

2008 SCHOOL HEALTH PROFILES RESULTS

**North Carolina Trend Report - Principal Survey**

	Prevalence Survey Year						Linear Change	Quadratic Change
	1998	2000	2002	2004	2006	2008		
<b>Required Health Education</b>								
Percentage of schools that required health education for students in any of grades 6 through 12			97.1	95.0	95.2	95.6	No	No
Percentage of schools that required students to take only one health education course			42.3	37.3	42.5	45.2	No	No
Percentage of schools that required students to take two or more health education courses			46.6	45.7	46.4	50.1	No	No
Percentage of schools that taught a required health education course in the following grades:*								
6th grade			76.4	67.8	78.5	84.4	Yes	Yes
7th grade			77.8	69.9	80.2	89.7	Yes	Yes
8th grade			78.3	69.5	78.5	88.8	Yes	Yes
9th grade			76.2	65.6	75.3	87.7	Yes	Yes
10th grade			15.7	12.7	17.1	9.7	No	No
11th grade			7.5	6.9	11.1	2.6	No	Yes
12th grade			7.7	6.2	11.8	2.6	No	Yes
Among schools that required a health education course, percentage that required students who fail the course to repeat it				48.1	51.7	47.5	No	No

\* The 2008 results published here differ slightly from the 2008 results published in site reports. This is because 2008 site reports excluded data from schools that did not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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	Prevalence Survey Year						Linear Change	Quadratic Change
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Percentage of schools that had one or more than one group (e.g., a school health council, committee, or team) that offers guidance on the development of policies or coordinates activities on health topics					57.9	58.3	No	

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**North Carolina Trend Report - Principal Survey**

	Prevalence Survey Year						Linear Change	Quadratic Change
	1998	2000	2002	2004	2006	2008		
<b>Required Physical Education</b>								
Percentage of schools that required physical education for students in any of grades 6 through 12			97.5	97.9	97.3	95.6	No	No
Percentage of schools that taught a required physical education course in the following grades:*								
6th grade				93.8	94.3	92.5	No	No
7th grade				93.5	95.1	92.2	No	No
8th grade				92.4	93.6	92.2	No	No
9th grade				94.2	90.7	87.8	No	No
10th grade				16.1	20.7	23.2	No	No
11th grade				11.3	14.6	13.1	No	No
12th grade				10.6	14.7	12.1	No	No
Percentage of schools that taught a required physical education course in all grades in the school			63.5	64.0	64.9		No	No
Percentage of schools in which students could be exempted from taking a required physical education course for one grading period or longer for the following reasons:								
Enrollment in other courses					11.2	17.2	Yes	
Participation in school sports					1.4	2.8	No	

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Participation in other school activities (i.e., ROTC, band or chorus)					9.6	12.6	No	
Participation in community sports activities					1.0	0.0	Yes	
Religious reasons					34.1	30.7	No	
Long-term physical or medical disability					68.4	75.9	Yes	
Cognitive disability					18.7	22.7	No	
High physical fitness competency test score					0.0	0.4	Yes	
Participation in vocational training					0.7	3.5	Yes	
Participation in community service activities					0.4	0.8	No	
Percentage of schools in which students could not be exempted from taking required physical education for enrollment in other courses, high physical fitness competency test score, and participation in school or community sports, other school activities, vocational training, or community service activities					82.8	77.7	No	

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<b>Tobacco-Use Prevention Policies</b>								
Percentage of schools that had adopted a policy prohibiting tobacco use			98.7	97.5	97.2	98.3	No	No
Percentage of schools that had a tobacco-use prevention policy that specifically prohibits use of cigarettes, smokeless tobacco, cigars, and pipes by students, faculty/staff, and visitors; during school hours and during non-school hours; in school buildings, outside on school grounds, on school buses or other vehicles used to transport students, and at off-campus, school-sponsored events			22.7	31.5	45.3	66.3	Yes	No
Percentage of schools that had procedures to inform the following groups about the tobacco-use prevention policy that prohibits their use of tobacco:								
Students			100.0	100.0	99.7	100.0	Yes	Yes
Faculty and staff			95.6	99.6	98.6	99.6	Yes	No
Visitors			82.2	83.2	89.1	96.7	Yes	Yes
Percentage of schools that sometimes, almost always, or always took the following actions when students were caught smoking cigarettes:								
Notified parents or guardians			99.1	100.0	99.6	100.0	Yes	No
Referred students to a school counselor			69.3	73.8	75.7	76.0	Yes	No
Referred students to a school administrator			100.0	100.0	99.6	100.0	Yes	Yes
Encouraged, but not required, participation in an assistance, education, or cessation program			51.4	52.3	57.6	60.3	Yes	No
Required participation in an assistance, education, or cessation program			40.7	46.1	43.9	47.8	No	No

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Referred students to legal authorities			15.2	20.4	17.1	18.9	No	No
Placed students in detention			62.0	61.5	67.6	68.3	No	No
Did not allow participation in extra-curricular activities or interscholastic sports					56.1	58.6	No	
Gave students in-school suspension			80.8	74.3	77.6	79.1	No	No
Suspended students from school			78.4	79.3	77.2	80.0	No	No
Expelled students from school					7.4	8.6	No	
Reassigned students to an alternative school					10.6	12.2	No	
Percentage of schools that posted signs marking a tobacco-free school zone, that is, a specified distance from school grounds where tobacco use is not allowed					74.0	87.9	Yes	

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<b>Nutrition-Related Policies and Practices</b>								
Percentage of schools in which students could purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar			86.1	88.4	84.3	71.2	Yes	Yes
Percentage of schools in which students could purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:								
Chocolate candy			46.8	48.5	35.0	28.9	Yes	No
Other kinds of candy			52.1	53.1	40.3	34.1	Yes	No
Salty snacks that are not low in fat, such as regular potato chips			72.0	72.3	50.0	44.5	Yes	No
2% or whole milk (plain or flavored)					40.1	34.2	No	
Soda pop or fruit drinks that are not 100% fruit juice					56.0	42.0	Yes	
Sports drinks, such as Gatorade					72.2	60.9	Yes	

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**North Carolina Trend Report - Lead Health Education Teacher Survey**

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	1998	2000	2002	2004	2006	2008		
<b>Collaboration</b>								
Percentage of schools in which health education staff worked with the following groups on health education activities during the current school year:								
Physical education staff				87.2	87.3	89.8	No	No
School health services staff				72.5	74.0	71.4	No	No
School mental health or social services staff				66.5	57.2	58.0	Yes	No
Nutrition or food service staff				24.9	37.9	32.0	No	Yes



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	Prevalence Survey Year						Linear Change	Quadratic Change
	1998	2000	2002	2004	2006	2008		
<b>Professional Development</b>								
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:								
Alcohol- or other drug-use prevention				36.0	42.5	38.4	No	No
Asthma awareness					30.6	29.0	No	
Emotional and mental health				21.8	25.6	24.4	No	No
Foodborne illness prevention					18.9	19.6	No	
HIV (human immunodeficiency virus) prevention				38.9	48.2	48.5	Yes	No
Human sexuality				27.1	37.1	43.2	Yes	No
Injury prevention and safety				41.3	44.8	44.7	No	No
Nutrition and dietary behavior				23.2	33.0	33.0	Yes	No
Physical activity and fitness				51.2	58.4	58.9	No	No
Pregnancy prevention				28.2	35.6	42.5	Yes	No
STD (sexually transmitted disease) prevention				36.6	43.9	46.7	Yes	No
Suicide prevention				9.4	17.9	21.3	Yes	No
Tobacco-use prevention				29.1	37.7	40.0	Yes	No

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Violence prevention				36.1	51.5	56.1	Yes	No
Teaching students with physical, medical, or cognitive disabilities				48.8	47.0	35.4	Yes	No
Teaching students of various cultural backgrounds				49.3	47.1	43.1	No	No
Teaching students with limited English proficiency				36.9	31.3	32.4	No	No
Using interactive teaching methods, such as role plays or cooperative group activities				54.6	52.0	53.8	No	No
Encouraging family or community involvement				32.5	35.2	28.7	No	No
Teaching skills for behavior change				45.0	45.7	39.8	No	No
Classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, and behavior management					63.7	57.8	No	
Assessing or evaluating students in health education					32.2	31.1	No	
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:								
Alcohol- or other drug-use prevention				71.1	70.0	76.6	No	No
Asthma awareness					64.4	72.6	Yes	
Emotional and mental health				62.8	62.3	71.5	Yes	No
Foodborne illness prevention					48.2	61.5	Yes	

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HIV (human immunodeficiency virus) prevention				62.4	61.7	72.2	Yes	No
Human sexuality				54.4	55.5	69.1	Yes	No
Injury prevention and safety				48.3	66.3	70.2	Yes	No
Nutrition and dietary behavior				69.9	75.2	78.3	Yes	No
Physical activity and fitness				67.9	75.4	78.9	Yes	No
Pregnancy prevention				55.7	57.6	69.1	Yes	No
STD (sexually transmitted disease) prevention				63.5	62.2	72.0	Yes	No
Suicide prevention				67.2	68.8	82.8	Yes	Yes
Tobacco-use prevention				61.2	64.2	71.7	Yes	No
Violence prevention				73.6	76.4	79.8	No	No
Teaching students with physical, medical, or cognitive disabilities				68.1	69.6	75.8	No	No
Teaching students of various cultural backgrounds				63.9	63.0	69.7	No	No
Teaching students with limited English proficiency				69.4	63.3	70.4	No	No
Using interactive teaching methods, such as role plays or cooperative group activities				59.3	59.9	66.2	No	No

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Encouraging family or community involvement				61.5	63.6	71.5	Yes	No
Teaching skills for behavior change				72.8	72.7	79.4	No	No
Classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, and behavior management					67.3	68.3	No	
Assessing or evaluating students in health education					68.3	77.0	Yes	

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<b>Professional Preparation</b>								
Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was health education or health and physical education combined				65.5	63.6	58.3	No	No
Percentage of schools in which the lead health education teacher was certified, licensed, or endorsed by the state to teach health education in middle school or high school					79.1	78.7	No	
Percentage of schools in which the lead health education teacher had the following number of years of experience in teaching health education classes or topics:								
1 year				2.5	6.4	5.9	Yes	No
2 to 5 years				26.1	20.9	19.2	No	No
6 to 9 years				12.1	14.1	15.4	No	No
10 to 14 years				18.9	14.5	15.5	No	No
15 years or more				40.3	44.0	44.0	No	No