	<b>Yes</b>	<b>No</b>
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, for example influenza (flu) prevention?	1	2
o. Foodborne illness prevention?	1	2

IF STUDENTS DO 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 resources that your district might have provided for elementary school health education.

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

**Yes**                      **No**

a. A list of one or more recommended elementary school health education curricula? 1      2

b. Lesson plans or learning activities for elementary school health education? 1      2

c. Plans or strategies for assessing or evaluating students in elementary school health education? 1      2

d. A list of one or more recommended elementary school health education textbooks? 1      2

10. Has your district ever used a curriculum analysis tool such as the Health Education Curriculum Analysis Tool (HECAT) to assess one or more health education curricula for elementary schools?

Yes.....1

No.....2

11. Districts use many ways to describe how much health education students are required to receive while in elementary school. For example, districts might 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.

12. 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

No.....2

13. 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

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The next questions ask about middle school instruction.

14. Does your district follow standards for middle school health education?

Yes.....1

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

15. Do the standards followed by your district for middle school health education specifically address...

	<b>Yes</b>	<b>No</b>
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.

16. Has your district adopted a policy stating that middle schools will teach about...
- |   | <b>Yes</b> | <b>No</b> |
|---|------------|-----------|
| 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, for example influenza (flu) prevention?                         | 1          | 2         |
| o. Foodborne illness prevention?  | 1          | 2         |

IF STUDENTS RECEIVE INSTRUCTION ON HUMAN SEXUALITY TOPICS (Q16E, Q16F, Q16G, OR Q16H IS “YES”), ANSWER Q17 AND Q18. OTHERWISE, SKIP TO THE INTRODUCTION TO Q19.

17. 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

18. 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 resources that your district might have provided for middle school health education.

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

**Yes**                      **No**

a. A list of one or more recommended middle school health education curricula? 1      2

b. Lesson plans or learning activities for middle school health education? 1      2

c. Plans or strategies for assessing or evaluating students in middle school health education? 1      2

d. A list of one or more recommended middle school health education textbooks? 1      2

20. Has your district ever used a curriculum analysis tool such as the Health Education Curriculum Analysis Tool (HECAT) to assess one or more health education curricula for middle schools?

Yes.....1

No.....2

21. Districts use many ways to describe how much health education students are required to receive while in middle school. For example, districts might 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.

- 22. 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
  
- 23. Has your district adopted a policy stating that **newly hired** staff who teach health education at the middle 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 middle school level.....3
  
- 24. Has your district adopted a policy stating that **newly hired** staff who teach health education at the middle school level will be Certified Health Education Specialists (CHES)?  
Yes.....1  
No.....2

## High School Instruction

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The next questions ask about high school instruction.

25. Does your district follow standards for high school health education?

Yes.....1

No.....2 →SKIP TO THE  
INTRODUCTION TO Q27

26. Do the standards followed by your district for high school health education specifically address...

	<b>Yes</b>	<b>No</b>
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.

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

	<b>Yes</b>	<b>No</b>
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, for example influenza (flu) prevention?	1	2
o. Foodborne illness prevention?	1	2

IF STUDENTS RECEIVE INSTRUCTION ON HUMAN SEXUALITY TOPICS (Q27E, Q27F, Q27G, OR Q27H IS “YES”), ANSWER Q28 AND Q29. OTHERWISE, SKIP TO THE INTRODUCTION TO Q30.

28. 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

29. 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 resources that your district might have provided for high school health education.

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

**Yes**                      **No**

- a. A list of one or more recommended high school health education curricula? 1      2
- b. Lesson plans or learning activities for high school health education? 1      2
- c. Plans or strategies for assessing or evaluating students in high school health education? 1      2
- d. A list of one or more recommended high school health education textbooks? 1      2

31. Has your district ever used a curriculum analysis tool such as the Health Education Curriculum Analysis Tool (HECAT) to assess one or more health education curricula for high schools?

Yes.....1

No.....2

32. Districts use many ways to describe how much health education students are required to receive while in high school. For example, districts might 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.

33. 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

34. 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

35. 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



## Staffing and Professional Development

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36. 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

37. 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.

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

			<b>Yes</b>	<b>No</b>
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, for example influenza (flu) prevention?	1	2	
o.	Foodborne illness prevention?	1	2	

## Staffing and Professional Development

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

	<b>Yes</b>	<b>No</b>
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. How to involve students' families in health education?	1	2
g. How to involve the community in students' health education? 1 2		
h. Teaching skills for behavior change? 1 2		
i. Using classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, or behavior management?	1	2
j. Assessing or evaluating students in health education?	1	2
k. Aligning health education standards to curriculum, instruction, or student assessment? 1 2		
l. Teaching online or distance education courses? 1 2		
m. Using technology such as computers in the classroom?	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 and Promotion

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

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

	Yes	No	No district-level 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			

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

	Yes	No
a. Alliance for a Healthier Generation? 1 2		
b. A health organization, such as the American Heart Association or the American Cancer Society? 1 2		
c. A local health department? 1 2		
d. A local mental health or social services agency? 1 2		
e. A local juvenile justice department? 1 2		
f. A local college or university? 1 2		
g. A local business? 1 2		
h. Action for Healthy Kids? 1 2		
i. A local hospital? 1 2		
j. A local law enforcement agency? 1 2		
k. A local service club, such as the Rotary Club? 1 2		
l. Local fire or emergency medical services? 1 2		
m. A local youth organization, such as the Boys and Girls Clubs? 1 2		

42. During the past 12 months, has anyone from your district...
- |   | <b>Yes</b> | <b>No</b> |
|---|------------|-----------|
| 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

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

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

	<b>Yes</b>	<b>No</b>	<b>N/A</b>
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

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44. 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.
45. 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.

46. Do you have an undergraduate degree?  
Yes.....1  
No.....2 → SKIP TO Q52
47. 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
48. Did you have an undergraduate minor?  
Yes.....1  
No.....2 → SKIP TO Q50

49. 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

50. Do you have a graduate degree?

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

→SKIP TO Q52

51. In what area or areas was your graduate work?  
 MARK ALL THAT APPLY

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

52. 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 |

- 53. 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.