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**Health Education  
State Questionnaire**

Sample Copy-Do Not Complete

**School Health Policies and Programs Study 2006  
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# Health Education State Questionnaire

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## Special Instructions

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NOTE: THROUGHOUT THIS QUESTIONNAIRE, TEXT THAT APPEARS IN ALL CAPITAL LETTERS WILL NOT BE READ ALOUD TO RESPONDENTS.

THIS QUESTIONNAIRE WILL BE ADMINISTERED USING COMPUTER ASSISTED TELEPHONE INTERVIEW TECHNOLOGY. THE INTERVIEWER WILL READ THE QUESTIONS ALOUD AND TYPE 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 state's policies and practices regarding health education.
2. When I use the word "policy," I mean any law, rule, regulation, administrative order, or similar kind of mandate issued by the state board of education, state legislature, or other state agency with authority over schools in your state. I am most interested in what is required by the state, not what is recommended or contained in non-binding guidance documents, unless the question specifically asks about recommendations.
3. If a state policy is worded in such a way that it requires districts or 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 statewide requirement.
4. I recognize that the state may sometimes grant policy exceptions or waivers, but please answer each question based on what is considered the general policy and standard practice.
5. Please do not consider district or school practices or policies when answering the questions. We will ask about district and school practices and policies when we collect information from districts and schools across the country.



## Standards/Guidelines

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The first questions ask about your state's standards or guidelines for teaching health education. These standards or guidelines might cover topics such as the goals and objectives of health education or expected student outcomes.

1. Has your state adopted a policy stating that districts or schools will follow any national or state health education standards or guidelines?

Yes .....1 →SKIP TO Q3  
No.....2

2. Has your state adopted a policy encouraging districts or schools to follow any national or state health education standards or guidelines?

Yes .....1  
No.....2 →SKIP TO THE  
INTRODUCTION TO Q8

3. Are these health education standards or guidelines based on the National Health Education Standards?

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

The next questions ask about methods your state education agency might use to improve district or school compliance with these health education standards or guidelines.

4. To improve compliance with health education standards or guidelines, does your state use staff development for health education teachers?

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

5. To improve compliance with health education standards or guidelines, does your state include health education in statewide assessments or testing?

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

6. Does your state use written reports from districts or schools to document compliance with health education standards or guidelines?

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

7. Is health education included when your state does onsite reviews in school districts for overall compliance with educational standards or guidelines?

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

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## Elementary School Instruction

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Now I'm going to ask you about elementary school instruction.

8. Has your state adopted goals, objectives, or expected outcomes for elementary school health education?

Yes .....1  
No.....2 →SKIP TO THE  
INTRODUCTION TO Q10

The next questions ask about student outcomes.

9. Do the goals and objectives adopted by your state for elementary school health education specifically address...

	Yes	No
a. Comprehending concepts related to health promotion and disease prevention? .....	1.....	2.....
b. Accessing valid health information and health promotion products and services?.....	1.....	2.....
c. Analyzing the influence of culture, media, technology, and other factors on health? .....	1.....	2.....
d. Practicing health-enhancing behaviors and reducing health risks? .....	1.....	2.....
e. Using interpersonal communication skills to enhance health?.....	1.....	2.....
f. Using goal-setting and decision-making skills to enhance health?.....	1.....	2.....
g. Advocating for personal, family, and community health?.....	1.....	2.....

The next questions ask about specific health topics.

10. Has your state adopted a policy stating that elementary schools will teach about...

	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 period?.....	1	2
e. Pregnancy prevention?.....	1	2
f. HIV or human immunodeficiency virus prevention? .....	1	2
g. Other STD or sexually transmitted disease 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 homicide?.....	1	2
l. Injury prevention and safety?.....	1	2
m. Asthma awareness?.....	1	2
n. Foodborne illness prevention? .....	1	2

The next questions ask about curricula used by elementary schools for health education. By curriculum, I mean a written course of study that generally describes what students will know and be able to do by the end of a single grade or multiple grades and for a particular subject area. It is often presented through a detailed set of directions, strategies, and materials to facilitate student learning and teaching of content.

11. Does your state require or recommend that districts or schools use one particular curriculum for elementary school health education?

Require.....	1
Recommend .....	2
Neither.....	3

→SKIP TO THE  
INTRODUCTION TO  
Q13

12. Who developed that curriculum?  
 MARK ALL THAT APPLY

- State education agency.....1
- Other state agency.....2
- Commercial company .....3
- Academic institution .....4
- State-level organization or coalition .....5
- Other .....6

The next questions ask about information and materials that state agencies may provide 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. A list of one or more recommended elementary school health education textbooks? .....	1	2
c. An elementary school health education curriculum? .....	1	2
d. A chart describing the scope and sequence of instruction for elementary school health education? .....	1	2
e. Lesson plans or learning activities for elementary school health education? .....	1	2
f. Plans for how to assess or evaluate students in elementary school health education? .....	1	2

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

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

## Middle or Junior High School Instruction

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Now I'm going to ask you about middle or junior high school instruction.

15. Has your state adopted goals, objectives, or expected outcomes for middle or junior high school health education?

Yes .....1  
 No.....2 →SKIP TO THE  
 INTRODUCTION TO Q17

The next questions ask about student outcomes.

16. Do the goals and objectives adopted by your state for middle or junior high school health education specifically address...

	Yes	No
a. Comprehending concepts related to health promotion and disease prevention? .....	1	2
b. Accessing valid health information and health promoting products and services? .....	1	2
c. Analyzing the influence of culture, media, technology, and other factors on health? .....	1	2
d. Practicing health-enhancing behaviors and reducing health risks? .....	1	2
e. Using interpersonal communication skills to enhance health? .....	1	2
f. Using goal-setting and decision-making skills to enhance health? .....	1	2
g. Advocating for personal, family, and community health? .....	1	2

The next questions ask about specific health topics.

17. Has your state adopted a policy stating that middle or junior high schools will teach about...

	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 period?.....	1	2

Middle or Junior High School Instruction

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e. Pregnancy prevention?.....	1.....	2
f. HIV or human immunodeficiency virus prevention? .....	1.....	2
g. Other STD or sexually transmitted disease 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 homicide?.....	1.....	2
l. Injury prevention and safety?.....	1.....	2
m. Asthma awareness?.....	1.....	2
n. Foodborne illness prevention? .....	1.....	2

The next questions ask about curricula used by middle or junior high schools for health education.

18. Does your state require or recommend that districts or schools use one particular curriculum for middle or junior high school health education?

Require.....	1	
Recommend .....	2	
Neither.....	3	→SKIP TO THE INTRODUCTION TO Q20

19. Who developed that curriculum?

MARK ALL THAT APPLY

State education agency.....	1
Other state agency.....	2
Commercial company .....	3
Academic institution .....	4
State-level organization or coalition .....	5
Other .....	6

The next questions ask about information and materials that state agencies may provide for middle or junior high school health education.

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

	Yes	No
a. A list of one or more recommended middle or junior high school health education curricula?.....	1.....	2.....
b. A list of one or more recommended middle or junior high school health education textbooks? .....	1.....	2.....
c. A middle or junior high school health education curriculum? .....	1.....	2.....
d. A chart describing the scope and sequence of instruction for middle or junior high school health education? .....	1.....	2.....
e. Lesson plans or learning activities for middle or junior high school health education?.....	1.....	2.....
f. Plans for how to assess or evaluate students in middle or junior high school health education? .....	1.....	2.....

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

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

## Senior High School Instruction

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Next I'm going to ask you about senior high school instruction.

22. Has your state adopted goals, objectives, or expected outcomes for senior high school health education?

Yes .....1  
No.....2 →SKIP TO THE  
INTRODUCTION TO Q24

The next questions ask about student outcomes.

23. Do the goals and objectives adopted by your state for senior high school health education specifically address...

	Yes	No
a. Comprehending concepts related to health promotion and disease prevention? .....	1.....	2.....
b. Accessing valid health information and health promoting products and services? .....	1.....	2.....
c. Analyzing the influence of culture, media, technology, and other factors on health? .....	1.....	2.....
d. Practicing health-enhancing behaviors and reducing health risks? .....	1.....	2.....
e. Using interpersonal communication skills to enhance health? .....	1.....	2.....
f. Using goal-setting and decision-making skills to enhance health? .....	1.....	2.....
g. Advocating for personal, family, and community health? .....	1.....	2.....

The next questions ask about specific health topics.

24. Has your state adopted a policy stating that senior high schools will teach about...

	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 period?.....	1	2
e. Pregnancy prevention?.....	1	2
f. HIV or human immunodeficiency virus prevention? .....	1	2
g. Other STD or sexually transmitted disease 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 homicide?.....	1	2
l. Injury prevention and safety?.....	1	2
m. Asthma awareness?.....	1	2
n. Foodborne illness prevention? .....	1	2

The next questions ask about curricula used by senior high schools for health education.

25. Does your state require or recommend that districts or schools use one particular curriculum for senior high school health education?

Require .....	1	
Recommend .....	2	
Neither.....	3	→SKIP TO THE INTRODUCTION TO Q27

26. Who developed that curriculum?

MARK ALL THAT APPLY

State education agency.....	1
Other state agency .....	2
Commercial company .....	3
Academic institution .....	4
State-level organization or coalition .....	5
Other .....	6

The next questions ask about information and materials that state agencies may provide for senior high school health education.

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

	Yes	No
a. A list of one or more recommended senior high school health education curricula? .....	1	2
b. A list of one or more recommended senior high school health education textbooks?.....	1	2
c. A senior high school health education curriculum?.....	1	2
d. A chart describing the scope and sequence of instruction for senior high school health education? .....	1	2
e. Lesson plans or learning activities for senior high school health education?.....	1	2
f. Plans for how to assess or evaluate students in senior high school health education?.....	1	2

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

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

## Student Assessment

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The next questions ask about student assessment policies in your state.

29a. Has your state adopted a policy stating that elementary school students will be tested on health topics?

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

29b. Has your state adopted a policy stating that middle or junior high school students will be tested on health topics?

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

29c. Has your state adopted a policy stating that senior high school students will be tested on health topics?

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

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## Staffing and Staff Development

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Now I'm going to ask you several questions about staffing and staff development in your state.

30a. Has your state 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

30b. What about at the middle or junior high school level?

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

30c. What about at the senior high school level?

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

31a. Has your state adopted a policy stating that newly hired staff who teach health education at the middle or junior high school level will be Certified Health Education Specialists or CHES?

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

31b. What about at the senior high school level?

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

32. Does your state offer certification, licensure, or endorsement to teach health education?

Yes .....1  
No.....2 →SKIP TO Q36

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

33. 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 or junior high school? .....                                    | 1   | 2  |
| d. Health education for senior high school?.....   | 1   | 2  |
| e. Combined health education and physical education for<br>grades K-12? .....                  | 1   | 2  |
| f. Combined health education and physical education for<br>elementary school?.....             | 1   | 2  |
| g. Combined health education and physical education for<br>middle or junior high school? ..... | 1   | 2  |
| h. Combined health education and physical education for<br>senior high school? .....           | 1   | 2  |
- 34a. Has your state 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
- 34b. What about at the middle or junior high school level?
- Yes .....1  
 No.....2  
 State does not offer certification, licensure,  
 or endorsement to teach health education  
 at the middle/junior high school level.....3

34c. What about at the senior high school level?

- Yes .....1
- No.....2
- State does not offer certification, licensure,  
or endorsement to teach health education  
at the senior high school level.....3

35. Has your state adopted a policy stating that teachers will earn continuing education credits on health education topics to maintain state certification, licensure, or endorsement to teach health education?

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

36. Has your state adopted a policy stating that each school district will have someone to oversee or coordinate school health education?

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

37. Has your state 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

My next questions are about staff 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 state provided funding for or offered staff 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. HIV or human immunodeficiency virus prevention? .....      | 1..... | 2..... |
| g. Other STD or sexually transmitted disease 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 homicide?.....1.....2
- l. Injury prevention and safety?.....1.....2
- m. Asthma awareness?.....1.....2
- n. Foodborne illness prevention? .....1.....2
39. During the past two years, has your state provided funding for or offered staff  
development to those who teach health education on...
- |  | Yes    | No |
|--|--------|----|
| a. Teaching students with long-term physical, medical, or<br>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<br>or cooperative group activities? .....  | 1..... | 2  |
| e. Encouraging family or community involvement? .....  | 1..... | 2  |
| f. Teaching skills for behavior change? .....  | 1..... | 2  |
| g. Using classroom management techniques, such as social<br>skills training, environmental modification, conflict<br>resolution and mediation, and behavior management?..... | 1..... | 2  |
| h. Assessing or evaluating students in health education? .....   | 1..... | 2  |

## Collaboration

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Now I'm going to ask you about collaboration among health education staff and other staff in your state.

40a. During the past 12 months, have state-level health education staff worked on health education activities with state-level physical education staff?

Yes .....1  
No.....2  
State does not have state-level physical  
education staff.....3

40b. What about with state-level school health services staff?

Yes .....1  
No.....2  
State does not have state-level school health  
services staff.....3

40c. What about with state-level school mental health or social services staff?

Yes .....1  
No.....2  
State does not have state-level school mental  
health or social services staff.....3

40d. What about with state-level school nutrition or food service staff?

Yes .....1  
No.....2  
State does not have state-level school  
nutrition or food service staff.....3

41. 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 AAHPERD ? .....	1	2
b. The state-level American School Health Association?.....	1	2
c. A state-level school nurses' association?.....	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. The state health department? .....	1	2
g. The state mental health or social services agency?.....	1	2
h. A state-level school health committee, council, or team? .....	1	2
i. Colleges or universities? .....	1	2
j. Businesses? .....	1	2

Sample Copy-Do Not Complete

## Health Education Coordinator

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42. 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.

43. 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.

44. Do you have an undergraduate degree?

Yes .....1

No.....2

→ SKIP TO Q50A

45. What did you major in?

MARK ALL THAT APPLY

Health education .....1

Physical education .....2

Other education.....3

Kinesiology, exercise physiology, or  
exercise science.....4

Nursing.....5

Nutrition.....6

Public health.....7

Biology or other science .....8

Home economics or family and consumer  
science.....9

Other .....10

46. Did you have an undergraduate minor?
- Yes .....1  
 No.....2 →SKIP TO Q48

47. What did you minor in?  
 MARK ALL THAT APPLY
- Health education .....1  
 Physical education .....2  
 Other education.....3  
 Kinesiology, exercise physiology, or  
 exercise science.....4  
 Nursing.....5  
 Nutrition.....6  
 Public health.....7  
 Biology or other science .....8  
 Home economics or family and consumer  
 science.....9  
 Other .....10

48. Do you have a graduate degree?
- Yes .....1  
 No.....2 →SKIP TO Q50A

49. In what area or areas?  
 MARK ALL THAT APPLY
- Health education .....1  
 Physical education .....2  
 Other education.....3  
 Kinesiology, exercise physiology, or  
 exercise science.....4  
 Nursing.....5  
 Nutrition.....6  
 Public health.....7  
 Biology or other science .....8  
 Home economics or family and consumer  
 science.....9  
 Other .....10

50a. Are you certified, licensed, or endorsed by the state to teach health education at the elementary school level?

- Yes .....1
- No.....2
- State does not offer certification, licensure,  
or endorsement to teach health education  
at the elementary school level.....3

50b. What about at the middle or junior high school level?

- Yes .....1
- No.....2
- State does not offer certification, licensure,  
or endorsement to teach health education  
at the middle/junior high school level.....3

50c. What about at the senior high school level?

- Yes .....1
- No.....2
- State does not offer certification, licensure,  
or endorsement to teach health education  
at the senior high school level.....3

51. Are you a Certified Health Education Specialist or 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 survey, please call 800-287-1815.