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## **Health Education School Questionnaire**

**School Health Policies and Practices Study 2014  
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# Health Education School Questionnaire

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## **Special Instructions**

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

THIS QUESTIONNAIRE WILL BE ADMINISTERED USING COMPUTER ASSISTED PERSONAL INTERVIEW TECHNOLOGY. THE INTERVIEWER WILL READ THE QUESTIONS ALOUD AND TYPE RESPONSES TO THE QUESTIONS INTO THE LAPTOP COMPUTER. THE INTERVIEW PROGRAM WILL 1) DISPLAY THE CORRECT TENSE OF VERBS, 2) PROVIDE ALTERNATE ANSWERS TO QUESTIONS (E.G., NOT APPLICABLE), 3) NAVIGATE COMPLEX SKIP PATTERNS, AND 4) PERFORM OTHER USEFUL FUNCTIONS. COMMENTS APPEARING IN THE MARGIN REPRESENT ASSISTANCE AVAILABLE TO THE RESPONDENT IF ADDITIONAL CLARIFICATION IS REQUIRED ON THE QUESTION OR THE SPECIFIC TERMINOLOGY USED. WHEN ASKED, THE INTERVIEWER WILL READ THESE STATEMENTS ALOUD TO THE RESPONDENT. THE PROGRAMMING SPECIFICATIONS FOR THE INTERVIEW ARE NOT INCLUDED IN THIS PRINTED VERSION OF THE QUESTIONNAIRE.

## **Job Title**

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1. What is your job title at the school? (In which role do you spend more time?)

- |   |  |
|---|--|
| 1) Principal                                  | 12) Social Worker                                |
| 2) Asst. Principal/Other School Administrator | 13) Psychologist                                 |
| 3) School Secretary                           | 14) Other Mental Health/Social Services Provider |
| 4) Physical Ed Teacher                        | 15) Nurse  |
| 5) Athletic Director                          | 16) Health Aide                                  |
| 6) Health Ed Teacher                          | 17) Physician                                    |
| 7) Other Teacher                              | 18) Other Health Services Provider               |
| 8) Food Service Manager                       | 19) SBHC Health Services Staff                   |
| 9) Commercial Food Service Provider           | 20) SBHC Mental Health/Social Services Staff     |
| 10) Other School Food Service Staff           |  |
| 11) School Counselor                          | 50) Other Staff                                  |

## Standards

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During this interview, I will ask about health education at your school. By “health education,” I mean any instruction on health topics, including instruction that occurs outside of health education courses, but not outside the school day. You have been identified as the person who knows the most about how instruction on health topics is provided throughout all grades at your school. As you think about the questions that I ask, please consider all health education provided to students at your school. Please consider instruction on any health topic, even if it does not occur in health education courses. Also, please think about the health education requirements for students in general, even though there may be some exceptions.

The first questions ask about your school’s health education standards. These standards might cover student expectations and performance outcomes for health education.

2. Does your school follow any national, state, or district health education standards?

Yes .....1

No.....2

3. Are those who teach health education at your school provided with...

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

**Comment [Help1]:** By “curriculum,” I mean a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.

IF THE SCHOOL DOES NOT FOLLOW ANY NATIONAL, STATE, OR DISTRICT HEALTH EDUCATION STANDARDS (Q2 IS “NO”), THEN SKIP TO THE INTRODUCTION TO Q5. OTHERWISE ASK Q4.

4. Do your school’s standards for health education specifically address...

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

## Required Health Education

Now I'd like to ask you about health education requirements at your school.

### SHOW CARD 1

I am going to read each of the topics listed on this card. As I read the list, please tell me if students are required to receive instruction on each topic.

5. Are students required to receive instruction on...

	Yes	No
a. Alcohol or other drug use prevention?.....	1	2
b. Tobacco use prevention?.....	1	2
c. Nutrition and dietary behavior? .....	1	2
d. Physical activity and fitness, that is classroom instruction, not a physical education class? .....	1	2
e. Pregnancy prevention?.....	1	2
f. HIV or human immunodeficiency virus prevention? .....	1	2
g. Other STD or sexually transmitted disease prevention?.....	1	2
h. Human sexuality?.....	1	2
i. Emotional and mental health?.....	1	2
j. Suicide prevention?.....	1	2
k. Violence prevention, for example bullying, fighting, or dating violence prevention? .....	1	2
l. Injury prevention and safety?.....	1	2
m. Asthma? .....	1	2
n. Infectious disease prevention, for example, influenza, or flu prevention? .....	1	2
o. Foodborne illness prevention? .....	1	2

**Comment [Help2]:** For example, puberty and dating relationships.

IF STUDENTS ARE NOT REQUIRED TO RECEIVE INSTRUCTION ON ANY OF THE TOPICS LISTED ABOVE (Q5A–O IS “NO”), SKIP TO THE INTRODUCTION TO Q20.

IF STUDENTS RECEIVE INSTRUCTION ON HUMAN SEXUALITY TOPICS (Q5E, Q5F, Q5G, OR Q5H IS “YES”), ANSWER Q6 AND Q7. OTHERWISE, SKIP TO THE INTRODUCTION TO Q8.

6. Does your school notify parents or guardians before students receive instruction on pregnancy prevention, HIV prevention, other STD prevention, or human sexuality?

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

## Required Health Education

7. Does your school allow parents or guardians to exclude their children from receiving instruction on pregnancy prevention, HIV prevention, other STD prevention, or human sexuality?
- Yes .....1  
No.....2

The next questions ask about required health education. By “health education,” I mean any instruction on health topics, including instruction that occurs outside of health education courses, but not outside the school day.

**Comment [Help3]:** For example, in science classes or school-wide events.

I’m going to read you three statements that describe requirements for instruction on health topics. Instruction on health topics is not limited to instruction that occurs in health education courses. Please listen to all three statements before giving your answer. You may choose more than one option.

8. How would you describe the requirements for instruction on health topics at your school?  
MARK ALL THAT APPLY
- It is required, but not in a specific grade.....1 →SKIP TO THE INTRODUCTION TO Q14  
It is required in specific grades .....2 →SKIP TO Q10, AFTER Q13, SKIP TO THE INTRODUCTION TO Q20  
It is not required .....3

IF Q8 IS 3, ANSWER Q9. OTHERWISE, SKIP TO Q10.

9. Earlier you indicated that students at your school are required to receive instruction on [FILL WITH ANSWERS FROM Q5]. Is health education required at your school?
- Yes .....1 →RETURN TO Q8  
No.....2 →RETURN TO Q5 AND THEN SKIP TO THE INTRODUCTION TO Q20



Required Health Education

10. At your school, in which grades do students receive required instruction on health topics?  
MARK ALL THAT APPLY

K.....	0
1 <sup>st</sup> .....	1
2 <sup>nd</sup> .....	2
3 <sup>rd</sup> .....	3
4 <sup>th</sup> .....	4
5 <sup>th</sup> .....	5
6 <sup>th</sup> .....	6
7 <sup>th</sup> .....	7
8 <sup>th</sup> .....	8
9 <sup>th</sup> .....	9
10 <sup>th</sup> .....	10
11 <sup>th</sup> .....	11
12 <sup>th</sup> .....	12

ANSWER Q11–Q13 FOR EACH GRADE LISTED ABOVE.

11. How many weeks during the school year are \_\_\_\_ grade students scheduled to take health education?

\_\_\_\_\_ Weeks

12. On average, how many days per week are \_\_\_\_ grade students scheduled to take health education?

1 day.....	1
2 days.....	2
3 days.....	3
4 days.....	4
5 days.....	5
0 days one week, 1 day the next week.....	6
1 day one week, 2 days the next week.....	7
2 days one week, 3 days the next week.....	8
3 days one week, 4 days the next week.....	9
4 days one week, 5 days the next week.....	10
Other.....	11

13. On average, how many minutes is each session of health education scheduled to last?

\_\_\_\_\_ Minutes

Required Health Education

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SKIP TO THE INTRODUCTION TO Q20 IF Q8 IS 2 ONLY.

I am going to ask you about required courses. These courses might cover the same content for all students or they might be composed of units that the students choose from to form the required course; these are sometimes called “required electives.”

14. Are students at your school required to take any courses that include instruction on health topics?

Yes .....1

No.....2 →SKIP TO THE  
INTRODUCTION TO Q20

15. Please tell me the names of these specific courses that include instruction on health topics that are required for students at your school.

_____	Course 1	_____	Course 11
_____	Course 2	_____	Course 12
_____	Course 3	_____	Course 13
_____	Course 4	_____	Course 14
_____	Course 5	_____	Course 15
_____	Course 6	_____	Course 16
_____	Course 7	_____	Course 17
_____	Course 8	_____	Course 18
_____	Course 9	_____	Course 19
_____	Course 10	_____	Course 20

ANSWER Q16–Q19 FOR EACH COURSE NAMED IN Q15.

16. In what grade do students usually take \_\_\_\_\_?

- K.....0
- 1<sup>st</sup>.....1
- 2<sup>nd</sup>.....2
- 3<sup>rd</sup>.....3
- 4<sup>th</sup>.....4
- 5<sup>th</sup>.....5
- 6<sup>th</sup>.....6
- 7<sup>th</sup>.....7
- 8<sup>th</sup>.....8
- 9<sup>th</sup>.....9
- 10<sup>th</sup>.....10
- 11<sup>th</sup>.....11
- 12<sup>th</sup>.....12
- No usual grade.....13

17. How many weeks is the course scheduled to last?

\_\_\_\_\_ Weeks

18. On average, how many days per week is the course scheduled to meet?

- 1 day.....1
- 2 days.....2
- 3 days.....3
- 4 days.....4
- 5 days.....5
- 0 days one week, 1 day the next week.....6
- 1 day one week, 2 days the next week.....7
- 2 days one week, 3 days the next week.....8
- 3 days one week, 4 days the next week.....9
- 4 days one week, 5 days the next week.....10
- Other.....11

19. On average, how many minutes is each class period scheduled to last?

\_\_\_\_\_ Minutes

## Other Health Education

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Now, I'd like you to think about all health education, not just required instruction.

20. Does your school offer any health education courses that are taught...
- |   | Yes | No |
|---|-----|----|
| a. Online only?.....                              | 1   | 2  |
| b. Partially online and partially in-person?..... | 1   | 2  |
21. Does your school use school assemblies to provide information to students about health topics?
- |           |   |
|-----------|---|
| Yes ..... | 1 |
| No.....   | 2 |

The next question asks about health education centers. Health education centers can be independent, non-profit organizations or affiliated with other public institutions, such as hospitals, science museums, or universities. They offer education on health topics to enhance health education provided by schools.

22. Does your school use health education centers to provide education to students on health topics?
- |           |   |
|-----------|---|
| Yes ..... | 1 |
| No.....   | 2 |
23. Does your school use health fairs to provide information to students about health topics?
- |           |   |
|-----------|---|
| Yes ..... | 1 |
| No.....   | 2 |

ANSWER Q24 FOR ELEMENTARY SCHOOL ONLY. OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE Q25.

### SHOW CARD 2

24. My next question is about who teaches health education. Looking at this card, please tell me who teaches health education to students at your school.  
MARK ALL THAT APPLY
- |  |   |
|--|---|
| Health education teacher(s) or specialist(s) .....   | 1 |
| Physical education teacher(s) or specialist(s) ..... | 2 |
| Regular classroom teacher(s).....                    | 3 |
| School nurse(s).....                                 | 4 |
| School counselor(s).....                             | 5 |
| Other(s) .....                                       | 6 |

Other Health Education

ANSWER Q25 FOR MIDDLE AND HIGH SCHOOL ONLY. OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE Q26.

**SHOW CARD 3**

25. My next question is about who teaches health education. Looking at this card, please tell me who teaches health education to students at your school.

MARK ALL THAT APPLY

- Health education teacher(s).....1
- Physical education teacher(s).....2
- Other teacher(s).....3
- School nurse(s).....4
- School counselor(s).....5
- Other(s).....6

IF THERE IS **NO** REQUIRED HEALTH EDUCATION AT THIS SCHOOL (Q5A-O ARE ALL “NO”), SKIP TO THE INSTRUCTIONS BEFORE Q29. OTHERWISE, CONTINUE WITH THE INTRODUCTION TO Q26.

These next questions ask about grading students in required health education.

26. What type of grade do students receive for required health education at your school?

MARK ALL THAT APPLY

- Letter or numerical grade.....1
- Pass/Fail.....2
- Other.....3
- No grades given for health education.....4

→SKIP TO THE INSTRUCTIONS BEFORE Q29

27. Are grades from required health education counted the same as grades from other subject areas when determining grade point averages, honor roll status, or other indicators of academic standing?

- Yes.....1
- No.....2
- School does not calculate grade point averages or have any other indicators of academic standing.....3

Other Health Education

28. If students fail required health education, are they required to repeat it?

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

ANSWER Q29 FOR MIDDLE AND HIGH SCHOOL ONLY. OTHERWISE, SKIP TO Q30.

29. Are there any elective courses at your school that include instruction on health topics?

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

30. Currently, are there any students with long-term physical, medical, or cognitive disabilities enrolled at your school?

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

→SKIP TO THE INTRODUCTION TO Q32

**Comment [Help4]:** By "long-term," I mean ongoing, not a temporary disability like a broken bone.

IF THIS IS A PRIVATE OR CATHOLIC SCHOOL, SKIP TO THE INTRODUCTION TO Q32.

31. Is health education ever included in Individualized Education Programs (IEPs) or 504 plans for students with long-term physical, medical, or cognitive disabilities?

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

**Comment [Help5]:** An IEP is a document written by school administrators, teachers, and parents which identifies annual goals, strategies, and services provided for a student with special education needs.

**Comment [Help6]:** A 504 plan is a document that describes a program of instructional services to assist students with special needs who are in a regular educational setting.

**Comment [Help7]:** By "long-term," I mean ongoing, not a temporary disability like a broken bone.

## **Staffing and Professional Development**

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Now I'm going to ask you several questions about staffing and professional development at your school.

32. Are **newly hired** staff who teach health topics required to have undergraduate or graduate training in health education?

Yes .....1

No.....2

33. Are **newly hired** staff who teach health topics required to be certified, licensed, or endorsed by the state in health education?

Yes .....1

No.....2

State does not offer certification, licensure,  
or endorsement in health education .....3

ANSWER Q34 FOR MIDDLE AND HIGH SCHOOL ONLY. OTHERWISE, SKIP TO Q35.

34. Are **newly hired** staff who teach health topics required to be Certified Health Education Specialists or CHES?

Yes .....1

No.....2

35. Are **all** staff who teach health topics required to earn continuing education credits on **health education topics or instructional strategies**?

Yes .....1

No.....2

## Collaboration and Promotion

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Now I'm going to ask you about collaboration among health education staff and other school and local agency staff.

36a. During the past 12 months, have the health education staff worked on health education activities with physical education staff from your school?

- Yes .....1
- No.....2
- School does not have physical education staff .....3

36b. What about with health services staff from your school?

- Yes .....1
- No.....2
- School does not have health services staff.....3

36c. What about with mental health or social services staff from your school?

- Yes .....1
- No.....2
- School does not have mental health or social services staff .....3

36d. What about with nutrition or food service staff from your school?

- Yes .....1
- No.....2
- School does not have nutrition or food service staff.....3

**Comment [Help8]:** For the purposes of this question, "worked on health education activities with" means collaborated with on health education or worked with to coordinate health education.



## Collaboration and Promotion

37. During the past 12 months, have your school's health education staff worked on health education activities with staff or members from...

	Yes	No
a. Alliance for a Healthier Generation? .....	1	2
b. A health organization, such as the American Heart Association or the American Cancer Society?.....	1	2
c. A local health department? .....	1	2
d. A local mental health or social services agency?.....	1	2
e. A local juvenile justice department?.....	1	2
f. A local college or university? .....	1	2
g. A local business?.....	1	2
h. Action for Healthy Kids? .....	1	2
i. A local hospital? .....	1	2
j. A local law enforcement agency? .....	1	2
k. A local service club, such as the Rotary club?.....	1	2
l. Local fire or emergency medical services?.....	1	2
m. A local youth organization, such as the Boys and Girls Clubs? .....	1	2

**Comment [Help9]:** For the purposes of this question, "worked on health education activities with" means collaborated with on health education or worked with to coordinate health education.

38. During the past 12 months, has anyone from your school...

	Yes	No
a. Met with a parents' organization, such as the PTA, to discuss school health education? .....	1	2
b. Provided families of all students with information on school health education? .....	1	2
c. Discussed student performance in health education as part of parent-teacher conferences? .....	1	2
d. Invited families of all students to attend health education classes or other health education activities, such as a health fair or field trip?.....	1	2
e. Offered any health education to families of all students?.....	1	2
f. Collected suggestions from students about school health education? .....	1	2
g. Collected suggestions from students' families about school health education? .....	1	2

**Comment [Help10]:** PTA is Parent Teacher Association.

## Health Education Coordinator

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39. Currently, does someone at your school oversee or coordinate health education?

- Yes .....1  
No.....2 →SKIP TO Q51

40. Are you this person?

- Yes .....1  
No.....2 →SKIP TO Q51

My last set of questions asks about your teaching experience and educational background.

41. Counting this year as a full year and including years spent teaching health education topics or courses at any other elementary, middle, or high schools, how many years of experience do you have teaching health education topics or courses?

\_\_\_\_\_ Years

42. Do you coach an interscholastic sport?

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

43. Do you have an undergraduate degree?

- Yes .....1  
No.....2 →SKIP TO Q49

44. What did you major in?

MARK ALL THAT APPLY

- Health education .....1  
Physical education .....2  
Other education.....3  
Nursing.....4  
Biology or other science .....5  
Other (Specify).....6

45. Did you have an undergraduate minor?

- Yes .....1  
No.....2 →SKIP TO Q47

46. What did you minor in?  
MARK ALL THAT APPLY

- Health education .....1
- Physical education .....2
- Other education.....3
- Nursing.....4
- Biology or other science .....5
- Other (Specify).....6

47. Do you have a graduate degree?

- Yes .....1
- No.....2 →SKIP TO Q49

48. In what area or areas was your graduate work?  
MARK ALL THAT APPLY

- Health education .....1
- Physical education .....2
- Other education.....3
- Nursing.....4
- Biology or other science .....5
- Other (Specify).....6

49. Currently, are you certified, endorsed, or licensed by the state to teach health education in...

**State does not  
offer certification,  
licensure, or  
endorsement  
to teach health  
education  
at this level**

- |                            | Yes    | No     |   |
|----------------------------|--------|--------|---|
| a. Elementary school?..... | 1..... | 2..... | 3 |
| b. Middle school?.....     | 1..... | 2..... | 3 |
| c. High school?.....       | 1..... | 2..... | 3 |

50. Are you a Certified Health Education Specialist or CHES?

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

## Health Education Coordinator

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51. My supervisor may wish to call you to ask about how I conducted this interview.  
Would you please tell me a telephone number where we might reach you starting with the area code?

(       )       -

- 1) Daytime or
- 2) Evening/Weekend

Thank you very much for taking the time to complete this interview.