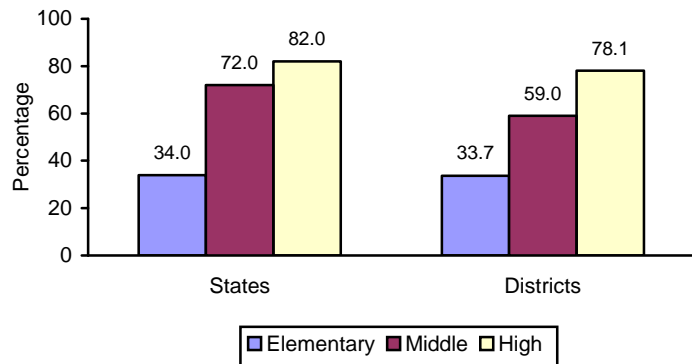


## Health Education

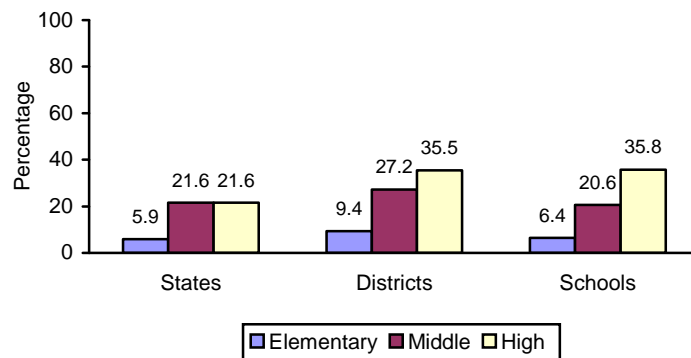
**About SHPPS:** SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the *Journal of School Health*, Volume 77, Number 8, October 2007.

- The percentage of states that required districts or schools to follow national or state health education standards or guidelines increased from 60.8% in 2000 to 74.5% in 2006, and the percentage of districts that required this of schools increased from 68.8% to 79.3%.<sup>1</sup>
- 72.0% of states required or encouraged districts or schools to follow health education standards or guidelines based on the *National Health Education Standards*.
- 94.1% of states, 70.3% of districts, and 67.8% of schools had a person who oversees or coordinates school health education.
- 22.0% of states required each school district to have someone oversee or coordinate school health education.
- 13.7% of states and 42.6% of districts required each school to have someone oversee or coordinate school health education (e.g., lead health education teacher).
- 94.1% of states offered some type of certification, licensure, or endorsement to teach health education.
- The percentage of schools that required newly hired health education staff to be certified, licensed, or endorsed by the state in health education increased from 35.0% in 2000 to 45.9% in 2006.
- 19.6% of states required elementary school students to be tested on health topics, and 21.6% of states required this for middle school and high school students.

**Percentage of States and Districts That Required Newly Hired Health Education Staff to Have Undergraduate or Graduate Training in Health Education, by School Level**



**Percentage of States, Districts, and Schools That Required Instruction on 14 Health Topics\* During the 2 Years Preceding the Study, by School Level**



\*Topics chosen to reflect the leading causes of mortality and morbidity among both youth and adults and other important public health issues.

<sup>1</sup> Selected changes between 2000 and 2006 are included if they met at least 2 of 3 criteria ( $p < .01$  from a t-test, a difference greater than 10 percentage points, or an increase by at least a factor of 2 or decrease by at least half). Variables are not included if they did not meet these criteria or if no comparable variable existed in both survey years.

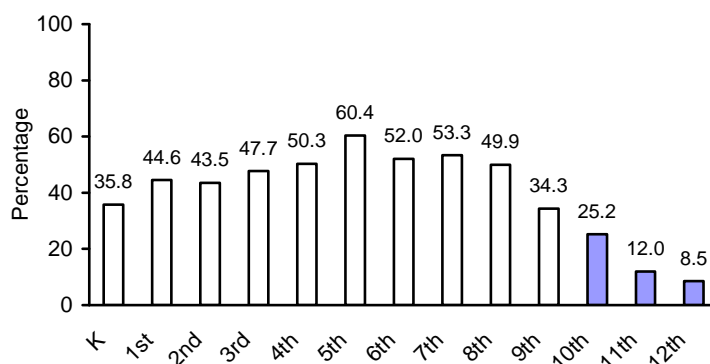
**Percentage of Schools in Which Specific Types of Staff Taught Required Health Education, by School Level**

Type of Staff	Elementary	Middle	High
Health education teachers	19.0	58.8	78.4
Physical education teachers	55.0	52.6	48.2
Other teachers*	85.7	55.1	30.8
School nurses	40.8	20.6	18.8
School counselors	31.4	19.8	11.1

\* Regular classroom teachers at the elementary school level.

- Among the 92.0% of schools that required students to receive instruction on at least 1 health topic, 71.6% provided letter or numerical grades for required health education, 10.8% used a pass/fail system, and 14.1% did not provide grades.
- 67.5% of schools used school assemblies and 28.8% used health fairs to provide information about health topics to students.

**Percentage of Schools That Required Health Education in a Particular Grade\***



\*Among schools that had students in that grade.

- 39.8% of middle schools and high schools offered elective courses that included instruction on health topics.

**Percentage of Classes That Covered Required Health Instruction or Health Education Courses in Which Teachers Sometimes, Almost Always, or Always Used Specific Teaching Methods**

Teaching Methods	Schools
Audiovisual media, such as videos	59.2
Computer-assisted instruction	25.6
Cooperative group activities	81.1
Guest speakers	41.6
Group discussions	92.0
Peer teaching	38.0
Pledges or contracts for changing behavior or abstaining from a behavior	36.7
Programs available through videoconferencing or other distance learning methods	7.3
Role play, simulations, or practice	67.4
The Internet	44.0
Visual, performing, or language arts	60.6

Where can I get more information? Visit [www.cdc.gov/shpps](http://www.cdc.gov/shpps) or call 800-CDC INFO (800-232-4636).

