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## **Health Education State Questionnaire**

**School Health Policies and Practices Study 2012  
Attn: Tonja Kyle/Alice Roberts, Project Directors  
11785 Beltsville Drive, Suite 300  
Calverton, MD 20705  
Tel: (800) 287-1815**

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# Health Education State 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), 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. 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.
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

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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 THE  
INTRODUCTION TO Q3

2. Are these health education standards based on the 2007 **National Health Education Standards**?

Yes .....1

No.....2

**Comment [Help1]:** The National Health Education Standards are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health. The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.

## State Assistance to Districts and Schools

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

3. During the past two 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 requirements for high school health education .....	1	2
d. Graduation requirements for high school health education .....	1	2
e. Certification or licensure requirements for health education teachers .....	1	2
f. Professional development or continuing education requirements to maintain certification or licensure .....	1	2

**Comment [Help2]:** For the purposes of this question, a “model policy” is an example of what an actual policy on a particular topic or issue might address. The content might be based on scientific evidence, best practices, or state law or policy. Model policies are provided for districts or schools to consider when developing their own policies. They are recommendations, not mandates.

4. During the past two 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, for example influenza (flu) prevention .....	1	2
o. Foodborne illness prevention .....	1	2

**Comment [Help3]:** For the purposes of this question, a “model policy” is an example of what an actual policy on a particular topic or issue might address. The content might be based on scientific evidence, best practices, or state law or policy. Model policies are provided for districts or schools to consider when developing their own policies. They are recommendations, not mandates.

**Comment [Help4]:** For example, puberty and dating relationships.

State Assistance to Districts and Schools

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

**Comment [Help5]:** For the purposes of this question, a “model policy” is an example of what an actual policy on a particular topic or issue might address. The content might be based on scientific evidence, best practices, or state law or policy. Model policies are provided for districts or schools to consider when developing their own policies. They are recommendations, not mandates.

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

6. During the past two years, did your state **distribute or provide** 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?

**Comment [Help6]:** For the purposes of this question, a “model policy” is an example of what an actual policy on a particular topic or issue might address. The content might be based on scientific evidence, best practices, or state law or policy. Model policies are provided for districts or schools to consider when developing their own policies. They are recommendations, not mandates.

	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. <b>Human sexuality</b> .....	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 flu prevention .....	1	2
o. Foodborne illness prevention.....	1	2

**Comment [Help7]:** For example, puberty and dating relationships.

State Assistance to Districts and Schools

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7. During the past two years, did your state **distribute or provide** 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 might have provided to district or school staff. Technical assistance refers to one-on-one, 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...

**Comment [Help8]:** Technical assistance differs from professional development in that technical assistance tends to be less formal, more specific to an individual's needs, and shorter in duration.

	Yes	No
a. Time requirements for elementary school health education? .....	1	2
b. Time requirements for middle school health education? .....	1	2
c. Time requirements for high school health education? .....	1	2
d. Graduation requirements for high school health education? .....	1	2
e. Certification or licensure requirements for health education teachers? .....	1	2
f. Professional development or continuing education requirements to maintain certification or licensure? .....	1	2
g. Using the Health Education Curriculum Analysis Tool (HECAT) to help assess health education curricula? .....	1	2
h. Using <b>data</b> to plan or evaluate health education policies or practices? .....	1	2
i. Assessing or evaluating students in health education? .....	1	2
j. Characteristics of effective health education curricula? .....	1	2

**Comment [Help9]:** For example School Health Profiles, Youth Risk Behavior Survey (YRBS), or other types of data.

State Assistance to Districts and Schools

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?

**Comment [Help10]:** Technical assistance refers to one-on-one, 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.

	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. <b>Human sexuality</b> .....	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 flu prevention .....	1	2
o. Foodborne illness prevention.....	1	2

**Comment [Help11]:** For example, puberty and dating relationships.

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

	Yes	No
a. Health education <b>standards</b> .....	1	2
b. Health education <b>curricula</b> .....	1	2
c. Lesson plans or learning activities for health education.....	1	2
d. Plans or strategies for assessing or evaluating students in health education .....	1	2

**Comment [Help12]:** These standards might cover student expectations and performance outcomes for health education.

**Comment [Help13]:** For the purposes of this question, "curriculum" means a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.



## Elementary School Instruction

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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

**Comment [Help14]:** These standards might cover student expectations and performance outcomes for health education.

12. Do the standards adopted by your state for elementary school health education specifically address...

**Comment [Help15]:** These standards might cover student expectations and performance outcomes for health education.

	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

Elementary School Instruction

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The next question asks 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 <b>curricula</b> ? .....	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

**Comment [Help16]:** For the purposes of this question, "curriculum" means a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.

## Middle School Instruction

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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

**Comment [Help17]:** These standards might cover student expectations and performance outcomes for health education.

15. Do the standards adopted by your state for middle school health education specifically address...

**Comment [Help18]:** These standards might cover student expectations and performance outcomes for health education.

	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

Middle School Instruction

The next question asks 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. 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

**Comment [Help19]:** For the purposes of this question, "curriculum" means a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.

## High School Instruction

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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

**Comment [Help20]:** These standards might cover student expectations and performance outcomes for health education.

18. Do the standards adopted by your state for high school health education specifically address...

**Comment [Help21]:** These standards might cover student expectations and performance outcomes for health education.

	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

High School Instruction

The next question asks 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 <b>curricula</b> ? .....	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

**Comment [Help22]:** For the purposes of this question, "curriculum" means a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.

## **Certification, Licensure, or Endorsement**

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The next question asks 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...

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

**Comment [Help23]:** Professional development differs from technical assistance in that technical assistance tends to be less formal, more specific to an individual's needs, and shorter in duration.

**Comment [Help24]:** For example, puberty and dating relationships.



## Professional Development

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. 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

**Comment [Help25]:** Professional development differs from technical assistance in that technical assistance tends to be less formal, more specific to an individual's needs, and shorter in duration.

**Comment [Help26]:** These standards might cover student expectations and performance outcomes for health education.

**Comment [Help27]:** For example School Health Profiles, Youth Risk Behavior Survey (YRBS), or other types of data.

## 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	No state-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? .....	1	2	3
d. Child nutrition or nutrition services staff? .....	1	2	3

**Comment [Help28]:** For the purposes of this question, "worked on health education activities with" means collaborated with on health education or worked with to coordinate health education.

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

	Yes	No
a. The state-level American School Health Association?.....	1	2
b. Alliance for a Healthier Generation? .....	1	2
c. A state-level school nurses' association or organization? .....	1	2
d. A state-level physicians' organization, such as the American Academy of Pediatrics?.....	1	2
e. A state-level health organization, such as the American Heart Association or the American Cancer Society?.....	1	2
f. A state-level parents' organization, such as the PTA? .....	1	2
g. The state health department? .....	1	2
h. The state mental health or social services agency?.....	1	2
i. The state juvenile justice department? .....	1	2
j. Colleges or universities? .....	1	2
k. Businesses? .....	1	2
l. Foundations? .....	1	2
m. Action for Healthy Kids? .....	1	2

**Comment [Help29]:** For the purposes of this question, "worked on health education activities with" means collaborated with on health education or worked with to coordinate health education.

**Comment [Help30]:** PTA is Parent Teacher Association.

**Health Education Coordinator**

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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

Health Education Coordinator

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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 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

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 |    |

Health Education Coordinator

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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.