

RESULTS OF THE 2018 IDAHO SCHOOL HEALTH PROFILE SURVEY

Prepared for the Idaho State Department of Education,
Sherri Ybarra, State Superintendent of Public Instruction

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2018 IDAHO STATE DEPARTMENT OF EDUCATION SCHOOL HEALTH PROFILE SURVEY RESULTS

This report summarizes the results of the 2018 Idaho School Health Profile Survey (Profiles). The Idaho State Department of Education (SDE) conducted the Profiles during the Spring 2018 school semester. Similar surveys were conducted in Idaho in even years beginning in 1994. Results of previous principal and lead health education teacher surveys dating back to 2000 are available from the SDE.

Survey results for each of the primary Profiles' categories: school health education; physical education and physical activity; practices related to bullying and sexual harassment; school health policies related to tobacco-use prevention and nutrition; school-based health services; family engagement and community involvement; and school health coordination are presented for each of the corresponding surveys:

- Results tables for the principal surveys
- Results tables for the lead health education teacher surveys

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CONTACT INFORMATION

For readers desiring additional information, contact Lisa Kramer, Idaho State Department of Education, for more information about the use of the Profiles in school health education programs:

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ACKNOWLEDGEMENTS

The Idaho State Department of Education and State Superintendent Sherri Ybarra acknowledge the participation, support, and cooperation of those persons who made the 2018 Idaho School Health Profiles Survey possible. Sincere appreciation is expressed to:

- The Centers for Disease Control and Prevention, Division of Adolescent and School Health, and the WESTAT Technical Assistance Project
- The school principals, lead health education teachers, and lead physical education teachers who participated in the 2018 Idaho School Health Education Profiles Survey

School Health Profiles

The School Health Profiles is a system composed of surveys designed to assess middle and high school health policies and practices throughout the United States. School Health Profile surveys are conducted biennially by education and health agencies in many states, large urban school districts, territories, and tribal governments.

More information about the School Health Profiles, including an overview of the profiles or more detailed information on selected topics, can be found on the Centers for Disease Control and Prevention website: www.cdc.gov/healthyyouth/profiles/index.htm

INTRODUCTION

Because young people in Idaho attend school about six hours a day approximately 180 days per year, schools are in a unique position to address health-related behaviors in order to improve the health status of Idaho students; both immediately and throughout their lifetimes.

About the School Health Education Profile Survey

The principal and lead health education teacher Profiles questionnaires were developed by the Division of Adolescent and School Health (DASH), National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention (CDC) in collaboration with representatives from state, local, and territorial departments of health and education. These questionnaires can be used to monitor the current status of school health education; physical education and physical activity; practices related to bullying and sexual harassment; school health policies related to tobacco-use prevention and nutrition; school-based health services; family engagement and community involvement; and school health coordination. The findings can also be used to develop policies and programs for school health education.

A more complete breakdown of the results of the survey can be obtained from the Idaho State Department of Education.

Profiles Methodology

Sampling

The 2018 School Health Profiles used a systematic equal probability sampling strategy (i.e., surveys were mailed to a random sample of principal and lead health education teachers in any regular public, charter, alternative, or vocational school that serves students in any of grades 6 through 12).

The 2018 Idaho Profiles utilized two questionnaires, one for school principals and one for lead health education teachers. The principal's questionnaire examines health education from an administrative perspective, while the lead health education teacher's questionnaire looked at health and physical education from an instructional perspective. These questionnaires were mailed to 259 eligible secondary public, charter, alternative, and vocational schools containing any of grades 6 through 12 in Idaho during the spring of 2018. Usable questionnaires were received from 185 principals (for a response rate of 71%) and 182 health education teachers (for response rates of 70%).

Data Analysis

Because Idaho's response rates for the surveys was greater than or equal to 70%, results for the 2018 Idaho Profiles are considered to represent all Idaho public, charter, alternative, or vocational schools with students in any grades of 6 through 12 and can be used to describe school health policies and practices of all regular public, charter, alternative, or vocational schools in Idaho.

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PRINCIPAL SURVEY RESULTS

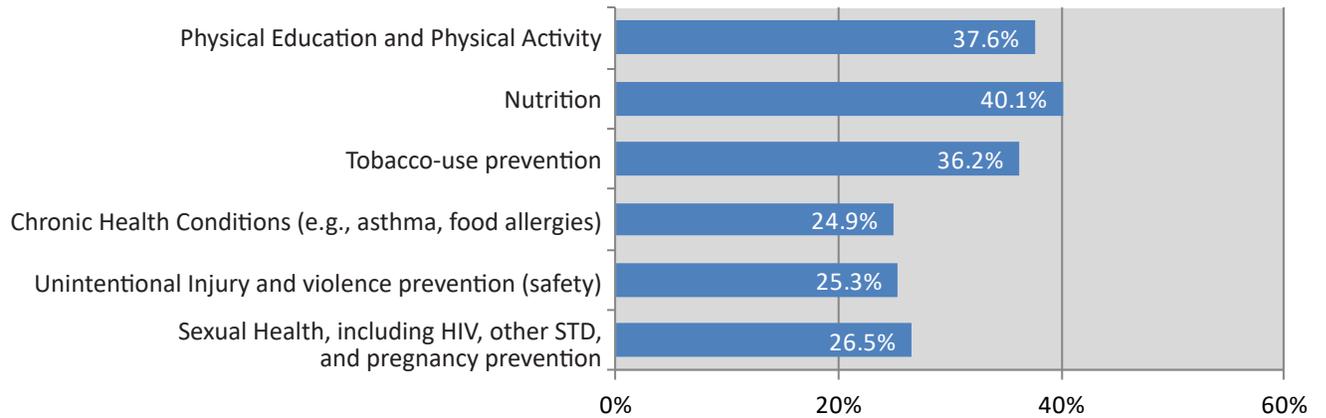
2018 IDAHO PROFILES

The 2018 Profiles Principal Survey results for all participating schools combined are presented in the following section. The percentages shown are representative of all regular public, charter, alternative, and vocational schools in Idaho that have at least one of grades 6 through 12. Results are organized by the topic areas included as part of the 2018 principal's survey: school health education; physical education and physical activity; practices related to bullying and sexual harassment; school health policies related to tobacco-use prevention and nutrition; school-based health services; family engagement and community involvement; and school health coordination. For a more detailed breakout of all results contact the Idaho State Department of Education.

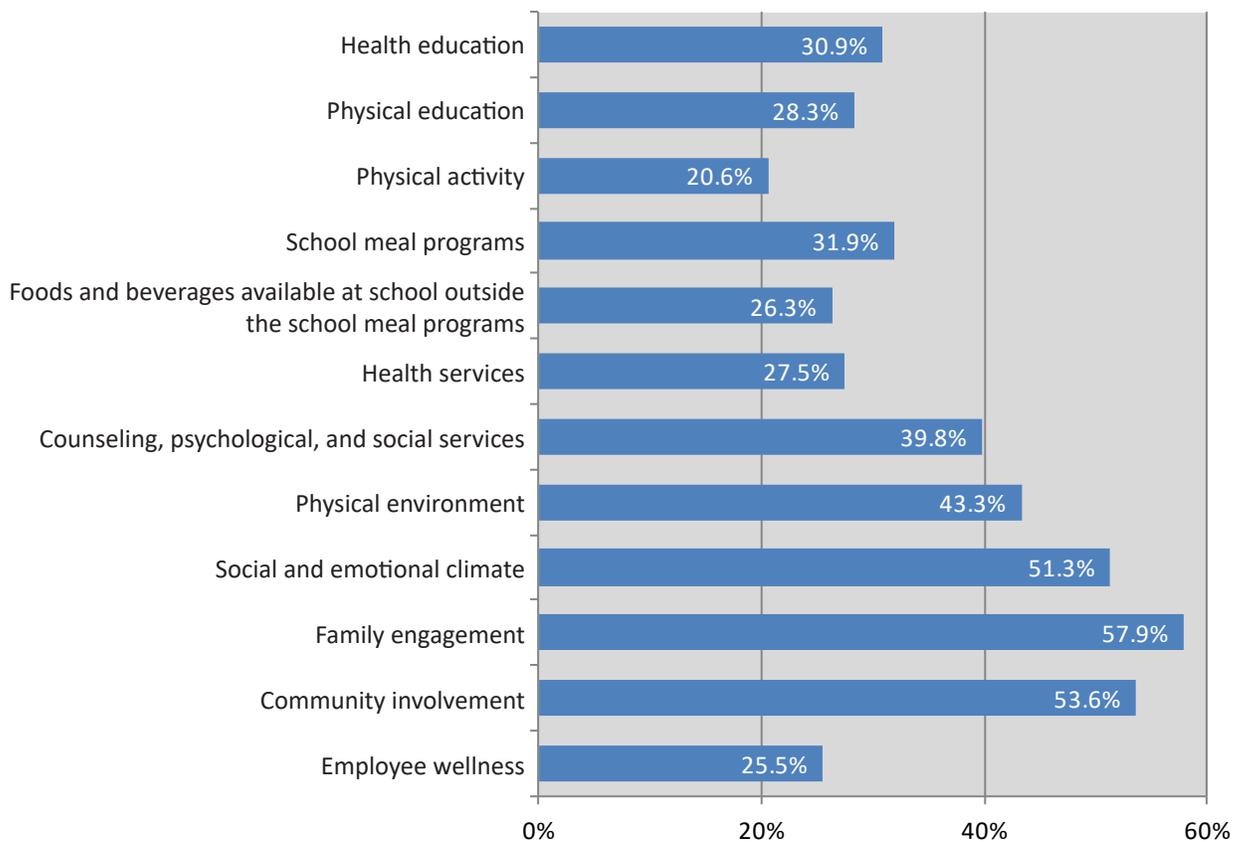
***Trend Analysis* - Selected measures include 2016 Profiles results for comparison. Additional trend analysis results are available from the Idaho State Department of Education.**

School Health Coordination

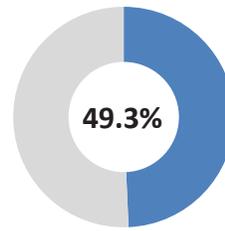
Question 1. Percentage of schools that ever used the *School Health Index* or other self-assessment tool to assess school policies, activities, and programs in the following areas.



Question 2. Percentage of schools with a School Improvement Plan (SIP) that includes health-related objectives on the following topics.

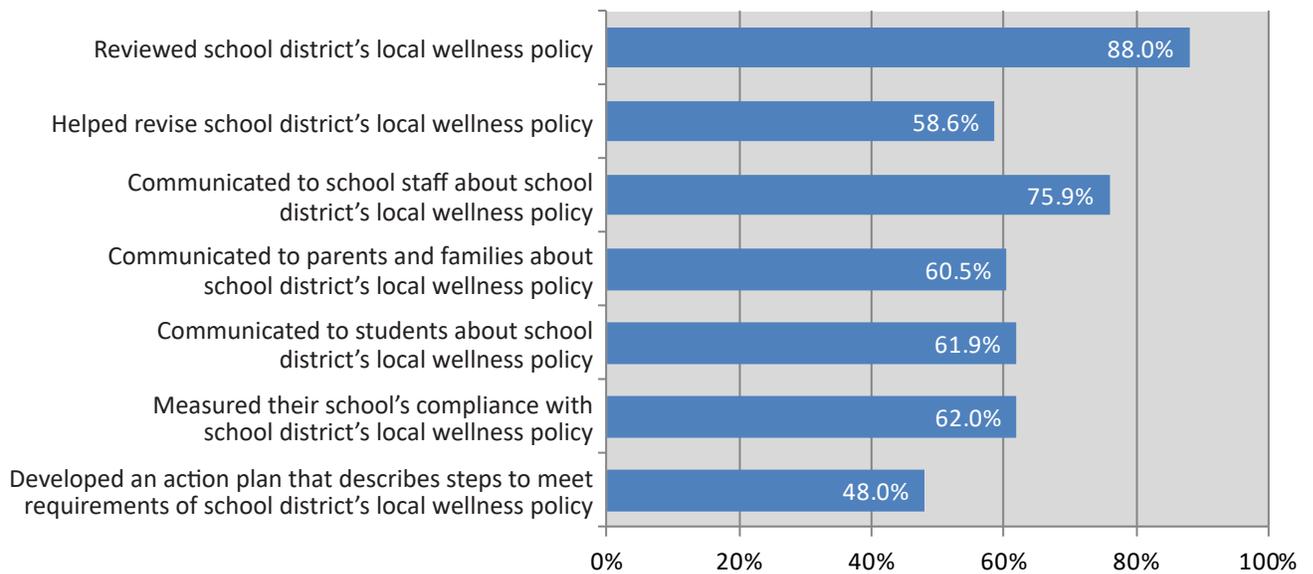


Question 3. Percentage of schools that reviewed health and safety data such as Youth Risk Behavior Survey data or fitness data as part of school's health improvement planning process. (2016 result: 38.2%)

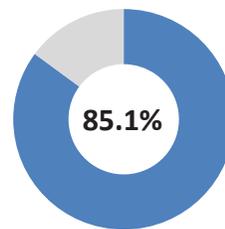


Each local education agency participating in the National School Lunch Program or the School Breakfast Program is required to develop and implement a local wellness policy.

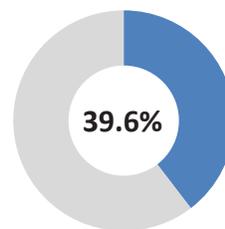
Question 4. Percentage of schools that performed each of the following activities during the past year.



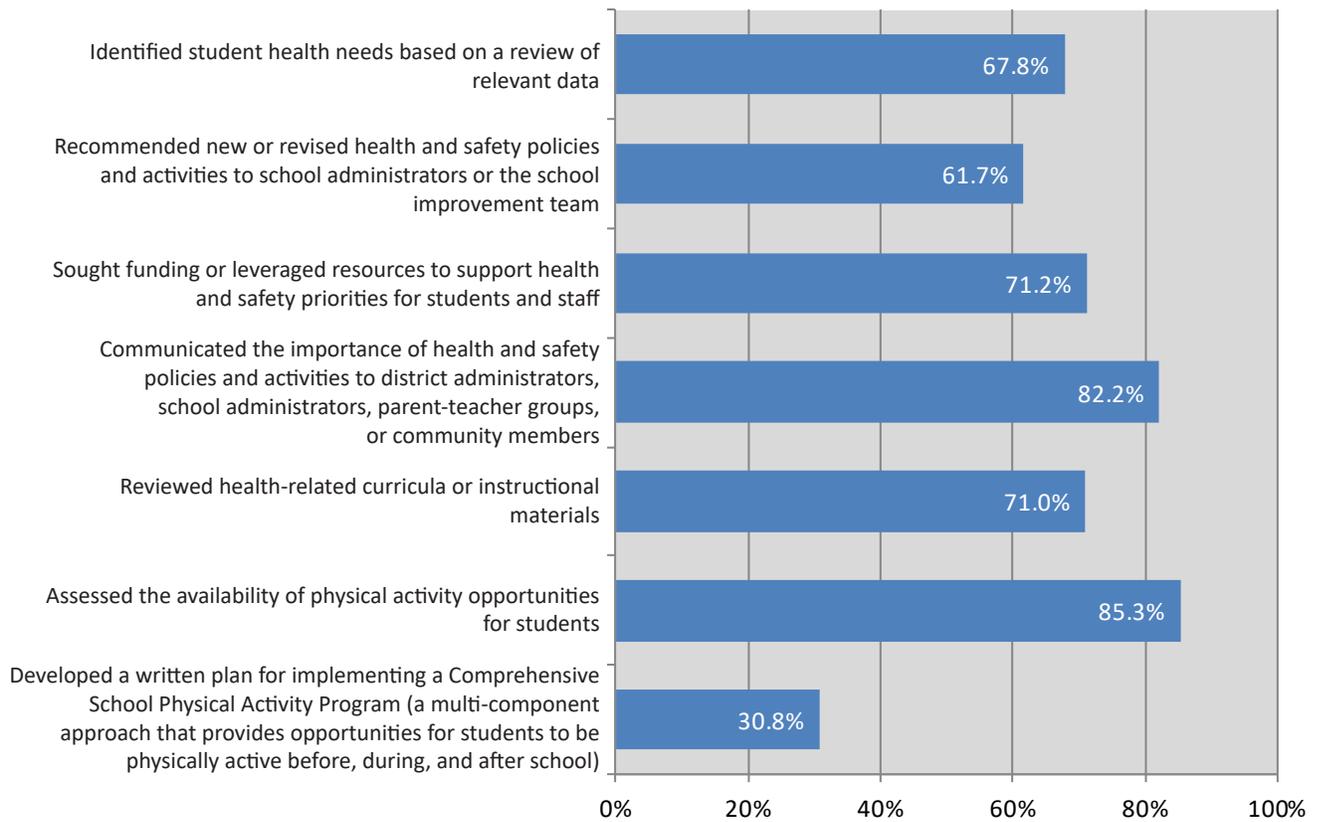
Question 5. Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities. (2016 result: 78.2%)



Question 6. Percentage of schools that have one or more than one group (e.g., a school health council, committee, or team) that offers guidance on the development of policies or coordinates activities on health topics. (2016 result: 37.4%)



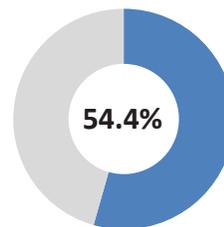
Question 7. Percentage of schools that have a school health council, committee, or team that did the following activities during the past year.*



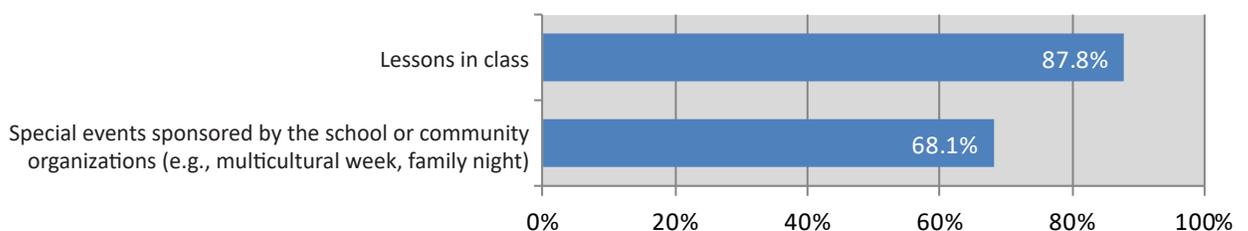
*Among schools that have one or more than one group that offers guidance on the development of policies or coordinates activities on health topics.

Learning About Diversity

Question 8. Percentage of schools that have any clubs that give students opportunities to learn about people different from them, such as students with disabilities, homeless youth, or people from different cultures. (2016 result: 50.3%)

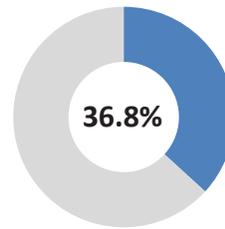


Question 9. Percentage of schools that offer each of the following activities for students to learn about people different from them, such as students with disabilities, homeless youth, or people from different cultures.

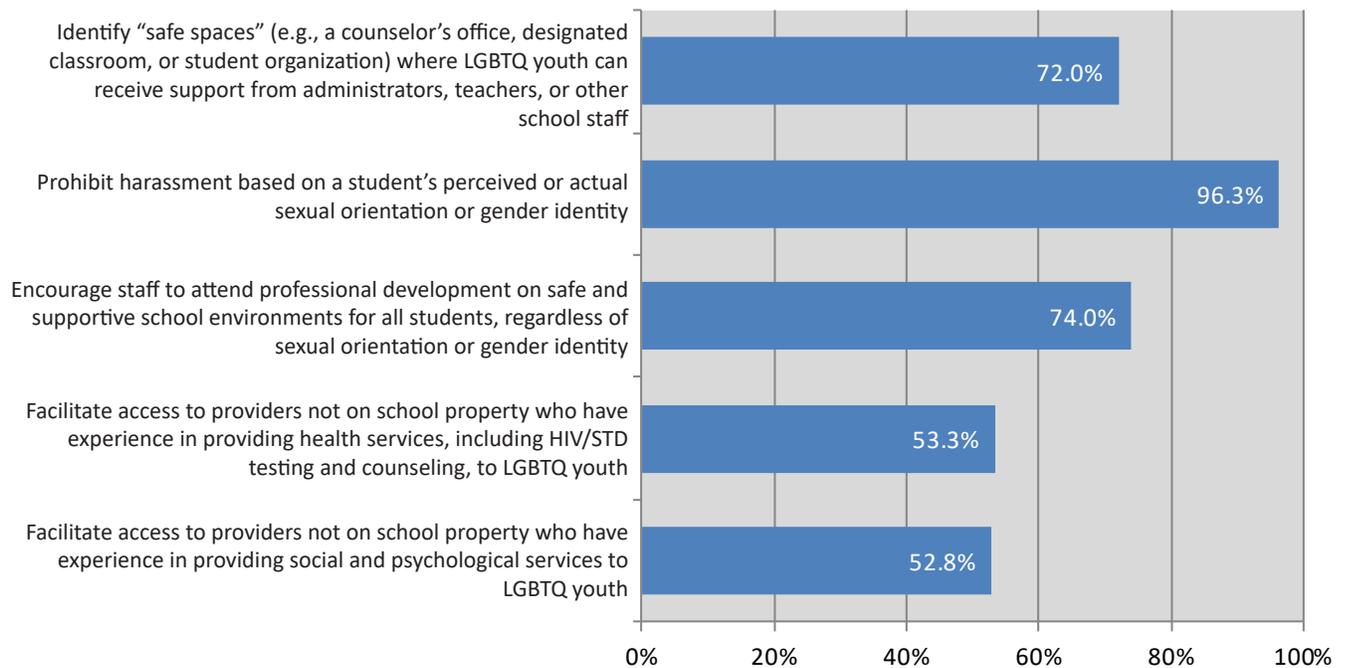


HIV Prevention and Sexual Orientation

Question 10. Percentage of schools that have a student-led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity. (2016 result: 26.3%)

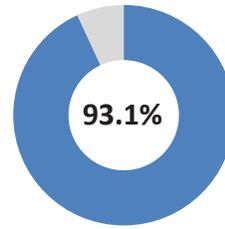


Question 11. Percentage of schools that engage in the following practices related to lesbian, gay, bisexual, transgender, or questioning (LGBTQ) youth.

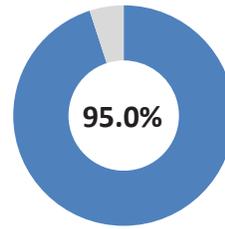


Bullying and Sexual Harassment

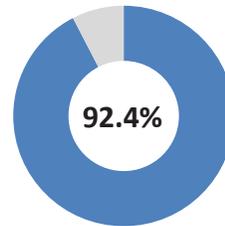
Question 12. Percentage of schools in which staff received professional development on preventing, identifying, and responding to student bullying and sexual harassment, including electronic aggression, during the past year. (2016 result: 82.3%)



Question 13. Percentage of schools that have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression. (2016 result: 93.6%)

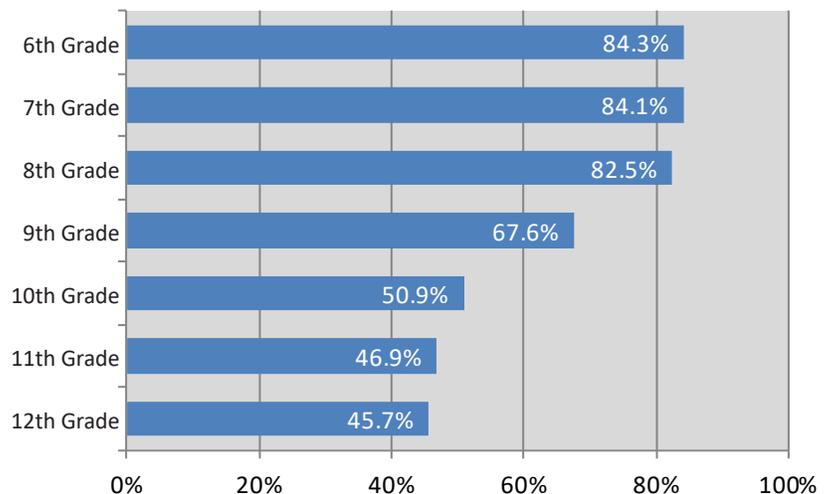


Question 14. Percentage of schools that use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression. (2016 result: 91.4%)



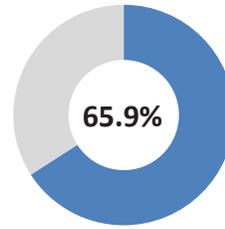
Required Physical Education

Question 15. Percentage of schools that taught a required physical education course in each of the following grades.

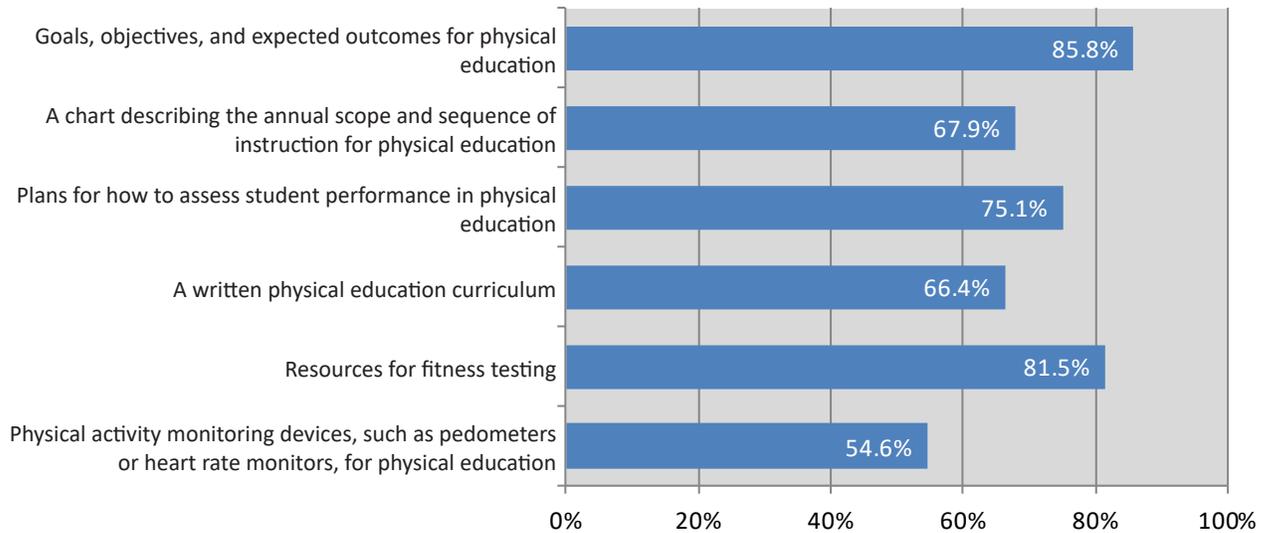


Physical Education and Physical Activity

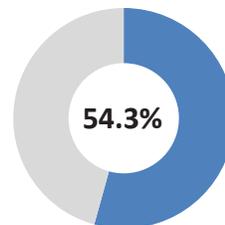
Question 16. Percentage of schools in which physical education teachers or specialists received professional development on physical education or physical activity during the past year. (2016 result: 67.3%)



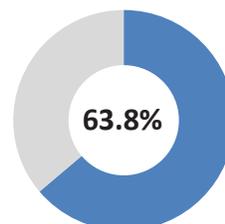
Question 17. Percentage of schools that provide those who teach physical education with the following materials.



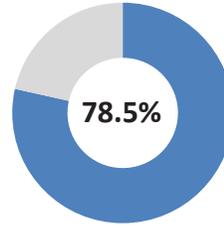
Question 18. Percentage of schools in which students participate in physical activity breaks in classrooms during the school day outside of physical education. (2016 result: 42.0%)



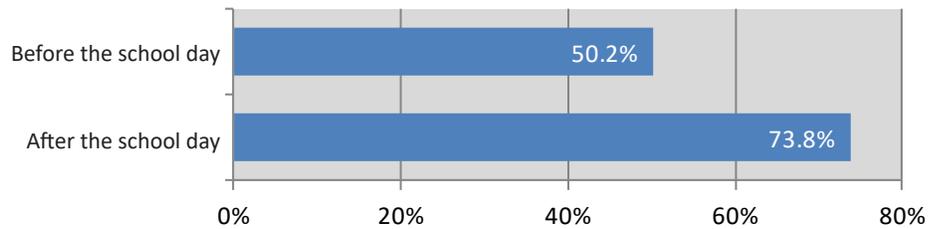
Question 19. Percentage of schools that offer opportunities for all students to participate in intramural sports programs or physical activity clubs. (2016 result: 56.5%)



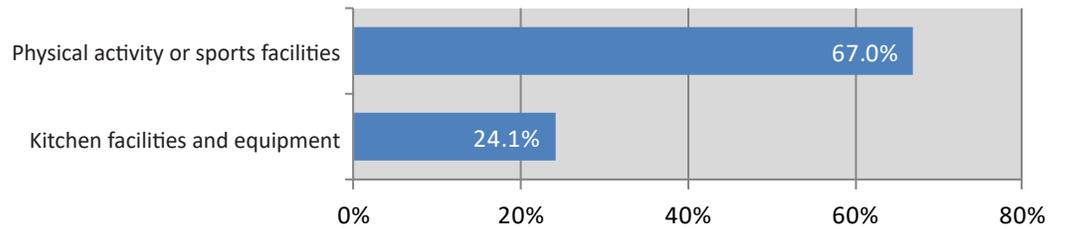
Question 20. Percentage of schools that offer interscholastic sports to students. (2016 result: 80.6%)



Question 21. Percentage of schools that offer opportunities for students to participate in physical activity through organized physical activities or access to facilities or equipment for physical activity during the following times.

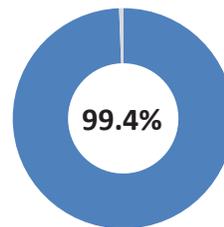


Question 22. Percentage of schools that have a joint use agreement for shared use of the following school or community facilities.

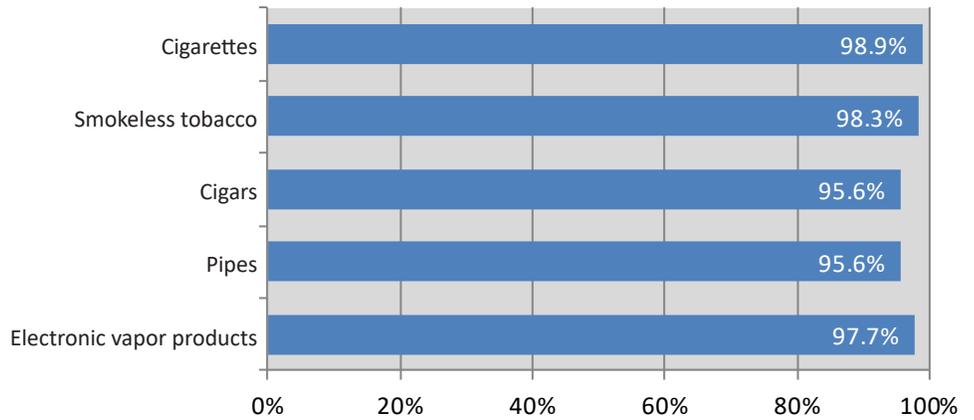


Tobacco-Use Prevention

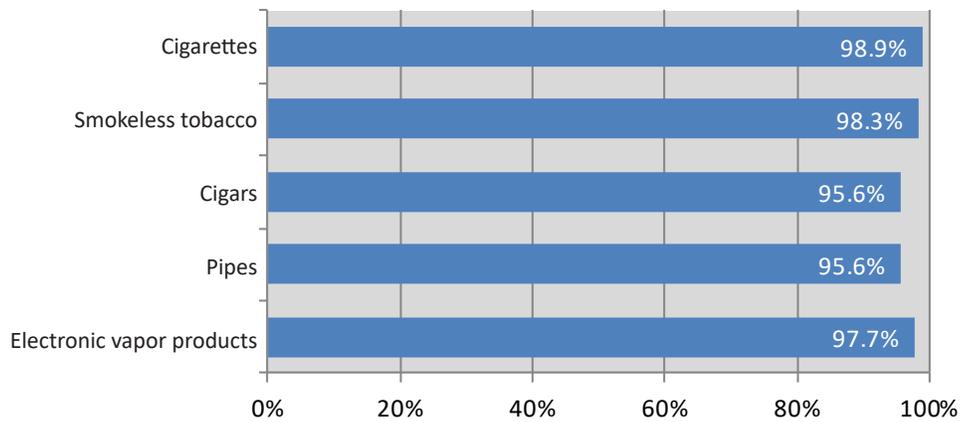
Question 23. Percentage of schools that have adopted a policy prohibiting tobacco use. (2016 result: 98.5%)



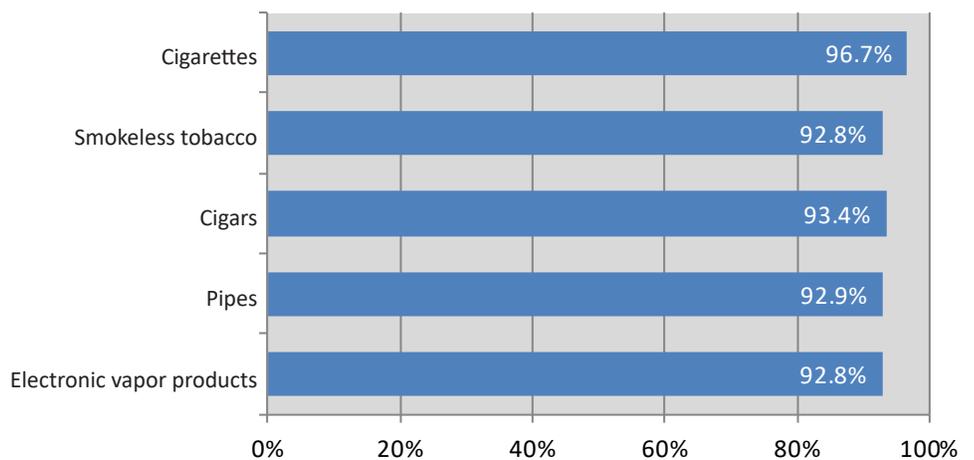
Question 24. (Students) Percentage of schools that have a tobacco-use prevention policy that specifically prohibits the use of each type of tobacco for students during any school-related activity.



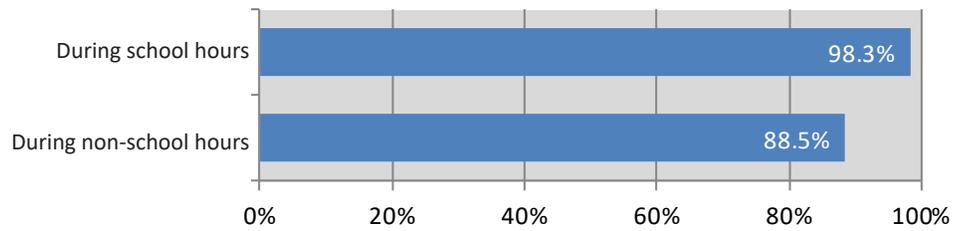
Question 24. (Faculty/Staff) Percentage of schools that have a tobacco-use prevention policy that specifically prohibits the use of each type of tobacco for faculty/staff during any school-related activity.



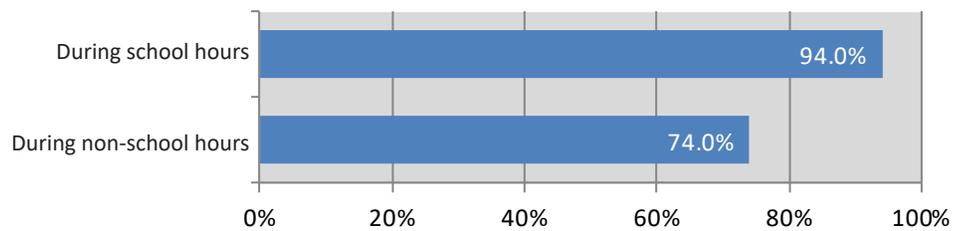
Question 24. (Visitors) Percentage of schools that have a tobacco-use prevention policy that specifically prohibits the use of each type of tobacco for visitors during any school-related activity.



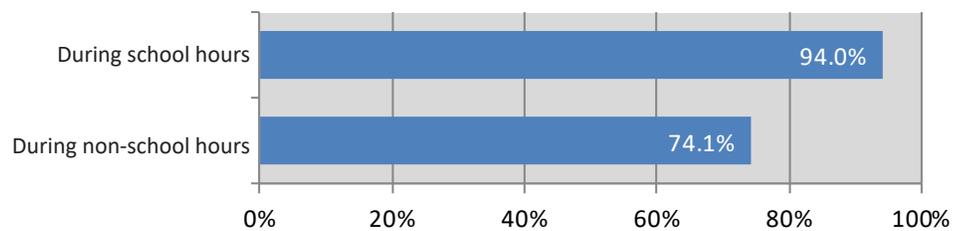
Question 25. (Students) Percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use during each of the following times for students.



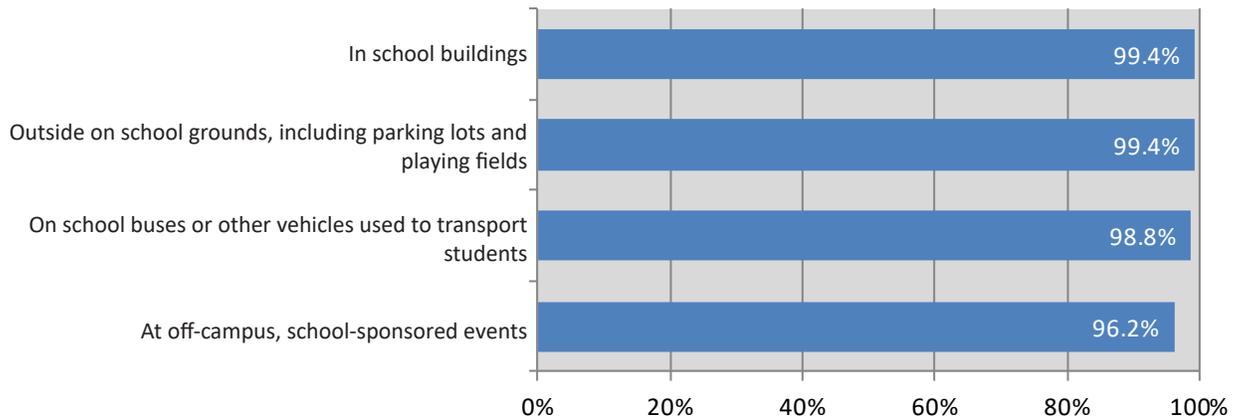
Question 25. (Faculty/Staff) Percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use during each of the following times for faculty/staff.



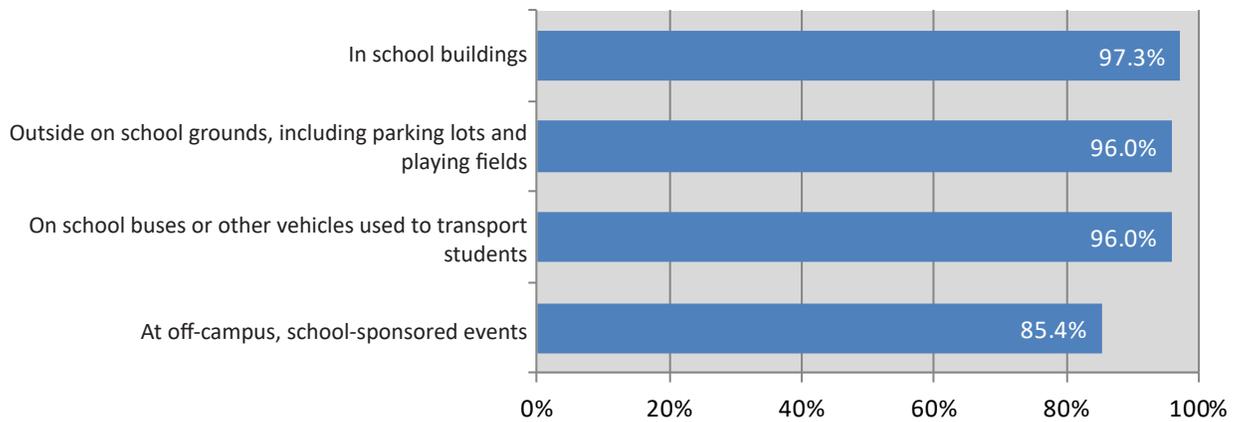
Question 25. (Visitors) Percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use during each of the following times for visitors.



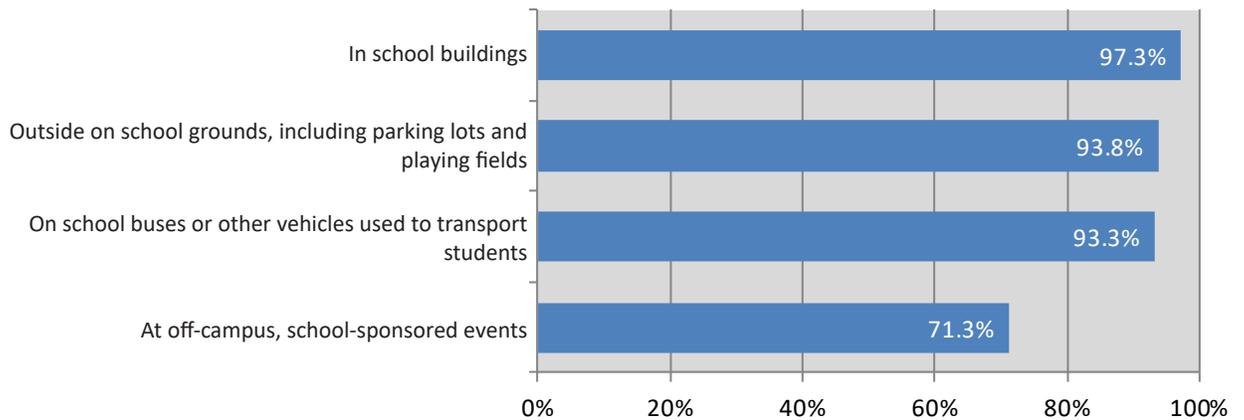
Question 26. (Students) Percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use in each of the following locations for students.



Question 26. (Faculty/Staff) Percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use in each of the following locations for faculty/staff.

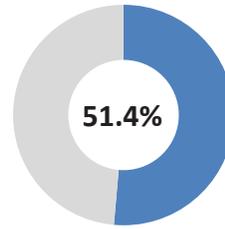


Question 26. (Visitors) Percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use in each of the following locations for visitors.

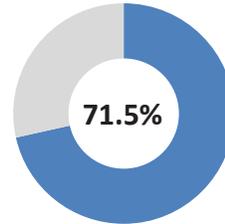


Questions 24-26 (combined). Percentage of schools that follow a policy that mandates a “tobacco-free environment.” (2016 result: 49.7%)

A “tobacco-free environment” is one that prohibits tobacco use by students, staff, and visitors in school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events, applicable 24 hours a day and seven days a week.

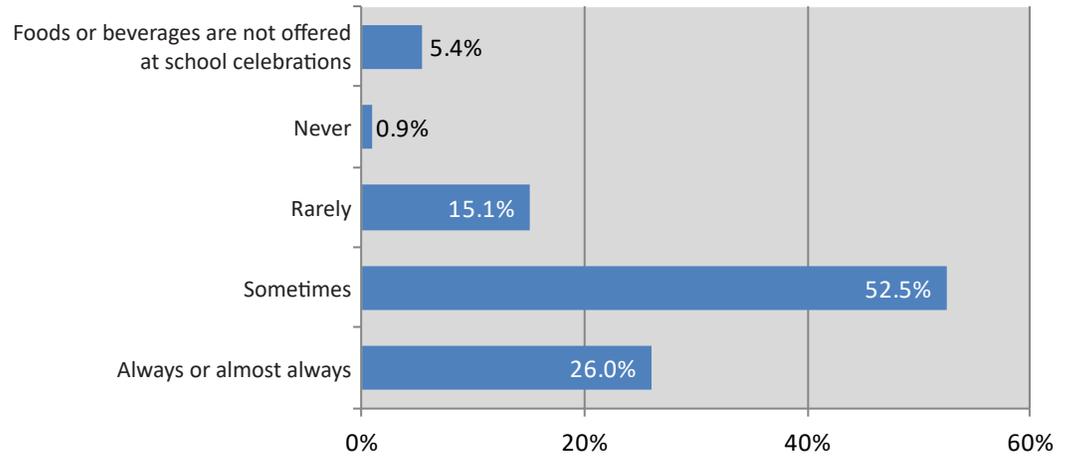


Question 27. Percentage of schools that post signs marking a tobacco-free school zone, that is, a specified distance from school grounds where tobacco use is not allowed. (2016 result: 66.2%)

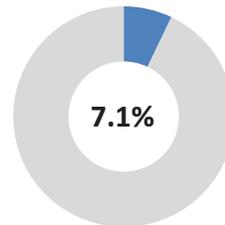


Nutrition-Related Policies and Practices

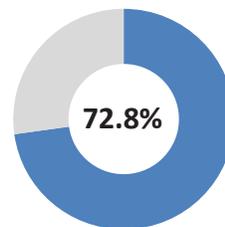
Question 28. Percentage of schools that never, rarely, sometimes, or almost always or always offer fruits or non-fried vegetables at celebrations when foods and beverages are offered.



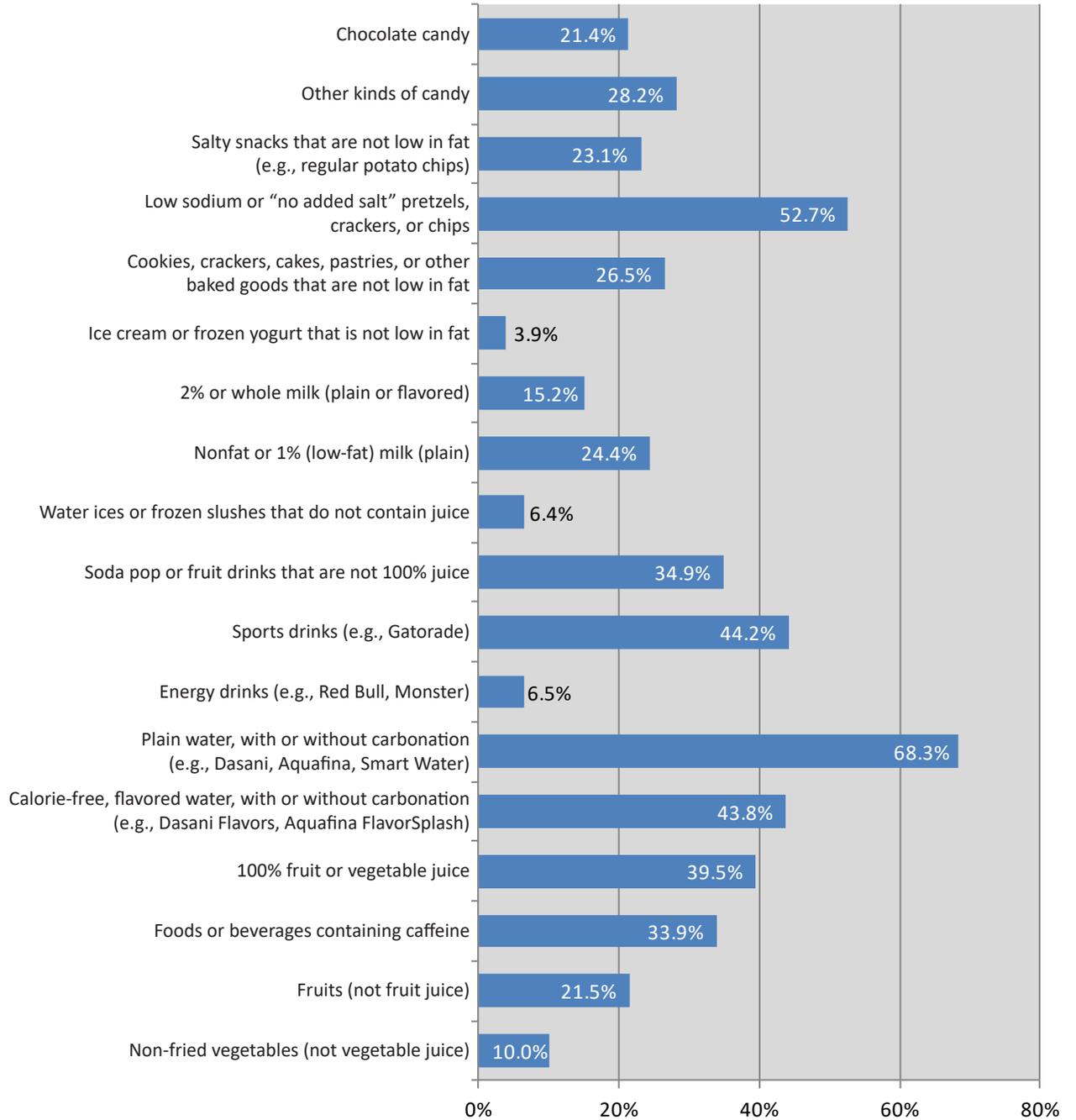
Question 28N. Percentage of schools that offer fruits or non-fried vegetables in vending machines or school stores, and almost always or always at celebrations when foods and beverages are offered. (2016 result: 5.6%)



Question 29. Percentage of schools in which students can purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar. (2016 result: 74.7%)

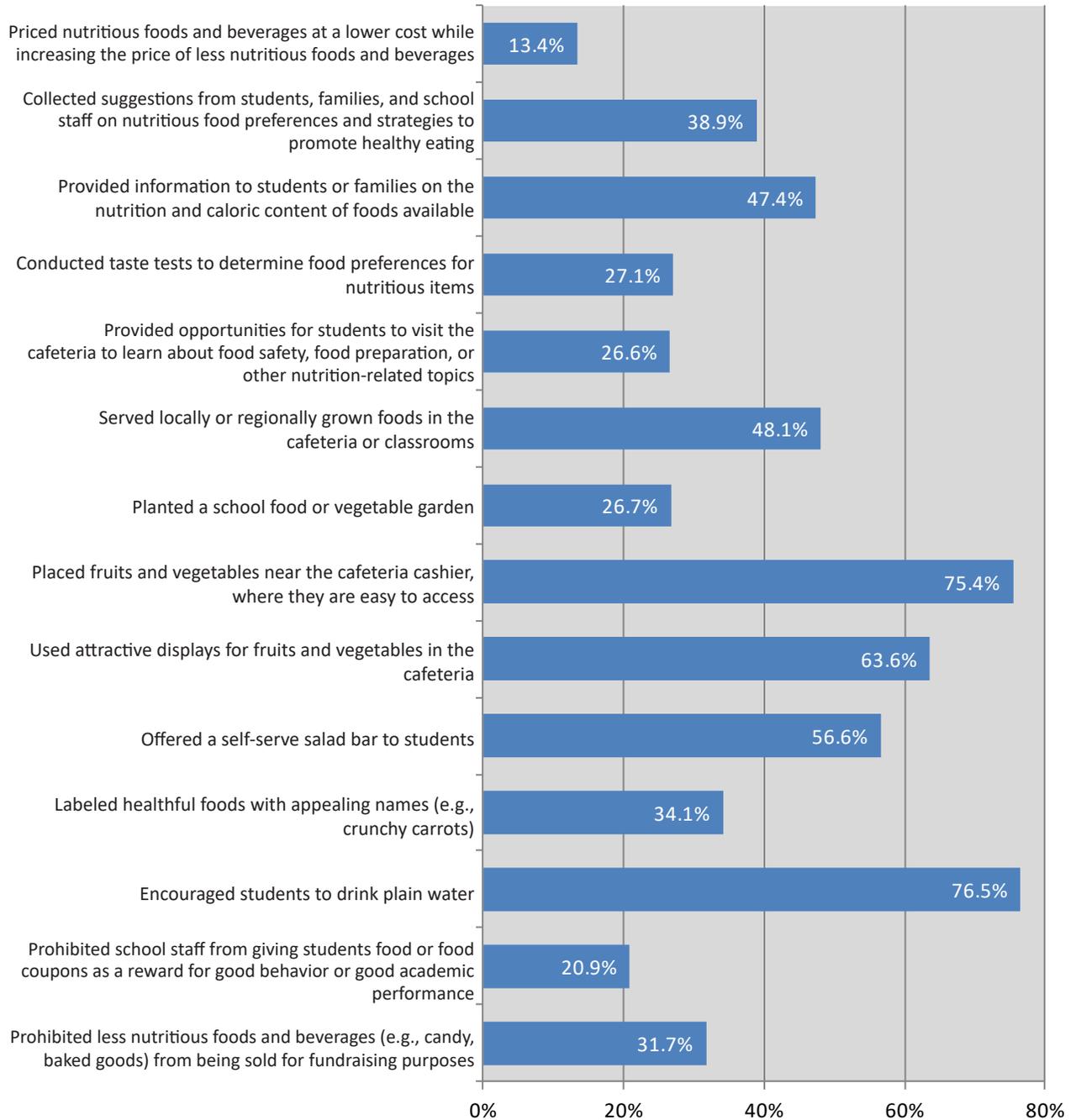


Question 30. Percentage of schools in which students can purchase the following snack foods or beverages from vending machines or at the school store, canteen, or snack bar.*

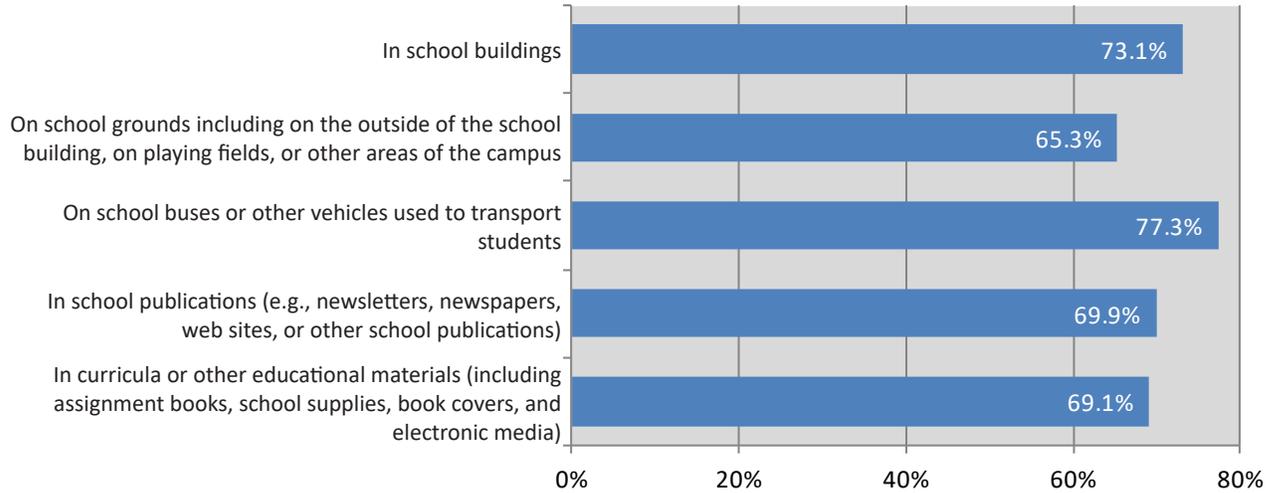


*Among those schools in which students can purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar.

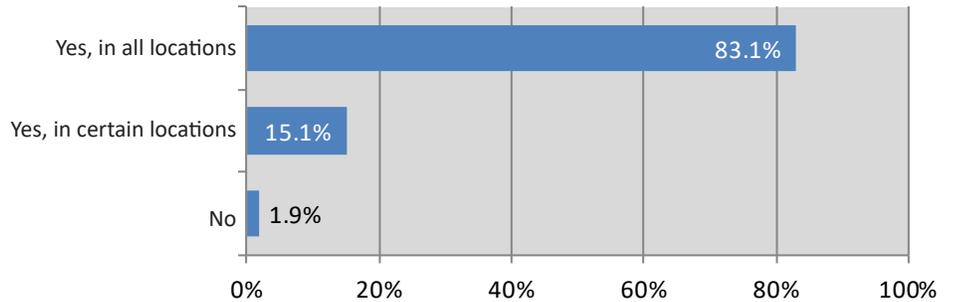
Question 31. Percentage of schools that have done any of the following activities during the current school year.



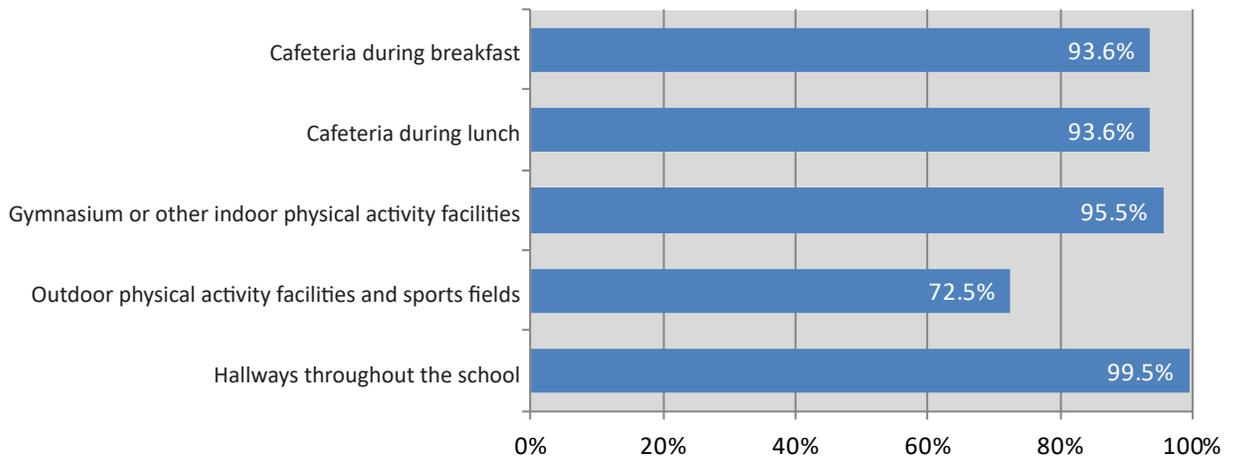
Question 32. Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations.



Question 33. Percentage of schools that permit students to have a drinking water bottle with them during the school day.

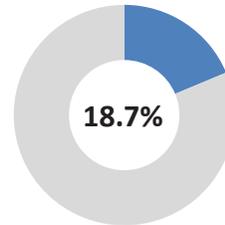


Question 34. Percentage of schools that offer a free source of drinking water in the following locations.

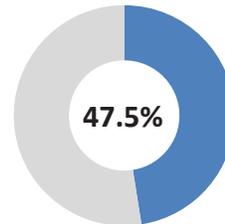


Health Services

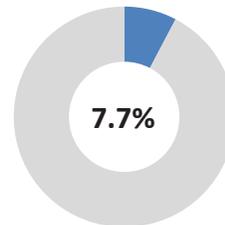
Question 35. Percentage of schools that have a full-time registered nurse who provides health services to students. (2016 result: 16.0%)



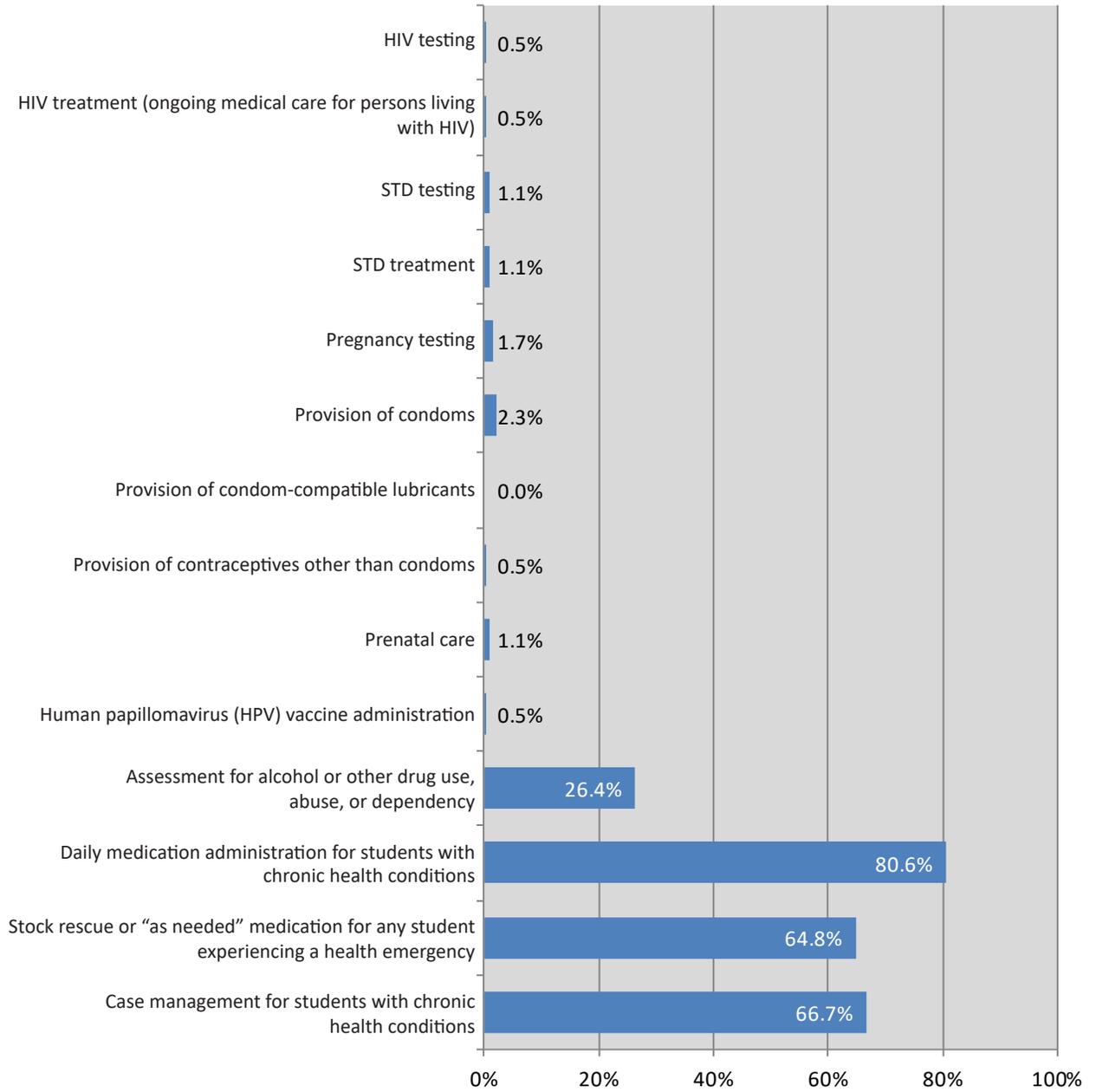
Question 36. Percentage of schools that have a part-time registered nurse who provides health services to students. (2016 result: 42.0%)



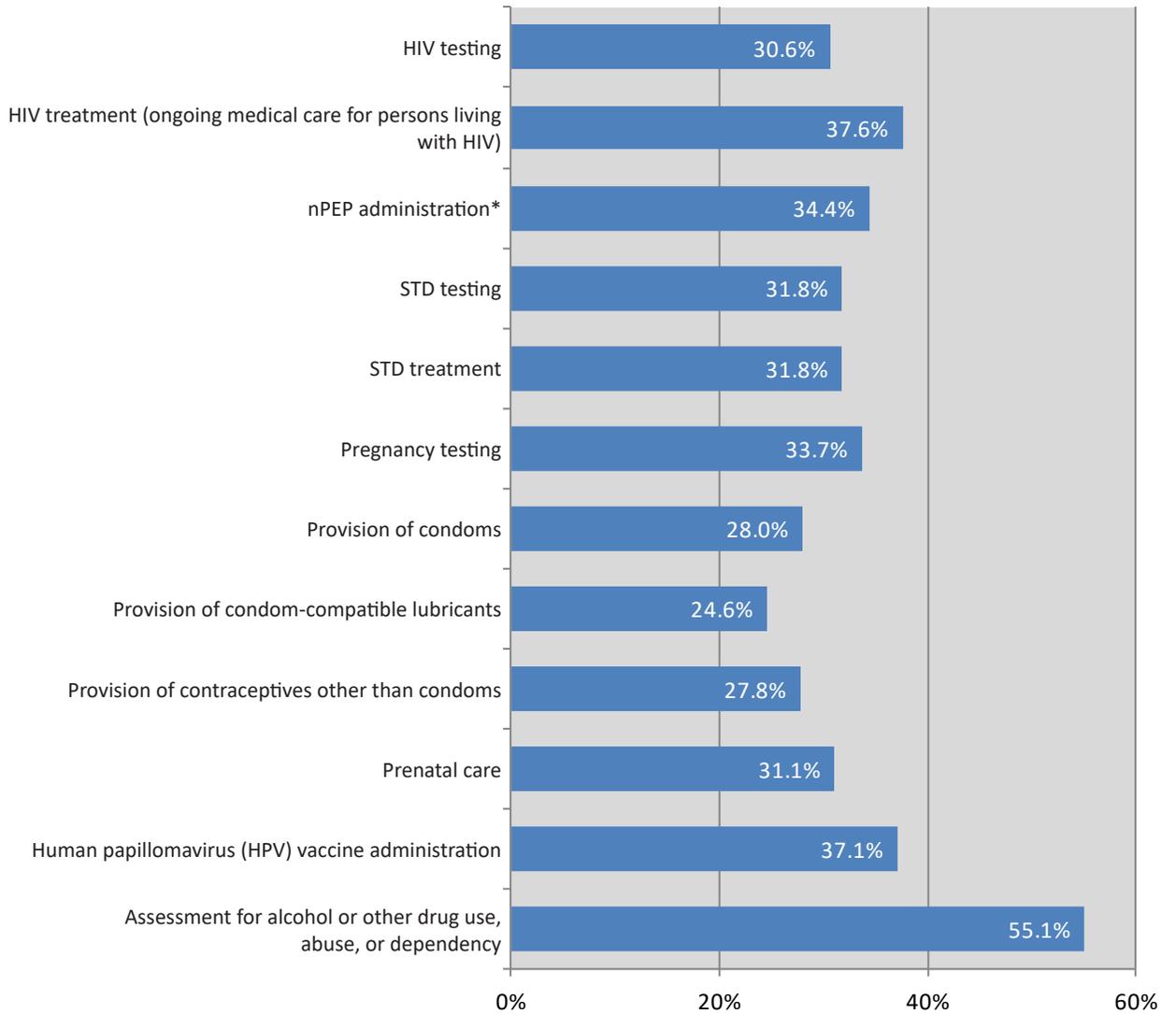
Question 37. Percentage of schools that have a school-based health center that offers health services to students. (2016 result: 9.3%)



Question 38. Percentage of schools that provide the following services to students.

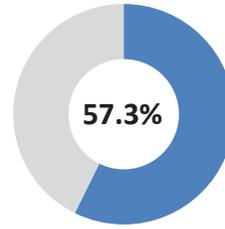


Question 39. Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services.

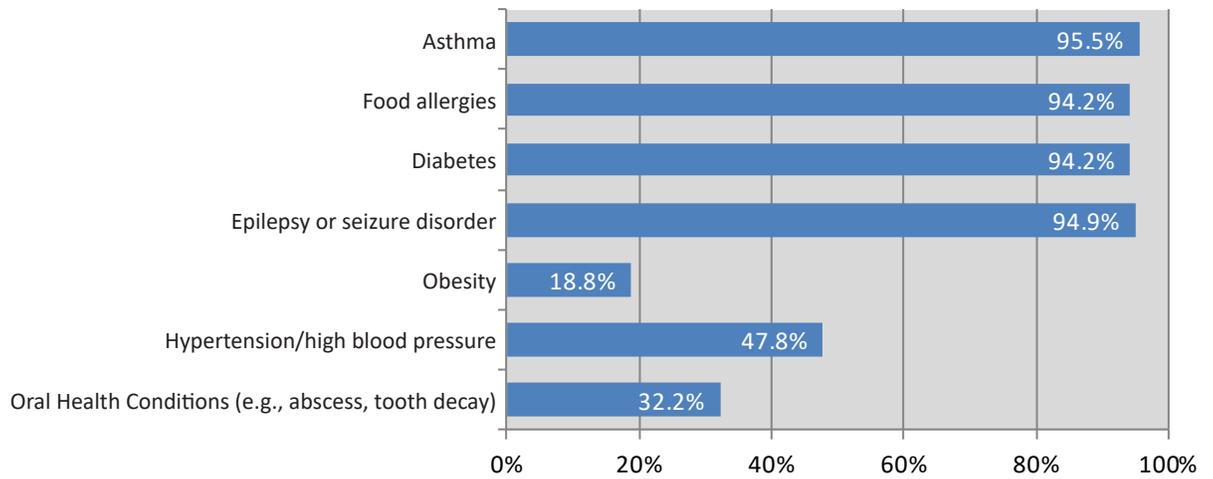


* nPEP (non-occupational post-exposure prophylaxis for HIV--a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive)

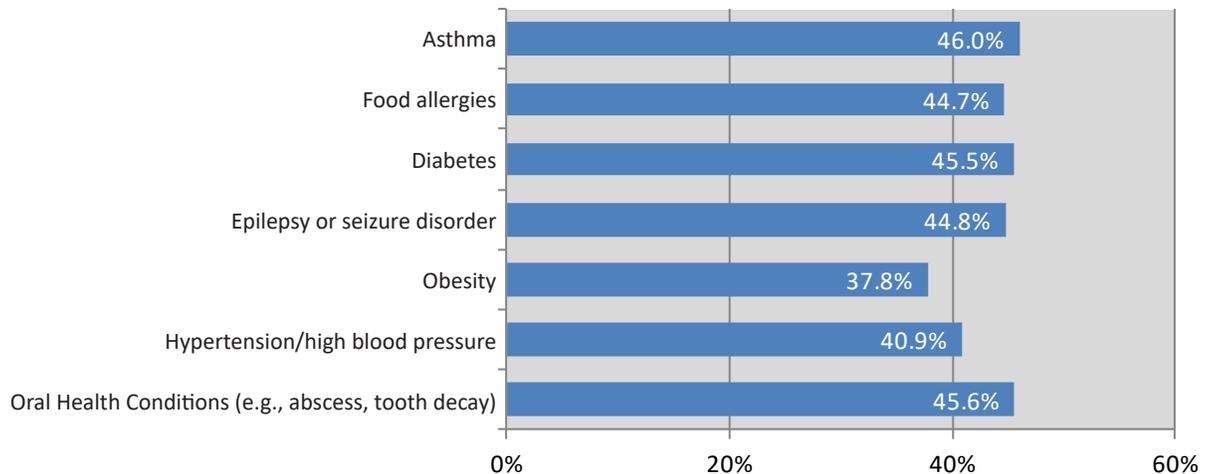
Question 40. Percentage of schools that have a protocol that ensures students with a chronic condition that may require daily or emergency management (e.g., asthma, diabetes, food allergies) are enrolled in private, state, or federally funded insurance programs if eligible. (2016 result: 57.7%)



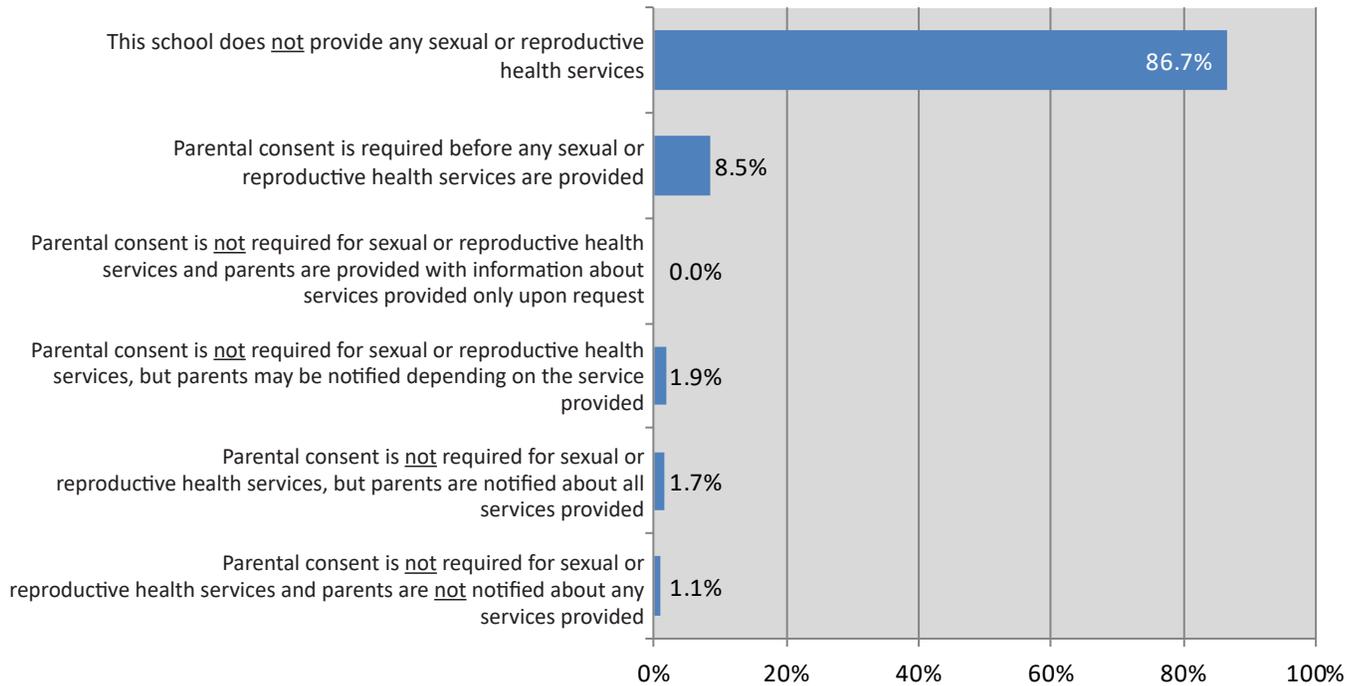
Question 41. Percentage of schools that routinely use school records to identify and track students with a current diagnosis of the following chronic conditions.



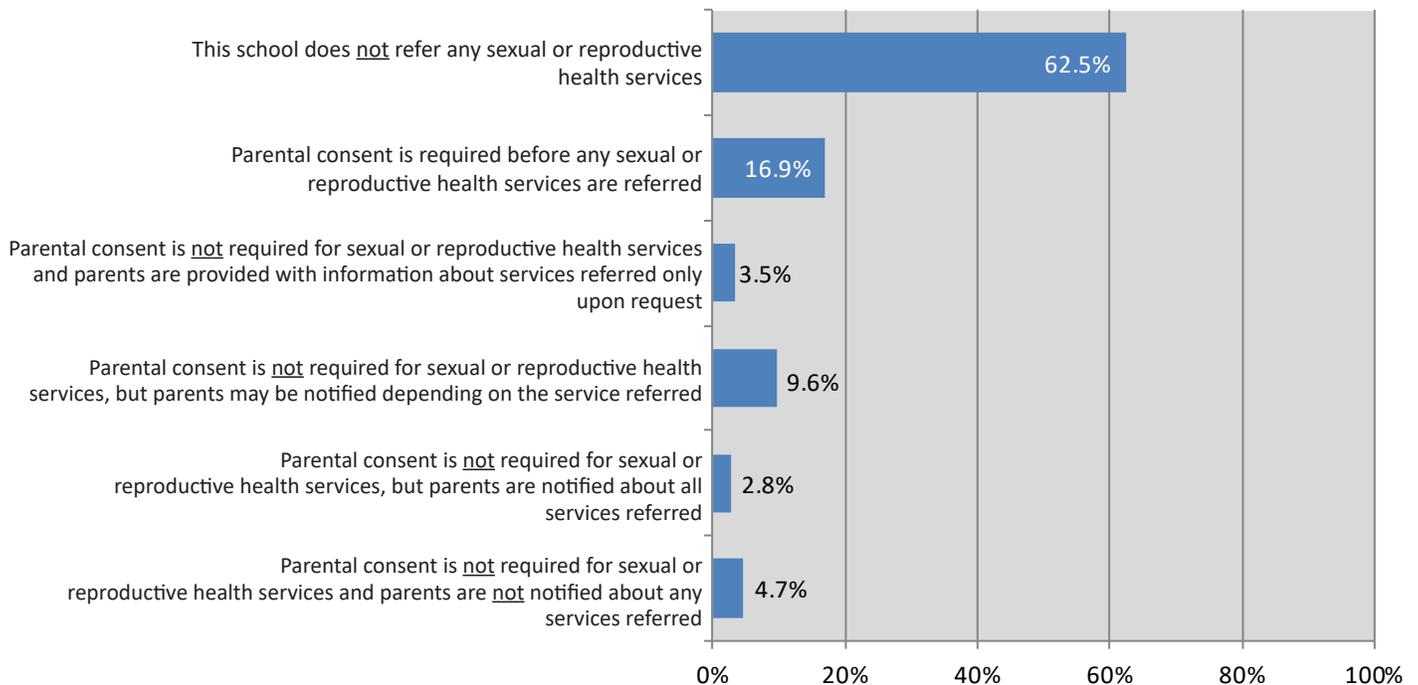
Question 42. Percentage of schools that provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have the following chronic conditions.



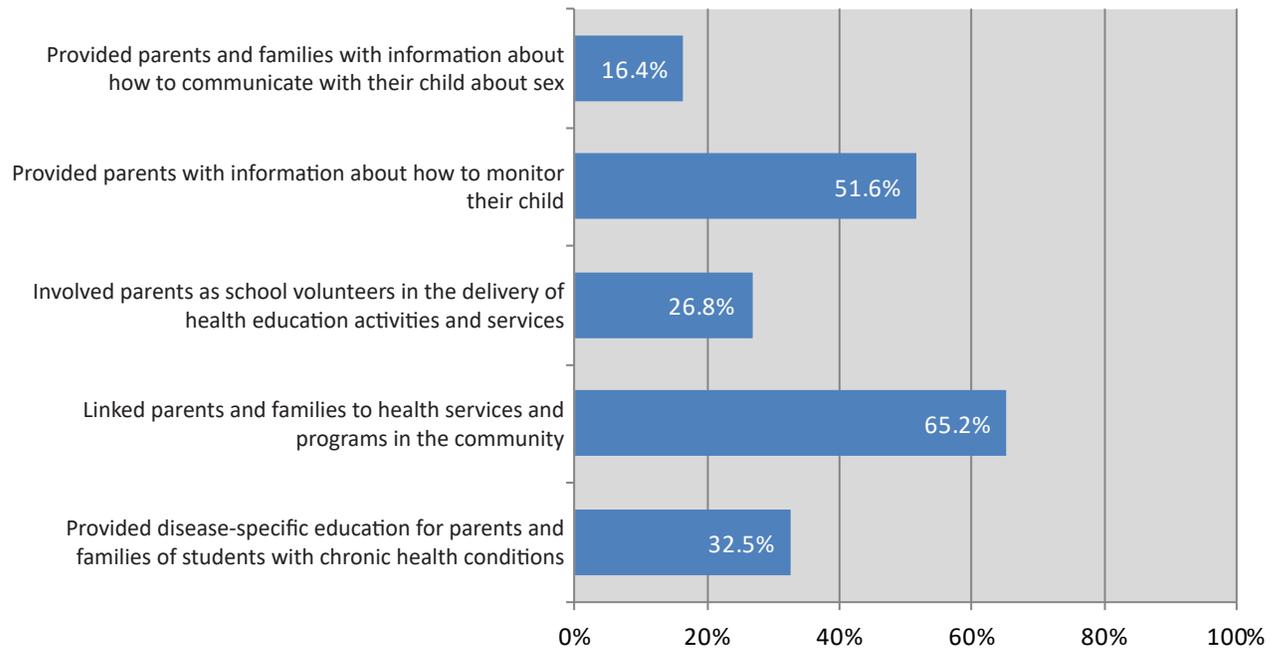
Question 43. Percentage of schools with practices regarding parental consent and notification when sexual or reproductive health services are provided.



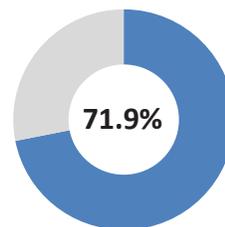
Question 44. Percentage of schools with practices regarding parental consent and notification when sexual or reproductive health services are referred.



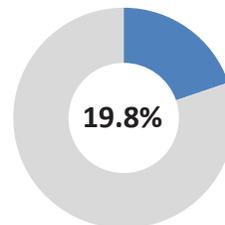
Question 45. Percentage of schools that have done any of the following activities during the current school year.



Question 46. Percentage of schools that use electronic, paper, or oral communication to inform parents about school health services and programs. (2016 result: 58.2%)

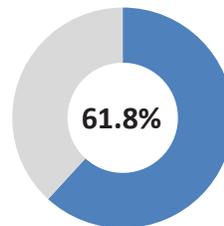


Question 47. Percentage of schools that participate in a program in which family or community members serve as role models to students or mentor students, such as the Big Brothers Big Sisters program. (2016 result: 19.6%)

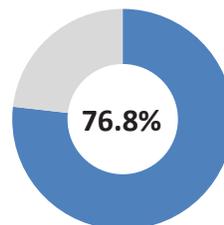


Other Student Services

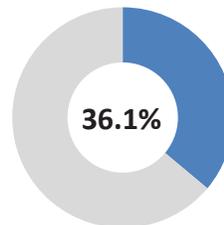
Question 48. Percentage of schools that provide service-learning opportunities for students. (2016 result: 60.8%)



Question 49. Percentage of schools that provide peer tutoring opportunities for students. (2016 result: 84.7%)



Question 50. Percentage of schools in which students' families helped develop or implement policies and programs related to school health during the past two years. (2016 result: 32.2%)





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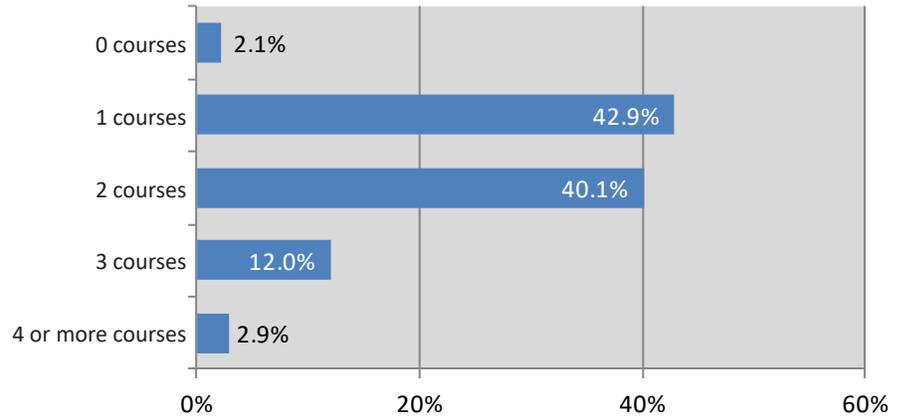
LEAD HEALTH EDUCATION TEACHER SURVEY RESULTS 2018 IDAHO PROFILES

The following section summarizes results of the 2018 Profiles lead health education teacher survey by topic area. The results are for all levels of schools combined (high school, middle school, and junior/senior high schools) for each topic area. For a more detailed breakout of all results contact the Idaho State Department of Education.

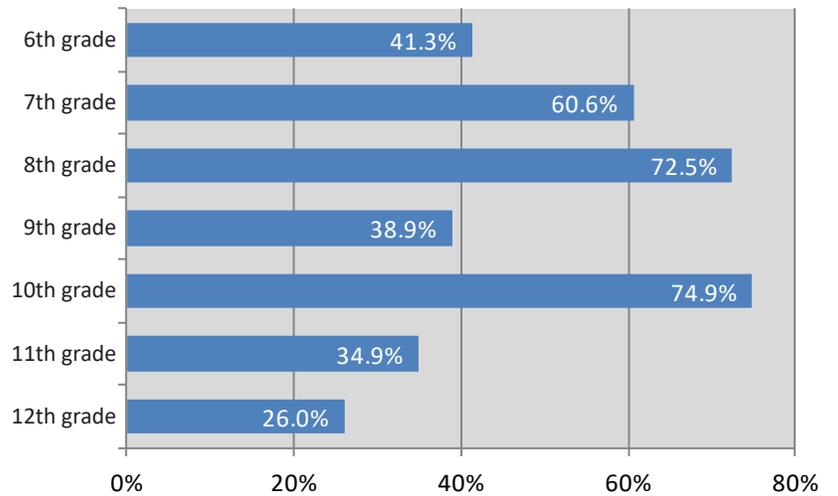
Trend Analysis - **Selected measures include 2016 Profiles results for comparison. Additional trend analysis results are available from the Idaho State Department of Education.**

Required Health Education

Question 1. Percentage of schools in which students take the following number of required health education courses in grades 6 through 12.

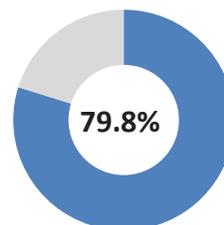


Question 2. Percentage of schools that taught a required health education course in each of the following grades (among schools with students in that grade).



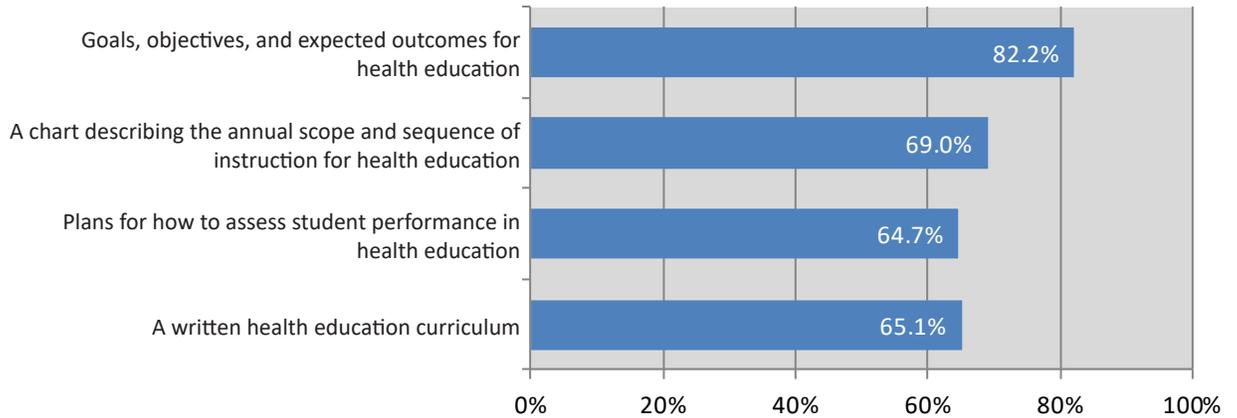
Question 3. Percentage of schools that require students who fail a required health education course to repeat it.* (2016 result: 76.2%)

*Among schools in which students take one or more required health education courses in any of grades 6 through 12.

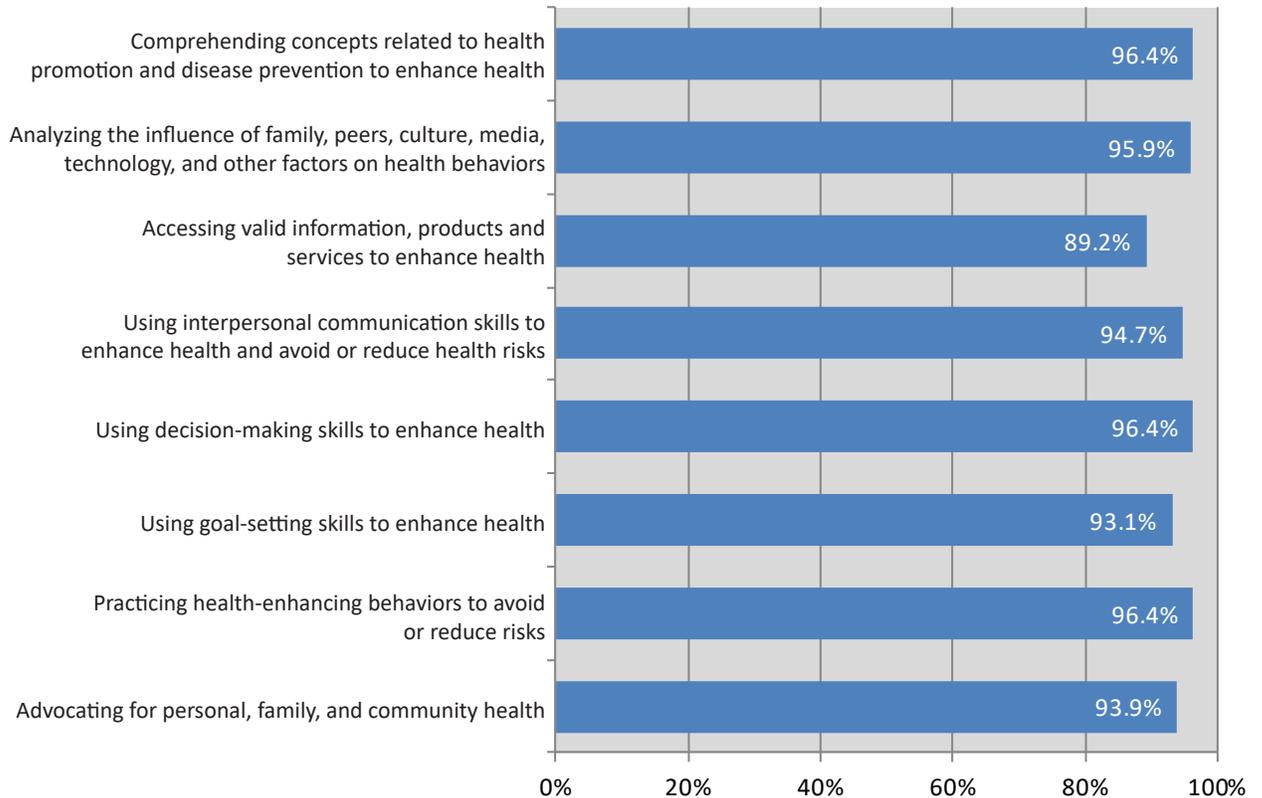


Health Education Curriculum

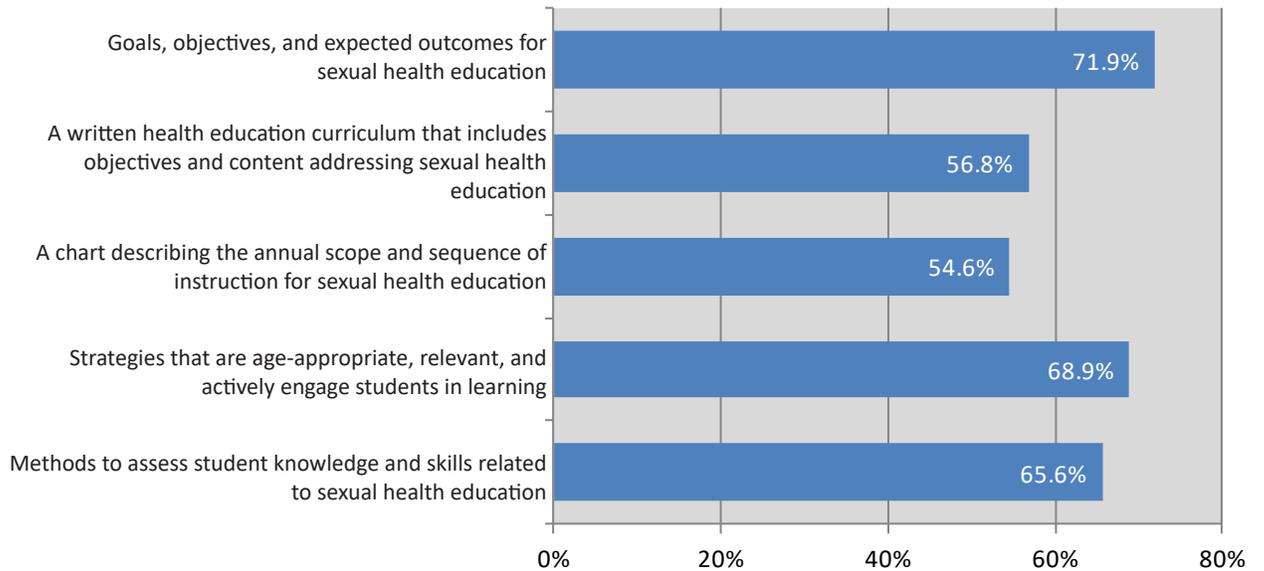
Question 4. Percentage of schools in which those who teach health education are provided with each of the following materials.



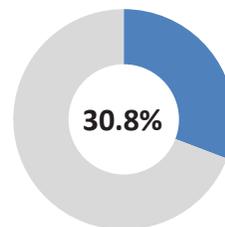
Question 5. Percentage of schools in which the health education curriculum addresses each of the following skills.



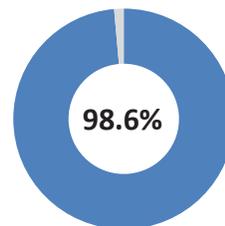
Question 6. Percentage of schools in which those who teach sexual health education are provided with each of the following materials (among schools that teach sexual health education).



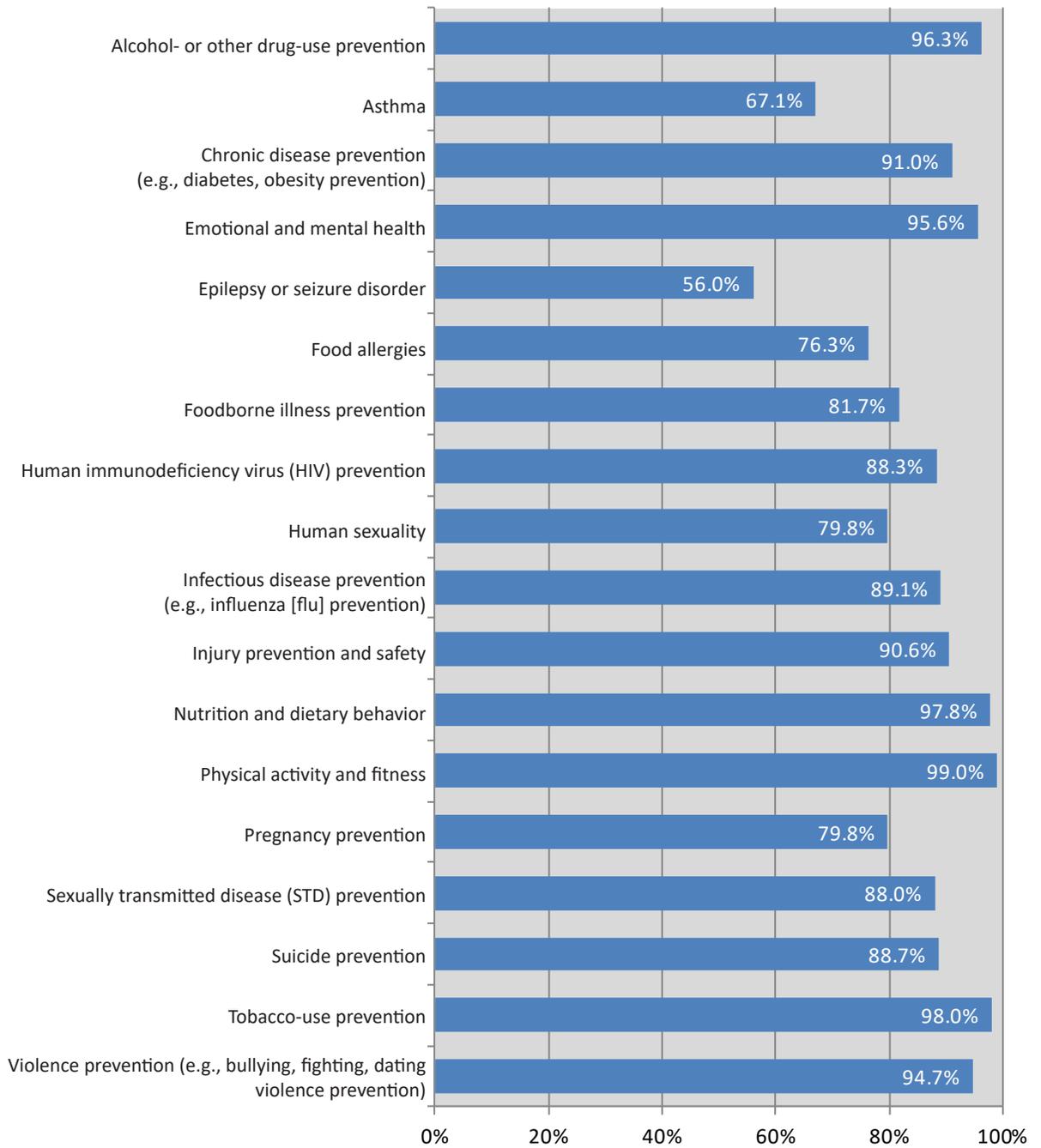
Question 7. Percentage of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth. (2016 result: 36.0%)



Question 8. Percentage of schools in which health education instruction is required for students in any of grades 6 through 12. (2016 result: 94.7%)

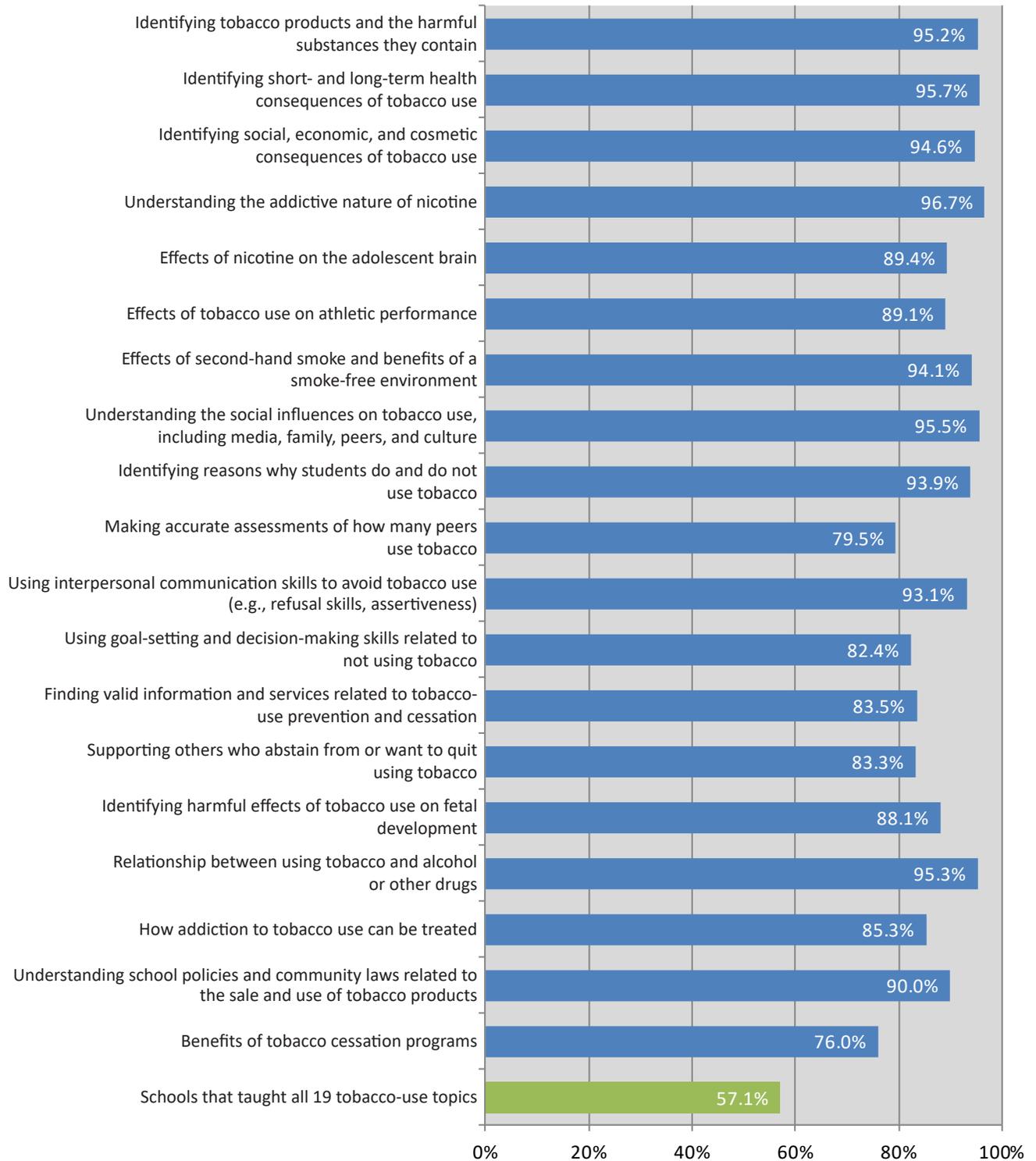


Question 9. Percentage of schools in which teachers tried to increase student knowledge on each of the following topics in a required course in any of grades 6 through 12 during the current school year.



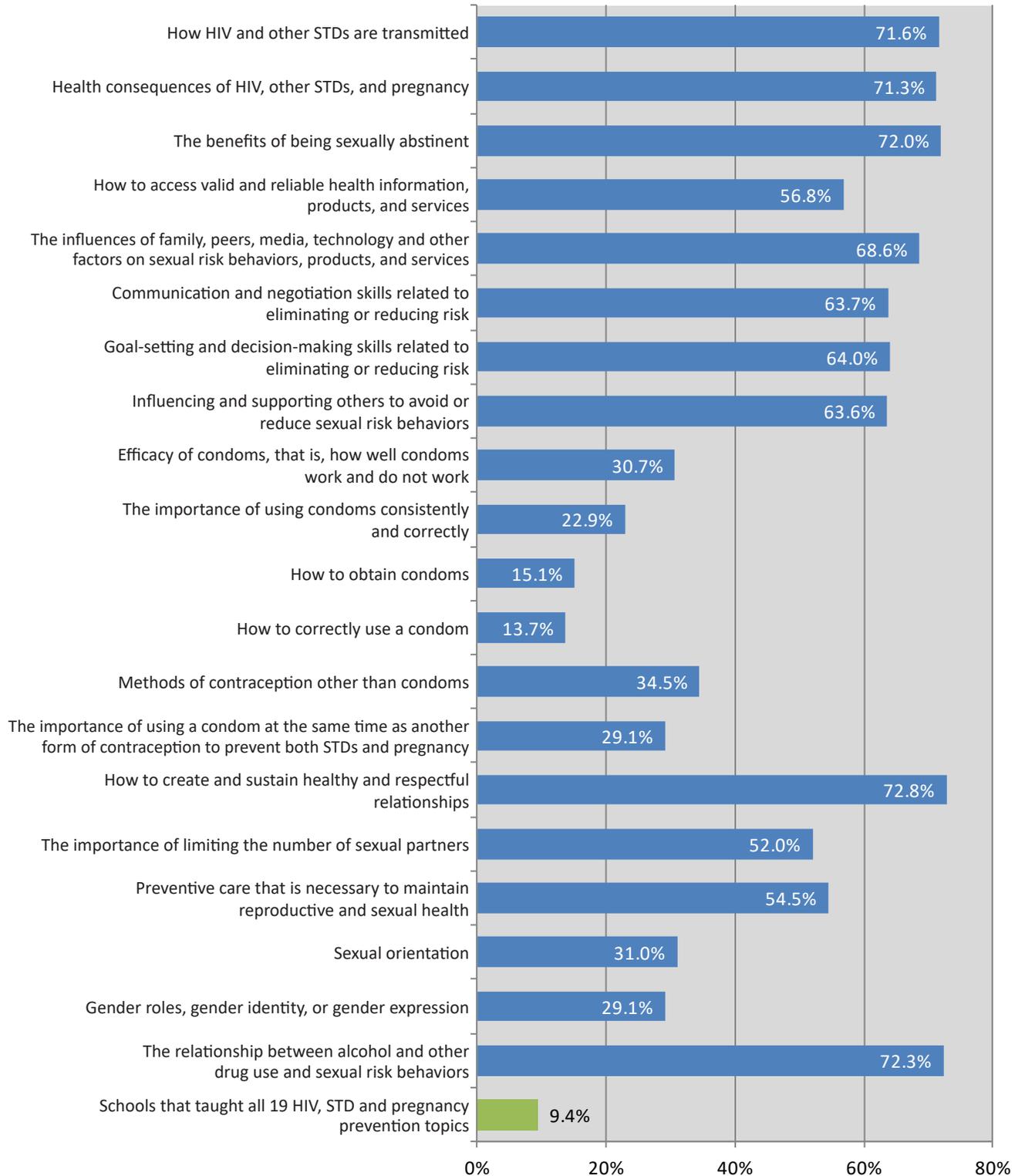
Tobacco-Use Prevention

Question 10. Percentage of schools in which teachers taught each of the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year.

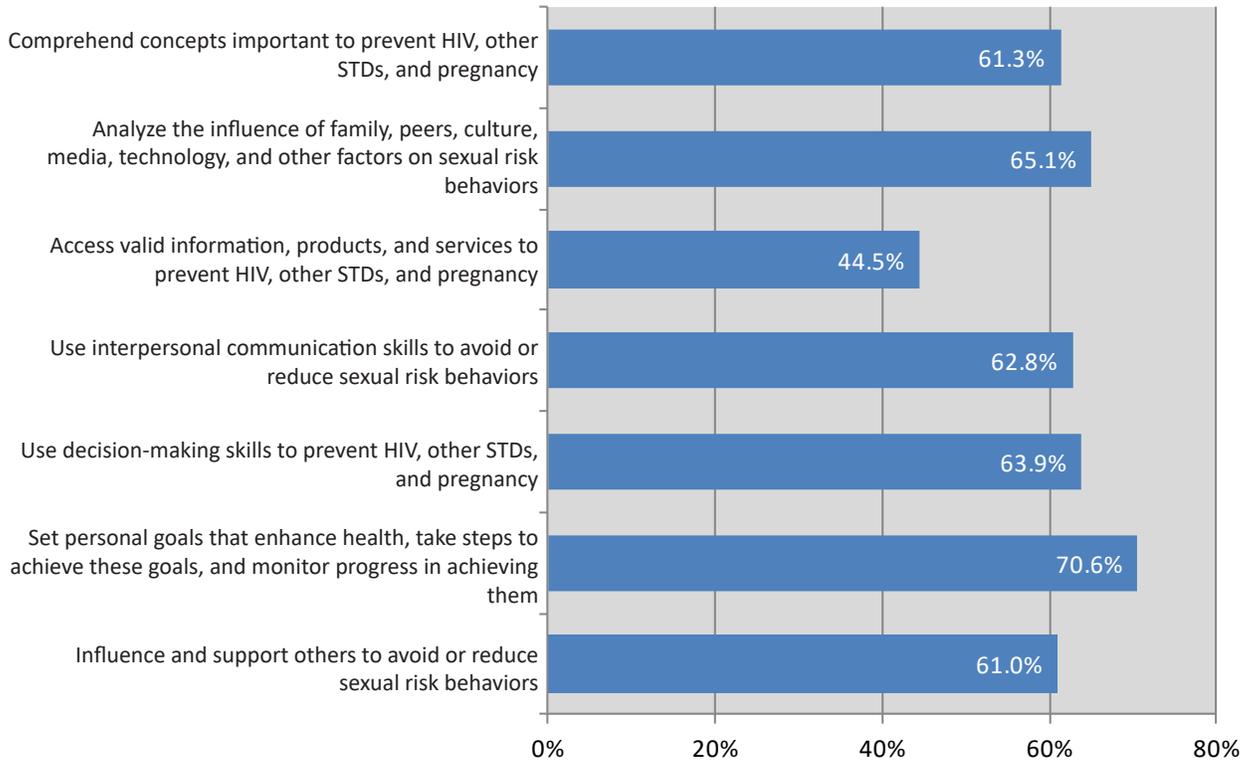


HIV, STD, or Pregnancy Prevention - Grades 6-8

Question 11 (grades 6-8). Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course in any of grades 6, 7, or 8 during the current school year.

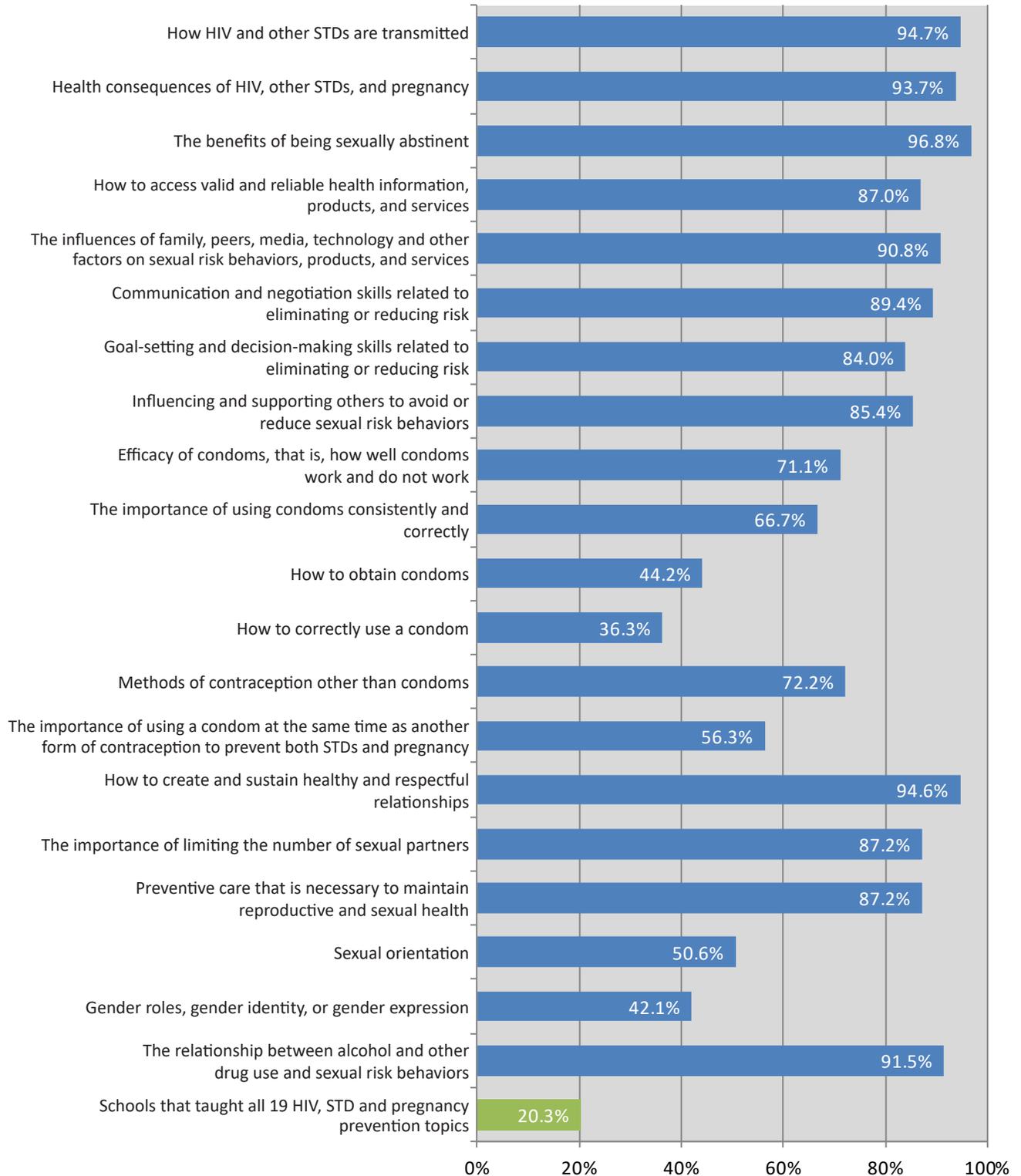


Question 12 (grades 6-8). Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year.

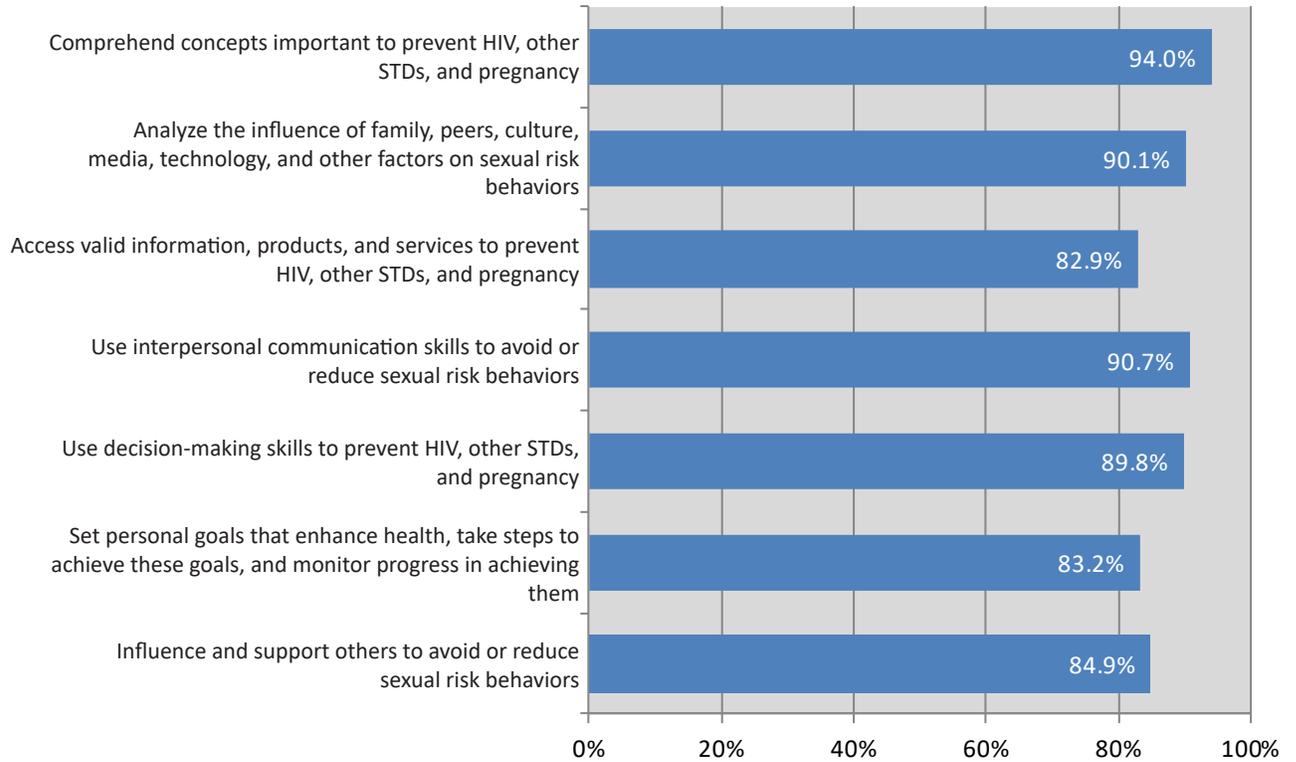


HIV, STD, or Pregnancy Prevention - Grades 9-12

Question 11 (grades 9-12). Percentage of schools in which teachers taught each of the following HIV, STD, or pregnancy prevention topics in a required course in any of grades 9, 10, 11, or 12 during the current school year.

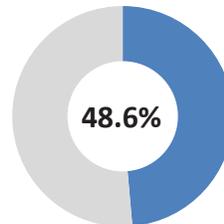


Question 12 (grades 9-12). Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12 during the current school year.



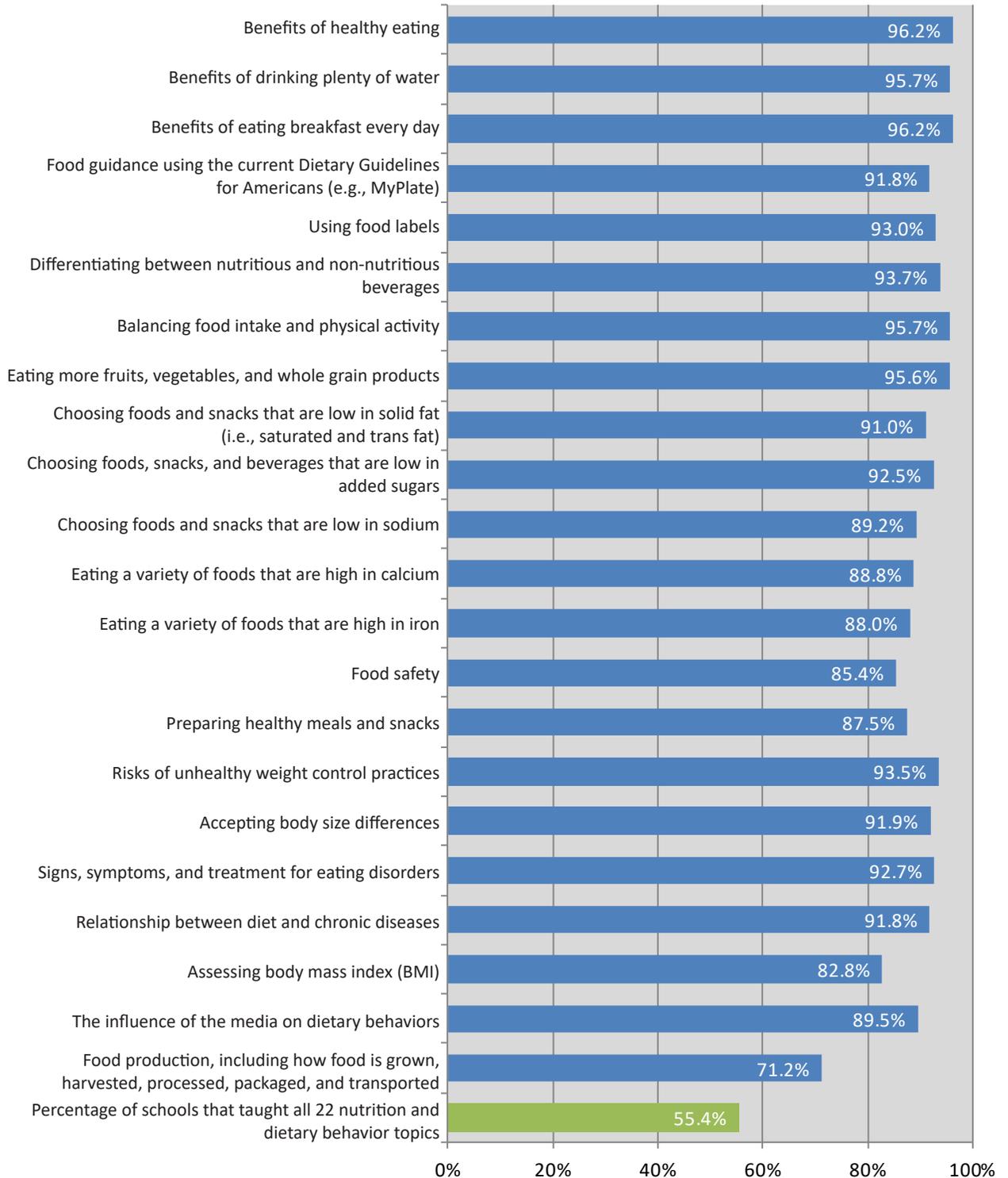
Sexual Health Preparedness

Question 13. Percentage of schools that provide students with the opportunity to practice communication, decision-making, goal-setting, or refusal skills related to sexual health, for example through role-playing. (2016 result: N/A)



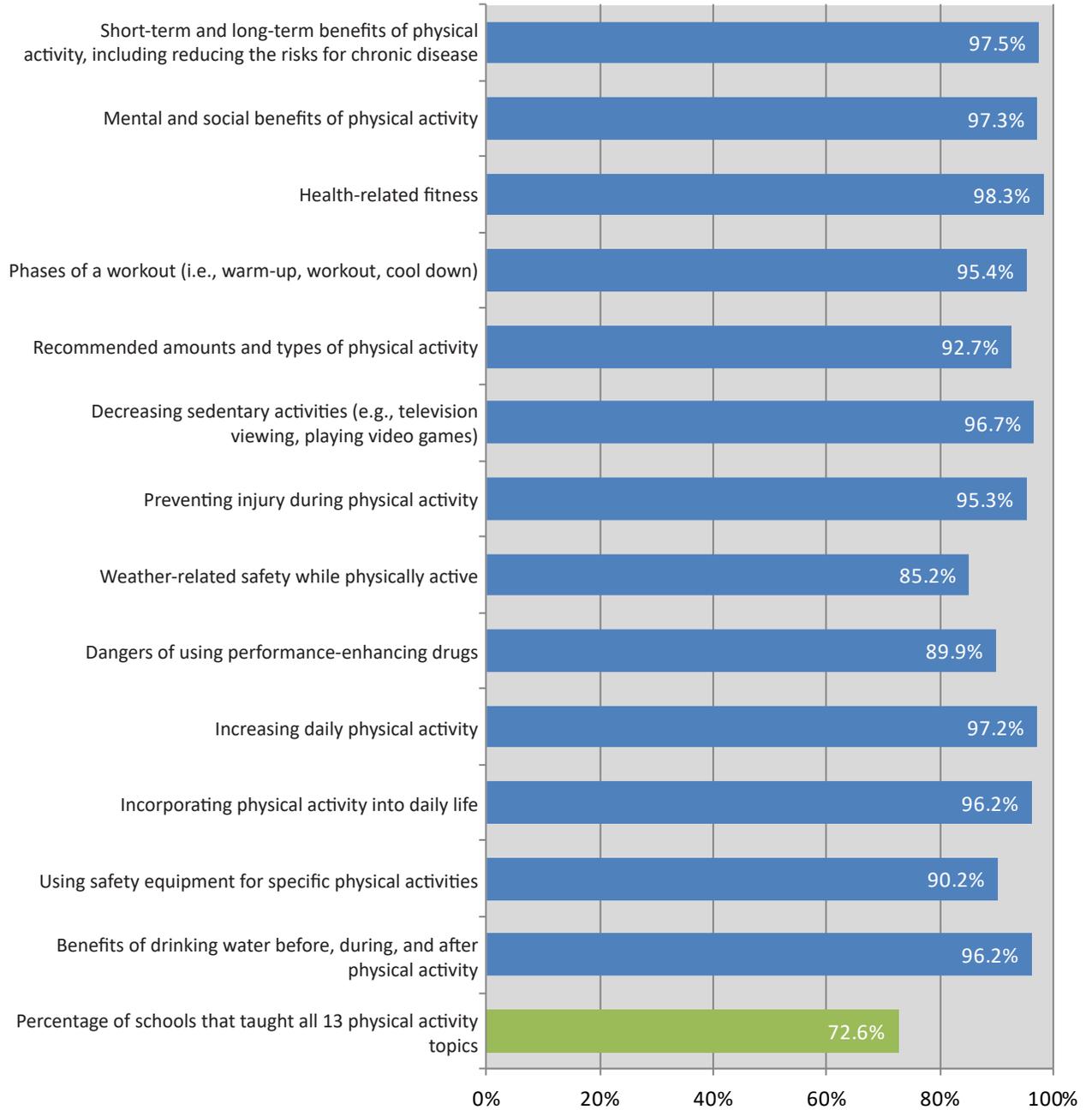
Nutrition and Dietary Behavior

Question 14. Percentage of schools in which teachers taught each of the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year.



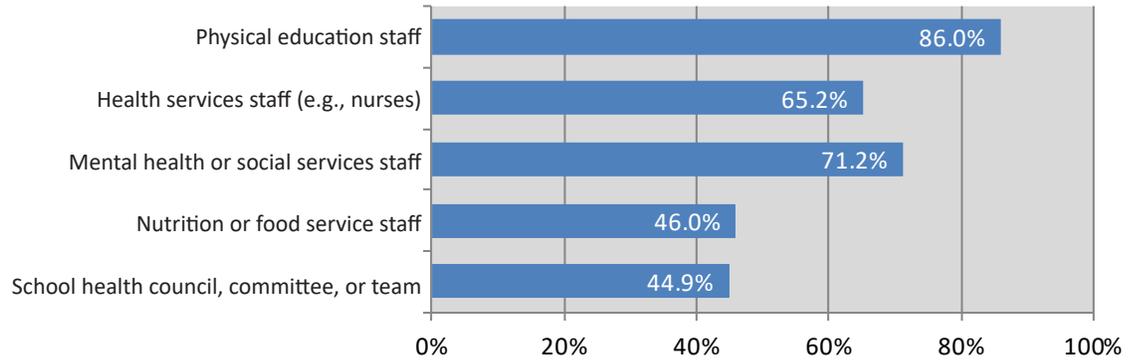
Physical Activity

Question 15. Percentage of schools in which teachers taught each of the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year.

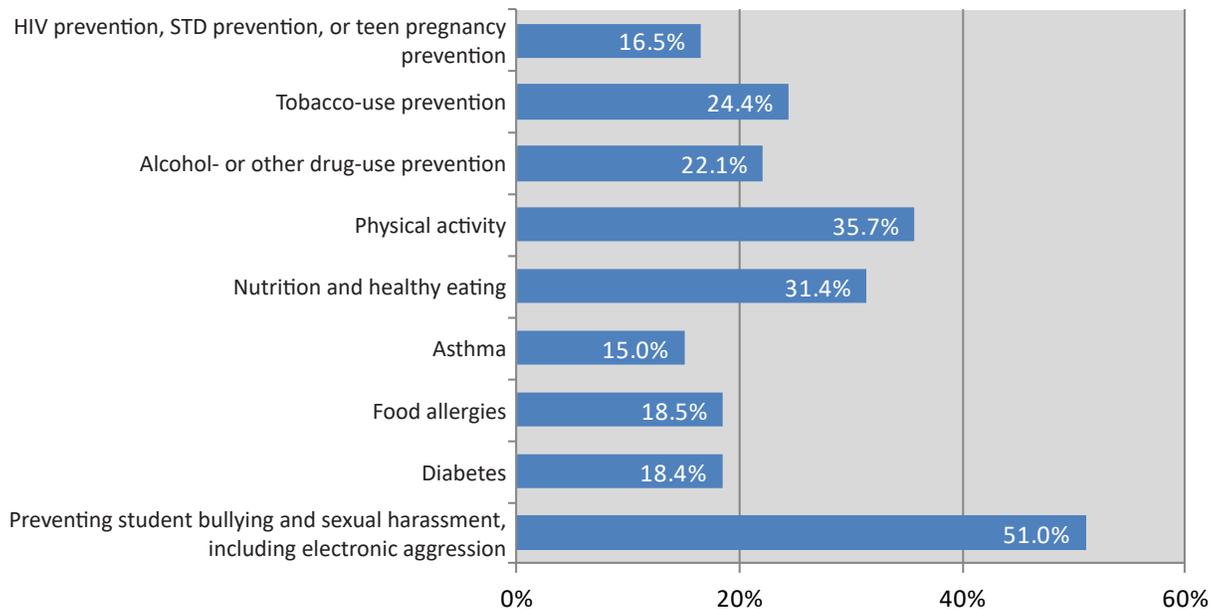


Collaboration

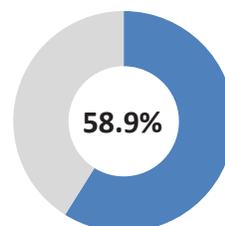
Question 16. Percentage of schools in which health education staff worked with the following groups on health education activities during the current school year.



Question 17. Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:

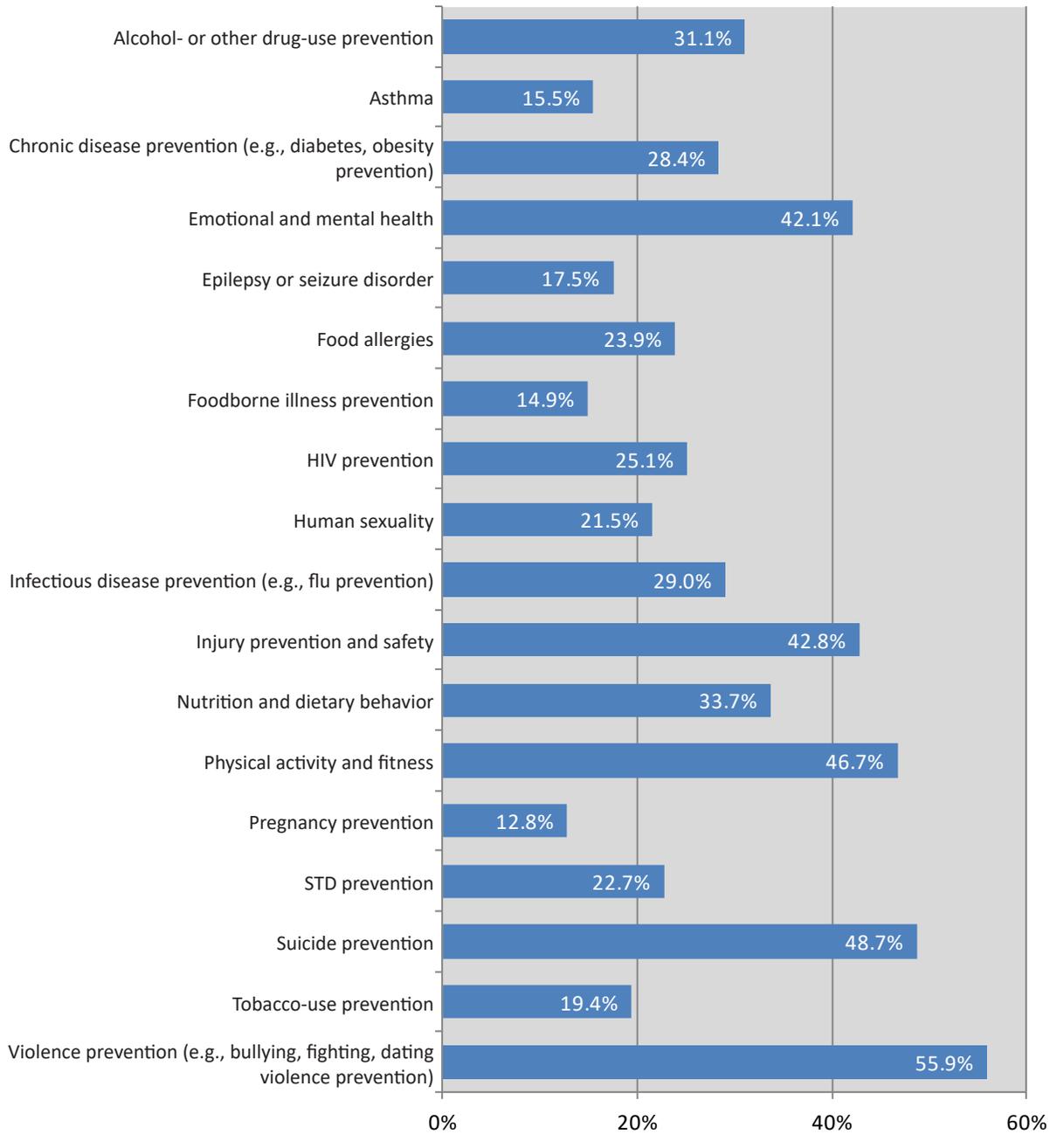


Question 18. Percentage of schools in which teachers have given students homework assignments or health education activities to do at home with their parents during the current school year. (2016 result: 59.3%)

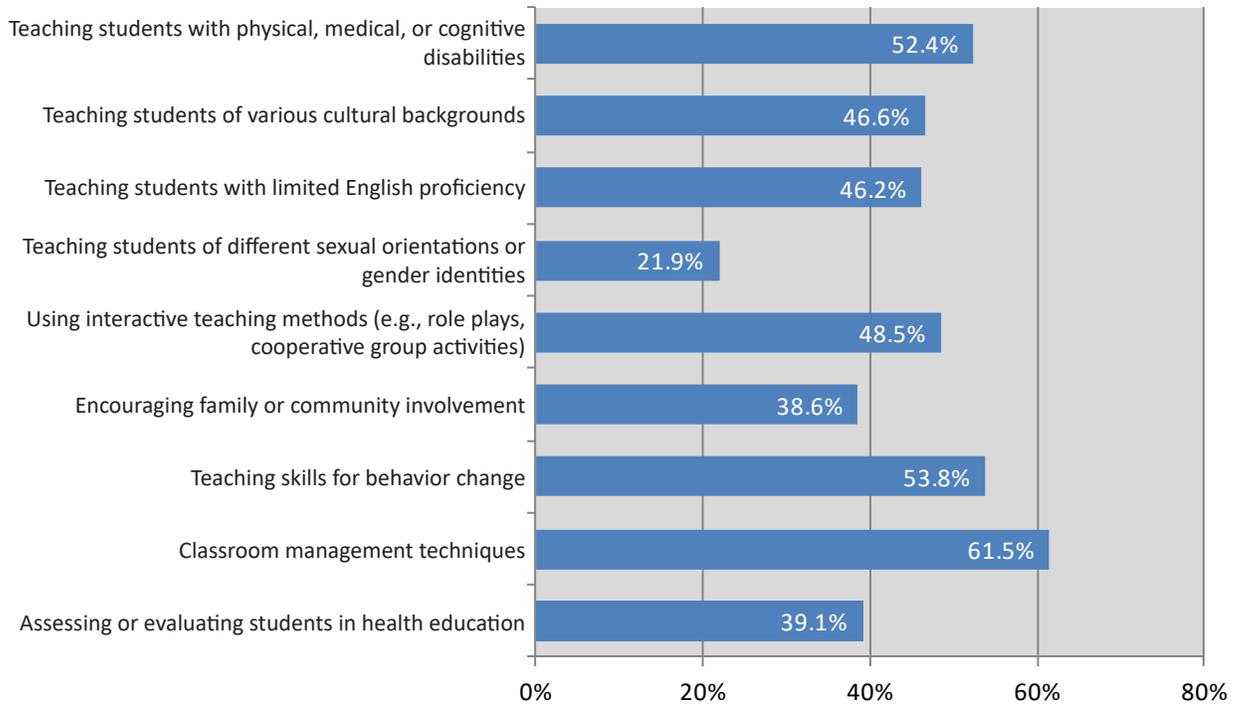


Professional Development

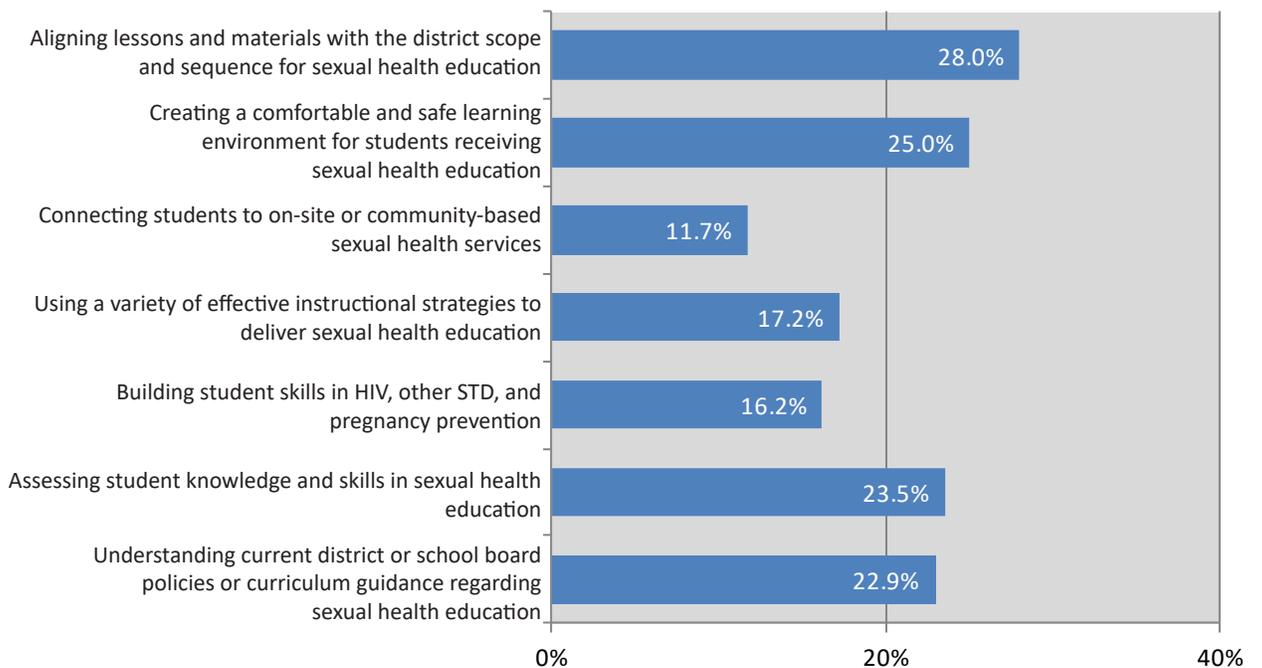
Question 19. Percentage of schools in which the lead health education teacher received professional development (e.g., workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.



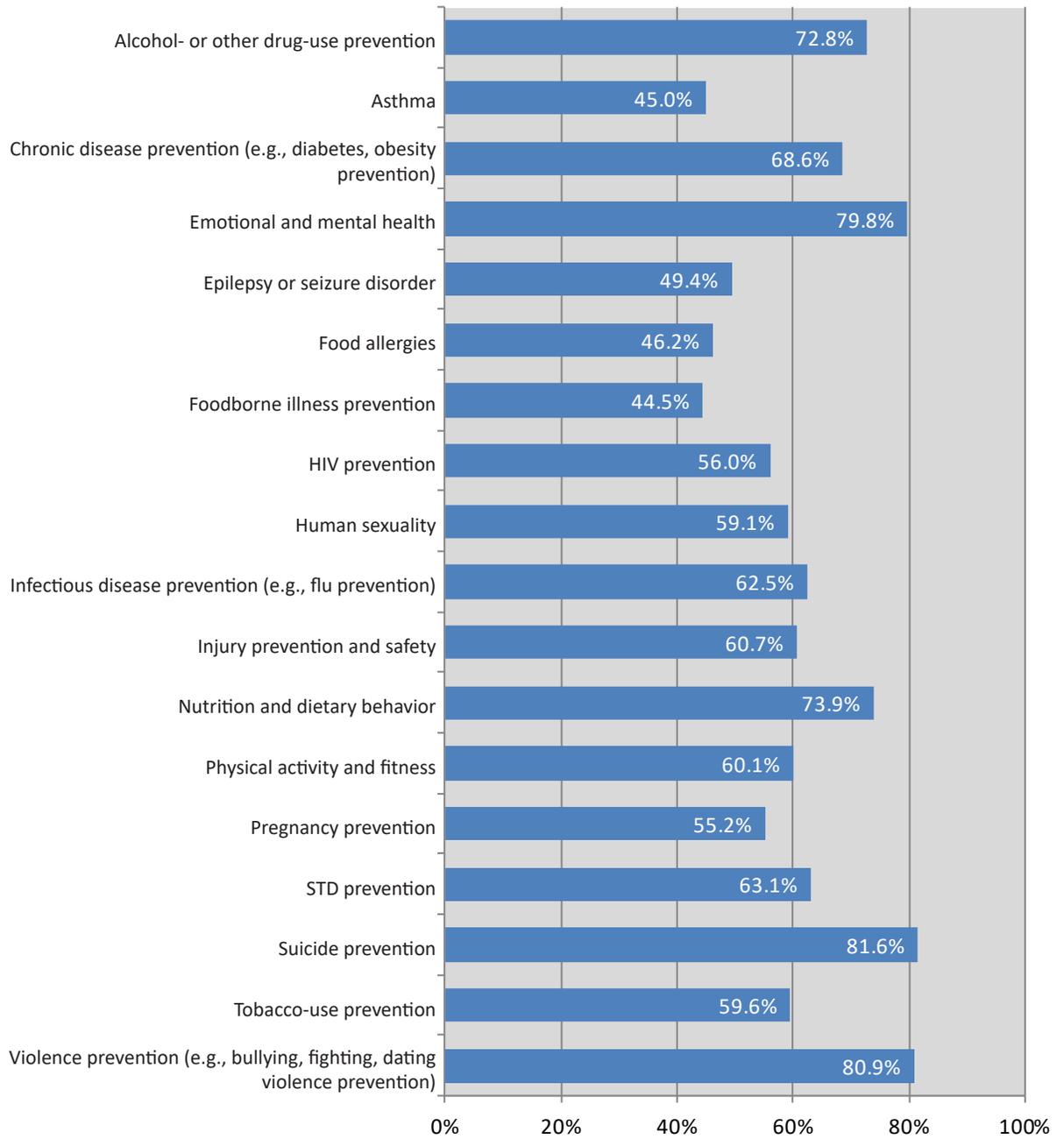
Question 20. Percentage of schools in which the lead health education teacher received professional development (e.g., workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics during the past two years.



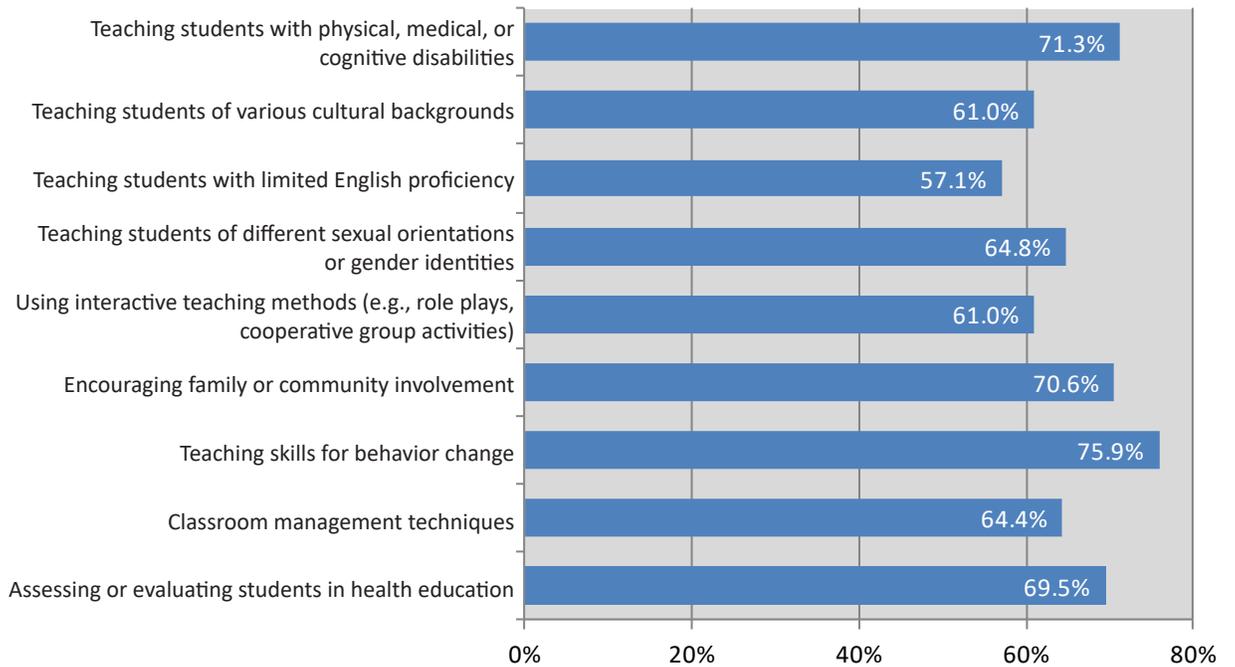
Question 21. Percentage of schools in which the lead health education teacher received professional development on each of the following topics related to teaching sexual health education during the past two years.



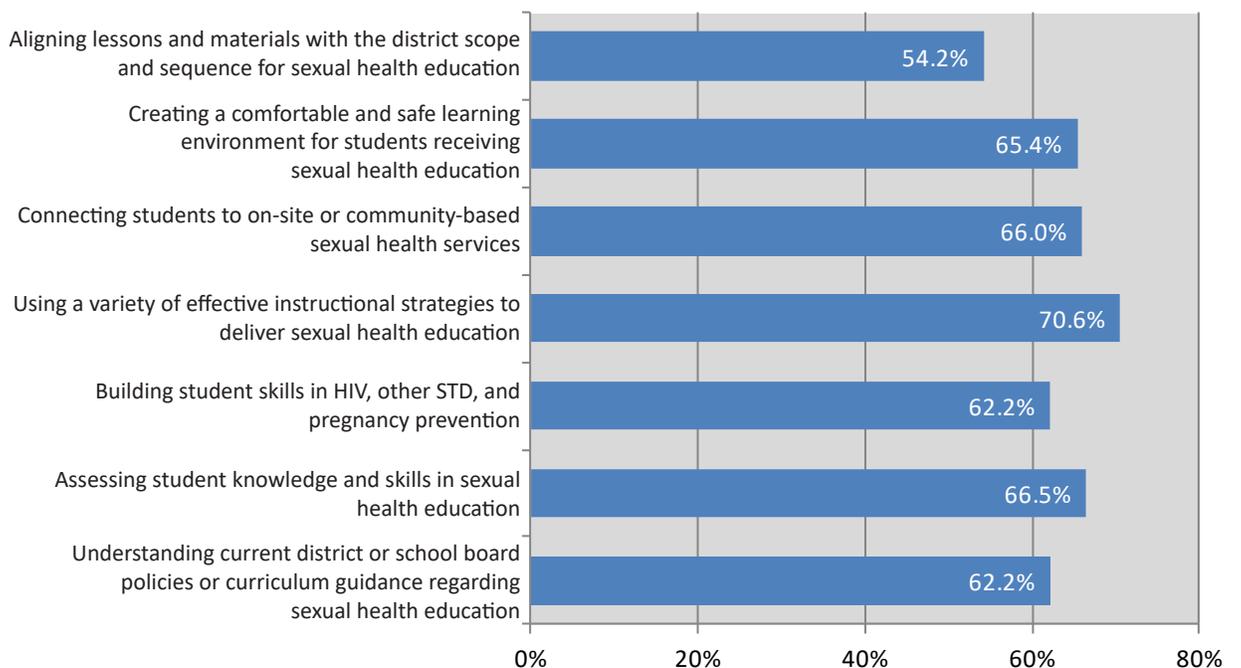
Question 22. Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics.



Question 23. Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics.

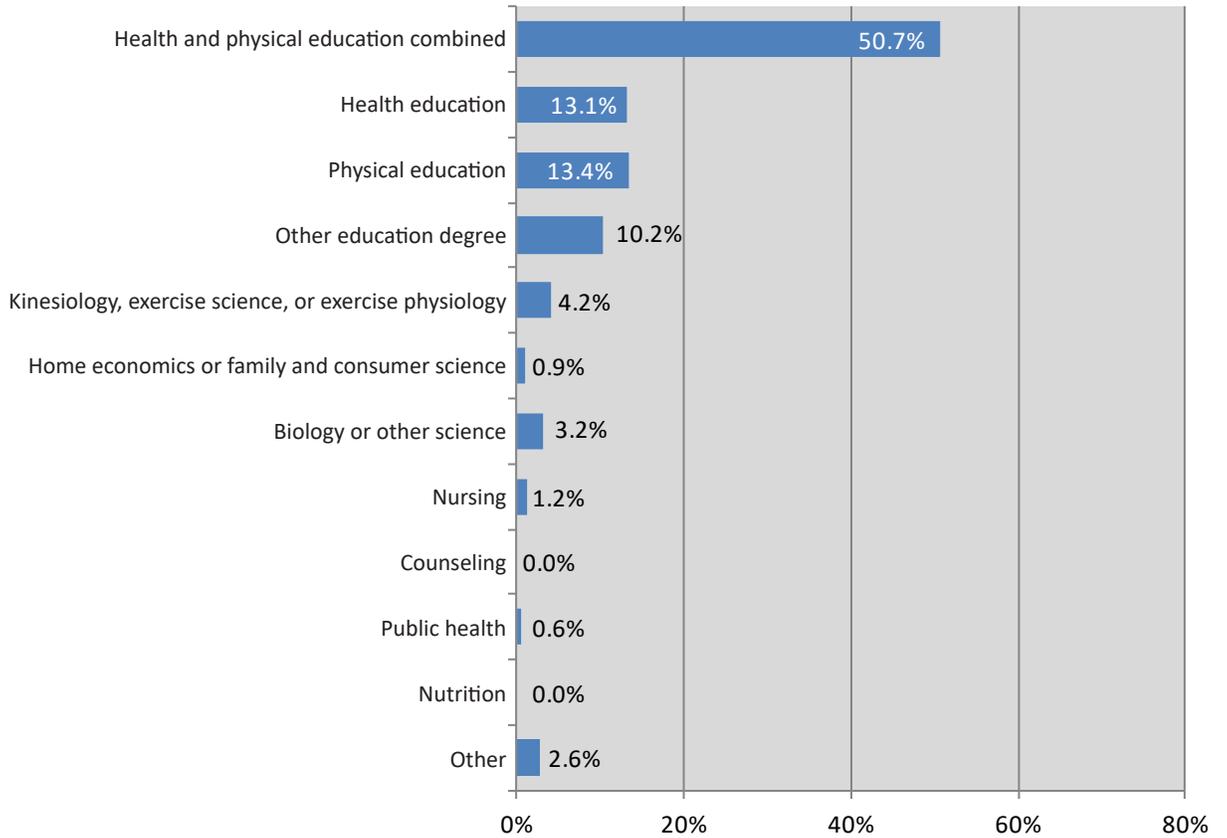


Question 24. Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics related to teaching sexual health education.

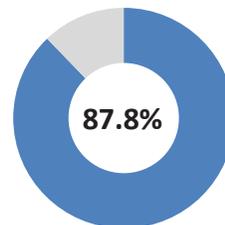


Professional Development

Question 25. Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:



Question 26. Percentage of schools in which the lead health education teacher is certified, licensed, or endorsed by the state to teach health education in middle school or high school. (2016 result: 86.6%)



Question 27. Percentage of schools in which the lead health education teacher had the following number of years of experience in teaching health education courses or topics.

