



SCHOOL HEALTH EDUCATION

Every two years principals and lead health educators in a sample of public schools with grades 6-12 complete the School Health Profile questionnaire about their school's health program. This fact sheet summarizes the status of health education programs in Nebraska schools.

HEALTH EDUCATION IN GRADE 6-12 SCHOOLS

NDE 2006 School Health Profile

TEACHING

- 96% of Nebraska schools require **at least one** health education course. Of those:

- ✦ 42% require one health course
- ✦ 27% require two health courses
- ✦ 21% require three health courses
- ✦ 6% require four or more health courses
- ✦ 4% do not require any health course

- Health is taught in all grades, but mostly in middle school/junior high school.

6th grade	55%	9th grade	65%
7th grade	67%	10th grade	35%
8th grade	68%	11th grade	10%
		12th grade	8%

TEACHERS

- Major emphasis in professional preparation of lead health educators:

- ✦ Health & PE combined 39%
- ✦ Physical education 23%
- ✦ Home economics or family and consumer science 17%
- ✦ Science 9%
- ✦ Other education degree 3%
- ✦ Nursing 3%
- ✦ Health education 2%
- ✦ Other 2%

- Teaching experience of lead health educators:

- ✦ One year 8%
- ✦ 2-5 years 19%
- ✦ 6-9 years 19%
- ✦ 10-14 years 16%
- ✦ 15 plus years 38%

COURSE CONTENT

STUDENT SKILLS DEVELOPMENT

Percentage of teachers who tried to increase student skills in each of the following topics in a required health education course:

- ✦ Resisting peer pressure 99%
- ✦ Goal setting 93%
- ✦ Decision making 88%
- ✦ Conflict resolution 78%
- ✦ Communication 77%

STUDENT KNOWLEDGE DEVELOPMENT

Percentage of teachers who tried to increase student knowledge in the following areas in a required health education course:

Area	%
Physical activity and fitness	100%
Tobacco use prevention	99%
Nutrition and dietary behavior	98%
Alcohol or other drug use prevention	97%
HIV (human immunodeficiency virus) prevention	97%
Emotional and mental health	91%
Pregnancy prevention	91%
Growth and development	88%
Human sexuality	88%
STD (sexually transmitted disease) prevention	88%
Accident or injury prevention	82%
Consumer health	82%
Sun safety or skin cancer prevention	75%
Violence prevention	75%
Suicide prevention	72%
First aid	68%
Environmental health	67%

TEACHING METHODS

Percentage of teachers who use the following teaching methods in a required health course:

+ Group discussions	97%
+ Cooperative group activities	90%
+ The Internet	74%
+ Role play, simulations, or practice	57%
+ Adult guest speakers	56%
+ Peer educators	51%
+ Computer-assisted instruction	48%
+ Language, performing, or visual arts	45%
+ Pledges or contracts for behavior change	30%

TEACHER'S CONTINUING EDUCATION

Percentage of lead health teachers who **received** and who **desired** staff development on specific topics.

Topic	Received	Desired
CPR	65%	55%
Violence prevention	52%	67%
First aid	51%	55%
Alcohol or other drug use prevention	49%	61%
Physical activity and fitness	38%	54%
HIV prevention	30%	54%
Nutrition and dietary behavior	30%	57%
Accident or injury prevention	29%	46%
STD prevention	29%	53%
Tobacco use prevention	28%	57%
Emotional and mental health	27%	56%
Human sexuality	25%	49%
Pregnancy prevention	23%	50%
Suicide prevention	22%	63%
Growth and development	21%	41%
Immunization and vaccinations	18%	35%
Consumer health	16%	36%
Sun safety or skin cancer prevention	11%	40%
Environmental health	10%	38%
Dental and oral health	8%	34%

Percentage of lead health teachers who **received** and who **desired** staff development on specific teaching methods.

Teaching Method	Received	Desired
Using interactive teaching methods such as role plays or cooperative group activities	40%	45%
Teaching skills for behavior change	39%	65%
Teaching students with physical or cognitive disabilities	35%	50%
Teaching students of various cultural backgrounds	31%	47%
Encouraging family or community involvement	29%	54%
Teaching students with limited English proficiency	20%	38%

WHAT CAN WE DO?

- Encourage state and local Boards of Education to provide health education in the school curriculum.
- Increase the number of staff development opportunities on health education topics.
- Require schools to employ certified Health and Physical Education teachers.
- Encourage schools to develop a workplace wellness program for staff and students.

FOR MORE INFORMATION . . .

- NDHHS - School and Child Health (402) 471-0160
www.dhhs.ne.gov/ash/ashindex.htm
www.cdc.gov/HealthyYouth/CSHP
- NDE - Health/Physical Education/HIV Prevention (402) 471-4352; (402) 471-2109
www.nde.state.ne.us/pehealth/index.html

“School health education could be one of the most effective means to reduce and prevent some of the nations most serious health problems.”

Institute of Medicine Report