

North Carolina's

School Health Education Profile

2004 Principal's Survey

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Introduction

During the spring semester of 2004 the North Carolina Department of Public Instruction (NCDPI), Healthy Schools Initiative in collaboration with the North Carolina Department of Health and Human Services (NCDHHS) contracted with the North Carolina Comprehensive School Health Training Center, Department of Curriculum and Instruction at Appalachian State University to survey principals and lead health education teachers in randomly selected schools containing grades six through twelve regarding the nature of health education programs in their schools. Two survey instruments were mailed to each principal and teacher in each selected school. The School Health Education Profile Survey – Part I was developed by the Centers for Disease Control and Prevention (CDC), Division of Adolescent and School Health in collaboration with representatives of 75 state, local, and territorial departments of education. This instrument was specifically designed to monitor the status of school health and physical education, including education to prevent HIV infection, tobacco use, STDs, and other important health risks at the middle and high school levels. A work group consisting of members from NCDPI, NCDHHS, the director of the North Carolina School Health Training Center, and a faculty member from the Department of Curriculum and Instruction at Appalachian State University developed Part II - a supplemental instrument for both principals and teachers. These questionnaires provided a more in-depth examination of several areas addressed on the School Health Education Profile Survey

Sampling and Survey Procedures

All regular secondary public schools having at least one of the grades six through twelve were included in the sampling frame. Systematic equal probability sampling with a random start was used to select schools for this survey. Schools were sorted by estimated enrollment in the target grades with school grade level (middle schools, other) before sampling. This procedure resulted in the selection of 402 schools. The initial packet, mailed directly to the principals, contained two surveys (one for the principal and one for the lead health education teacher), stamped return envelopes for each participant, and an addressed, stamped post card to return, indicating the lead health educator in the school. Additionally, a letter explaining the survey procedure was included in the packet.

Implementation of the School Health Education Profile surveys occurred between January and May of 2004. To initiate this research project, the

Superintendent of North Carolina Department of Public Instruction prepared a letter to inform the superintendents of all school districts with selected schools. This letter was mailed in January of 2004. The initial mailing of the survey instruments occurred in February of 2004. Follow-up reminder postcards were sent to non-respondents two weeks later. A second mailing of the survey instruments occurred early in March. Telephone reminders were conducted between April and May of 2004. When 70% of surveys had been received, the data collection ended.

A total of 284 principal questionnaires were returned yielding a 70.32% response rate. A total of 281 surveys were complete and eligible for analysis. Data was analyzed from 158 middle schools, 111 high schools, and 12 junior/senior combined schools. Of the 402 sampled teachers, 280 (70.18%) surveys were returned representing 108 high schools, 162 middle schools, and 10 junior/senior combined schools. In 2002, 72% of sampled principals and 58% of sampled teachers returned surveys. Data from the Centers for Disease Control's School Health Education Profile Instrument (Part I) was processed by WESTAT according to the CDC contract protocol. Data from the locally generated supplemental instruments (Part II) was processed by the senior researcher in the Office of Institutional Research, Assessment, and Planning at Appalachian State University and then combined with the data from Part I. Reporting of data occurs in valid percents. When frequency counts were too small, results from the junior/senior combined schools were not reported. The findings provide an important description of school health education for schools North Carolina.



Demographics

Schools selected to participate in this study included at least one of the following grades, six through twelve. If none of the grades were included in the school, the respondent was instructed to return the survey to ASU without completing the questionnaire.

Question 1: Are any of the following grades taught in this school?

Table 1. Grades taught in the school.

Grade	High School % of Response Yes	Middle School % of response Yes	Junior Senior Combined % response rate yes	Overall response rate
6th	0	95	0	67
7th	0	99	0	70
8th	0	98	0	70
9th	97	2	0	50
10th	99	0	0	51
11th	99	0	0	50
12th	98	0	0	50

Of the middle schools participating in the study, 95% contain a sixth grade, 99% contain a seventh grade, and 98% contain an eighth grade. At the secondary level, 97% report including ninth grade and approximately 99% include tenth to twelfth grades. No participants report working in a 6 through 12 school, yet 2% did report not including the ninth grade in a secondary school.



Coordinated School Health

Coordinated school health is a way of doing business. By coordinating local student health initiatives, goals to improve student health are met with more efficiency and with fewer resources. This type of coordination can happen at the school level or district level with guidelines from a School Health Advisory Council (SHAC). A SHAC can assess current school health needs and unifying resources to address them. This may include a school policy change or the implementation of a new program.

Question 2: Does this school have a school health committee or health advisory group?

Table 2. Health advisory committee

	Response	Percent
Yes	71	25.9
No	203	74.1
Total	274	100.0

A health committee or advisory group is present in 25.9% of all schools.

Question 3: Which of the following are included as members on your school health committee /advisory group?

Table 3. Health educator serves as a member of the health committee/advisory group.

	Response	Percent
Yes	66	88.0
No	9	12.0
Total	75	100.0

Table 4. School nurse serves as a member of the health committee/advisory group.

	Response	Percent
Yes	61	82.4
No	13	17.6
Total	74	100.0

Table 5. Physical educator serves as a member of the health committee/advisory group.

	Response	Percent
Yes	59	79.7
No	15	20.3
Total	74	100.0

Table 6. School counselor serves as a member of the health committee/advisory group.

	Response	Percent
Yes	50	70.4
No	21	29.6
Total	71	100.0

Table 7. School social worker serves as a member of the health committee/advisory group.

	Response	Percent
Yes	38	55.1
No	31	44.9
Total	69	100.0

Table 8. Food service manager serves as a member of the health committee/advisory group.

	Response	Percent
Yes	27	40.9
No	39	59.1
Total	66	100.0

Table 9. Resource officer serves as a member of the health committee/advisory group.

	Response	Percent
Yes	22	33.8
No	43	66.2
Total	65	100.0

Table 10. Student serves as a member of the health committee/advisory group.

	Response	Percent
Yes	25	38.5
No	40	61.5
Total	65	100.0

Table 11. Parent serves as a member of the health committee/advisory group.

	Response	Percent
Yes	37	54.4
No	31	45.6
Total	68	100.0

Table 12. Business representative serves as a member of the health committee/advisory group.

	Response	Percent
Yes	12	20.0
No	48	80.0
Total	60	100.0

Table 13. Health department representative serves as a member of the health committee/advisory group.

	Response	Percent
Yes	28	44.4
No	35	55.6
Total	63	100.0

Table 14. School administrator serves as a member of the health committee/advisory group.

	Response	Percent
Yes	59	83.1
No	12	16.9
Total	71	100.0

Table 15. Others serve as a member of the health committee/advisory group.

	Response	Percent
Yes	21	38.2
No	34	61.8
Total	55	100.0

Of those principals who report having an advisory committee or group, the majority consist of the health education teacher (88%), a school administrator (83.1%), the nurse (82.4%), and a physical education teacher (79.7%) respectively. Schools are less likely to have a representative from the business sector (20%) serving on their school health committee or health advisory group.

Question 4. Has this school’s health committee or health advisory group influenced school policy or programs in the last year?

Table 16. Committees that have influenced policy or programs.

	Response	Percent
Yes	51	68.0
No	24	32.0
Total	75	100.0

Sixty-eight percent of those schools with a health committee or advisory group report an impact on school policy or programs within the past year.

Question 5. Does this school have an individual assigned to coordinate all school health activities?

Table 17. Schools with coordinators for all school activities.

	Response	Percent
Yes	182	69.7
No	79	30.3
Total	261	100.0

The majority (69.7) of all principals report that there is an individual assigned to coordinate all school health activities.

Question 6. Does this school have a staff wellness program?

Table 18. School has a wellness program.

	Response	Percent
Yes	62	23.8
No	198	76.2
Total	260	100.0

A total of 23.8% of the principals report having a school wellness program in operation in their school.

Question 7. Does this school district have a school health advisory council?

Table 19. School district has a school health advisory council.

Response	Response	Percent
Yes	171	64.5
No	94	35.5
Total	265	100.0

Principals report that 64.5% of the schools have a health advisory council at the district level.

Question 8. Has this school district's school health advisory council influenced school policy or programs in the last year?

Table 20. District level school advisory council influenced school policy or programs.

	Response	Percent
Yes	147	80.3
No	36	19.7
Total	183	100.0

Eighty percent of principals report that school health advisory councils have influenced school policy or programs in the past school year at the district level.



Physical Education

Physical education is defined as instruction that helps students develop the knowledge, attitudes, motor skills, behavioral skills, and confidence needed to adopt and to maintain a physically active lifestyle. With the current epidemic of diabetes and obesity, physical education policies and practices can help ensure physically active students and physically active adults.

Question 9. Is physical education required for students in any of grades 6 through 12 in this school?

Table 21. Schools that require physical education.

	Number	Response	Percent
High School	111	110	99
Middle School	156	151	97
Junior/Senior Combined			
Total	279	273	98

Physical education is required at 97% of middle schools and 99% of high schools.

Question 10. How many required physical education courses do students take in grades 6 through 12 in this school?

Table 22. No physical education courses taken in grades 6 through 12.

	Number	Response	Percent
High School	107	1	1
Middle School	150	3	2
Junior/Senior Combined	11	0	0
Total	268	4	2

Table 23. One physical education course is taken in grades 6 through 12.

	Number	Response	Percent
High School	107	96	89
Middle School	150	22	15
Junior/Senior Combined	11	1	7
Total	268	119	43

Table 24. Two to three physical education courses are taken in grades 6 through 12.

	Number	Response	Percent
High School	107	8	8
Middle School	150	109	72
Junior/Senior Combined	11	3	26
Total	268	120	46

Table 25. Four to five physical education courses are taken in grades 6 through 12.

	Number	Response	Percent
High School	107	2	2
Middle School	150	12	8
Junior/Senior Combined	11	7	66
Total	268	21	8

Table 26. Six to seven physical education courses are taken in grades 6 through 12.

	Number	Response	Percent
High School	107	0	0
Middle School	150	4	2
Junior/Senior Combined	11	0	0
Total	268	4	1

Table 27. Eight or more physical education courses are taken in grades 6 through 12.

	Number	Response	Percent
High School	107	0	0
Middle School	150	0	0
Junior/Senior Combined	11	0	0
Total	268	0	0

Between 1% and 2% of students do not participate in any physical education courses while 89% of high school students take one course and 72% of middle school students take two to three courses. Either 2% or less students participate in six or more physical education courses.

Question 11. Is a required physical education course taught in each of the following grades in this school?

Table 28. Physical education courses taught in sixth grade.

	Number	Response	Percent
High School			
Middle School	139	137	99
Junior/Senior Combined			
Total	149	145	97

Table 29. Physical education courses taught in seventh grade.

	Number	Response	Percent
High School			
Middle School	145	143	99
Junior/Senior Combined	11	9	81
Total	158	153	97

Table 30. Physical education courses taught in eighth grade.

	Number	Response	Percent
High School			
Middle School	144	140	98
Junior/Senior Combined	11	9	81
Total	158	151	96

Table 31. Physical education courses taught in ninth grade.

	Number	Response	Percent
High School	102	101	99
Middle School			
Junior/Senior Combined	10	10	100
Total	115	114	99

Table 32. Physical education courses taught in tenth grade.

	Number	Response	Percent
High School	94	16	18
Middle School			
Junior/Senior Combined			
Total	102	17	17

Table 33. Physical education courses taught in eleventh grade.

	Number	Response	Percent
High School	91	12	13
Middle School			
Junior/Senior Combined			
Total	99	12	12

Table 34. Physical education courses taught in twelfth grade.

	Number	Response	Percent
High School	89	11	12
Middle School			
Junior/Senior Combined			
Total	97	11	11

Ninety-eight percent or more of principals report physical education is taught at their schools in grades six through nine. At the tenth grade level, 18% of those principals report that physical education is taught. In grades eleven through twelve, the percentage drops to 13%.

Question 12. Can students can be exempt from taking a required physical education course for any of the following reasons?

Table 35. Students can be exempt from a required physical education course due to enrollment in other courses.

	Number	Response	Percent
High School	106	0	0
Middle School	144	16	11
Junior/Senior Combined	11	0	0
Total	261	16	6

Table 36. Students can be exempt from a required physical education course due to participation in school sports.

	Number	Response	Percent
High School	105	0	0
Middle School	140	2	1
Junior/Senior Combined	11	0	0
Total	256	2	1

Table 37. Students can be exempt from a required physical education course due to participation in other school activities.

	Number	Response	Percent
High School	105	3	3
Middle School	140	10	7
Junior/Senior Combined	11	0	0
Total	256	13	5

Table 38. Students can be exempt from a required physical education course due to participation in community sports.

	Number	Response	Percent
High School	105	0	0
Middle School	140	2	1
Junior/Senior Combined	11	0	0
Total	256	2	1

No high school students are exempt from physical education due to enrollment in other courses or participation in sports programs and only 11% of middle school students were allowed to do so if enrolled in other courses. Seven percent of middle school students can be exempt from a required physical education course if they are participating in other school activities.

The following are additional reasons students can be exempt from required physical education courses.

Table 39. Students can be exempt from a physical education course due to religious reasons.

	Response	Percent
Yes	113	42.2
No	115	57.8
Total	268	100.0

Table 40. Students can be exempt from a physical education course due to a permanent physical disability.

	Response	Percent
Yes	178	65.7
No	93	34.3
Total	271	100.0

Table 41. Students can be exempt from a physical education course due to asthma.

	Response	Percent
Yes	104	38.7
No	165	61.3
Total	269	100.0

Table 42. Students can be exempt from a physical education course due to a high physical competency test score.

	Response	Percent
Yes	5	1.8
No	267	98.2
Total	272	100.0

Table 43. Students can be exempt from a physical education course due to participation in vocational training.

	Response	Percent
Yes	2	.7
No	270	99.3
Total	272	100.0

Table 44. Students can be exempt from a physical education course due to participation in band.

	Response	Percent
Yes	14	5.1
No	260	94.9
Total	274	100.0

Table 45. Students can be exempt from a physical education course due to participation in ROTC.

	Response	Percent
Yes	2	.7
No	269	99.3
Total	271	100.0

Table 46. Students can be exempt from a physical education course due to participation in athletics.

	Response	Percent
Yes	2	.7
No	271	99.3
Total	273	100.0

Table 47. Students can be exempt from a physical education course due to participation in chorus.

	Response	Percent
Yes	6	2.2
No	267	97.8
Total	273	100.0

Table 48. Students can be exempt from a physical education course due to participation in community service activities.

	Response	Percent
Yes	7	2.6
No	264	97.4
Total	271	100.0

Table 49. Students can be exempt from a physical education course due to other reasons.

	Response	Percent
Yes	1	100.0
No		
Total		100.0

Although only a limited number of students are exempt from physical education, principals report that the top three reasons for doing so include permanent physical disabilities (65.7%), religious reasons (42.2%), and asthma (38.7%).

Question 13. If students fail a required physical education course, are they required to repeat it?

Table 50. Students required to repeat physical education when failed.

	Number	Response	Percent
High School	105	105	100
Middle School	140	11	8
Junior/Senior Combined	10	9	92
Total	255	125	47

At the high school level all principals report that physical education must be repeated if failed. Eight percent of middle school principals report that the course must be repeated if failed.

Question 14. Is a newly hired physical education teacher or specialist required to be certified, licensed or endorsed by the state in physical education?

Table 51. Newly hired teachers that are required to be certified, licensed, or endorsed.

	Number	Response	Percent
High School	110	107	97
Middle School	155	153	98
Junior/Senior Combined			
Total	277	271	98

In North Carolina 97% of all high school and 98% of all middle school level newly hired physical education teachers must be certified, licensed, or endorsed.



Physical Activity

Physical education teaches and promotes critical life skills development for healthy lifestyles including physical activity. Physical activity among school age-children and staff improves school performance and establishes healthy habits for success in life. Moreover, research demonstrates that students participating in physical activity programs at school have increased concentration, and improved math, reading and writing test scores.

Question 15. Does this school offer students opportunities to participate in before-or-after school intramural activities or physical activity clubs?

Table 52. Opportunities to participate in intramural activities or physical activity clubs.

	Number	Response	Percent
High School	110	46	42
Middle School	155	96	61
Junior/Senior Combined			
Total	277	150	54

In over half of all schools there are opportunities for students to participate in activities such as intramurals or physical activity clubs. At the middle school level 61% of principals report these opportunities, whereas at the high school level 42% report the availability of these programs.

Question 16. Does this school provide transportation home for students who participate in after-school intramural activities or physical activity clubs?

Table 53. Transportation for after-school activities.

	Number	Response	Percent
High School	46	8	19
Middle School	96	19	20
Junior/Senior Combined			
Total	149	29	20

Transportation is provided for students who participate in after-school intramurals or physical activities in 20% of schools.

Question 17. Outside of school hours or when school is not in session, do children or adolescents use any of this school’s activity or athletic facilities for community-sponsored sports teams or physical activity programs?

Table 54. Use of Activity or Athletic Facilities.

	Number	Response	Percent
High School	105	88	83
Middle School	156	149	95
Junior/Senior Combined			
Total	272	246	90

Principals report that their high school (83%) and middle school (95%) activity and athletic fields and facilities are used for community-sponsored sports or physical activity programs. A higher percentage of middle school campuses share resources.

Question 18. Are students routinely allowed to miss all/part of physical education for any of the following reasons?

Table 55. Students are allowed to miss any or all physical education for remediation.

	Response	Percent
Yes	52	18.9
No	223	81.1
Total	275	100.0

Table 56. Students are allowed to miss any or all of physical education for testing.

	Response	Percent
Yes	60	21.7
No	216	78.3
Total	276	100.0

Table 57. Students are allowed to miss any or all of physical education for make-up work.

	Response	Percent
Yes	16	5.8
No	260	94.2
Total	276	100.0

Table 58. Students are allowed to miss any or all of physical education for athletics.

	Response	Percent
Yes	24	8.7
No	252	91.3
Total	276	100.0

Table 59. Students are allowed to miss any or all of physical education for clubs or activities.

	Response	Percent
Yes	15	5.5
No	260	94.5
Total	275	100.0

Although the majority of students are required to take physical education at the middle and high school levels, they are allowed to miss classes for testing, remediation, athletics, making up missed class work or for attending clubs or other school activities. The most cited causes for missing physical education are testing (21.7%) and remediation (18.9%).

Question 19. Outside of school hours or when school is not in session, can people in the community use all or some of this school’s physical activity or athletic facilities (such as gymnasiums, weight rooms, exercise rooms, track, athletic fields) without being in a supervised program?

Table 60. Some outdoor facilities can be used without being in a supervised program.

	Response	Percent
Yes	222	81.6
No	50	18.4
Total	272	100.0

Table 61. All outdoor facilities can be used without being in a supervised program.

	Response	Percent
Yes	146	53.9
No	125	46.1
Total	271	100.0

Table 62. School does not have outdoor facilities.

	Response	Percent
Yes	43	19.0
No	183	81.0
Total	226	100.0

Table 63. Some indoor facilities can be used without being in a supervised program.

	Response	Percent
Yes	167	62.3
No	101	37.7
Total	268	100.0

Table 64. All indoor facilities can be used without being in a supervised program.

	Response	Percent
Yes	66	24.9
No	199	75.1
Total	265	100.0

Table 65. School does not have indoor facilities.

	Response	Percent
Yes	32	14.5
No	189	85.5
Total	221	100.0

Of those schools reporting to have athletic facilities, those reporting the use of some indoor and outdoor facilities show the greatest use by people in the community.

Question 20. Does this school have any policy that prevents students from walking or biking to school?

Table 66. School policies to prevent walking or biking to school.

	Response	Percent
Yes	24	8.9
No	246	91.1
Total	270	100.0

The majority of schools do not have policies that prohibit students from walking or biking to school.

Question 21. Are any of the following measures in place to assure the quantity and quality of the required physical education course that is taught in your school?

Table 67. Classroom observation is used to assure quantity and quality of the required physical education course.

	Response	Percent
Yes	275	99.6
No	1	.4
Total	276	100.0

Table 68. Monitoring of lesson plans is used to assure quantity and quality of the required physical education course.

	Response	Percent
Yes	243	88.0
No	33	12.0
Total	276	100.0

Table 69. Verification for classroom assessment other than dressing out and participating is used to assure quantity and quality of the required physical education course.

	Response	Percent
Yes	243	88.4
No	32	11.6
Total	275	100.0

Table 70. Certified physical education staff is used to assure quantity and quality of the required physical education course.

	Response	Percent
Yes	272	98.6
No	4	1.4
Total	276	100.0

Table 71. Same class size as other academic courses is used to assure quantity and quality of the required physical education course.

	Response	Percent
Yes	174	63.0
No	102	37.0
Total	276	100.0

Principals report measures are in place to assure the quality and quantity of physical education taught in the school. Key measures include classroom observations (99.6%) and hiring certified staff (98.6%)



Health Education

Health education, taught as a required curriculum, teaches students the knowledge, attitudes, skills, behaviors, and gives them the confidence needed to adopt and maintain a healthy lifestyle and make positive health choices. Health education can include, but is not limited to the prevention of injury and violence, alcohol and other drug use, tobacco use, HIV/STD and teen pregnancy, and the promotion of proper nutrition, and physical activity.

Question 22. Is health education required for students in any of grades 6 through 12 in this school?

Table 72. Health education requirement.

	Number	Response	Percent
High School	108	106	98
Middle School	157	146	93
Total	276	263	95

Overall, principals report that health education is required in their schools (95%). Ninety eight percent of high schools and 93% of middle schools responded positively to this statement.

Question 23. Is required health education taught in each of the following ways to students in grades 6 through 12 in this school?

Table 73. Health education is taught as a combined health and physical education course.

	Number	Response	Percent
High School	103	98	94
Middle School	140	119	85
Junior/ Senior Combined	11	10	92
Total	254	227	89

Health education and physical education are taught as a combined course in 94% of the high schools and 85% of the middle schools.

Table 74. Health education is taught in another course such as science, social studies, home economics, or English.

	Number	Response	Percent
High School	77	3	4
Middle School	111	23	21
Total	195	28	15

Only four percent of high schools report that health education is taught within another subject such as science, social studies, or home economics, whereas, 21% of middle schools report doing so.

Question 24. Is a required health education course taught in each of the following grades in this school?

Table 75. Health education course is taught in the sixth grade.

	Number	Response	Percent
High School			
Middle School	110	103	93
Junior/Senior Combined			
Total	118	110	93

Table 76. Health education course is taught in the seventh grade.

	Number	Response	Percent
High School			
Middle School	117	111	95
Junior/Senior Combined	10	9	91
Total	127	120	94

Table 77. Health education course is taught in the eighth grade.

	Number	Response	Percent
High School			
Middle School	117	110	94
Junior/Senior Combined	10	9	91
Total	127	119	94

Table 78. Health education is taught in the ninth grade.

	Number	Response	Percent
High School	88	85	96
Middle School			
Junior/Senior Combined	10	10	100
Total	100	97	97

Table 79. Health education is taught in the tenth grade.

	Number	Response	Percent
High School	81	14	19
Middle School			
Junior/Senior Combined			
Total	87	16	20

Table 80. Health education is taught in the eleventh grade.

	Number	Response	Percent
High School	76	8	11
Middle School			
Junior/Senior Combined			
Total	82	9	11

Table 81. Health education is taught in the twelfth grade.

	Number	Response	Percent
High School	74	7	10
Middle School			
Junior/Senior Combined			
Total	80	8	10

At the middle school level, 93% of principals report that health education is taught at the sixth grade level, 95% at the seventh grade level, and 94% at the eighth grade level. Ninety- six percent of secondary principals report that health education is taught at the ninth grade level. Although the course is offered in high schools in the higher grades, the percentage drops from 20% at the tenth grade to 10% in the twelfth grade.

Question 25. How many required health education courses do students take in grades 6 through 12 in this school?

Table 82. No health courses are taken in grades 6 through 12.

	Number	Response	Percent
High School	103	10	9
Middle School	142	22	15
Junior/Senior Combined	10	0	0
Total	255	32	12

Table 83. One health course is taken in grades 6 through 12.

	Number	Response	Percent
High School	103	85	82
Middle School	142	17	12
Junior/Senior Combined	10	2	21
Total	255	104	39

Table 84. Two health courses are taken in grades 6 through 12.

	Number	Response	Percent
High School	103	5	5
Middle School	142	12	9
Junior/Senior Combined	10	0	0
Total	255	17	7

Table 85. Three health courses are taken in grades 6 through 12.

	Number	Response	Percent
High School	103	0	0
Middle School	142	83	58
Junior/Senior Combined	10	2	16
Total	255	85	34

Table 86. Four or more health courses are taken in grades 6 through 12.

	Number	Response	Percent
High School	103	3	3
Middle School	142	8	6
Junior/Senior Combined	10	6	63
Total	255	17	7

Eighty-two percent of high school principals report that one health education course is required and 58% of middle school principals report that three courses are taken at their schools.

Question 26. During this school year, about what percent of students in grades 6 through 12 were exempted or excused from any part of a required health education course by parental request?

Table 87. No students were exempt or excused from a required health education course by parent request.

	Number	Response	Percent
High School	91	58	65
Middle School	119	46	39
Junior/Senior Combined	10	3	33
Total	220	107	49

Table 88. Less than 1% of students were exempt or excused from a required health education course by parent request.

	Number	Response	Percent
High School	91	31	33
Middle School	119	65	55
Junior/Senior Combined	10	6	58
Total	220	102	46

Table 89. Between 1% to 5% of students were exempt or excused from a required health education course by parent request.

	Number	Response	Percent
High School	91	2	2
Middle School	119	6	5
Junior/Senior Combined	10	1	9
Total	220	9	4

Table 90. Six percent or more of students were exempt or excused from a required health education course by parent request.

	Number	Response	Percent
High School	91	0	0
Middle School	119	2	2
Junior/Senior Combined	10	0	0
Total	220	2	1

In this survey, 65% of high school principals and 39% of middle school principals report that students were not excused or exempt from taking a health education course by parent request.

Question 27. As students fail a required health education course, are they required to repeat it?

Table 91. Students must repeat a failed course.

	Number	Response	Percent
High school	92	92	100
Middle school	119	10	9
Junior/Senior combined	10	8	78
Total	221	110	48

High school principals report that all students who fail the health education course must repeat it. At the middle school level, only 9% of principals report that the class must be repeated, if failed.

Question 28. Who coordinates health education in this school?

Table 92. No one coordinates health education in this school.

	Number	Response	Percent
High School	106	5	5
Middle School	157	7	5
Junior/Senior Combined			
Total	275	13	5

Table 93. District administrator coordinates health education in this school.

	Number	Response	Percent
High School	106	11	10
Middle School	157	8	5
Junior/Senior Combined			
Total	275	19	7

Table 94. District health educator or curriculum coordinator coordinates health education in this school.

	Number	Response	Percent
High School	106	25	23
Middle School	157	37	22
Junior/Senior Combined			
Total	275	65	23

Table 95. School administrator coordinates health education in this school.

	Number	Response	Percent
High School	106	13	12
Middle School	157	13	8
Junior/Senior Combined			
Total	275	27	10

Table 96. Health education teacher coordinates health education in this school.

	Number	Response	Percent
High School	106	48	45
Middle School	157	82	53
Junior/Senior Combined			
Total	275	137	50

Table 97. School nurse coordinates health education in this school.

	Number	Response	Percent
High School	106	1	1
Middle School	157	2	1
Junior/Senior Combined			
Total	275	3	1

Table 98. Someone else coordinates health education in this school.

	Number	Response	Percent
High School	106	3	3
Middle School	157	8	5
Junior/Senior Combined			
Total	275	11	4

While the district level health educator or curriculum coordinator coordinates health education in approximately one fourth of the schools, most principals at the middle school (53%) and high school 45%) report that the lead health education teachers provide this leadership.

Question 29. Is a newly hired health education teacher required to be certified, licensed, or endorsed by the state in health education?

Table 99. Requirements for newly hired health teachers.

	Number	Response	Percent
High school	110	98	88
Middle school	152	119	77
Junior/Senior combined	0		0
Total	274	228	82

Eighty-eight percent of high school principals and 77% of middle school principals report that newly hired health education teachers must be certified, licensed, or endorsed by the state in health education.

Question 30. Does this school or school district have a school health committee or advisory group develop policies, coordinate activities, or seek student and family involvement in programs that address health issues?

Table 100. Schools with health committees or advisory groups that develop policies.

	Number	Response	Percent
High school	110	70	63
Middle school	155	108	68
Junior/Senior combined			
Total	277	187	67

Between sixty and seventy percent of principals at middle and high schools report having health committees or advisory groups that develop policies, coordinate activities or seek student and family involvement in programs that address health issues.

Question 31. Are any of the following measures in place to assure the quantity and quality of the required health education course that is taught in your school?

Table 101. Classroom observation is used to assure quantity and quality of the required health education course.

	Response	Percent
Yes	273	98.2
No	5	1.8
Total	278	100.0

Table 102. Monitoring of lesson plans is used to assure quantity and quality of the required health education course.

	Response	Percent
Yes	238	85.9
No	39	14.1
Total	277	100.0

Table 103. Certified health education staff is used to assure quantity and quality of the required health education course.

	Response	Percent
Yes	249	90.9
No	25	9.1
Total	274	100.0

Table 104. Same class size is used to assure quantity and quality of the required health education course.

	Response	Percent
Yes	200	72.7
No	75	27.3
Total	275	100.0

Classroom observation (98.2%) is the top measure to assure the quality and quantity of health education courses, followed by hiring certified staff (90.9%), monitoring lesson plans (85.9%), and maintaining class size (72.7%).

Question 32. Does your school district currently have any policies concerning birth control or abortion referrals?

Table 105. Schools with policies regarding birth control referrals.

	Number	Response	Percent
Teachers allowed to refer		7	2.9
Teachers not allowed to refer		133	54.5
No policy		104	42.6
Total	244	244	100.0

Less than 3% of principals report having policies that allow teachers to refer students for birth control. Forty-two percent report that there is not a policy in place concerning birth control referrals. Over half (54.5%) of the principals report that teachers are not allowed to refer students for birth control.

Table 106. School district with policies prohibiting abortion referrals.

	Number	Response	Percent
Teachers allowed to refer		4	1.6
Teachers not allowed to refer		135	55.1
No policy		106	43.3
Total	245	245	100.0

Less than 2% of principals report having policies that allow teachers to refer students for abortions. Forty-three percent of principals report that there is not a policy in place concerning abortion referrals. Over half (55.1%) of principals report that teachers are not allowed to refer students for abortions.



Tobacco Policies and Programs

Tobacco is the leading preventable contributor to adult death in the United States and the vast majority of smokers begin smoking before the age of eighteen. Schools have a unique role in preventing tobacco use through education and tobacco free school policies.

Question 33. Has this school adopted a policy prohibiting tobacco use?

Table 107. Schools that have adopted policies regarding tobacco use.

	Number	Response	Percent
High School	111	109	98
Middle School	156	154	98
Junior/Senior Combined			
Total	278	272	98

Ninety-eight percent of all middle and high schools have adopted a policy prohibiting tobacco use on campus.

Question 34. Does the tobacco prevention policy specifically prohibit use of each type of tobacco for students?

Table 108. The tobacco prevention policy specifically prohibits the use of cigarettes for students.

	Number	Response	Percent
High School	108	107	99
Middle School	151	149	99
Junior/Senior Combined			
Total	267	264	99

Table 109. The tobacco prevention policy specifically prohibits the use of smokeless tobacco for students.

	Number	Response	Percent
High School	108	105	97
Middle School	151	148	98
Junior/Senior Combined			
Total	267	261	98

Table 110. The tobacco prevention policy specifically prohibits the use of cigars for students.

	Number	Response	Percent
High School	107	105	98
Middle School	151	148	98
Junior/Senior Combined			
Total	266	261	98

Table 111. The tobacco prevention policy specifically prohibits the use of pipes for students.

	Number	Response	Percent
High School	107	105	98
Middle School	151	148	98
Junior/Senior Combined			
Overall	266	261	98

Question 35. Does the tobacco prevention policy specifically prohibit the use of each type of tobacco for faculty/staff?

Table 112. The tobacco prevention policy specifically prohibits the use of cigarettes for faculty/staff.

	Number	Response	Percent
High School	107	72	68
Middle School	148	103	69
Junior/Senior Combined			
Total	263	182	69

Table 113. The tobacco prevention policy specifically prohibits the use of smokeless tobacco for faculty/staff.

	Number	Response	Percent
High School	106	73	70
Middle School	147	102	69
Junior/Senior Combined			
Total	261	182	70

Table 114. The tobacco prevention policy specifically prohibits the use of cigars for faculty/staff.

	Number	Response	Percent
High School	106	72	69
Middle School	147	101	68
Junior/Senior Combined			
Total	261	180	69

Table 115. The tobacco prevention policy specifically prohibits the use of pipes for faculty/staff.

	Number	Response	Percent
High School	106	72	69
Middle School	147	101	68
Junior/Senior Combined			
Total	261	180	69

Question 36. Does the tobacco prevention policy specifically prohibit the use of each type of tobacco for visitors?

Table 116. The tobacco prevention policy specifically prohibits the use of cigarettes for visitors.

	Number	Response	Percent
High School	107	74	69
Middle School	148	102	67
Junior/Senior Combined			
Total	263	182	68

Table 117. The tobacco prevention policy specifically prohibits the use of smokeless tobacco for visitors.

	Number	Response	Percent
High School	105	69	66
Middle School	147	99	66
Junior/Senior Combined			
Total	260	174	66

Table 118. The tobacco prevention policy specifically prohibits the use of cigars for visitors.

	Number	Response	Percent
High School	105	72	69
Middle School	148	101	67
Junior/Senior Combined			
Total	261	179	68

Table 119. The tobacco prevention policy specifically prohibits the use of pipes for visitors.

	Number	Response	Percent
High School	105	72	69
Middle School	148	101	67
Junior/Senior Combined			
Total	261	179	68

Policies prohibit student use of cigarettes, smokeless tobacco, cigars, and pipes in 97% to 99% of middle and high schools. Sixty-eight to 70% of middle and high schools have similar policies for faculty and staff. Sixty-seven to 69% of middle and high schools report having policies that prevent visitors' use of tobacco on campus.

Question 37. Does the tobacco prevention policy specifically prohibit tobacco use during each of the following times for each of the following groups?

Table 120. The tobacco prevention policy specifically prohibits tobacco use during school hours for students.

	Number	Response	Percent
High School	108	108	100
Middle School	151	151	100
Junior/Senior Combined			
Total	267	267	100

Table 121. The tobacco prevention policy specifically prohibits tobacco use during non-school hours for students.

	Number	Response	Percent
High School	105	94	90
Middle School	150	145	97
Junior/Senior Combined			
Total	263	266	94

Table 122. The tobacco prevention policy specifically prohibits tobacco use during school hours for faculty/staff.

	Number	Response	Percent
High School	108	76	72
Middle School	149	106	70
Junior/Senior Combined			
Total	265	189	71

Table 123. The tobacco prevention policy specifically prohibits tobacco use during non-school hours for faculty/staff.

	Number	Response	Percent
High School	106	63	60
Middle School	149	97	64
Junior/Senior Combined			
Total	263	166	63

Table 124. The tobacco prevention policy specifically prohibits tobacco use during school hours for visitors.

	Number	Response	Percent
High School	107	81	76
Middle School	147	106	71
Junior/Senior Combined			
Total	262	194	73

Table 125. The tobacco prevention policy specifically prohibits tobacco use during non-school hours for visitors.

	Number	Response	Percent
High School	105	52	50
Middle School	148	90	59
Junior/Senior Combined			
Overall	261	149	57

The tobacco prevention policy specifically prohibits tobacco use during school and non-school hours. Tobacco use during the school day is prohibited in 100% of schools for middle and high school students. Ninety-four percent of schools report policies that address the prohibition of tobacco during non-school hours for middle and high school students. Overall, 71% of schools report that tobacco use is prohibited for faculty and staff during school hours and 63% report policies regarding non-school hours. With regard to visitors, 73% report that policies prohibit tobacco use during school hours and 57% report policies for non-school hours.

Question 38. Does the tobacco prevention policy specifically prohibit tobacco use in each of the following locations for each of the following groups?

Table 126. The tobacco prevention policy specifically prohibits tobacco use for students in school buildings.

	Number	Response	Percent
High School	108	108	100
Middle School	152	152	100
Junior/Senior Combined			
Total	269	269	100

Table 127. The tobacco prevention policy specifically prohibits tobacco use for students on school grounds.

	Number	Response	Percent
High School	108	108	100
Middle School	152	151	99
Junior/Senior Combined			
Total	269	268	100

Table 128. The tobacco prevention policy specifically prohibits tobacco use for students on school buses or other vehicles used to transport students.

	Number	Response	Percent
High School	108	107	99
Middle School	152	152	100
Junior/Senior Combined			
Total	269	268	100

Table 129. The tobacco prevention policy specifically prohibits tobacco use for students at off-campus, school-sponsored events.

	Number	Response	Percent
High School	107	99	93
Middle School	150	148	99
Junior/Senior Combined			
Total	266	256	96

Table 130. The tobacco prevention policy specifically prohibits tobacco use in school buildings for faculty/staff.

	Number	Response	Percent
High School	108	106	98
Middle School	147	145	99
Junior/Senior Combined			
Total	264	260	99

Table 131. The tobacco prevention policy specifically prohibits tobacco use on school grounds for faculty/staff.

	Number	Response	Percent
High School	108	72	67
Middle School	147	96	64
Junior/Senior Combined			
Total	264	176	66

Table 132. The tobacco prevention policy specifically prohibits tobacco use in school buses or other vehicles used to transport students for faculty/staff.

	Number	Response	Percent
High School	108	104	97
Middle School	146	142	97
Junior/Senior Combined			
Total	263	255	97

Table 133. The tobacco prevention policy specifically prohibits tobacco use at off-campus, school-sponsored events for faculty/staff.

	Number	Response	Percent
High School	105	68	65
Middle School	147	101	68
Junior/Senior Combined			
Total	261	176	67

Table 134. The tobacco prevention policy specifically prohibits tobacco use in school buildings for visitors.

	Number	Response	Percent
High School	107	105	98
Middle School	146	144	99
Junior/Senior Combined			
Total	262	258	99

Table 135. The tobacco prevention policy specifically prohibits tobacco use on school grounds for visitors.

	Number	Response	Percent
High School	107	64	60
Middle School	146	87	58
Junior/Senior Combined			
Total	262	158	59

Table 136. The tobacco prevention policy specifically prohibits tobacco use on school buses or other vehicles used to transport students.

	Number	Response	Percent
High School	107	98	92
Middle School	147	142	97
Junior/Senior Combined			
Total	263	249	95

Table 137. The tobacco prevention policy specifically prohibits tobacco use at off-campus, school-sponsored events for visitors.

	Number	Response	Percent
High School	105	44	43
Middle School	147	69	46
Junior/Senior Combined			
Total	261	118	46

All middle and high schools report that their policies prohibit tobacco use in school buildings, on school grounds, and in vehicles used to transport students. A larger percentage of policies restrict the use of tobacco in school buildings than on school grounds for faculty, staff, and visitors.

Question 39. Does your school have procedures to inform each of the following groups about the tobacco prevention policy that prohibits their use of tobacco?

Table 138. Procedures for informing students about tobacco prevention policies.

	Number	Response	Percent
High School	108	108	100
Middle School	152	152	100
Junior/Senior Combined			
Total	269	269	100

Table 139. Procedures for informing faculty and staff about tobacco prevention policies.

	Number	Response	Percent
High School	105	105	100
Middle School	149	148	99
Junior/Senior Combined			
Total	263	262	100

Table 140. Procedures for informing visitors about tobacco prevention policies.

	Number	Response	Percent
High School	101	84	84
Middle School	143	119	82
Junior/Senior Combined			
Total	253	211	83

One hundred percent of high schools participating in the study report having procedures in place to inform students, faculty, and staff of their tobacco prevention policies. Over 80% report procedures for informing visitors of the policy.

Question 40. Does your school have procedures to inform parents about the policy that prohibits tobacco use by students?

Table 141. Procedures to inform parents about tobacco use.

	Number	Response	Percent
High school	108	107	99
Middle school	151	150	99
Junior/Senior Combined			
Total	268	266	99

Ninety-nine percent of principals report that procedures are in place to inform parents of the tobacco use policies in their school.

Question 41. Does your school designate an individual who has primary responsibility for seeing that the tobacco use prevention policy is enforced?

Table 142. Schools with an individual to enforce tobacco policy.

	Number	Response	Percent
High school	107	64	60
Middle school	151	88	58
Junior/Senior Combined			
Total	267	157	59

Approximately 60% of principals report that the school has a designee to ensure that the tobacco use prevention policy is enforced.

Question 42. When students are caught smoking cigarettes, how often are each of the following actions taken?

Table 143. Parents or guardians are informed when students are caught smoking cigarettes.

		Number	Response	Percent
High school	Never	107	0	0
	Rarely		0	0
	Sometimes		12	12
	Always or almost always		95	88
Middle school	Never	151	0	0
	Rarely		0	0
	Sometimes		3	2
	Always or almost always		148	98
Total		267		

Table 144. Referrals to a school counselor occur when students are caught smoking cigarettes.

		Number	Response	Percent
High school	Never	106	16	16
	Rarely		28	27
	Sometimes		48	45
	Always or almost always		14	13
Middle school	Never	150	5	4
	Rarely		18	12
	Sometimes		70	47
	Always or almost always		57	38
Total		264		

Table 145. Referrals to a school administrator occur when students are caught smoking cigarettes.

		Number	Response	Percent
High school	Never	107	0	0
	Rarely		0	0
	Sometimes		4	4
	Always or almost always		103	96
Middle school	Never	151	0	0
	Rarely		0	0
	Sometimes		4	3
	Always or almost always		147	97
Total		267		

Table 146. Students are encouraged, but not required to participate in an assistance, education, or cessation program never occur when caught smoking cigarettes.

		Number	Response	Percent
High school	Never	107	32	30
	Rarely		19	17
	Sometimes		33	32
	Always or almost always		23	21
Middle school	Never	146	33	23
	Rarely		36	25
	Sometimes		44	30
	Always or almost always		33	22
Total		262		

Table 147. Students are required to participate in an assistance education, or cessation program when caught smoking cigarettes.

		Number	Response	Percent
High school	Never	107	43	41
	Rarely		19	17
	Sometimes		23	22
	Always or almost always		22	20
Middle school	Never	142	40	29
	Rarely		30	21
	Sometimes		36	25
	Always or almost always		36	25
Total		258		

Table 148. Students are referred to legal authorities when caught smoking cigarettes.

		Number	Response	Percent
High school	Never	105	64	60
	Rarely		26	25
	Sometimes		13	13
	Always or almost always		2	2
Middle school	Never	148	78	53
	Rarely		35	24
	Sometimes		27	17
	Always or almost always		8	6
Total		261		

Table 149. Students are placed in detention when caught smoking cigarettes.

		Number	Response	Percent
High school	Never	106	34	31
	Rarely		4	3
	Sometimes		42	41
	Always or almost always		23	24
Middle school	Never	146	48	31
	Rarely		15	11
	Sometimes		52	35
	Always or almost always		31	23
Total		261		

Table 150. Students are given in-school suspension when caught smoking cigarettes.

		Number	Response	Percent
High school	Never	107	21	20
	Rarely		7	6
	Sometimes		39	37
	Always or almost always		40	37
Middle school	Never	149	28	18
	Rarely		10	7
	Sometimes		66	44
	Always or almost always		45	31
Total		265		

Table 151. Students are suspended when caught smoking cigarettes.

		Number	Response	Percent
High school	Never	105	4	4
	Rarely		18	16
	Sometimes		59	57
	Always or almost always		24	23
Middle school	Never	149	11	8
	Rarely		20	14
	Sometimes		76	51
	Always or almost always		42	28
Total		263		

No middle or high schools report failing to take action when students are caught smoking cigarettes. Overall, 94% report that parents are contacted when the incident occurs, 27% of all students are suspended from school and 33% are given in-school suspension.

Question 43. Does your school provide referrals to tobacco cessation programs for each of the following groups?

Table 152. Tobacco cessation program referrals for faculty and staff.

	Number	Response	Percent
High school	110	21	20
Middle school	157	47	29
Junior/Senior Combined			
Total	279	70	25

Table 153. Tobacco cessation program referrals for students.

	Number	Response	Percent
High school	110	62	56
Middle school	157	83	51
Junior/Senior Combined			
Total	279	149	52

Over one half of school principals report having tobacco cessation programs for students, yet only 25% report such programs for faculty and staff.

Question 44. Is tobacco advertising prohibited in each of the following locations?

Table 154. Advertising is prohibited in the school building.

	Number	Response	Percent
High school	109	96	88
Middle school	158	147	93
Junior/Senior Combined			
Total	279	253	91

Table 155. Advertising is prohibited on the school grounds.

	Number	Response	Percent
High school	109	96	88
Middle school	158	145	92
Junior/Senior Combined			
Total	279	252	90

Table 156. Advertising is prohibited on school buses or other vehicles used to transport students.

	Number	Response	Percent
High school	109	96	88
Middle school	158	145	92
Junior/Senior Combined			
Total	279	252	90

Table 157. Advertising is prohibited in school publications.

	Number	Response	Percent
High school	109	94	86
Middle school	158	142	90
Junior/Senior Combined			
Total	279	247	89

Overall, tobacco advertising is prohibited in middle and high schools (91%) in the school building, 90% on school grounds, 90% in vehicles used to transport students, and 89% in school publications overall.

Question 45. Is tobacco advertising through sponsorship of school events prohibited?

Table 158. Schools that prohibit tobacco advertising.

	Number	Response	Percent
High school	107	96	89
Middle school	157	150	95
Junior/Senior Combined			
Overall	275	257	93

Ninety-five percent of middle school and 89% of high school principals report prohibiting tobacco advertising through sponsorship of school events.

Question 46. Are students at your school prohibited from wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters on it?

Table 159. Schools that prohibit students from wearing items that advertise tobacco.

	Number	Response	Percent
High school	108	81	76
Middle school	158	130	82
Junior/Senior Combined			
Overall	278	221	79

Over 75% of all school principals report that students are prohibited from wearing items that advertise tobacco products.

Question 47. Does your school post signs marking a tobacco-free school zone, that is, a specified distance from school grounds where tobacco use by students, faculty and staff, and visitors is not allowed?

Table 160. Schools that post signs marking a tobacco-free zone.

	Number	Response	Percent
High school	109	62	56
Middle school	157	91	57
Junior/Senior Combined			
Overall	278	160	57

Approximately half of all principals report that their school posts signs that mark a tobacco-free zone.

Question 48. Does your school have an Alternative to Suspension (ATS) program in place for students who are caught using tobacco on campus?

Table 161. Schools that have ATS program.

	Number	Response	Percent
High school		169	63.3
Middle school		96	36.7
Junior/Senior Combined			
Total	267	267	100.0

Middle school principals (36.7%) and high school principals (63.3%) report that there is an Alternative to Suspension (ATS) program available on their campus for students who are caught using tobacco.

Question 49. In your best estimation, what percentage of faculty and staff use tobacco on school property during school hours in designated smoking areas?

Table 162. Faculty and staff who use tobacco on school grounds.

	Number	Response	Percent
0%		130	48.3
5%		94	34.9
10%		29	10.8
15%		8	3.0
20%		6	2.2
25% or greater		2	.7
Total	269	269	100.0

Approximately 80% of all principals report that 5% or less of their faculty and staff use tobacco on school property.

Question 50. Do you think your school would benefit if your school district adopted a 100% Tobacco Free School policy, meaning tobacco use is prohibited by everyone at all times?

Table 163. School benefits if tobacco free policy is adopted.

	Number	Response	Percent
Already 100% Tobacco Free School		139	52.1
Yes		76	28.5
No		52	19.5
Total	267	267	100.0

Over half of principals report that a tobacco free policy is already in place at their respective schools. Of those without such a policy, 28.5% agree that the school would benefit from adopting a policy.



Nutrition Policies

Schools play an important role in influencing students' eating patterns. Nutrition policies can help ensure that eating habits will contribute to students' learning achievement and lifelong good health. Nutrition policies should address comprehensive, integrated nutrition education; the school meals program; and food choices outside of the cafeteria such as vending machines, school stores, classroom celebrations, meetings, concessions and fundraisers.

Question 51. How long do students have to eat lunch once they are seated?

Table 164. Students have less than 20 minutes to eat lunch.

	Number	Response	Percent
High school	110	31	29
Middle school	158	38	23
Junior/Senior Combined			
Total	280	73	26

Table 165. Students have 20 minutes or more to eat lunch.

	Number	Response	Percent
High school	110	79	71
Middle school	158	120	77
Junior/Senior Combined			
Total	280	206	74

Table 166. The school does not serve lunch.

	Number	Response	Percent
High school	110	0	0
Middle school	158	0	0
Junior/Senior Combined			
Total	280	1	0

Approximately 70% of principals report students have twenty minutes or more for eating lunch once they are seated and approximately one fourth of them report students have less than twenty minutes.

Question 52. Does this school or district have a policy stating that fruits or vegetables will be offered at school settings such as student parties, after-school programs, staff meetings, parents' meetings, or concession stands?

Table 167. Schools with a policy for serving fruits/vegetables at school settings.

	Number	Response	Percent
High school	108	13	12
Middle school	157	18	12
Total	277	32	11

Twelve percent of principals report that their school has a policy stating that fruits or vegetables will be served at school settings for student parties, after-school programs, staff meetings, parent meetings, or concession stands.

Question 53. Can students purchase snack foods or beverages from vending machines or at the school store, canteen, or snack bar?

Table 168. Schools where students can purchase snack foods or beverages at school vending machines, store, canteen, or snack bar.

	Number	Response	Percent
High school	111	105	95
Middle school	158	134	83
Total	281	251	88

Ninety-five percent of high school and 83% of middle school principals report that students can purchase snack foods or beverages at various places on the school campus.

Question 54. Can students purchase any of the following snack foods or beverages from vending machines or at the school store, canteen, or snack bar?

Table 169. Schools that sell chocolate candy.

	Number	Response	Percent
High School	104	65	63
Middle School	134	65	48
Junior/Senior Combined	12	7	59
Total	250	137	55

Table 170. Schools that sell other kinds of candy.

	Number	Response	Percent
High School	104	69	67
Middle School	134	73	54
Junior/Senior Combined	12	8	66
Total	250	150	60

Table 171. Schools that sell salty snacks that are not low in fat.

	Number	Response	Percent
High School	104	92	89
Middle School	134	102	76
Junior/Senior Combined	12	11	92
Total	250	205	82

Table 172. Schools that sell salty snacks that are low in fat.

	Number	Response	Percent
High School	104	89	86
Middle School	132	105	78
Junior/Senior Combined	12	9	78
Total	250	203	81

Table 173. Schools that sell fruits or vegetables.

	Number	Response	Percent
High School	104	45	43
Middle School	134	50	38
Junior/Senior Combined	12	5	42
Total	250	100	40

Table 174. Schools that sell low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods.

	Number	Response	Percent
High School	104	75	72
Middle School	134	88	66
Junior/Senior Combined	12	8	68
Total	250	171	68

Table 175. Schools that sell soft drinks, sports drinks, or fruit drinks that are not 100% juice.

	Number	Response	Percent
High School	104	98	95
Middle School	132	120	91
Junior/Senior Combined	12	11	92
Total	248	229	92

Table 176. Schools that sell 100% fruit juice.

	Number	Response	Percent
High School	105	91	86
Middle School	133	112	83
Junior/Senior Combined	12	10	82
Total	250	213	84

Table 177. Schools that sell bottled water.

	Number	Response	Percent
High School	105	102	97
Middle School	133	125	93
Junior/Senior Combined	12	11	92
Overall	250	238	95

Overall, principals report that candy (66%), salty snacks (82%), fruits and vegetables (40%), low-fat baked goods (68%), juice drinks (92%), and bottled water (95%) can be purchased from the school store, vending machines, or at a snack bar at their school.

Question 55. Can students purchase candy; high fat snacks; or soft drinks, sports drinks, or fruit drinks that are not 100% fruit juice during the following times?

Table 178. Schools that sell candy, snacks, or drinks before classes begin in the morning.

	Number	Response	Percent
High School	102	72	71
Middle School	132	11	9
Junior/Senior Combined	12	4	34
Total	246	87	35

Table 179. Schools that sell candy, snacks, or drinks during any school hours when meals are not being served.

	Number	Response	Percent
High School	102	56	55
Middle School	133	28	21
Junior/Senior Combined	12	3	23
Total	247	87	35

Table 180. Schools that sell candy, snacks, or drinks during school lunch periods.

	Number	Response	Percent
High School	103	35	34
Middle School	132	73	55
Junior/Senior Combined	12	7	58
Overall	247	115	47

Less than half of the principals report that their schools sell candy, snacks, or drinks before school, during school, and during lunch periods. Seventy-one percent of high schools sell items before class begins and 55% continue to sell items when meals are not being served.

Question 56. Has this school voluntarily adopted NC's Recommended Standards for All Foods Available in School that was developed by a consensus panel in December 2003?

Table 181. Schools with NC's Recommended Standards for all Foods Available in School.

	Response	Percent
Yes	83	31.2
No	14	5.3
Not aware of the standards	169	63.5
Total		100.0

Approximately one third of all principals report having a school that voluntarily adopted NC's Recommended Standards for All Foods Available in School.

Question 57. In a typical week, on how many days are brand name fast food offered to students as a la carte lunch items?

Table 182. Days that brand name fast foods are offered to students as a la carte lunch items.

	Response	Percent
0 Days	153	56.9
1 Day	27	10.0
2 Days	11	4.1
3 Days	5	1.9
4 Days	1	0.4
5 Days	72	26.8
Total	269	100.0

Over half of school principals report that fast foods are not served as a la carte lunch items. One fourth of the schools do provide these items five days per week.

Question 58. In a typical week, on how many days are brand name fast foods offered to students for reimbursable lunch meals?

Table 183. Days that brand name fast foods are offered to students for reimbursable lunch meals.

	Response	Percent
0 Days	188	75.8
1 Day	15	6
2 Days	4	1.6
3 Days	4	1.6
5 Days	37	14.9
Total	248	100.0

Seventy-five percent of the principals report that fast foods are offered to students for reimbursement lunch meals.

Question 59. Each day for lunch, are students at this school offered a choice between vegetables, fruits, or entrees?

Table 184. Schools that offer a choice between vegetables, fruits, or entrees.

	Number	Response	Percent
Two or more vegetables	273	257	94.1
Two or more different fruits or 100% fruit juices	272	239	87.9
Two or more different entrees or main courses	272	259	95.2
One or more low fat entree	265	178	67.2

Two or more different entrees are offered by 95.2% of the schools and two or more vegetables are offered in 94.1% of the schools. Sixty-seven percent of principals report that low fat entrees are offered in their schools.

Question 60. Each day for lunch, are students at this school offered a choice of the following kinds of milk?

Table 185. Kinds of milk offered during lunch.

	Number	Response	Percent
Low fat (1%) unflavored milk	258	182	70.5
Low fat (1%) flavored milk (any flavor)	256	149	58.2
Skim unflavored milk	253	138	54.5
Skim flavored milk (any flavor)	248	58	23.4
Reduced fat (2%) unflavored milk	254	177	69.7
Reduced fat (2%) flavored milk (any flavor)	251	130	51.8
Whole milk (3 1/2% fat) unflavored milk	252	180	71.4
Whole milk (3 1/2% fat) flavored milk (any flavor)	251	153	61.0

The kind of milk served most frequently during lunch includes whole milk, unflavored (71.4%), low fat, unflavored (70.5%), and reduced fat, unflavored (69.7%).

Question 61. How much profit is generated annually from vending machines in this school that are not operated by the Child Nutrition Program?

Table 186. Profit generated from vending machines.

Question Response	Response	Percent
Less than \$2,500	144	56.0
\$2,500-\$4,999	52	20.2
\$5,000-\$9,999	30	11.7
\$10,000-\$19,999	17	6.6
\$20,000-\$29,999	5	1.9
\$30,000-\$39,999	7	2.7
\$40,000-\$49,999	1	0.4
More than \$50,000	1	0.4
Total	257	100.0

Over half of the principals report that their schools generate less than \$2,500 in profits annually from vending machines. Between \$2,500 and \$9,999 in profits were generated from vending machines in a fifth of the schools. Less than 1% of the principals report making over \$40,000 from vending machines.

Question 62. What do these vending revenues fund in your school?

Table 187. Uses of vending revenues at the school.

	Number	Response	Percent
Textbooks	239	32	13.4
Computers	243	68	28.0
General Supplies	249	200	80.3
Salaries	239	8	3.3
Sports Team	248	92	37.1
Signage and Scoreboards	239	51	21.3
Field Trips	244	72	29.5
Band	240	29	12.1
Graduation	238	33	13.9
Other Extra Curricular Activities	244	118	48.4

Principals report that general school supplies (80.3%), other extracurricular activities (48.4%), sports teams (37.1%), field trips (29.5%), and computers (28.0%) are supported by revenues generated through vending machines.

Question 63. Does your school or school system provide any financial support to this school's food service program?

Table 188. School food service programs that receive financial support from school.

	Response	Percent
Yes	130	49.6
No	132	50.4
Total	262	100.0

Approximately half of all principals report that the school or school system provides financial support for the school's food services program.

Question 64. Do teachers in your school use food as a reward?

Table 189. Teachers who use food as a reward.

	Number	Response	Percent
Yes		169	62.6
No		101	37.4
Total	270	270	100.0

According to school principals (62.6%), teachers at their schools use food as a reward for students.

Question 65. During the past 12 months, have any of the following staff worked collaboratively with your school’s child nutrition personnel on nutrition education related activities?

Table 190. Individuals or groups who work with the child nutrition personnel.

	Number	Response	Percent
Health Education Staff	266	78	29.3
Physical Education Staff	266	59	22.2
Classroom Teachers	266	79	29.7
Health Services Staff from this School	265	59	22.3
Mental Health or Social Services Staff	264	25	9.5
Community Partners such as Public Health or Cooperative Extension	264	50	18.9

Staff members report some collaboration with the school’s child nutrition personnel. Those professionals most likely to work on nutrition related activities with the nutrition personnel are classroom teachers (29.7%), health education staff (29.3%), health services staff (22.3%), and the physical education staff (22.2%).



Violence Prevention

Efforts to ensure a safe school can include education on bullying, peer mediation, and gang violence. It can also include policies on student identification, closed campus, and routine inspections. With a comprehensive approach to violence prevention students and staff can feel secure at their school.

Question 66. Does your school implement each of the following safety and security measures?

Table 191. Schools require visitors to report to the main office or reception area upon arrival.

	Number	Response	Percent
High School	108	108	100
Middle School	156	156	100
Junior/Senior Combined			
Total	276	276	100

Table 192. Schools that maintain a “closed campus” where students are not allowed to leave school during the school day, including during lunchtime.

	Number	Response	Percent
High School	108	98	91
Middle School	156	152	97
Junior/Senior Combined			
Total	276	260	94

Table 193. Schools that use staff or adult volunteers to monitor school halls during and between classes.

	Number	Response	Percent
High School	108	100	92
Middle School	155	139	89
Junior/Senior Combined			
Total	275	250	90

Table 194. Schools that routinely conduct bag, desk, or locker checks.

	Number	Response	Percent
High School	106	61	58
Middle School	154	82	53
Junior/Senior Combined			
Total	271	149	55

Table 195. Schools that prohibit students from carrying backpacks or book bags at school.

	Number	Response	Percent
High School	108	12	11
Middle School	155	49	31
Junior/Senior Combined			
Total	274	63	23

Table 196. Schools that require students to wear school uniforms.

	Number	Response	Percent
High School	108	1	1
Middle School	155	14	9
Junior/Senior Combined			
Total	274	19	7

Table 197. Schools that require students to wear identification badges.

	Number	Response	Percent
High School	108	12	11
Middle School	155	16	10
Junior/Senior Combined			
Total	273	29	10

Table 198. Schools that use metal detectors.

	Number	Response	Percent
High School	108	33	31
Middle School	154	36	23
Junior/Senior Combined			
Total	273	72	26

Table 199. Schools that have uniformed police, undercover police, or security guards during the regular school day.

	Number	Response	Percent
High School	108	105	97
Middle School	154	116	74
Junior/Senior Combined			
Total	273	230	83

All principals report that visitors are required to report to the main office or reception area upon arrival to the campus. Over 90% of principals report that their schools did not allow students to leave during the school day. Approximately 90% of all principals report using staff or adult volunteers to monitor the school halls during and between classes. Approximately half of all principals report routine bag, desk, or locker checks. At the high school level, 11% prohibit students from carrying backpacks or book bags, whereas, a third of middle schools prohibit them from doing so. Only 11% of high schools require students to wear identification badges and 10% of middle schools require students to wear them. One third of all high school principals and one fourth of all middle school principals report the use of metal detectors in their schools. Uniformed police, undercover police, or security guards are on middle school campuses (74%) and high school campuses (97%) of the regular school day.

Question 67. Does your school have or participate in each of the following programs?

Table 200. Schools with a peer mediation program.

	Number	Response	Percent
High School	107	63	58
Middle School	157	91	57
Junior/Senior Combined			
Overall	275	160	57

Table 201. Schools with a safe-passage to school program.

	Number	Response	Percent
High School	106	9	9
Middle School	153	18	12
Junior/Senior Combined			
Overall	271	28	10

Table 202. Schools with a program to prevent gang violence.

	Number	Response	Percent
High School	105	20	21
Middle School	156	47	29
Junior/Senior Combined			
Overall	273	69	26

Table 203. Schools with a program to prevent bullying.

	Number	Response	Percent
High School	105	28	27
Middle School	157	92	58
Junior/Senior Combined			
Overall	274	126	46

Approximately half of the middle and high schools have peer mediation programs, ten percent have a safe-passage to school program, and one fourth have a program to prevent gang violence. In 58% of the middle schools and 27% of high schools, there are programs to prevent bullying.

Question 68. Does your school have a written policy for responding to violence?

Table 204. Schools with a written policy for responding to violence.

	Number	Response	Percent
High School	105	105	100
Middle School	151	145	96
Junior/Senior Combined			
Overall	268	262	98

All of the high school principals and 96% of middle school principals report having a written policy for responding to violence in their schools.



Asthma Management

The North Carolina School Asthma Survey results suggest that another 17% of children have asthma-like symptoms but no diagnosis by a physician. The survey also found that 50% of children with asthma report missing school each month due to breathing difficulties. With that said, an estimated \$100 million is spent annually on asthma care for North Carolina children. Schools can play a major role in asthma management for their students.

Question 69. The following school-based asthma management activities are implemented.

Table 205. Schools that provide a full-time registered nurse.

	Number	Response	Percent
High School	110	10	9
Middle School	157	16	10
Junior/Senior Combined			
Overall	279	27	9

Table 206. Schools that identify and track all students with asthma.

	Number	Response	Percent
High School	109	85	79
Middle School	157	141	90
Junior/Senior Combined			
Overall	277	236	86

Table 207. Schools that obtain and use an Asthma Action Plan or individualized health plan for all students with asthma.

	Number	Response	Percent
High School	106	74	70
Middle School	156	125	80
Junior/Senior Combined			
Overall	273	208	76

Table 208. Schools that assure immediate access to medication as prescribed by a physician and approved by parents.

	Number	Response	Percent
High School	108	102	94
Middle School	157	149	95
Junior/Senior Combined			
Overall	276	262	95

Table 209. Schools that provide intensive case management for students with asthma who are absent 10 days or more per year.

	Number	Response	Percent
High School	108	42	38
Middle School	154	75	49
Junior/Senior Combined			
Overall	273	122	45

Table 210. Schools that educate staff about asthma.

Yes	Number	Response	Percent
High School	109	66	60
Middle School	156	117	76
Junior/Senior Combined			
Overall	276	193	71

Table 211. Schools that educate students with asthma about asthma management.

Yes	Number	Response	Percent
High School	109	48	45
Middle School	155	117	75
Junior/Senior Combined			
Total	274	171	63

Table 212. Schools that educate all students about asthma awareness in at least one grade.

	Number	Response	Percent
High School	108	30	28
Middle School	150	62	41
Junior/Senior Combined			
Total	270	97	36

Table 213. Schools that encourage full participation in physical education and physical activity when students with asthma are doing well.

	Number	Response	Percent
High School	107	98	92
Middle School	156	154	99
Junior/Senior Combined			
Total	275	264	96

Table 214. Schools that provide modified physical education and physical activities as indicated by the student's Asthma Action Plan.

Yes	Number	Response	Percent
High School	108	90	83
Middle School	153	143	93
Junior/Senior Combined			
Total	273	244	89

Principals report that their schools incorporate a variety of asthma management activities in their school program. While only approximately 10% of schools employ a full time nurse, overall, 86% of them identify and track students with asthma and 76% of principals report that they use an Asthma Action Plan for all students with asthma. When medication is prescribed by a physician and approved by parents, 95% of schools allow immediate access to those medications. Students and staff are educated about asthma management in the majority of schools. Schools modify physical education for students with asthma in 83% of the high schools and in 93% of middle schools. Full participation in physical education is encouraged when students with asthma are doing well according to 96% of all principals.



HIV Policies

An HIV policy strives to maintain a balance between the need to educate all eligible students to protect students' and employees' rights, and to control the communicable disease. Under certain circumstances, students and employees with HIV may pose a threat to the health and safety of other students and staff. The North Carolina 2004 Profile asked several questions about HIV policies, and the results are summarized below.

Question 70. Has this school adopted a written policy that protects the rights of students and/or staff with HIV infection or AIDS?

Table 215. Schools with a written policy that protects the rights of students and/or staff with HIV infection or AIDS.

	Number	Response	Percent
High School	103	52	50
Middle School	152	83	54
Junior/Senior Combined			
Total	267	139	51

Approximately half of all principals report that there is a written policy that protects the rights of students and/or staff with HIV infection or AIDS.

Question 71. Does that policy address each of the following issues for students and/or with staff with HIV infection or AIDS?

Table 216. Schools with HIV infection policy that addresses the attendance of students with HIV infection.

	Number	Response	Percent
High School	49	45	92
Middle School	77	66	85
Junior/Senior Combined			
Total	130	115	88

Table 217. Schools with HIV infection policy that has procedures to protect HIV-infected students and staff from discrimination.

	Number	Response	Percent
High School	50	50	100
Middle School	79	72	90
Junior/Senior Combined			
Total	133	126	94

Table 218. Schools with HIV infection policy that has procedures to maintain confidentiality of HIV-infected students and staff.

	Number	Response	Percent
High School	51	51	100
Middle School	79	78	98
Junior/Senior Combined			
Total	134	133	99

Table 219. Schools with HIV infection policy that has procedures to address worksite safety.

	Number	Response	Percent
High School	51	51	100
Middle School	80	79	99
Junior/Senior Combined			
Total	135	134	99

Table 220. Schools with HIV infection policy that has addressed confidential counseling for HIV-infected students.

Yes	Number	Response	Percent
High School	50	41	84
Middle School	78	66	84
Junior/Senior Combined			
Total	132	111	84

Table 221. Schools with HIV infection policy that has addressed communication of the policy to students, school staff, and parents.

Yes	Number	Response	Percent
High School	50	41	83
Middle School	77	65	83
Junior/Senior Combined			
Total	131	110	83

Table 222. Schools with HIV infection policy that has addressed adequate training about HIV infection for school staff.

	Number	Response	Percent
High School	50	44	88
Middle School	79	72	90
Junior/Senior Combined			
Total	133	120	89

Table 223. Schools with HIV infection policy that has addressed procedures for implementing the policy.

	Number	Response	Percent
High School	50	47	95
Middle School	79	73	92
Junior/Senior Combined			
Total	133	124	93

For schools that have adopted a written policy that protects the rights of students and/or staff with HIV infection or AIDS, the following aspects are included: attendance (88%), discrimination protection (94%), confidentiality for faculty and students (99%), confidential counseling for students (84%), worksite safety (99%), training for school staff (89%), and implementation procedures (93%).



Sun Safety Policies

Skin cancer is the most common kind of cancer in the United States and occurs more often than all other cancers combined. The lifetime risk of getting skin cancer is linked to sun exposure in childhood. A child’s skin, particularly before the age of ten, is especially vulnerable to the harmful ultraviolet rays. School policies that reduce exposure to ultraviolet radiation (limiting time outdoors during 11:00 am – 1:00 pm) and encourage the use of sun safety protective measures during the school day (protective clothing, hats and sunglasses) when the UV rays are most prevalent provide protection for students and staff.

Question 71. Does your school have a policy establishing sun safety guidelines for any of the following areas?

Table 224. Policy for sun safety education guidelines.

	Number	Response	Percent
Sun Safety Education for Students	270	63	23.3
Sun Safety Staff Development for Teachers	271	14	5.2
Promote or Require the Use of Protective Clothing	272	63	23.2
Encourage Use of Lip Balm or Sunscreen	271	123	45.4
New Construction that included Shade Areas	265	27	10.2
Other Areas	239	16	6.7

Principals report limited sun safety education guidelines in their schools. Policies include guidelines for students (23.3%) and teachers (5.2%). The use of sunscreen (45.4%) and the requirement or promotion of use of protective clothing (23.2%) is cited by principals and new construction is noted to have sun safety education guidelines (10.2%).



Indoor Air Quality (IAQ) and Mold Growth Prevention

Studies have shown that poor indoor air quality (mold is a subset of IAQ) in schools can have a negative impact on the student's learning experience. Poor IAQ can also contribute to the aggravation of asthma and allergy like symptoms. It therefore seems prudent to implement proactive programs to better design schools, to evaluate the design of existing schools, to review the operation of building systems, and to assure the proper maintenance of these systems.

Question 72. Does the heating and air-conditioning system keep the temperature and humidity at comfortable levels?

Table 225. Temperature and humidity are kept at appropriate levels by heating and air-conditioning system.

	Response	Percent
Yes	172	63.9
No	97	36.1
Total	269	100.0

Sixty-three percent of principals report that the heating and air-conditioning system keeps the school temperature and humidity at comfortable levels.



Medical Emergency Preparedness

A group of leading national organizations (including the American Heart Association, American Academy of Pediatrics, and the National Association of School Nurses) recently recommended that schools develop a medical emergency response plan for cardiac arrest and other life-threatening medical emergencies. The recommended elements of such a plan were 1) effective and efficient communication throughout the school campus, 2) coordinated and practiced response plan, 3) risk reduction, 4) training and equipment for first aid and CPR (cardiopulmonary resuscitation), and 5) implementation of a lay rescuer AED (automated external defibrillator) program in schools with an established need. The organizations also gave recommendations for how schools should implement an AED program, including the need to train likely rescuers in both CPR and AED use and the need to coordinate with the community's emergency medical system (EMS). During the last few years there has been growing interest in placing AEDs in North Carolina schools, but there has been no information on how many schools have implemented AED programs or how schools have implemented these programs.

Question 73. Is there an Automated External Defibrillator (AED) present in your school?

Table 226. Schools with an AED.

	Response	Percent
Yes	42	15.7
No	225	84.3
Total	267	100.0

Only 15.7% of schools surveyed have an automated external defibrillator present.

Question 74. How many faculty, staff, and students have been trained to use the AED(s)?

Table 227. Schools where faculty, staff, and students have been trained to use the AED(s).

	Response	Percent
None	24	32.0
1-5	33	44.0
6-10	13	17.3
11-15	1	1.3
16-20	1	1.3
More than 20	3	4.0
Total	75	100.0

In 44% of schools participating in this study, only one to five faculty, staff, or students have been trained to use the AED. Approximately one third of these schools report no person is trained to do so.

Question 75. Does your school have policies in place ensuring rapid activation of those trained to use the AED(s) in the case of a medical emergency?

Table 228. Schools with policies to ensure use of AED in an emergency.

	Response	Percent
Yes	39	52.7
No	35	47.3
Total	74	100.0

Fifty-two percent of principals report that a policy exists to ensure the use of an AED in the event of an emergency.

Question 76. Does your school have policies in place ensuring the presence of AED(s) at school events (both off-site and on-site) such as football games?

Table 229. Policies to ensure the presence of AED(s) at school events.

	Response	Percent
Yes	40	50.0
No	40	50.0
Total	80	100.0

Fifty percent of principals report that a policy exists to ensure the presence of an AED at on and off-site school events such as football games.

Question 77. Has your school notified the local Emergency Medical Services (EMS) or rescue squad that there is an AED present in your school?

Table 230. Schools that have notified the local EMS that an AED is present in the school.

	Response	Percent
Yes	32	41.6
No	45	58.4
Total	77	100.0

Approximately 42% of principals report that they have notified the local EMS that an AED is present in their school.

Question 78. During the past 12 months, have faculty and staff at this school been offered CPR training?

Table 231. Schools that have offered CPR in the past 12 months.

	Response	Percent
Yes	194	71.6
No	77	28.4
Total	271	100.0

Principals (71.6%) report that CPR has been offered in their schools in the past twelve months.

Question 79. How many faculty and staff are currently certified in CPR?

Table 232. Number of faculty and staff certified in CPR.

	Response	Percent
None	2	.7
1-5	120	44.8
6-10	102	38.1
11-15	20	7.5
16-20	15	5.6
More than 20	9	3.4
Total	268	100.0

Forty-four percent of principals report that between one and five members of their faculty and staff has CPR certification.

Question 80. Does your school have policies in place ensuring rapid activation of those certified in CPR in the case of a medical emergency?

Table 233. Schools with a policy to activate certified CPR staff in an emergency.

	Response	Percent
Yes	228	85.1
No	40	14.9
Total	268	100.0

The majority of schools (85.1%) have a policy to ensure rapid activation of certified CPR faculty and staff in the event of a medical emergency.