



PROFILES 2008

School Health Profiles

Characteristics of Health Programs
in Secondary Schools

Ohio | Department of Education
Department of Health

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The Ohio Department of Education (ODE) and Ohio Department of Health (ODH) are pleased to share the *2008 Ohio School Health Profiles: Characteristics of Health Programs in Secondary Schools* report with you. This report contains important information on school health policies and programs in Ohio schools.

The *School Health Profiles* report is designed to assess school health policies and programs and was conducted among middle and high school principals and health education teachers. The results of the survey are weighted and therefore provide information that can be generalized to the entire state.

The survey monitors:

- School health education requirements and content.
- Physical education requirements.
- Health services.
- Nutrition-related policies and practices.
- Family and community involvement in school health programs.
- School health policies on HIV and AIDS prevention, tobacco-use prevention, violence prevention and physical activity.
- Professional preparation and staff development for lead health education teachers.

The report was made possible by funds awarded to ODE and ODH through a five-year cooperative agreement from the Centers for Disease Control and Prevention. The purpose of the program, **Improving Health and Educational Outcomes of Young People**, is to build the capacity of local districts to assess, plan, implement and evaluate health and wellness initiatives at the building and district levels that promote overall student wellness and support academic achievement. ODE and ODH will use the *School Health Profiles* report to guide development of coordinated school health programs that advance adolescent health promotion, intervention and services related to physical activity, nutrition, tobacco use and HIV prevention.

Research documents a correlation between healthy students and academic success, and by embedding student health goals into the business of schools at the system level, we create a culture of wellness among school leadership that supports sustainable, coordinated health efforts in buildings across the state. As you read the results of the *School Health Profiles* report, think about how you can use this information to become part of this collaborative effort to improve the health and educational outcomes of Ohio's youth.

Sincerely,



Deborah S. Delisle
Superintendent of Public Instruction

Sincerely,



Alvin D. Jackson, M.D.
Director of Health

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The Ohio Department of Education (ODE) extends a warm thank you to all the principals and lead health education teachers who participated in the 2008 Ohio School Health Profile Surveys. The time and dedication it took to complete the survey in such a timely manner is greatly appreciated. Without your responses, statewide monitoring of school health curricula, programs, policies and professional development needs would not be possible.

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INTRODUCTION



In Ohio, approximately 1.2 million young people attend nearly 5,300 schools for about six hours of classroom time each day. They do this for up to 13 of the most formative years of their lives. Because schools are the only institutions that can reach nearly all youth, they are in a unique position to improve both the education and health status of young people throughout the nation.

Supporting school health programs to improve the health status of Ohio's young people has never been more important. Many of the health challenges facing young people today are different from those of past decades. Today, the health of young people, and the adults they will become, is critically linked to the health-related behaviors they choose to adopt during youth and adolescent years. These choices contribute markedly to today's major causes of death, such as heart disease, cancer and injuries.

The Centers for Disease Control and Prevention (CDC), in collaboration with state and local education and health agencies, developed *School Health Profiles* (heretofore referenced simply as *Profiles*) to measure school health policies and practices. The *Profiles* assist state and local education and health agencies in monitoring and assessing characteristics of school health education; physical education; school health policies related to HIV infection/AIDS, tobacco-use prevention and nutrition; asthma management activities; and family and community involvement in school health programs. The implementation and well-coordinated school health policies and practices allow students the opportunity to learn, practice and model behaviors that lead to health lifestyles and provide at-risk students access to interventions and services needed to reduce the prevalence of health problems that impair academic success.

The weighted results can be used to describe school health policies and practices of all regular secondary public schools in Ohio having at least one of grades 6 through 12. They also can be

used to improve school health programs. The broad focus of *Profiles* provides some information on five of the eight components of coordinated school health:

- **Health education** provides students with a planned, sequential curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills and practices.
- **Physical education** provides students with a planned, sequential curriculum that provides cognitive content and learning experiences in a variety of activity areas. Quality physical education should promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives.
- **Health services** are provided for students to appraise, protect and promote health. These services are designed to ensure access or referral to primary health care services, or both; foster appropriate use of primary health care services; prevent and control communicable disease and other health problems; provide emergency care for illness or injury; promote and provide optimum sanitary conditions for a safe school facility and school environment; and provide educational and counseling opportunities for promoting and maintaining individual, family and community health.
- **Healthy and safe school environment** refers to the physical and aesthetic surroundings and the psychosocial climate and culture of the school. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise and lighting. The psychosocial environment includes the emotional and social conditions that affect the well-being of students and staff.
- **Family and community involvement** provides an integrated school, parent and community approach for enhancing the health and well-being of students. School health advisory councils, coalitions and broadly based constituencies for school health can build support for school health program efforts. Schools can actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

METHODS



All regular secondary public schools having at least one of grades 6 through 12 were included in the sampling frame. Schools were sorted by estimated enrollment in the target grades within school level (senior high schools, middle schools, and junior/senior high schools combined) before sampling. Surveyors selected schools to participate in the survey using systematic equal-probability sampling with a random start.

For each middle or high school sampled, the principal and the lead health education teacher (the person who coordinates health education policies and programs within the school) each completed a self-administered questionnaire. Participation in the survey is confidential and voluntary; follow-up telephone calls, e-mails and written reminders are used to encourage participation.

The two questionnaires were mailed to 463 regular secondary public schools containing any of grades 6 through 12 in Ohio during the fall of 2008. Usable questionnaires were received from 72 percent of principals and from 72 percent of health education teachers. Because the response rates for these surveys were ≥ 70 percent, the results are weighted and are representative of all regular public secondary schools in Ohio having at least one of grades 6 through 12. Results from the principal and lead health educator surveys are presented for the following types of schools in Ohio:

- High schools with a low grade of 9 or higher and a high grade of 10 or higher;
- Middle schools with a high grade of 9 or lower;
- Junior/senior high schools with a low grade of 8 or less and a high grade of 10 or higher; and
- All schools.

HEALTH, EDUCATION OUTCOMES AND SCHOOL SUCCESS



According to the CDC Healthy Youth initiative, schools can play a vital role in establishing healthy behavior patterns among young people that carry into adulthood. Each day, schools provide 54 million students in the United States the opportunity to learn the importance of healthy lifestyles and skills necessary to engage in healthy behaviors. Not only do schools provide critical outlets to reach millions of children and adolescents to promote lifelong healthy behaviors, they also provide a safe and supportive environment for students to engage in and practice these behaviors. Health education programs in schools contribute directly to a

student's ability to successfully adopt and practice behaviors that protect and promote health and avoid or reduce health risk.

The academic success of youth is strongly linked with their health. Health-related factors such as hunger, physical and emotional abuse, and chronic illness can lead to poor school performance. Health-risk behaviors such as substance use, violence and physical inactivity are consistently linked to academic failure and often affect students' school attendance, grades, test scores and ability to pay attention in class.^{1,2-8,9}

In addition to positively affecting the individual health and wellness of each student, supporting academic achievement and reducing disciplinary infractions are also fundamental outcomes of modern school health programs. In turn, academic success is an excellent indicator for the overall well-being of youth and a key predictor of positive adult health outcomes. The close relationship between health and education should encourage school districts to embed health programs into the educational environment for all students. Research indicates that overall student performance is improved by health programs implemented through the coordinated student health model that include health education, physical education, and access to health, nutrition and counseling and psychological services that support a healthy school environment and promote staff wellness and community and family engagement.⁹

SCHOOL HEALTH COORDINATION



Coordinated School Health (CSH) is a systemic approach of advancing student academic performance by promoting, practicing and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last their lifetimes. Coordinated school health programs are multifaceted and complex. They must be integrated vertically in age-appropriate ways from kindergarten through 12th grade, as well as horizontally across instructional programs, health services, and policy domains and across school, family and community boundaries¹⁰.

Although these components are listed separately, it is their composite that allows CSH to have significant impact. The eight components include health education, physical education/activity, health services, nutrition services, health promotion for staff, counseling and psychological services, healthy school environment and student/parent/community involvement.

With all of these components in place and working together in a well-coordinated manner, students will be healthier in school and in class and will be ready to learn. The coordinated approach requires rigorous process planning to assure that local needs of the community are addressed through relevant, research-based methods that drive toward positive, sustainable health and education outcomes for students^{9,10}. The process requires:

- Looking at local data (student behavior and academic, policies, services, instruction and resources).
- Engaging a critical mass of district leaders, community leaders, parents and school staff.
- Developing an infrastructure to sustain system-wide policies and practices.
- Increasing communication about health and achievement.
- Establishing and enforcing proper health policy in school districts.

School Health Coordination

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

Physical activity

| | |
|----------------------------|------------|
| High Schools | 44% |
| Middle Schools | 41% |
| Junior/Senior High Schools | 33% |
| All Ohio Schools | 42% |
| National Median | 41% |

Tobacco-use prevention

| | |
|----------------------------|------------|
| High Schools | 46% |
| Middle Schools | 42% |
| Junior/Senior High Schools | 23% |
| All Ohio Schools | 42% |
| National Median | 41% |

Nutrition

| | |
|----------------------------|------------|
| High Schools | 47% |
| Middle Schools | 40% |
| Junior/Senior High Schools | 33% |
| All Ohio Schools | 43% |
| National Median | 41% |

Asthma

| | |
|----------------------------|------------|
| High Schools | 26% |
| Middle Schools | 20% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 22% |
| National Median | 22% |

- Percentage of schools that have a copy of their district's wellness policy

Yes

| | |
|----------------------------|------------|
| High Schools | 88% |
| Middle Schools | 91% |
| Junior/Senior High Schools | 79% |
| All Ohio Schools | 89% |
| National Median | 89% |

District does not have wellness policy

| | |
|----------------------------|-----------|
| High Schools | 2% |
| Middle Schools | 1% |
| Junior/Senior High Schools | 4% |
| All Ohio Schools | 2% |
| National Median | NA |

No

| | |
|----------------------------|------------|
| High Schools | 10% |
| Middle Schools | 8% |
| Junior/Senior High Schools | 17% |
| All Ohio Schools | 9% |
| National Median | 11% |

- Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities

| | |
|----------------------------|------------|
| High Schools | 91% |
| Middle Schools | 85% |
| Junior/Senior High Schools | 85% |
| All Ohio Schools | 88% |
| National Median | 91% |

- 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

| | |
|----------------------------|------------|
| High Schools | 80% |
| Middle Schools | 63% |
| Junior/Senior High Schools | 62% |
| All Ohio Schools | 71% |
| National Median | 62% |

School Health Coordination

- Percentage of schools that have the following groups represented on any school health council, committee or team

School administration

| | |
|---------------------------|------------|
| High Schools | 93% |
| Middle Schools | 94% |
| Junior/Senior High School | 100% |
| All Ohio Schools | 94% |
| National Median | 95% |

Health education teachers

| | |
|----------------------------|------------|
| High Schools | 84% |
| Middle Schools | 91% |
| Junior/Senior High Schools | 89% |
| All Ohio Schools | 87% |
| National Median | 91% |

Physical education teachers

| | |
|----------------------------|------------|
| High Schools | 87% |
| Middle Schools | 86% |
| Junior/Senior High Schools | 84% |
| All Ohio Schools | 86% |
| National Median | 91% |

Mental health or social services staff

| | |
|----------------------------|------------|
| High Schools | 53% |
| Middle Schools | 40% |
| Junior/Senior High Schools | 22% |
| All Ohio Schools | 46% |
| National Median | 50% |

Nutrition or food service staff

| | |
|----------------------------|------------|
| High Schools | 80% |
| Middle Schools | 81% |
| Junior/Senior High Schools | 84% |
| All Ohio Schools | 80% |
| National Median | 73% |

Health services staff (e.g., school nurse)

| | |
|----------------------------|------------|
| High Schools | 79% |
| Middle Schools | 87% |
| Junior/Senior High Schools | 62% |
| All Ohio Schools | 81% |
| National Median | 81% |

Maintenance and transportation staff

| | |
|----------------------------|------------|
| High Schools | 26% |
| Middle Schools | 21% |
| Junior/Senior High Schools | 6% |
| All Ohio Schools | 23% |
| National Median | 21% |

Student body

| | |
|----------------------------|------------|
| High Schools | 44% |
| Middle Schools | 34% |
| Junior/Senior High Schools | 40% |
| All Ohio Schools | 39% |
| National Median | 49% |

Parents or families of students

| | |
|----------------------------|------------|
| High Schools | 59% |
| Middle Schools | 53% |
| Junior/Senior High Schools | 67% |
| All Ohio Schools | 57% |
| National Median | 65% |

Community

| | |
|----------------------------|------------|
| High Schools | 57% |
| Middle Schools | 49% |
| Junior/Senior High Schools | 66% |
| All Ohio Schools | 54% |
| National Median | 54% |

Local health departments, agencies or organizations

| | |
|----------------------------|------------|
| High Schools | 55% |
| Middle Schools | 39% |
| Junior/Senior High Schools | 39% |
| All Ohio Schools | 47% |
| National Median | 42% |

Faith-based organizations

| | |
|----------------------------|------------|
| High Schools | 12% |
| Middle Schools | 4% |
| Junior/Senior High Schools | 11% |
| All Ohio Schools | 9% |
| National Median | 10% |

Businesses

| | |
|----------------------------|------------|
| High Schools | 22% |
| Middle Schools | 15% |
| Junior/Senior High Schools | 16% |
| All Ohio Schools | 19% |
| National Median | 22% |

Local government

| | |
|----------------------------|------------|
| High Schools | 18% |
| Middle Schools | 9% |
| Junior/Senior High Schools | 11% |
| All Ohio Schools | 14% |
| National Median | 16% |

HEALTH EDUCATION



The Centers for Disease Control and Prevention defines effective health education as a planned, sequential curriculum implemented for all grades in elementary and middle schools and for at least one semester in high school. Health education should address the physical, mental, emotional and social dimensions of health. The curriculum should motivate and assist students to maintain and improve their health, prevent disease and reduce health-related risk behaviors by imparting knowledge, shaping attitude and building the skills needed to achieve positive health behaviors. The curriculum should allow students to develop and demonstrate these skills and actively integrate positive health-related knowledge, attitudes and behaviors into their everyday lives^{8,23}.

Content within prescribed health curricula must be scientifically accurate, up to date and culturally competent, but a good health education is more complex and comprehensive than simple health text books. For health education programs to be effective and sustainable they must include:

1. A documented, sequential program of health instruction for students in grades kindergarten through 12.
2. A curriculum that addresses and integrates education about a range of categorical health problems and issues at developmentally appropriate ages.
3. Activities that help young people develop the skills they need to avoid tobacco use; dietary patterns that contribute to disease; sedentary lifestyle; sexual behaviors that result in HIV infection, other STDs and unintended pregnancy; alcohol and other drug use; and behaviors that result in unintentional and intentional injuries.
4. A prescribed amount of time for instruction at each grade level.
5. Guidelines on how to integrate a positive health culture throughout the school district.
6. Instruction on how to implement the curriculum from educators with experience in the topic.
7. Involvement of parents, health professionals and other concerned community members.
8. Schedules for periodic evaluation, updating and improvement.^{3,30}

The publication *National Health Education Standards: Achieving Health Literacy* provides a framework for designing or selecting health education curricula and allocating instructional resources, as well as providing a basis for the assessment of student achievement.

National Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family and community health.

School-based health education aligned with these standards will effectively provide students with the knowledge and skills needed to achieve positive youth development and build health literacy. Health literacy is at the core of the Framework for 21st Century Learning and is defined as the capacity of an individual to obtain, interpret and understand basic health information and services. Health literacy also represents competencies in using such information and services in ways that are health enhancing²⁴.

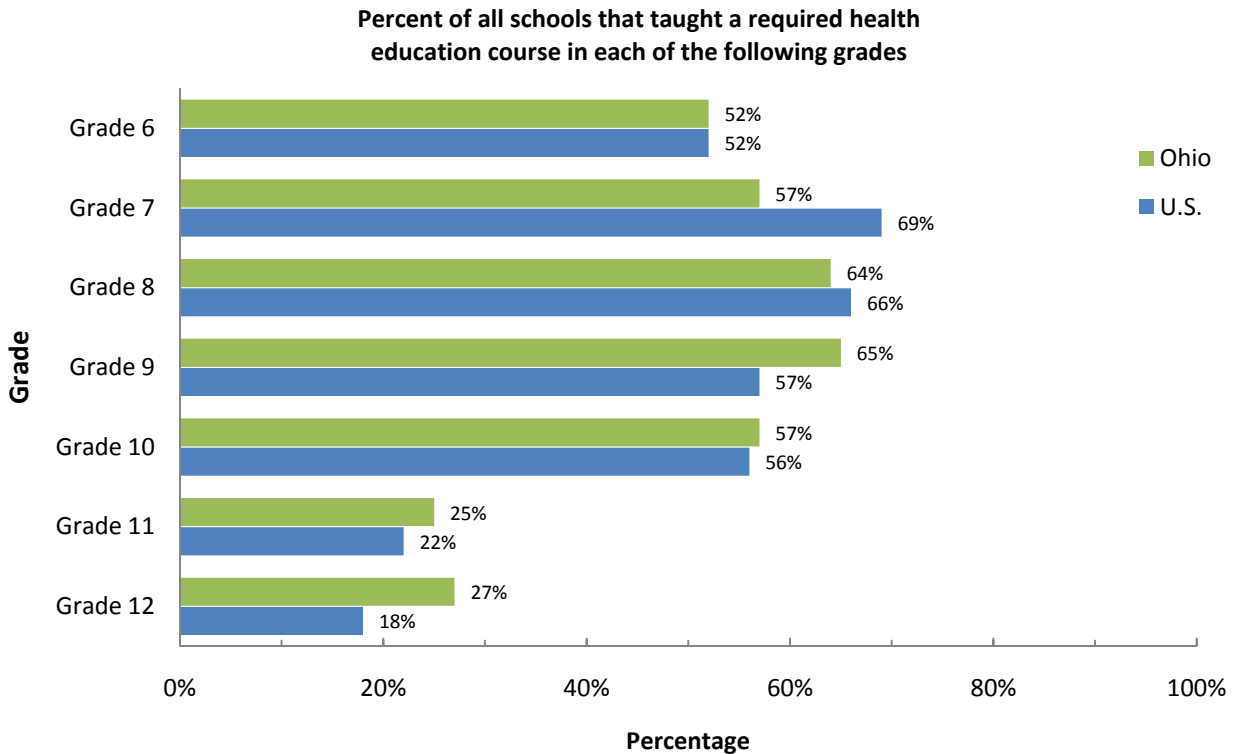
Comprehensive health education programs implemented in schools that utilize the coordinated school health model provide an environment where students can practice and reinforce the skills related to health behaviors that support academic performance.

Currently, the state of Ohio does not have health education standards. Under the Ohio Revised Code, schools are required to teach the nutritive value of foods; the harmful effects of drugs, alcohol and tobacco use; basic information on sexually transmitted infections; and lessons on personal safety with emphasis on assault prevention. However, these health content areas are not aligned with mandated hours of instruction or assessment protocols, nor does this state require that the content is taught by a licensed health teacher²⁵.

Health Education

Health Education

More than 96 percent of middle/junior and high schools in Ohio require health education for students in any of grades 6 through twelve. The table below lists the percentage of all schools (middle school, junior/senior high school and high school) that taught a required health education course in each of the respective grades. Approximately 55 percent of all middle schools, junior/senior high schools and high schools in Ohio require students to take two or more health education courses, with 6 percent requiring *no* health courses be taught. All schools that teach a required health education course require students who fail the course to repeat it.



Required Health Education

Required health education is defined in the *Profiles* questionnaire as instruction about health topics that students must achieve for graduation or promotion from school, and that is taught as a separate course for which students receive credit.

- **Percentage of schools that require health education for students in any of grades 6 through 12**

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 92% |
| Junior/Senior High Schools | 96% |
| All Ohio Schools | 96% |
| National Median | 91% |

Health Education

- Percentage of all schools that require students to take the following number of required health education courses

0 courses

| | |
|----------------------------|-----------|
| High Schools | 3% |
| Middle Schools | 8% |
| Junior/Senior High Schools | 7% |
| All Ohio Schools | 6% |
| National Median | NA |

3 courses

| | |
|----------------------------|------------|
| High Schools | 15% |
| Middle Schools | 17% |
| Junior/Senior High Schools | 16% |
| All Ohio Schools | 16% |
| National Median | NA |

1 course

| | |
|----------------------------|------------|
| High Schools | 47% |
| Middle Schools | 33% |
| Junior/Senior High Schools | 30% |
| All Ohio Schools | 39% |
| National Median | 38% |

4 or more courses

| | |
|----------------------------|------------|
| High Schools | 5% |
| Middle Schools | 15% |
| Junior/Senior High Schools | 7% |
| All Ohio Schools | 10% |
| National Median | NA |

2 courses

| | |
|----------------------------|------------|
| High Schools | 3% |
| Middle Schools | 27% |
| Junior/Senior High Schools | 40% |
| All Ohio Schools | 29% |
| National Median | 51% |

- Percentage of all schools that require students to take two or more health education courses

| | |
|----------------------------|------------|
| High Schools | 4% |
| Middle Schools | 59% |
| Junior/Senior High Schools | 63% |
| All Ohio Schools | 55% |
| National Median | NA |

- Percentage of schools that require students who fail a required health education course to repeat it

| | |
|----------------------------|------------|
| High Schools | 100% |
| Middle Schools | 33% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 71% |
| National Median | 60% |

NA = Not Available

Health Education

- Percentage of all schools that taught a required health education course in each of the following grades

Sixth grade

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 54% |
| Junior/Senior High Schools | 18% |
| All Ohio Schools | 52% |
| National Median | 52% |

Tenth grade

| | |
|----------------------------|------------|
| High Schools | 58% |
| Middle Schools | NA |
| Junior/Senior High Schools | 52% |
| All Ohio Schools | 57% |
| National Median | 56% |

Seventh grade

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 59% |
| Junior/Senior High Schools | 37% |
| All Ohio Schools | 57% |
| National Median | 69% |

Eleventh grade

| | |
|----------------------------|------------|
| High Schools | 28% |
| Middle Schools | NA |
| Junior/Senior High Schools | 15% |
| All Ohio Schools | 25% |
| National Median | 22% |

Eighth grade

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 65% |
| Junior/Senior High Schools | 55% |
| All Ohio Schools | 64% |
| National Median | 66% |

Twelfth grade

| | |
|----------------------------|------------|
| High Schools | 30% |
| Middle Schools | NA |
| Junior/Senior High Schools | 15% |
| All Ohio Schools | 27% |
| National Median | 18% |

Ninth grade

| | |
|----------------------------|------------|
| High Schools | 68% |
| Middle Schools | 58% |
| Junior/Senior High Schools | 65% |
| All Ohio Schools | 65% |
| National Median | 57% |

Health Education Materials

Schools can provide material to health education teachers to help them teach. The percentage of schools that provided the following materials to health teachers ranged as follows:

- Percentage of schools in which those who teach health education are provided the following materials

Goals, objectives, and expected outcomes for health education

| | |
|----------------------------|------------|
| High Schools | 88% |
| Middle Schools | 80% |
| Junior/Senior High Schools | 76% |
| All Ohio Schools | 83% |
| National Median | 86% |

Plans for how to assess student performance in health education

| | |
|----------------------------|------------|
| High Schools | 56% |
| Middle Schools | 53% |
| Junior/Senior High Schools | 37% |
| All Ohio Schools | 53% |
| National Median | 66% |

A chart describing the annual scope and sequence of instruction for health education

| | |
|----------------------------|------------|
| High Schools | 57% |
| Middle Schools | 50% |
| Junior/Senior High Schools | 43% |
| All Ohio Schools | 53% |
| National Median | 62% |

A written health education curriculum

| | |
|----------------------------|------------|
| High Schools | 79% |
| Middle Schools | 75% |
| Junior/Senior High Schools | 73% |
| All Ohio Schools | 77% |
| National Median | 78% |

NA = Not Available

Health Education Skills

According to the National Health Education Standards, health education curricula should build and reinforce the skills needed to establish healthy behaviors. The percentage of schools with health education curriculum that addresses specific skills ranges as follows:

- Percentage of schools in which the health education curriculum addresses each of the following skills

Comprehending concepts related to health promotion and disease prevention to enhance health

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 97% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 98% |
| National Median | 98% |

Analyzing the influence of family, peers, culture, media, technology and other factors on health behaviors

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | 96% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 97% |
| National Median | 98% |

Accessing valid information and products and services to enhance health

| | |
|----------------------------|------------|
| High Schools | 96% |
| Middle Schools | 89% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 93% |
| National Median | 91% |

Using interpersonal communication skills to enhance health and avoid or reduce health risks

| | |
|----------------------------|------------|
| High Schools | 95% |
| Middle Schools | 95% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 95% |
| National Median | 97% |

Using decision-making skills to enhance health

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 97% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 97% |
| National Median | 97% |

Using goal-setting skills to enhance health

| | |
|----------------------------|------------|
| High Schools | 96% |
| Middle Schools | 95% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 96% |
| National Median | 96% |

Practicing health-enhancing behaviors to avoid or reduce risks

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 96% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 97% |
| National Median | 98% |

Advocating for personal, family and community health

| | |
|----------------------------|------------|
| High Schools | 94% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 93% |
| National Median | 94% |

Health Education

Health Education Content

Required health education aims to increase student knowledge about a variety of health-related topics. The percentage of schools that tried to increase the student knowledge of specific health-related topics in a required course in the 2007-2008 school year ranged as follows:

- 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

Alcohol or other drug-use prevention

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 95% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 97% |
| Nationally Average | 96% |

Asthma awareness

| | |
|----------------------------|------------|
| High Schools | 55% |
| Middle Schools | 50% |
| Junior/Senior High Schools | 47% |
| All Ohio Schools | 52% |
| National Median | 47% |

Emotional and mental health

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 87% |
| All Ohio Schools | 93% |
| National Median | 91% |

Foodborne illness prevention

| | |
|----------------------------|------------|
| High Schools | 82% |
| Middle Schools | 66% |
| Junior/Senior High Schools | 77% |
| All Ohio Schools | 74% |
| National Median | 70% |

HIV (human immunodeficiency virus) prevention

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 94% |
| National Median | 90% |

Human sexuality

| | |
|----------------------------|------------|
| High Schools | 94% |
| Middle Schools | 85% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 90% |
| National Median | 81% |

Injury prevention and safety

| | |
|----------------------------|------------|
| High Schools | 87% |
| Middle Schools | 80% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 84% |
| National Median | 88% |

Nutrition and dietary behavior

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 94% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 97% |
| National Median | 97% |

Physical activity and fitness

| | |
|----------------------------|------------|
| High Schools | 100% |
| Middle Schools | 97% |
| Junior/Senior High Schools | 96% |
| All Ohio Schools | 98% |
| National Median | 99% |

Pregnancy prevention

| | |
|----------------------------|------------|
| High Schools | 96% |
| Middle Schools | 83% |
| Junior/Senior High Schools | 87% |
| All Ohio Schools | 89% |
| National Median | 75% |

STD (sexually transmitted disease) prevention

| | |
|----------------------------|------------|
| High Schools | 96% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 93% |
| National Median | 88% |

Suicide prevention

| | |
|----------------------------|------------|
| High Schools | 87% |
| Middle Schools | 70% |
| Junior/Senior High Schools | 86% |
| All Ohio Schools | 79% |
| National Median | 73% |

Tobacco-use prevention

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | 94% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 96% |
| National Median | 96% |

Violence prevention

| | |
|----------------------------|------------|
| High Schools | 87% |
| Middle Schools | 88% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 87% |
| National Median | 90% |

Health Education Content – Tobacco

Tobacco-use prevention topics taught in a required course included consequences of tobacco use, external influences on tobacco use, and skills to avoid and stop using tobacco. The percentage of topics taught in a required course in 2007-2008 ranged as follows:

■ **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**

Identifying tobacco products and the harmful substances they contain

| | |
|----------------------------|------------|
| High Schools | 94% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 93% |
| National Median | 92% |

Understanding social influences on tobacco use, including media, family, peer and culture

| | |
|----------------------------|------------|
| High Schools | 92% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 92% |
| National Median | 90% |

Identifying short- and long-term health consequences of tobacco use

| | |
|----------------------------|------------|
| High Schools | 9% |
| Middle Schools | 92% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 95% |
| National Median | 93% |

Identifying reasons why students do and do not use tobacco

| | |
|----------------------------|------------|
| High Schools | 92% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 92% |
| National Median | 91% |

Identifying legal, social, economic and cosmetic consequences of tobacco use

| | |
|----------------------------|------------|
| High Schools | 90% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 91% |
| National Median | 88% |

Making accurate assessments of how many peers use tobacco

| | |
|----------------------------|------------|
| High Schools | 81% |
| Middle Schools | 73% |
| Junior/Senior High Schools | 80% |
| All Ohio Schools | 77% |
| National Median | 69% |

Understanding the addictive nature of nicotine

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 92% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 95% |
| National Median | 92% |

Using interpersonal communication skills to avoid tobacco use

| | |
|----------------------------|------------|
| High Schools | 92% |
| Middle Schools | 89% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 91% |
| National Median | 87% |

Effects of tobacco use on athletic performance

| | |
|----------------------------|------------|
| High Schools | 91% |
| Middle Schools | 83% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 87% |
| National Median | 84% |

Using goal-setting and decision-making skills related to not using tobacco

| | |
|----------------------------|------------|
| High Schools | 91% |
| Middle Schools | 85% |
| Junior/Senior High Schools | 89% |
| All Ohio Schools | 88% |
| National Median | 84% |

Effects of second-hand smoke and benefits of a smoke-free environment

| | |
|----------------------------|------------|
| High Schools | 94% |
| Middle Schools | 92% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 93% |
| National Median | 92% |

Finding valid information and services related to tobacco-use prevention and cessation

| | |
|----------------------------|------------|
| High Schools | 88% |
| Middle Schools | 75% |
| Junior/Senior High Schools | 73% |
| All Ohio Schools | 81% |
| National Median | 77% |

Health Education

Supporting others who abstain from or want to quit using tobacco

| | |
|----------------------------|------------|
| High Schools | 89% |
| Middle Schools | 81% |
| Junior/Senior High Schools | 82% |
| All Ohio Schools | 85% |
| National Median | 76% |

Supporting school and community action to support a tobacco-free environment

| | |
|----------------------------|------------|
| High Schools | 85% |
| Middle Schools | 76% |
| Junior/Senior High Schools | 74% |
| All Ohio Schools | 80% |
| National Median | 83% |

Identifying harmful effects of tobacco use on fetal development

| | |
|----------------------------|------------|
| High Schools | 93% |
| Middle Schools | 85% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 90% |
| National Median | 83% |

All 15 tobacco-use prevention topics

| | |
|----------------------------|------------|
| High Schools | 66% |
| Middle Schools | 57% |
| Junior/Senior High Schools | 47% |
| All Ohio Schools | 60% |
| National Median | 50% |

Health Education Content – Sexual Health

Pregnancy, HIV or STD prevention topics taught in a required health education course included HIV transmission and prevention; external influences on HIV-related risk behaviors and sexual behaviors; and skills to avoid HIV infection, STDs and pregnancy. The percentage of all schools that taught about HIV transmission and prevention topics in a required health education course during the 2007–2008 school year ranged as follows:

- 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

How to access valid and reliable health information, products, and services related to HIV, other STDs and pregnancy

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 70% |
| Junior/Senior High Schools | 56% |
| All Ohio Schools | 68% |
| National Median | 69% |

Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs and pregnancy

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 79% |
| Junior/Senior High Schools | 68% |
| All Ohio Schools | 78% |
| National Median | 75% |

The influences of media, family, and social and cultural norms on sexual behavior

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 80% |
| Junior/Senior High Schools | 73% |
| All Ohio Schools | 79% |
| National Median | 75% |

Compassion for persons living with HIV or AIDS

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 65% |
| Junior/Senior High Schools | 43% |
| All Ohio Schools | 62% |
| National Median | 64% |

Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs and pregnancy

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 75% |
| Junior/Senior High Schools | 59% |
| All Ohio Schools | 73% |
| National Median | 73% |

All 11 HIV, STD, and pregnancy prevention topics

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 55% |
| Junior/Senior High Schools | 36% |
| All Ohio Schools | 52% |
| National Median | 52% |

NA = Not Available

Health Education

- 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

The relationship among HIV, other STDs and pregnancy

| | |
|----------------------------|------------|
| High Schools | 94% |
| Middle Schools | NA |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 95% |
| National Median | 94% |

The relationship between alcohol and other drug use and risk for HIV, other STDs and pregnancy

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | NA |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 98% |
| National Median | 95% |

The benefits of being sexually abstinent

| | |
|----------------------------|------------|
| High Schools | 96% |
| Middle Schools | NA |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 96% |
| National Median | 95% |

How to prevent HIV, other STDs and pregnancy

| | |
|----------------------------|------------|
| High Schools | 96% |
| Middle Schools | NA |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 96% |
| National Median | 95% |

How to access valid and reliable health information, products and services related to HIV, other STDs and pregnancy

| | |
|----------------------------|------------|
| High Schools | 93% |
| Middle Schools | NA |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 92% |
| National Median | 91% |

The influences of media, family, and social and cultural norms on sexual behavior

| | |
|----------------------------|------------|
| High Schools | 92% |
| Middle Schools | NA |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 92% |
| National Median | 91% |

Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs and pregnancy

| | |
|----------------------------|------------|
| High Schools | 92% |
| Middle Schools | NA |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 92% |
| National Median | 90% |

Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs and pregnancy

| | |
|----------------------------|------------|
| High Schools | 92% |
| Middle Schools | NA |
| Junior/Senior High Schools | 96% |
| All Ohio Schools | 93% |
| National Median | 91% |

Efficacy of condoms, that is, how well condoms work and do not work

| | |
|----------------------------|------------|
| High Schools | 87% |
| Middle Schools | NA |
| Junior/Senior High Schools | 76% |
| All Ohio Schools | 85% |
| National Median | 81% |

The importance of using condoms consistently and correctly

| | |
|----------------------------|------------|
| High Schools | 76% |
| Middle Schools | NA |
| Junior/Senior High Schools | 62% |
| All Ohio Schools | 74% |
| National Median | 73% |

How to obtain condoms

| | |
|----------------------------|------------|
| High Schools | 59% |
| Middle Schools | NA |
| Junior/Senior High Schools | 49% |
| All Ohio Schools | 58% |
| National Median | 63% |

All 11 HIV, STD and pregnancy prevention topics

| | |
|----------------------------|------------|
| High Schools | 56% |
| Middle Schools | NA |
| Junior/Senior High Schools | 45% |
| All Ohio Schools | 54% |
| National Median | NA |

NA = Not Available

Health Education

- Percentage of schools that provide any HIV, STD or pregnancy prevention programs for ethnic/racial minority youth at high risk, including after-school or supplemental programs, that did each of the following activities

Provided curricula or supplementary materials that include pictures, information and learning experiences that reflect the life experiences of these youth in their communities

| | |
|----------------------------|------------|
| High Schools | 31% |
| Middle Schools | 13% |
| Junior/Senior High Schools | 13% |
| All Ohio Schools | 21% |
| National Median | 24% |

Facilitated access to direct health services or arrangements with providers not on school property who have experience in serving these youth in the community

| | |
|----------------------------|------------|
| High Schools | 29% |
| Middle Schools | 17% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 22% |
| National Median | 25% |

Provided curricula or supplementary materials in the primary languages of the youth and families

| | |
|----------------------------|------------|
| High Schools | 22% |
| Middle Schools | 13% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 17% |
| National Median | 21% |

Facilitated access to direct social services and psychological services, or arrangements with providers not on school property who have experience in serving these youth in the community

| | |
|----------------------------|------------|
| High Schools | 29% |
| Middle Schools | 21% |
| Junior/Senior High Schools | 30% |
| All Ohio Schools | 24% |
| National Median | 24% |

Health Education Content – Nutrition

Nutrition and dietary behavior topics taught in a required health education course included choosing healthful foods, food safety, and behaviors that contribute to maintaining a healthy weight. The percentage of all schools that taught about choosing healthful foods in a required health education course during the 2007–2008 school years ranged as follows:

- 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

Benefits of healthy eating

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 94% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 97% |
| National Median | 95% |

Using food labels

| | |
|----------------------------|------------|
| High Schools | 96% |
| Middle Schools | 88% |
| Junior/Senior High Schools | 94% |
| All Ohio Schools | 92% |
| National Median | 89% |

Food guidance using MyPyramid

| | |
|----------------------------|------------|
| High Schools | 91% |
| Middle Schools | 88% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 90% |
| National Median | 89% |

Balancing food intake and physical activity

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | 92% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 95% |
| National Median | 93% |

Health Education

Eating more fruits, vegetables and whole-grain products

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 92% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 95% |
| National Median | 93% |

Choosing foods that are low in fat, saturated fat and cholesterol

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 94% |
| National Median | 92% |

Using sugars in moderation

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 94% |
| All Ohio Schools | 93% |
| National Median | 90% |

Using salt and sodium in moderation

| | |
|----------------------------|------------|
| High Schools | 95% |
| Middle Schools | 87% |
| Junior/Senior High Schools | 94% |
| All Ohio Schools | 91% |
| National Median | 88% |

Eating more calcium-rich foods

| | |
|----------------------------|------------|
| High Schools | 92% |
| Middle Schools | 84% |
| Junior/Senior High Schools | 94% |
| All Ohio Schools | 89% |
| National Median | 85% |

Food safety

| | |
|----------------------------|------------|
| High Schools | 87% |
| Middle Schools | 78% |
| Junior/Senior High Schools | 75% |
| All Ohio Schools | 82% |
| National Median | 77% |

Preparing healthy meals and snacks

| | |
|----------------------------|------------|
| High Schools | 92% |
| Middle Schools | 81% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 87% |
| National Median | 85% |

Risks of unhealthy weight control practices

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 94% |
| National Median | 90% |

Accepting body size differences

| | |
|----------------------------|------------|
| High Schools | 91% |
| Middle Schools | 86% |
| Junior/Senior High Schools | 83% |
| All Ohio Schools | 88% |
| National Median | 86% |

Signs, symptoms and treatment for eating disorders

| | |
|----------------------------|------------|
| High Schools | 96% |
| Middle Schools | 84% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 90% |
| National Median | 85% |

All 14 nutrition and dietary behavior topics

| | |
|----------------------------|------------|
| High Schools | 72% |
| Middle Schools | 60% |
| Junior/Senior High Schools | 69% |
| All Ohio Schools | 67% |
| National Median | 64% |

Health Education Content – Physical Activity

Physical activity topics taught in a required health education course included the benefits of physical activity, guidance for engaging in physical activity, and the challenges to engaging in physical activity. The percentage of all schools that taught about the benefits of physical activity and guidance for engaging in physical activity in a required health education course during the 2007–2008 school year ranged as follows:

Health Education

- Percentage of schools in which teachers taught each of the following physical activity topics in a required health education course for students in any of grades 6 through 12

Physical, psychological or social benefits of physical activity

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | 94% |
| Junior/Senior High Schools | 96% |
| All Ohio Schools | 96% |
| National Median | 96% |

Health-related fitness (i.e., cardio respiratory endurance, muscular endurance, muscular strength, flexibility and body composition)

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 93% |
| National Median | 95% |

Phases of a workout (i.e., warm-up, workout and cool down)

| | |
|----------------------------|------------|
| High Schools | 91% |
| Middle Schools | 86% |
| Junior/Senior High Schools | 87% |
| All Ohio Schools | 88% |
| National Median | 91% |

How much physical activity is enough (i.e., determining frequency, intensity, time and type of physical activity)

| | |
|----------------------------|------------|
| High Schools | 90% |
| Middle Schools | 84% |
| Junior/Senior High Schools | 86% |
| All Ohio Schools | 87% |
| National Median | 90% |

Developing an individualized physical activity plan

| | |
|----------------------------|------------|
| High Schools | 82% |
| Middle Schools | 70% |
| Junior/Senior High Schools | 64% |
| All Ohio Schools | 75% |
| National Median | 75% |

Monitoring progress toward reaching goals in an individualized physical activity plan

| | |
|----------------------------|------------|
| High Schools | 73% |
| Middle Schools | 66% |
| Junior/Senior High Schools | 63% |
| All Ohio Schools | 69% |
| National Median | 72% |

Overcoming barriers to physical activity

| | |
|----------------------------|------------|
| High Schools | 81% |
| Middle Schools | 76% |
| Junior/Senior High Schools | 80% |
| All Ohio Schools | 79% |
| National Median | 80% |

Decreasing sedentary activities such as television viewing

| | |
|----------------------------|------------|
| High Schools | 91% |
| Middle Schools | 84% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 88% |
| National Median | 88% |

Opportunities for physical activity in the community

| | |
|----------------------------|------------|
| High Schools | 82% |
| Middle Schools | 78% |
| Junior/Senior High Schools | 77% |
| All Ohio Schools | 80% |
| National Median | 82% |

Preventing injury during physical activity

| | |
|----------------------------|------------|
| High Schools | 93% |
| Middle Schools | 83% |
| Junior/Senior High Schools | 96% |
| All Ohio Schools | 88% |
| National Median | 90% |

Weather-related safety (e.g., avoiding heat stroke, hypothermia and sunburn while physically active)

| | |
|----------------------------|------------|
| High Schools | 86% |
| Middle Schools | 78% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 83% |
| National Median | 81% |

Dangers of using performance-enhancing drugs, such as steroids

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 83% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 91% |
| National Median | 86% |

All 12 physical activity topics

| | |
|----------------------------|------------|
| High Schools | 60% |
| Middle Schools | 47% |
| Junior/Senior High Schools | 40% |
| All Ohio Schools | 52% |
| National Median | 53% |

Health Education

Health Education – Coordination with Internal Staff

Internal communication and lesson planning across education disciplines and school services allows for lessons learned in health education courses to be reinforced throughout the school building. Health lessons on how to make healthy eating decisions could align with a student healthy eating poster contest in the cafeteria and math class story problems about portion sizes and how much food to buy and prepare for a dinner party of six. Integrating health lessons across subjects gives students an opportunity to practice healthy behaviors learned in health courses to reinforce healthy lifestyle choices.

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

| | | | |
|--|------------|---|------------|
| <i>Physical education staff</i> | | <i>School mental health or social services staff (e.g., psychologists, counselors and social workers)</i> | |
| High Schools | 88% | High Schools | 64% |
| Middle Schools | 82% | Middle Schools | 63% |
| Junior/Senior High Schools | 81% | Junior/Senior High Schools | 46% |
| All Ohio Schools | 85% | All Ohio Schools | 62% |
| National Median | 70% | National Median | 60% |
| <i>School health services staff (e.g., nurses)</i> | | <i>Nutrition or food service staff</i> | |
| High Schools | 66% | High Schools | 7% |
| Middle Schools | 72% | Middle Schools | 29% |
| Junior/Senior High Schools | 49% | Junior/Senior High Schools | 27% |
| All Ohio Schools | 67% | All Ohio Schools | 32% |
| National Median | 68% | National Median | 38% |

Health Education – Coordination with Parents and Families

External communication between school districts, parents, community members and local health organizations provides a great intersection for public health campaigns, family health priorities and school health programs. Aligning health agendas to reinforce positive health behaviors across the environments where young people spend their days is an effective way to achieve healthy youth outcomes.

- 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

| | | | |
|--|------------|-------------------------------|------------|
| <i>HIV prevention, STD prevention or teen pregnancy prevention</i> | | <i>Tobacco-use prevention</i> | |
| High Schools | 31% | High Schools | 30% |
| Middle Schools | 28% | Middle Schools | 36% |
| Junior/Senior High Schools | 30% | Junior/Senior High Schools | 17% |
| All Ohio Schools | 27% | All Ohio Schools | 32% |
| National Median | 40% | National Median | 34% |

Health Education

Physical activity

| | |
|----------------------------|------------|
| High Schools | 33% |
| Middle Schools | 40% |
| Junior/Senior High Schools | 23% |
| All Ohio Schools | 35% |
| National Median | 42% |

Asthma

| | |
|----------------------------|------------|
| High Schools | 17% |
| Middle Schools | 14% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 15% |
| National Median | 18% |

Nutrition and healthy eating

| | |
|----------------------------|------------|
| High Schools | 35% |
| Middle Schools | 40% |
| Junior/Senior High Schools | 20% |
| All Ohio Schools | 36% |
| National Median | 42% |

Health Education – Professional Preparation and Professional Development

In order to provide quality health education to students, it is recommended that health education courses are taught by certified professionals and that those educators have opportunities for continuing education in areas that are relevant and related to health-behavior change theory, curriculum development, effective education practices and assessment strategies. Lead health education teachers reported professional preparedness in various disciplines and responded to questions on the type of professional development opportunities they received over the past two years and the type of development opportunities they want access to in the future. The percentage of professional preparedness and professional development opportunities ranged as follows:

- Percentage of schools that require all staff who teach health education topics to be certified, licensed or endorsed by the state in health education

Yes

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | 87% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 93% |
| National Median | 85% |

Not applicable

| | |
|----------------------------|-----------|
| High Schools | 0% |
| Middle Schools | 3% |
| Junior/Senior High Schools | 3% |
| All Ohio Schools | 2% |
| National Median | NA |

No

| | |
|----------------------------|-----------|
| High Schools | 2% |
| Middle Schools | 10% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 5% |
| National Median | NA |

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

Health and physical education combined

| | |
|----------------------------|------------|
| High Schools | 83% |
| Middle Schools | 61% |
| Junior/Senior High Schools | 80% |
| All Ohio Schools | 72% |
| National Median | 49% |

Health education

| | |
|----------------------------|-------------|
| High Schools | 9% |
| Middle Schools | 12% |
| Junior/Senior High Schools | 7% |
| All Ohio Schools | 10% |
| National Median | 6.4% |

Health Education

Physical education

| | |
|----------------------------|------------|
| High Schools | 5% |
| Middle Schools | 8% |
| Junior/Senior High Schools | 7% |
| All Ohio Schools | 6% |
| National Median | 15% |

Other education degree

| | |
|----------------------------|-----------|
| High Schools | 2% |
| Middle Schools | 13% |
| Junior/Senior High Schools | 3% |
| All Ohio Schools | 7% |
| National Median | 6% |

Kinesiology, exercise science, or exercise physiology

| | |
|----------------------------|------------|
| High Schools | 0% |
| Middle Schools | 1% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | 10% |

Home economics or family and consumer science

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 1% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 1% |
| National Median | NA |

Biology or other science

| | |
|----------------------------|-----------|
| High Schools | 0% |
| Middle Schools | 2% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 1% |
| National Median | NA |

Nursing

| | |
|----------------------------|-----------|
| High Schools | 0% |
| Middle Schools | 1% |
| Junior/Senior High Schools | 3% |
| All Ohio Schools | 1% |
| National Median | NA |

Counseling

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 1% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 1% |
| National Median | NA |

Public health

| | |
|----------------------------|-----------|
| High Schools | 0% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

Nutrition

| | |
|----------------------------|-----------|
| High Schools | 0% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

- 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

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 88% |
| Junior/Senior High Schools | 96% |
| All Ohio Schools | 94% |
| National Median | 85% |

NA = Not Available

Health Education

- Percentage of schools in which the lead health education teacher had the following number of years' experience in teaching health education classes or topics.

1 year

| | |
|----------------------------|-----------|
| High Schools | 3% |
| Middle Schools | 7% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 4% |
| National Median | 8% |

10 to 14 years

| | |
|----------------------------|------------|
| High Schools | 23% |
| Middle Schools | 18% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 20% |
| National Median | 15% |

2 to 5 years

| | |
|----------------------------|------------|
| High Schools | 18% |
| Middle Schools | 23% |
| Junior/Senior High Schools | 17% |
| All Ohio Schools | 20% |
| National Median | 24% |

15 years or more

| | |
|----------------------------|------------|
| High Schools | 42% |
| Middle Schools | 32% |
| Junior/Senior High Schools | 60% |
| All Ohio Schools | 39% |
| National Median | 34% |

6 to 9 years

| | |
|----------------------------|------------|
| High Schools | 14% |
| Middle Schools | 20% |
| Junior/Senior High Schools | 13% |
| All Ohio Schools | 16% |
| National Median | 17% |

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

Alcohol- or other drug-use prevention

| | |
|----------------------------|------------|
| High Schools | 47% |
| Middle Schools | 35% |
| Junior/Senior High Schools | 27% |
| All Ohio Schools | 40% |
| National Median | 45% |

Foodborne illness prevention

| | |
|----------------------------|------------|
| High Schools | 17% |
| Middle Schools | 19% |
| Junior/Senior High Schools | 20% |
| All Ohio Schools | 18% |
| National Median | 20% |

Asthma awareness

| | |
|----------------------------|------------|
| High Schools | 12% |
| Middle Schools | 15% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 13% |
| National Median | 17% |

HIV (human immunodeficiency virus) prevention

| | |
|----------------------------|------------|
| High Schools | 37% |
| Middle Schools | 30% |
| Junior/Senior High Schools | 13% |
| All Ohio Schools | 32% |
| National Median | 41% |

Emotional and mental health

| | |
|----------------------------|------------|
| High Schools | 35% |
| Middle Schools | 36% |
| Junior/Senior High Schools | 23% |
| All Ohio Schools | 34% |
| National Median | 36% |

Human sexuality

| | |
|----------------------------|------------|
| High Schools | 29% |
| Middle Schools | 21% |
| Junior/Senior High Schools | 20% |
| All Ohio Schools | 25% |
| National Median | 34% |

Injury prevention and safety

| | |
|----------------------------|------------|
| High Schools | 54% |
| Middle Schools | 47% |
| Junior/Senior High Schools | 54% |
| All Ohio Schools | 51% |
| National Median | 45% |

Nutrition and dietary behavior

| | |
|----------------------------|------------|
| High Schools | 43% |
| Middle Schools | 35% |
| Junior/Senior High Schools | 30% |
| All Ohio Schools | 38% |
| National Median | 44% |

Health Education

Physical activity and fitness

| | |
|----------------------------|------------|
| High Schools | 48% |
| Middle Schools | 50% |
| Junior/Senior High Schools | 50% |
| All Ohio Schools | 49% |
| National Median | 55% |

Pregnancy prevention

| | |
|----------------------------|------------|
| High Schools | 23% |
| Middle Schools | 20% |
| Junior/Senior High Schools | 17% |
| All Ohio Schools | 21% |
| National Median | 29% |

STD (sexually transmitted disease) prevention

| | |
|----------------------------|------------|
| High Schools | 35% |
| Middle Schools | 23% |
| Junior/Senior High Schools | 17% |
| All Ohio Schools | 28% |
| National Median | 37% |

Suicide prevention

| | |
|----------------------------|------------|
| High Schools | 30% |
| Middle Schools | 26% |
| Junior/Senior High Schools | 16% |
| All Ohio Schools | 27% |
| National Median | 27% |

Tobacco-use prevention

| | |
|----------------------------|------------|
| High Schools | 29% |
| Middle Schools | 29% |
| Junior/Senior High Schools | 13% |
| All Ohio Schools | 27% |
| National Median | 36% |

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

Teaching students with physical, medical or cognitive disabilities

| | |
|----------------------------|------------|
| High Schools | 68% |
| Middle Schools | 57% |
| Junior/Senior High Schools | 50% |
| All Ohio Schools | 61% |
| National Median | 62% |

Using interactive teaching methods, such as role plays or cooperative group activities

| | |
|----------------------------|------------|
| High Schools | 66% |
| Middle Schools | 66% |
| Junior/Senior High Schools | 50% |
| All Ohio Schools | 65% |
| National Median | 65% |

Teaching students of various cultural backgrounds

| | |
|----------------------------|------------|
| High Schools | 55% |
| Middle Schools | 44% |
| Junior/Senior High Schools | 44% |
| All Ohio Schools | 49% |
| National Median | 58% |

Encouraging family or community involvement

| | |
|----------------------------|------------|
| High Schools | 70% |
| Middle Schools | 67% |
| Junior/Senior High Schools | 64% |
| All Ohio Schools | 68% |
| National Median | 70% |

Teaching students with limited English proficiency

| | |
|----------------------------|------------|
| High Schools | 46% |
| Middle Schools | 37% |
| Junior/Senior High Schools | 30% |
| All Ohio Schools | 40% |
| National Median | 52% |

Teaching skills for behavior change

| | |
|----------------------------|------------|
| High Schools | 82% |
| Middle Schools | 78% |
| Junior/Senior High Schools | 74% |
| All Ohio Schools | 79% |
| National Median | 76% |

Classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, and behavior management

| | |
|----------------------------|------------|
| High Schools | 68% |
| Middle Schools | 69% |
| Junior/Senior High Schools | 76% |
| All Ohio Schools | 69% |
| National Median | 67% |

Assessing or evaluating students in health education

| | |
|----------------------------|------------|
| High Schools | 79% |
| Middle Schools | 72% |
| Junior/Senior High Schools | 70% |
| All Ohio Schools | 75% |
| National Median | 73% |

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY



It is important to remember that physical education is only one component of a comprehensive school physical activity plan for school-age youth. The Centers for Disease Control and Prevention published *Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People* as a tool to help local school districts and community-based organizations create environments that encourage individuals to be physically engaged throughout the day. The guidelines include recommendations on ten aspects of school and community programs that promote lifelong physical activity among young people:

1. Adopt district-wide policies that support lifelong physical activity.
2. Establish physical and social environments that encourage and enable physical activity.
3. Implement high quality physical education curricula and instruction that is planned, sequential and skill focused.
4. Implement quality health education curricula and instruction that are planned, sequential and skill focused.
5. Establish extracurricular physical activity programs that meet the needs and interests of students.
6. Involve parents and guardians in physical activity instruction and programs for young people.
7. Provide access to personnel training opportunities.
8. Provide access to health services for children and adolescents through school-based health centers or referrals to community-based services.
9. Coordinate developmentally appropriate community sports and recreation programs that are attractive to young people.
10. Conduct ongoing evaluation of physical activity instruction, programs and facilities.⁴

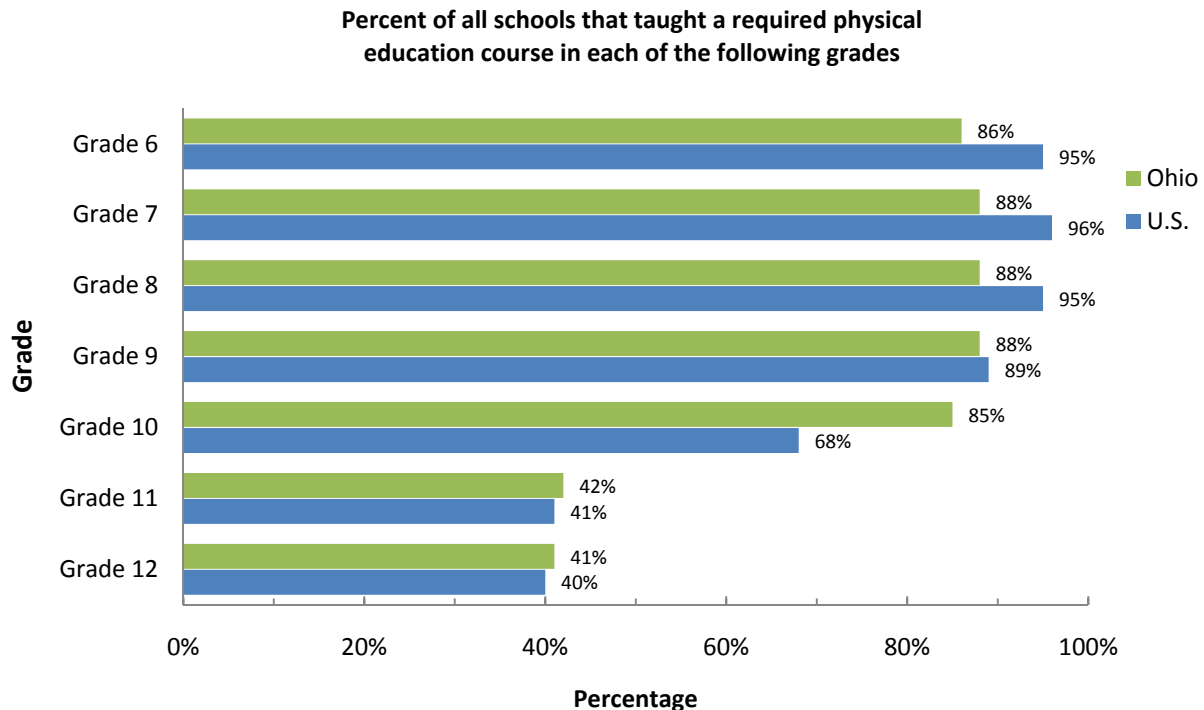
While an ideal approach to physical activity would incorporate all ten recommendations, research indicates that school districts that deliver quality physical education and health education curricula and incorporate one to three additional recommendations that are relevant

Physical Education

to the needs of their student populations make significant impacts on overall student health and physical wellness.^{8,11}

Required Physical Education

Physical education is defined on the *Profiles* questionnaire as instruction that helps students develop the knowledge, attitudes, motor skills, behavioral skills and confidence needed to adopt and maintain a physically active lifestyle. Students in Ohio school districts are required to complete one half credit (120 instructional hours) of physical education to graduate, and students who participate in at least two seasons of an interscholastic athletics, cheerleading or marching band can be exempted from that requirement. In Ohio, 96 percent of schools required physical education instruction for students in any grade 6 through 12 and 87 percent of school taught a required physical education course in grades 6 through 10.



Percentage of schools that require physical education for students in any of grades 6 through 12

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 93% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 96% |
| National Median | 97% |

Physical Education

- Percentage of all schools that taught a required physical education course in each of the following grades

Sixth grade

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 87% |
| Junior/Senior High Schools | NA |
| All Ohio Schools | 86% |
| National Median | 95% |

Tenth grade

| | |
|----------------------------|------------|
| High Schools | 85% |
| Middle Schools | NA |
| Junior/Senior High Schools | 82% |
| All Ohio Schools | 85% |
| National Median | 68% |

Seventh grade

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 89% |
| Junior/Senior High Schools | 79% |
| All Ohio Schools | 88% |
| National Median | 96% |

Eleventh grade

| | |
|----------------------------|------------|
| High Schools | 42% |
| Middle Schools | NA |
| Junior/Senior High Schools | 39% |
| All Ohio Schools | 42% |
| National Median | 41% |

Eighth grade

| | |
|----------------------------|------------|
| High Schools | NA |
| Middle Schools | 89% |
| Junior/Senior High Schools | 79% |
| All Ohio Schools | 88% |
| National Median | 94% |

Twelfth grade

| | |
|----------------------------|------------|
| High Schools | 41% |
| Middle Schools | NA |
| Junior/Senior High Schools | 43% |
| All Ohio Schools | 41% |
| National Median | 40% |

Ninth grade

| | |
|----------------------------|------------|
| High Schools | 93% |
| Middle Schools | 27% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 88% |
| National Median | 89% |

- Percentage of schools in which students can be exempted from taking a required physical education course for one grading period or longer for any of the following reasons

Enrollment in other courses

| | |
|----------------------------|------------|
| High Schools | 16% |
| Middle Schools | 20% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 17% |
| National Median | 40% |

Participation in community sports activities

| | |
|----------------------------|-----------|
| High Schools | 2% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 3% |
| All Ohio Schools | 1% |
| National Median | 3% |

Participation in school sports

| | |
|----------------------------|------------|
| High Schools | 24% |
| Middle Schools | 4% |
| Junior/Senior High Schools | 20% |
| All Ohio Schools | 15% |
| National Median | 7% |

Religious reasons

| | |
|----------------------------|------------|
| High Schools | 18% |
| Middle Schools | 33% |
| Junior/Senior High Schools | 14% |
| All Ohio Schools | 25% |
| National Median | 38% |

Participation in other school activities

| | |
|----------------------------|------------|
| High Schools | 20% |
| Middle Schools | 8% |
| Junior/Senior High Schools | 14% |
| All Ohio Schools | 14% |
| National Median | 10% |

Long-term physical or medical disability

| | |
|----------------------------|------------|
| High Schools | 67% |
| Middle Schools | 80% |
| Junior/Senior High Schools | 62% |
| All Ohio Schools | 72% |
| National Median | 82% |

NA = Not Available

Physical Education

Cognitive disability

| | |
|----------------------------|------------|
| High Schools | 18% |
| Middle Schools | 20% |
| Junior/Senior High Schools | 17% |
| All Ohio Schools | 19% |
| National Median | 31% |

Participation in vocational training

| | |
|----------------------------|-----------|
| High Schools | 4% |
| Middle Schools | 2% |
| Junior/Senior High Schools | 4% |
| All Ohio Schools | 3% |
| National Median | 4% |

High physical fitness competency test score

| | |
|----------------------------|-----------|
| High Schools | 0% |
| Middle Schools | 1% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 1% |
| National Median | 1% |

Participation in community service activities

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 1% |
| National Median | 2% |

Physical Education – Certification and Professional Development

Certification requirements and professional development opportunities for physical education teachers are important components of quality physical education programs. The percentage of schools that required newly hired staff who teach physical education to be certified, licensed or endorsed by the state in physical education range from 98 percent of all Ohio schools compared to 90.1 percent of the nation's schools.

According to Ohio principals surveyed, 79 percent of physical education teachers are PE specialists; 96.2 percent of all U.S. teachers received professional development on physical education during the last two years.

- Percentage of schools in which all staff who teach physical education are certified, licensed or endorsed by the state in physical education

Yes

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 97% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 98% |
| National Median | 90% |

Not Applicable

| | |
|----------------------------|-----------|
| High Schools | 0% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

No

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 3% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 2% |
| National Median | 2% |

- Percentage of schools in which physical education teachers or specialists received professional development on physical education during the past two years

| | |
|----------------------------|------------|
| High Schools | 78% |
| Middle Schools | 81% |
| Junior/Senior High Schools | 72% |
| All Ohio Schools | 79% |
| National Median | 96% |

NA = Not Available

Physical Education

Physical Education – Materials for Physical Education Teachers

Schools can provide materials to physical education teachers to help them teach.

- **The percentage of schools that provided the following materials to those who teach physical education**

Goals, objectives and expected outcomes for physical education

| | |
|----------------------------|------------|
| High Schools | 94% |
| Middle Schools | 93% |
| Junior/Senior High Schools | 86% |
| All Ohio Schools | 93% |
| National Median | 95% |

Plans for how to assess student performance in physical education

| | |
|----------------------------|------------|
| High Schools | 75% |
| Middle Schools | 74% |
| Junior/Senior High Schools | 68% |
| All Ohio Schools | 74% |
| National Median | 81% |

A chart describing the annual scope and sequence of instruction for physical education

| | |
|----------------------------|------------|
| High Schools | 73% |
| Middle Schools | 68% |
| Junior/Senior High Schools | 65% |
| All Ohio Schools | 70% |
| National Median | 79% |

A written physical education curriculum

| | |
|----------------------------|------------|
| High Schools | 88% |
| Middle Schools | 84% |
| Junior/Senior High Schools | 83% |
| All Ohio Schools | 86% |
| National Median | 86% |

- **Percentage of schools that offer opportunities for all students to participate in intramural activities or physical activity clubs.**

| | |
|----------------------------|------------|
| High Schools | 48% |
| Middle Schools | 47% |
| Junior/Senior High Schools | 56% |
| All Ohio Schools | 48% |
| National Median | 66% |

HEALTH AND SAFE SCHOOL ENVIRONMENT



Nutrition Services and Competitive Foods

The need to promote healthy eating among youth has intensified as the number of overweight and obese children has dramatically increased. In 2007, 35.6 percent of children ages 10-17 years living in Ohio were overweight or obese. Schools are in a unique position to promote healthy dietary behaviors and to help ensure appropriate nutrient intake. In 2004, more than half (54 percent) of school-aged children in the United States received either

school breakfast or school lunch, and one in six received both.¹² School nutrition services staff can promote healthy eating through the foods they make available each day in the school cafeteria, and school staff and teachers can promote healthy eating by providing healthy snacks in classrooms.

The school nutrition environment includes food distributed through federally subsidized school meal programs and other competitive food products and beverages that are sold or are distributed through the cafeteria, classrooms, school stores and vending machines. Every school-sponsored meal is required to meet federal nutrition guidelines, but competitive foods available in schools are not regulated, nor are they held to USDA standards.^{12,13} Most of these foods are low in nutrients and high in fat, added sugars, sodium and calories, and research indicates that the sales of competitive foods lead to decreases in school meal participation. While there is room for improvement in the quality of school meal programs, research shows that children who eat school meals consume more milk and eat more fruits and vegetables than students who partake in a la cart competitive food options. These students tend to eat larger portions and consume more calories with less nutrition value than students participating in standard school lunch programs.¹²⁻¹⁵

Health & School Environment

The current USDA statutory authority to regulate competitive foods is extremely limited. During school meal periods, foods of minimal nutritional value (FMNVs) are not allowed to be sold in food service areas, but may be sold anywhere else in the school at any time. FMNVs are defined as foods providing less than 5 percent of recommended intakes for eight key nutrients; examples include carbonated soda, gum, hard candies and jelly beans. Other competitive foods, such as candy bars, chips and ice cream, are not

considered FMNVs and may be sold in the cafeteria during meal periods.

It is critical to create a school health environment that promotes nutrient rich eating through food options available onsite. Providing healthy food choices and reducing access to FMNVs on school grounds reinforces nutrition lessons presented in the classroom and provides a venue for students to practice health skills and build healthy dietary behaviors.^{5,16}

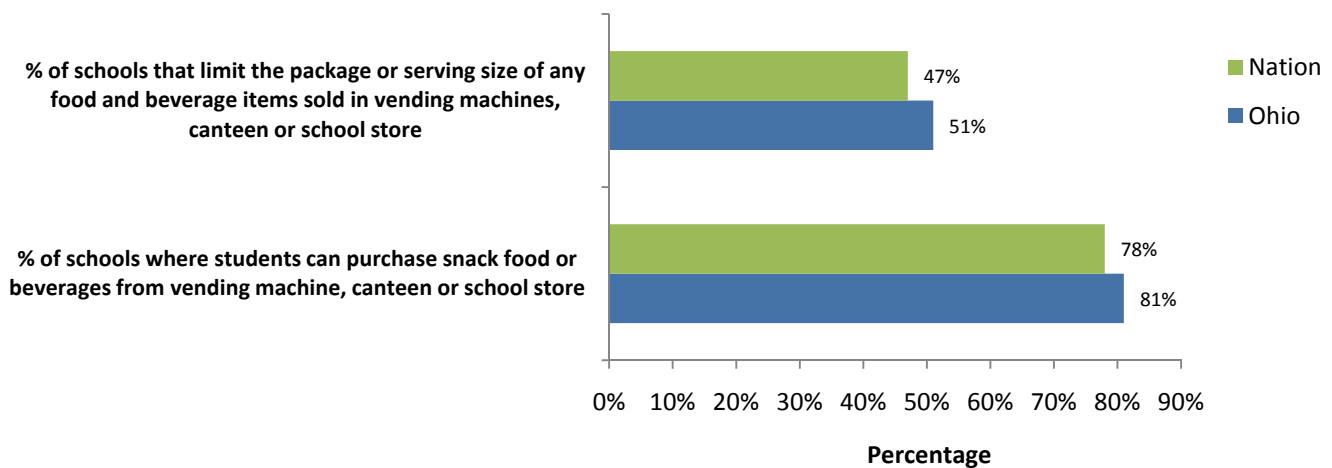
CDC Recommendations for School Health Programs Promoting Healthy Eating

1. Adopt a coordinated school nutrition policy that promotes healthy eating through classroom lessons and a supportive school environment.
2. Curriculum for nutrition education: Implement nutrition education from preschool through secondary school as part of a sequential, comprehensive school health education curriculum designed to help students adopt healthy eating behaviors.
3. Instruction for students: Provide nutrition education through developmentally appropriate, culturally relevant, fun participatory activities that involve social learning strategies.
4. Integration of school food service and nutrition education: Coordinate school food service with nutrition education and with other components of the comprehensive school health program to reinforce messages on healthy eating.
5. Training for school staff: Provide staff involved in nutrition education with adequate pre-service and ongoing in-service training that focuses on teaching strategies for behavioral change.
6. Family and community involvement: Involve family members and the community in supporting and reinforcing nutrition education.
7. Program evaluation: Regularly evaluate the effectiveness of the school health program in promoting healthy eating, and change the program as appropriate to increase its effectiveness.

Ohio Nutrition Data

Approximately one quarter (26 percent) of Ohio schools always or almost always offer fruit or non-fried vegetables at school celebrations when food and beverages are offered, and 3 percent of schools never offer fruit or non-fried vegetables at school celebrations. 81 percent of Ohio schools allow students to purchase snack foods or beverages from one or more vending machines at the school or a school store, canteen or snack bar, and only 51 percent of those schools limit the package or serving size of any individual food and beverage items sold at vending machines at the school or a school store, canteen or snack bar.

Percentage of all schools in which students can purchase snack foods or beverages from vending machines at the school or a at a canteen or school store



The percentage of schools that allowed student to purchase snack foods and beverages from vending machines or at schools stores by type of food sold ranged as follows:

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

Chocolate candy

| | |
|----------------------------|------------|
| High Schools | 33% |
| Middle Schools | 29% |
| Junior/Senior High Schools | 28% |
| All Ohio Schools | 31% |
| National Median | 25% |

Other kinds of candy

| | |
|----------------------------|------------|
| High Schools | 35% |
| Middle Schools | 30% |
| Junior/Senior High Schools | 36% |
| All Ohio Schools | 33% |
| National Median | 29% |

Salty snacks that are not low in fat, such as regular potato chips

| | |
|----------------------------|------------|
| High Schools | 52% |
| Middle Schools | 45% |
| Junior/Senior High Schools | 54% |
| All Ohio Schools | 49% |
| National Median | 35% |

Cookies, crackers, cakes, pastries or other baked goods that are not low in fat

| | |
|----------------------------|------------|
| High Schools | 60% |
| Middle Schools | 42% |
| Junior/Senior High Schools | 49% |
| All Ohio Schools | 51% |
| National Median | 36% |

Health & School Environment - Nutrition

Ice cream or frozen yogurt that is not low in fat

| | |
|----------------------------|------------|
| High Schools | 38% |
| Middle Schools | 29% |
| Junior/Senior High Schools | 22% |
| All Ohio Schools | 32% |
| National Median | 19% |

2% or whole milk (plain or flavored)

| | |
|----------------------------|------------|
| High Schools | 60% |
| Middle Schools | 44% |
| Junior/Senior High Schools | 46% |
| All Ohio Schools | 52% |
| National Median | 38% |

Water ices or frozen slushes that do not contain juice

| | |
|----------------------------|------------|
| High Schools | 23% |
| Middle Schools | 22% |
| Junior/Senior High Schools | 18% |
| All Ohio Schools | 22% |
| National Median | 16% |

Soda pop or fruit drinks that are not 100% juice

| | |
|----------------------------|------------|
| High Schools | 51% |
| Middle Schools | 40% |
| Junior/Senior High Schools | 49% |
| All Ohio Schools | 46% |
| National Median | 37% |

Sports drinks, such as Gatorade

| | |
|----------------------------|------------|
| High Schools | 79% |
| Middle Schools | 61% |
| Junior/Senior High Schools | 71% |
| All Ohio Schools | 70% |
| National Median | 59% |

Foods or beverages containing caffeine

| | |
|----------------------------|------------|
| High Schools | 48% |
| Middle Schools | 30% |
| Junior/Senior High Schools | 49% |
| All Ohio Schools | 40% |
| National Median | 34% |

Fruits (not fruit juice)

| | |
|----------------------------|------------|
| High Schools | 51% |
| Middle Schools | 41% |
| Junior/Senior High Schools | 43% |
| All Ohio Schools | 46% |
| National Median | 32% |

Non-fried vegetables (not vegetable juice)

| | |
|----------------------------|------------|
| High Schools | 43% |
| Middle Schools | 33% |
| Junior/Senior High Schools | 39% |
| All Ohio Schools | 38% |
| National Median | 22% |

Nutrition – Policy and Practices

In efforts to reinforce healthy eating among students and staff, schools can adopt policies and best practices that minimize access to less nutrient rich food and implement information and awareness campaigns that highlight the benefits of eating healthy.

- Percentage of schools that have done any of the following activities during the 2007-2008 school year

Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages

| | |
|----------------------------|------------|
| High Schools | 11% |
| Middle Schools | 10% |
| Junior/Senior High Schools | 11% |
| All Ohio Schools | 11% |
| National Median | 11% |

Collected suggestions from students, families and school staff on nutritious food preferences and strategies to promote healthy eating

| | |
|----------------------------|------------|
| High Schools | 47% |
| Middle Schools | 41% |
| Junior/Senior High Schools | 42% |
| All Ohio Schools | 44% |
| National Median | 49% |

Health & School Environment – Nutrition

Provided information to students or families on the nutrition and caloric content of foods available

| | |
|----------------------------|------------|
| High Schools | 42% |
| Middle Schools | 44% |
| Junior/Senior High Schools | 42% |
| All Ohio Schools | 43% |
| National Median | 49% |

Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation or other nutrition-related topics

| | |
|----------------------------|------------|
| High Schools | 17% |
| Middle Schools | 8% |
| Junior/Senior High Schools | 14% |
| All Ohio Schools | 13% |
| National Median | 18% |

Conducted taste tests to determine food preferences for nutritious items

| | |
|----------------------------|------------|
| High Schools | 28% |
| Middle Schools | 17% |
| Junior/Senior High Schools | 17% |
| All Ohio Schools | 22% |
| National Median | 19% |

- Percentage of schools that promote candy, meals from fast food restaurants or soft drinks to students through the distribution of products such as t-shirts, hats and book covers

| | |
|----------------------------|-------------|
| High Schools | 4% |
| Middle Schools | 5% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 4% |
| National Median | 2.5% |

- Percentage of schools that prohibit advertisements for candy, fast food restaurants or soft drinks in the following locations:

In the school building

| | |
|----------------------------|------------|
| High Schools | 56% |
| Middle Schools | 57% |
| Junior/Senior High Schools | 41% |
| All Ohio Schools | 55% |
| National Median | 68% |

In school buses or other vehicles used to transport students

| | |
|----------------------------|------------|
| High Schools | 71% |
| Middle Schools | 70% |
| Junior/Senior High Schools | 48% |
| All Ohio Schools | 69% |
| National Median | 73% |

On school grounds including on the outside of the school building, on playing fields or in other areas of the campus

| | |
|----------------------------|------------|
| High Schools | 36% |
| Middle Schools | 46% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 39% |
| National Median | 57% |

In school publications (e.g., newsletters, newspapers, web sites or other school publications)

| | |
|----------------------------|------------|
| High Schools | 49% |
| Middle Schools | 57% |
| Junior/Senior High Schools | 37% |
| All Ohio Schools | 52% |
| National Median | 64% |

TOBACCO



Tobacco use is the single most preventable cause of death in the United States. Because four out of every five individuals who use tobacco tried their first cigarette before age 18, tobacco-prevention activities should focus on school-age children and adolescents.

The federal Pro-Children Act of 1994 prohibits smoking within an indoor facility that provides routine or regular kindergarten, elementary or secondary education or library services to children and the Ohio Revised Code prohibits students from possessing tobacco products on school grounds and at school activities. While the combination of these federal and state statutes assures that it is illegal to smoke inside all school buildings in Ohio and illegal for students to possess tobacco products on school grounds, without more restrictive tobacco use policies adopted by local school districts, staff and visitors are permitted to smoke outside on school grounds, inside school district vehicles and at school sponsored events of campus.

Evidence suggests that school health programs can be an effective means of preventing tobacco use among youth. School-based health programs should enable and encourage children and adolescents who have not experimented with tobacco to continue to abstain from any use. School health programs should enable and encourage all young people who have experimented with tobacco, or who are regular tobacco users, to immediately stop all use. School programs should help young people unable to stop using tobacco to seek additional assistances to successfully quit.¹⁷

To be comprehensive, a tobacco-use prevention policy should prohibit all tobacco use by students, faculty, staff and visitors during school and nonschool hours; in school buildings, on

Tobacco

school grounds; in school buses or other vehicles used to transport students; and at off-campus, school-sponsored events.

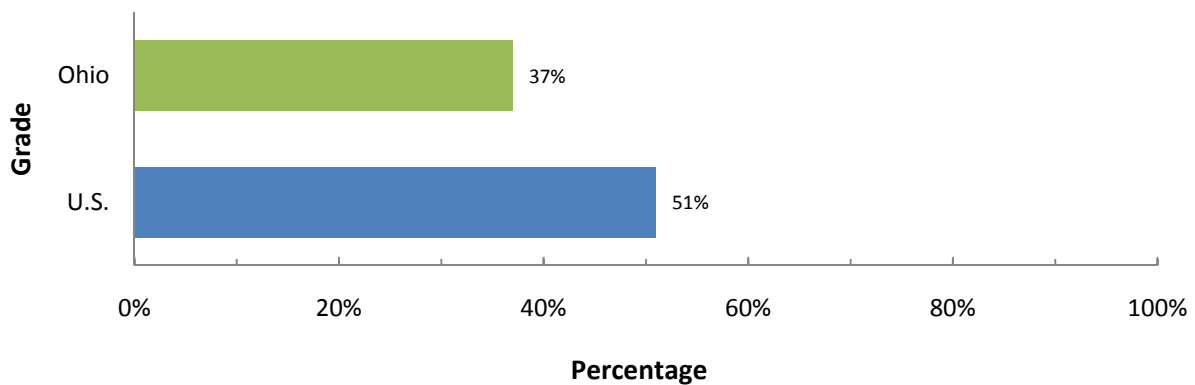
CDC's *Guidelines for School Health Programs to Prevent Tobacco Use and Addiction* recommends strategies to aid schools in preventing tobacco use among youth. The following are key elements of those strategies:

1. Develop and enforce a school policy on tobacco use.
2. Provide instruction about the short- and long-term negative physiological and social consequences of tobacco use, social influences on tobacco use, peer norms regarding tobacco use and refusal skills.
3. Provide tobacco-use prevention education in kindergarten through 12th grade; this instruction should be especially intensive in junior high or middle school and should be reinforced in high school.
4. Provide program-specific training for teachers.
5. Involve parents or families in support of school-based programs to prevent tobacco use.
6. Support cessation efforts among students and all school staff who use tobacco.
7. Assess the tobacco-use prevention program at regular intervals.

Tobacco Policy

To compliment health education lessons taught on tobacco use and prevention, districts should establish policy that supports tobacco free campuses. Tobacco-free learning environments reinforce tobacco-free messages presented in school health classes and through community public health campaigns. In Ohio, 98 percent of schools have adopted a policy prohibiting tobacco use, and more than 94 percent of those policies address the use of all tobacco, including cigarettes, smokeless tobacco, cigars and pipes by students during any student related activity. However only 37 percent of schools have prevention policies that support a 100 percent tobacco-free campus that specifically prohibits the use of cigarettes, smokeless tobacco, cigars and pipes by students, faculty, staff and visitors; during school hours and during non-school hours; in school buildings; outside on school grounds; inside school buses or other vehicles used to transport students; and at off-campus, school-sponsored events.

Percentage of all schools that have a tobacco-use prevention policy that specifically prohibits use of cigarettes, smokeless tobacco, cigars and pipes by students, faculty, staff and visitors; during school hours and during non-school hours; in school buildings, outside on school grounds; inside school buses or other vehicles used to transport students; and at off-campus, school-sponsored events



To reinforce the choice for smoke-free lives among students and staff, schools can adopt policies that limit the places where individuals can use tobacco on school campuses. For these policies to be effective, it is not enough to have the policy drafted and on the shelf. It is critical that the policy expectations are clearly communicated to students, staff and community members and that the mandates outlined in the document are consistently enforced.

▪ **Percentage of schools that have adopted a policy prohibiting tobacco use**

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 97% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 98% |
| National Median | 96% |

Tobacco

- Percentage of all 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

Cigarettes

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 96% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 97% |
| National Median | NA |

Cigars

| | |
|----------------------------|------------|
| High Schools | 96% |
| Middle Schools | 95% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 97% |
| National Median | NA |

Smokeless tobacco

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | 96% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 97% |
| National Median | NA |

Pipes

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | 94% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 96% |
| National Median | NA |

- Percentage of all schools that have a tobacco-use prevention policy that specifically prohibits the use of each type of tobacco for faculty and staff during any school-related activity

Cigarettes

| | |
|----------------------------|------------|
| High Schools | 93% |
| Middle Schools | 93% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 93% |
| National Median | NA |

Cigars

| | |
|----------------------------|------------|
| High Schools | 93% |
| Middle Schools | 93% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 93% |
| National Median | NA |

Smokeless tobacco

| | |
|----------------------------|------------|
| High Schools | 91% |
| Middle Schools | 92% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 91% |
| National Median | NA |

Pipes

| | |
|----------------------------|------------|
| High Schools | 93% |
| Middle Schools | 93% |
| Junior/Senior High Schools | 89% |
| All Ohio Schools | 93% |
| National Median | NA |

- Percentage of all 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

Cigarettes

| | |
|----------------------------|------------|
| High Schools | 89% |
| Middle Schools | 90% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 89% |
| National Median | NA |

Cigars

| | |
|----------------------------|------------|
| High Schools | 89% |
| Middle Schools | 87% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 88% |
| National Median | NA |

Smokeless tobacco

| | |
|----------------------------|------------|
| High Schools | 81% |
| Middle Schools | 82% |
| Junior/Senior High Schools | 79% |
| All Ohio Schools | 81% |
| National Median | NA |

Pipes

| | |
|----------------------------|------------|
| High Schools | 88% |
| Middle Schools | 86% |
| Junior/Senior High Schools | 86% |
| All Ohio Schools | 87% |
| National Median | NA |

NA = Not Available

Tobacco

- Percentage of all schools that have a tobacco-use prevention policy that specifically prohibits tobacco use during each of the following times for students

| <i>During school hours</i> | | <i>During non-school hours</i> | |
|----------------------------|------------|--------------------------------|------------|
| High Schools | 99% | High Schools | 84% |
| Middle Schools | 97% | Middle Schools | 82% |
| Junior/Senior High Schools | 97% | Junior/Senior High Schools | 60% |
| All Ohio Schools | 98% | All Ohio Schools | 81% |
| National Median | NA | National Median | NA |

- Percentage of all schools that have a tobacco-use prevention policy that specifically prohibits tobacco use during each of the following times for faculty and staff

| <i>During school hours</i> | | <i>During non-school hours</i> | |
|----------------------------|------------|--------------------------------|------------|
| High Schools | 91% | High Schools | 71% |
| Middle Schools | 92% | Middle Schools | 71% |
| Junior/Senior High Schools | 83% | Junior/Senior High Schools | 46% |
| All Ohio Schools | 91% | All Ohio Schools | 69% |
| National Median | NA | National Median | NA |

- Percentage of all schools that have a tobacco-use prevention policy that specifically prohibits tobacco use during each of the following times for visitors

| <i>During school hours</i> | | <i>During non-school hours</i> | |
|----------------------------|------------|--------------------------------|------------|
| High Schools | 90% | High Schools | 69% |
| Middle Schools | 89% | Middle Schools | 67% |
| Junior/Senior High Schools | 86% | Junior/Senior High Schools | 39% |
| All Ohio Schools | 89% | All Ohio Schools | 66% |
| National Median | NA | National Median | NA |

- Percentage of all schools that have a tobacco-use prevention policy that specifically prohibits tobacco use in each of the following locations for students

| <i>In school buildings</i> | | <i>In school buses or other vehicles used to transport students</i> | |
|---|------------|---|------------|
| High Schools | 99% | High Schools | 99% |
| Middle Schools | 97% | Middle Schools | 97% |
| Junior/Senior High Schools | 97% | Junior/Senior High Schools | 97% |
| All Ohio Schools | 98% | All Ohio Schools | 98% |
| National Median | NA | National Median | NA |
| <i>Outside on school grounds, including parking lots and playing fields</i> | | <i>At off-campus, school-sponsored events</i> | |
| High Schools | 98% | High Schools | 97% |
| Middle Schools | 95% | Middle Schools | 95% |
| Junior/Senior High Schools | 97% | Junior/Senior High Schools | 97% |
| All Ohio Schools | 96% | All Ohio Schools | 96% |
| National Median | NA | National Median | NA |

NA = Not Available

Tobacco

- Percentage of all schools that have a tobacco-use prevention policy that specifically prohibits tobacco use in each of the following locations for faculty and staff

In school buildings

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 97% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 97% |
| National Median | NA |

In school buildings

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 97% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 97% |
| National Median | NA |

Outside on school grounds, including parking lots and playing fields

| | |
|----------------------------|------------|
| High Schools | 86% |
| Middle Schools | 87% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 87% |
| National Median | NA |

Outside on school grounds, including parking lots and playing fields

| | |
|----------------------------|------------|
| High Schools | 77% |
| Middle Schools | 78% |
| Junior/Senior High Schools | 75% |
| All Ohio Schools | 77% |
| National Median | NA |

Inside school buses or other vehicles used to transport students

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 96% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 97% |
| National Median | NA |

Inside school buses or other vehicles used to transport students

| | |
|----------------------------|------------|
| High Schools | 94% |
| Middle Schools | 95% |
| Junior/Senior High Schools | 97% |
| All Ohio Schools | 94% |
| National Median | NA |

At off-campus, school-sponsored events

| | |
|----------------------------|------------|
| High Schools | 80% |
| Middle Schools | 82% |
| Junior/Senior High Schools | 75% |
| All Ohio Schools | 80% |
| National Median | NA |

At off-campus, school-sponsored events

| | |
|----------------------------|------------|
| High Schools | 61% |
| Middle Schools | 61% |
| Junior/Senior High Schools | 43% |
| All Ohio Schools | 60% |
| National Median | NA |

- Percentage of all schools that have a tobacco-use prevention policy that specifically prohibits use of cigarettes, smokeless tobacco, cigars and pipes by students, faculty and staff and visitors; during school hours and during non-school hours; in school buildings; outside on school grounds; inside school buses or other vehicles used to transport students; and at off-campus, school-sponsored events

| | |
|----------------------------|------------|
| High Schools | 39% |
| Middle Schools | 38% |
| Junior/Senior High Schools | 21% |
| All Ohio Schools | 37% |
| National Median | 51% |

NA = Not Available

Communication Regarding Tobacco Policy

- Percentage of schools that have procedures to inform each of the following groups about the tobacco-use prevention policy that prohibits their use of tobacco

Students

| | |
|----------------------------|------------|
| High Schools | 100% |
| Middle Schools | 99% |
| Junior/Senior High Schools | 96% |
| All Ohio Schools | 99% |
| National Median | 99% |

Visitors

| | |
|----------------------------|------------|
| High Schools | 90% |
| Middle Schools | 87% |
| Junior/Senior High Schools | 85% |
| All Ohio Schools | 88% |
| National Median | NA |

Faculty and staff

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 94% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 96% |
| National Median | NA |

- 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

| | |
|----------------------------|------------|
| High Schools | 74% |
| Middle Schools | 77% |
| Junior/Senior High Schools | 77% |
| All Ohio Schools | 76% |
| National Median | 74% |

- Percentage of schools that did the following activities during the past two years

Gathered and shared information with students and families about mass-media messages or community-based, tobacco-use prevention efforts

| | |
|----------------------------|------------|
| High Schools | 39% |
| Middle Schools | 41% |
| Junior/Senior High Schools | 27% |
| All Ohio Schools | 39% |
| National Median | 48% |

Worked with local agencies or organizations to plan and implement events or programs intended to reduce tobacco use

| | |
|----------------------------|------------|
| High Schools | 46% |
| Middle Schools | 51% |
| Junior/Senior High Schools | 45% |
| All Ohio Schools | 48% |
| National Median | 54% |

Tobacco Policy Enforcement

Schools may take specific actions when students are caught using tobacco products. The percentage of schools that sometimes, almost always or always took specific actions when students were caught using tobacco range as follows:

- Percentage of schools that have a tobacco-use prevention policy that includes guidelines on what actions the school should take when students are caught smoking cigarettes

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 96% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 97% |
| National Median | 97% |

NA = Not Available

Tobacco Policy Enforcement

Schools may take specific actions when students are caught using tobacco products. The percentage of schools that sometimes, almost always or always took specific actions when students were caught using tobacco range as follows:

- Percentage of schools that have a tobacco-use prevention policy that includes guidelines on what actions the school should take when students are caught using any tobacco product

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 96% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 97% |
| National Median | 97% |

- Percentage of schools in which the following person is responsible for enforcing the tobacco-use prevention policy

No single individual is responsible

| | |
|----------------------------|------------|
| High Schools | 44% |
| Middle Schools | 43% |
| Junior/Senior High Schools | 43% |
| All Ohio Schools | 43% |
| National Median | NA |

Other school administrator

| | |
|----------------------------|-----------|
| High Schools | 0% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

Principal

| | |
|----------------------------|------------|
| High Schools | 37% |
| Middle Schools | 47% |
| Junior/Senior High Schools | 49% |
| All Ohio Schools | 42% |
| National Median | NA |

Other school faculty or staff member

| | |
|----------------------------|-----------|
| High Schools | 2% |
| Middle Schools | 9% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 1% |
| National Median | NA |

Assistant principal

| | |
|----------------------------|------------|
| High Schools | 17% |
| Middle Schools | 10% |
| Junior/Senior High Schools | 8% |
| All Ohio Schools | 13% |
| National Median | NA |

- Percentage of schools in which the following help determine what actions are taken when students are caught using any tobacco product

Zero tolerance

| | |
|----------------------------|------------|
| High Schools | 78% |
| Middle Schools | 82% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 81% |
| National Median | NA |

Effect or severity of the violation

| | |
|----------------------------|------------|
| High Schools | 18% |
| Middle Schools | 24% |
| Junior/Senior High Schools | 24% |
| All Ohio Schools | 21% |
| National Median | NA |

NA = Not Available

Tobacco

| | |
|-------------------------------|------------|
| <i>Grade level of student</i> | |
| High Schools | 5% |
| Middle Schools | 14% |
| Junior/Senior High Schools | 13% |
| All Schools | 10% |
| National Median | NA |

| | |
|----------------------------|-----------|
| <i>None of these</i> | |
| High Schools | 6% |
| Middle Schools | 4% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 5% |
| National Median | NA |

| | |
|-------------------------------|------------|
| <i>Repeat offender status</i> | |
| High Schools | 40% |
| Middle Schools | 38% |
| Junior/Senior High Schools | 31% |
| All Ohio Schools | 38% |
| National Median | NA |

- Percentage of schools that NEVER take the following actions when students are caught using any tobacco product

| | |
|--|-----------|
| <i>Parents or guardians are notified</i> | |
| High Schools | 0% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

| | |
|--|------------|
| <i>Encouraged, but not required, to participate in an assistance, education or cessation program</i> | |
| High Schools | 14% |
| Middle Schools | 11% |
| Junior/Senior High Schools | 21% |
| All Ohio Schools | 13% |
| National Median | NA |

| | |
|---------------------------------------|-----------|
| <i>Referred to a school counselor</i> | |
| High Schools | 9% |
| Middle Schools | 6% |
| Junior/Senior High Schools | 4% |
| All Ohio Schools | 7% |
| National Median | NA |

| | |
|---|------------|
| <i>Required to participate in an assistance, education or cessation program</i> | |
| High Schools | 29% |
| Middle Schools | 26% |
| Junior/Senior High Schools | 43% |
| All Ohio Schools | 29% |
| National Median | NA |

| | |
|---|-----------|
| <i>Referred to a school administrator</i> | |
| High Schools | 0% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

| | |
|--------------------------------------|------------|
| <i>Referred to legal authorities</i> | |
| High Schools | 27% |
| Middle Schools | 27% |
| Junior/Senior High Schools | 35% |
| All Ohio Schools | 28% |
| National Median | NA |

- Percentage of schools that NEVER take the following actions when students are caught using any tobacco product

| | |
|----------------------------|------------|
| <i>Placed in detention</i> | |
| High Schools | 40% |
| Middle Schools | 43% |
| Junior/Senior High Schools | 49% |
| All Ohio Schools | 42% |
| National Median | NA |

| | |
|---|-----------|
| <i>Not allowed to participate in extracurricular activities or interscholastic sports</i> | |
| High Schools | 7% |
| Middle Schools | 5% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 7% |
| National Median | NA |

NA = Not Available

Tobacco

Given in-school suspension

| | |
|----------------------------|------------|
| High Schools | 24% |
| Middle Schools | 29% |
| Junior/Senior High Schools | 21% |
| All Ohio Schools | 26% |
| National Median | NA |

Suspended from school

| | |
|----------------------------|-----------|
| High Schools | 3% |
| Middle Schools | 5% |
| Junior/Senior High Schools | 7% |
| All Ohio Schools | 4% |
| National Median | NA |

Expelled from school

| | |
|----------------------------|------------|
| High Schools | 50% |
| Middle Schools | 50% |
| Junior/Senior High Schools | 47% |
| All Ohio Schools | 50% |
| National Median | NA |

Reassigned to an alternative school

| | |
|----------------------------|------------|
| High Schools | 46% |
| Middle Schools | 53% |
| Junior/Senior High Schools | 55% |
| All Ohio Schools | 50% |
| National Median | NA |

■ Percentage of schools that RARELY take the following actions when students are caught using any tobacco products

Parents or guardians are notified

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 1% |
| National Median | NA |

Referred to a school counselor

| | |
|----------------------------|------------|
| High Schools | 26% |
| Middle Schools | 13% |
| Junior/Senior High Schools | 41% |
| All Ohio Schools | 21% |
| National Median | NA |

Referred to a school administrator

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

Encouraged, but not required, to participate in an assistance, education or cessation program

| | |
|----------------------------|------------|
| High Schools | 11% |
| Middle Schools | 15% |
| Junior/Senior High Schools | 7% |
| All Ohio Schools | 13% |
| National Median | NA |

Required to participate in an assistance, education or cessation program

| | |
|----------------------------|------------|
| High Schools | 24% |
| Middle Schools | 20% |
| Junior/Senior High Schools | 18% |
| All Ohio Schools | 22% |
| National Median | NA |

Referred to legal authorities

| | |
|----------------------------|------------|
| High Schools | 23% |
| Middle Schools | 23% |
| Junior/Senior High Schools | 34% |
| All Ohio Schools | 24% |
| National Median | NA |

Placed in detention

| | |
|----------------------------|------------|
| High Schools | 9% |
| Middle Schools | 15% |
| Junior/Senior High Schools | 21% |
| All Ohio Schools | 13% |
| National Median | NA |

Not allowed to participate in extracurricular activities or interscholastic sports

| | |
|----------------------------|-----------|
| High Schools | 8% |
| Middle Schools | 7% |
| Junior/Senior High Schools | 7% |
| All Ohio Schools | 7% |
| National Median | NA |

Given in-school suspension

| | |
|----------------------------|------------|
| High Schools | 10% |
| Middle Schools | 15% |
| Junior/Senior High Schools | 24% |
| All Ohio Schools | 13% |
| National Median | NA |

Suspended from school

| | |
|----------------------------|-----------|
| High Schools | 18% |
| Middle Schools | 8% |
| Junior/Senior High Schools | 14% |
| All Ohio Schools | 9% |
| National Median | NA |

NA = Not Available

Tobacco

Expelled from school

| | |
|----------------------------|------------|
| High Schools | 42% |
| Middle Schools | 38% |
| Junior/Senior High Schools | 53% |
| All Ohio Schools | 41% |
| National Median | NA |

Reassigned to an alternative school

| | |
|----------------------------|------------|
| High Schools | 31% |
| Middle Schools | 29% |
| Junior/Senior High Schools | 28% |
| All Ohio Schools | 30% |
| National Median | NA |

- Percentage of schools that **SOMETIMES** take the following actions when students are caught using any tobacco products

Parents or guardians are notified

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

Encouraged, but not required, to participate in an assistance, education or cessation program

| | |
|----------------------------|------------|
| High Schools | 42% |
| Middle Schools | 37% |
| Junior/Senior High Schools | 49% |
| All Ohio Schools | 40% |
| National Median | NA |

Referred to a school counselor

| | |
|----------------------------|------------|
| High Schools | 46% |
| Middle Schools | 48% |
| Junior/Senior High Schools | 32% |
| All Ohio Schools | 46% |
| National Median | NA |

Required to participate in an assistance, education or cessation program

| | |
|----------------------------|------------|
| High Schools | 33% |
| Middle Schools | 34% |
| Junior/Senior High Schools | 36% |
| All Ohio Schools | 34% |
| National Median | NA |

Referred to a school administrator

| | |
|----------------------------|-----------|
| High Schools | 3% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 4% |
| All Ohio Schools | 1% |
| National Median | NA |

Referred to legal authorities

| | |
|----------------------------|------------|
| High Schools | 30% |
| Middle Schools | 34% |
| Junior/Senior High Schools | 28% |
| All Ohio Schools | 32% |
| National Median | NA |

- Percentage of schools that **SOMETIMES** take the following actions when students are caught using any tobacco products

Placed in detention

| | |
|----------------------------|------------|
| High Schools | 29% |
| Middle Schools | 25% |
| Junior/Senior High Schools | 14% |
| All Ohio Schools | 26% |
| National Median | NA |

Given in-school suspension

| | |
|----------------------------|------------|
| High Schools | 46% |
| Middle Schools | 42% |
| Junior/Senior High Schools | 34% |
| All Ohio Schools | 43% |
| National Median | NA |

Not allowed to participate in extracurricular activities or interscholastic sports

| | |
|----------------------------|------------|
| High Schools | 33% |
| Middle Schools | 38% |
| Junior/Senior High Schools | 33% |
| All Ohio Schools | 35% |
| National Median | NA |

Suspended from school

| | |
|----------------------------|------------|
| High Schools | 48% |
| Middle Schools | 38% |
| Junior/Senior High Schools | 24% |
| All Ohio Schools | 41% |
| National Median | NA |

NA = Not Available

Tobacco

Expelled from school

| | |
|----------------------------|-----------|
| High Schools | 7% |
| Middle Schools | 10% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 8% |
| National Median | NA |

Reassigned to an alternative school

| | |
|----------------------------|------------|
| High Schools | 20% |
| Middle Schools | 16% |
| Junior/Senior High Schools | 11% |
| All Ohio Schools | 18% |
| National Median | NA |

- Percentage of schools that ALWAYS or ALMOST ALWAYS take the following actions when students are caught using any tobacco product

Parents or guardians are notified

| | |
|----------------------------|------------|
| High Schools | 98% |
| Middle Schools | 100% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 99% |
| National Median | NA |

Encouraged, but not required, to participate in an assistance, education or cessation program

| | |
|----------------------------|------------|
| High Schools | 33% |
| Middle Schools | 37% |
| Junior/Senior High Schools | 24% |
| All Ohio Schools | 34% |
| National Median | NA |

Referred to a school counselor

| | |
|----------------------------|------------|
| High Schools | 18% |
| Middle Schools | 33% |
| Junior/Senior High Schools | 24% |
| All Ohio Schools | 26% |
| National Median | NA |

Required to participate in an assistance, education or cessation program

| | |
|----------------------------|------------|
| High Schools | 13% |
| Middle Schools | 20% |
| Junior/Senior High Schools | 3% |
| All Ohio Schools | 16% |
| National Median | NA |

Referred to a school administrator

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 100% |
| Junior/Senior High Schools | 96% |
| All Ohio Schools | 98% |
| National Median | NA |

Referred to legal authorities

| | |
|----------------------------|------------|
| High Schools | 20% |
| Middle Schools | 16% |
| Junior/Senior High Schools | 4% |
| All Ohio Schools | 17% |
| National Median | NA |

- Percentage of schools that ALWAYS or ALMOST ALWAYS take the following actions when students are caught using any tobacco product

Placed in detention

| | |
|----------------------------|------------|
| High Schools | 21% |
| Middle Schools | 17% |
| Junior/Senior High Schools | 17% |
| All Ohio Schools | 19% |
| National Median | NA |

Given in-school suspension

| | |
|----------------------------|------------|
| High Schools | 19% |
| Middle Schools | 15% |
| Junior/Senior High Schools | 21% |
| All Ohio Schools | 17% |
| National Median | NA |

Not allowed to participate in extracurricular activities or interscholastic sports

| | |
|----------------------------|------------|
| High Schools | 52% |
| Middle Schools | 50% |
| Junior/Senior High Schools | 50% |
| All Ohio Schools | 51% |
| National Median | NA |

Suspended from school

| | |
|----------------------------|------------|
| High Schools | 40% |
| Middle Schools | 50% |
| Junior/Senior High Schools | 56% |
| All Ohio Schools | 46% |
| National Median | NA |

NA = Not Available

Tobacco

Expelled from school

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 1% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 1% |
| National Median | NA |

Reassigned to an alternative school

| | |
|----------------------------|-----------|
| High Schools | 3% |
| Middle Schools | 1% |
| Junior/Senior High Schools | 7% |
| All Ohio Schools | 2% |
| National Median | NA |

Tobacco Cessation Services

- Percentage of schools that provide tobacco cessation services for each of the following groups

Faculty and staff

| | |
|----------------------------|------------|
| High Schools | 19% |
| Middle Schools | 20% |
| Junior/Senior High Schools | 17% |
| All Ohio Schools | 19% |
| National Median | 16% |

Students

| | |
|----------------------------|------------|
| High Schools | 34% |
| Middle Schools | 40% |
| Junior/Senior High Schools | 23% |
| All Ohio Schools | 36% |
| National Median | 32% |

- Percentage of schools that have arrangements with any organization or health care professionals not on school property to provide tobacco cessation services for each of the following groups

Faculty and staff

| | |
|----------------------------|------------|
| High Schools | 33% |
| Middle Schools | 31% |
| Junior/Senior High Schools | 20% |
| All Ohio Schools | 31% |
| National Median | 27% |

Students

| | |
|----------------------------|------------|
| High Schools | 51% |
| Middle Schools | 53% |
| Junior/Senior High Schools | 37% |
| All Ohio Schools | 51% |
| National Median | 37% |

NA = Not Available

HEALTH SERVICES



Schools can further support student success by providing access to physical and mental health services. Health services in schools are designed to appraise, protect, and promote the health of students and staff and they are a key component in an effective system of coordinated school health programs. Health services in schools are typically provided by a school nurse. The school nurse conducts health screenings, verifies immunizations, provides care to students and staff who have been injured or who present with acute illnesses, and coordinates care of students and staff with chronic illnesses during school. The school nurse care may provide treatment of health problems within the scope of nursing practice, communication with parents for treatment, and referral to other providers.

In some instances, school health services may provide primary care services on site. These services offer families the opportunity to have access to a higher level of health care within the school setting. This model of health services is referred to as School-Based Health Centers (SBHCs) which bring the health care provider's office to the school. This allows students to avoid health-related absences and get support to succeed in the classroom.

The benefits of school health services and school based health center programs are supported through research. However, providing any type of health service requires extensive collaboration and communication among school staff, students, families and outside agencies. Thorough planning is required when developing protocols for appropriately securing and disclosing student health information.⁹

Many Ohio school districts coordinate health services through school nurses. The extent to which health services are available through school nurses varies by district and school building. Approximately 40 percent of Ohio schools employ a full-time registered nurse who provides an unprescribed level of health service to students. The data collected through the 2008 *School Health Profiles* survey pertains predominately to health services related to asthma, but schools are in a position to provide health care services and referrals that are relevant to the full range of health issues, if health services programs are planned and implemented correctly.

Role of the School Nurse

- The school nurse provides direct health care to students and staff.
- The school nurse provides leadership for the provision of health services.
- The school nurse provides screening and referral for health conditions
- The school nurse promotes a healthy school environment.
- The school nurse promotes health.
- The school nurse serves in a leadership role for health policies and programs.
- The school nurse serves as a liaison between school personnel, family, community, and health care providers.

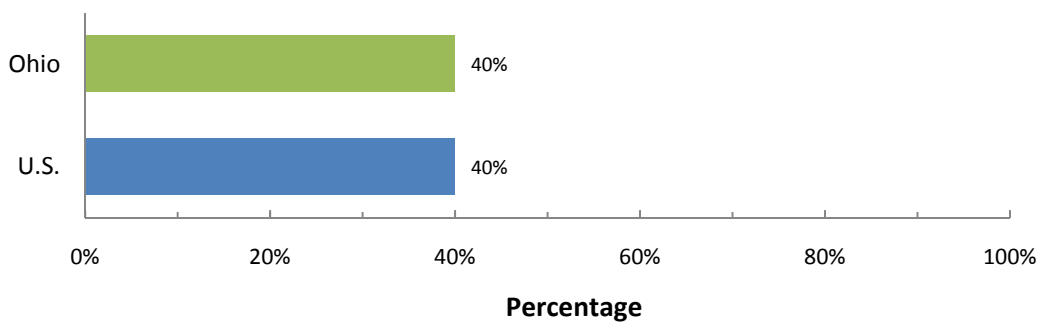
National Association of School Nurses

Guiding principles for school based health care:

- School-based or linked health services are comprehensive, coordinated and provided along a continuum of care including promotion, early intervention and treatment.
- Services for youth should be appropriate, accessible, affordable, coordinated and safe.
- School-based or linked health services reduce barriers to learning and support academic success.
- School-based or linked health services are most effectively delivered according to the CDCs Coordinated School Health Model.
- School-based or linked health care promotes well being and long term success by addressing the medical, dental, mental health and health education needs of children and adolescents.

Ohio Association of School Based Health Centers

Percentage of Ohio schools that employ a full-time registered nurse



▪ **Percentage of schools that have a full-time registered nurse who provides health services to students**

| | |
|----------------------------|------------|
| High Schools | 42% |
| Middle Schools | 39% |
| Junior/Senior High Schools | 35% |
| All Ohio Schools | 40% |
| National Median | 40% |

Health Services

- Percentage of schools in which each of the following sources of school health information are used to identify students diagnosed with chronic health conditions such as asthma

This school does not identify students diagnosed with chronic health conditions such as asthma

| | |
|----------------------------|-----------|
| High Schools | 0% |
| Middle Schools | 1% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

Emergency care plans

| | |
|----------------------------|------------|
| High Schools | 44% |
| Middle Schools | 47% |
| Junior/Senior High Schools | 34% |
| All Ohio Schools | 45% |
| National Median | 58% |

Student emergency cards

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 94% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 96% |
| National Median | 84% |

Physical exam records

| | |
|----------------------------|------------|
| High Schools | 49% |
| Middle Schools | 44% |
| Junior/Senior High Schools | 41% |
| All Ohio Schools | 46% |
| National Median | 50% |

Medication records

| | |
|----------------------------|------------|
| High Schools | 79% |
| Middle Schools | 83% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 82% |
| National Median | 82% |

Notes from parents

| | |
|----------------------------|------------|
| High Schools | 88% |
| Middle Schools | 87% |
| Junior/Senior High Schools | 77% |
| All Ohio Schools | 87% |
| National Median | 87% |

Health room visit information

| | |
|----------------------------|------------|
| High Schools | 35% |
| Middle Schools | 36% |
| Junior/Senior High Schools | 28% |
| All Ohio Schools | 35% |
| National Median | 44% |

Other

| | |
|----------------------------|------------|
| High Schools | 17% |
| Middle Schools | 15% |
| Junior/Senior High Schools | 14% |
| All Ohio Schools | 16% |
| National Median | 18% |

- Percentage of schools that have an asthma action plan on file for all, most, some or no students with known asthma

School has no students with known asthma

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 2% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 1% |
| National Median | NA |

Some students with known asthma have an asthma action plan on file

| | |
|----------------------------|------------|
| High Schools | 22% |
| Middle Schools | 19% |
| Junior/Senior High Schools | 18% |
| All Ohio Schools | 20% |
| National Median | NA |

All students with known asthma have an asthma action plan on file

| | |
|----------------------------|------------|
| High Schools | 41% |
| Middle Schools | 45% |
| Junior/Senior High Schools | 41% |
| All Ohio Schools | 43% |
| National Median | NA |

No students with known asthma have an asthma action plan on file

| | |
|----------------------------|------------|
| High Schools | 11% |
| Middle Schools | 8% |
| Junior/Senior High Schools | 14% |
| All Ohio Schools | 10% |
| National Median | NA |

Most students with known asthma have an asthma action plan on file

| | |
|----------------------------|------------|
| High Schools | 26% |
| Middle Schools | 27% |
| Junior/Senior High Schools | 27% |
| All Ohio Schools | 26% |
| National Median | NA |

NA = Not Available

▪ **Percentage of schools that use each of the following types of information to identify students with poorly controlled asthma**

School does not identify students with poorly controlled asthma

| | |
|----------------------------|------------|
| High Schools | 25% |
| Middle Schools | 13% |
| Junior/Senior High Schools | 14% |
| All Ohio Schools | 18% |
| National Median | NA |

Frequent non-participation in physical education class due to asthma

| | |
|----------------------------|------------|
| High Schools | 33% |
| Middle Schools | 44% |
| Junior/Senior High Schools | 48% |
| All Ohio Schools | 39% |
| National Median | 42% |

Frequent absences from school

| | |
|----------------------------|------------|
| High Schools | 35% |
| Middle Schools | 39% |
| Junior/Senior High Schools | 31% |
| All Ohio Schools | 37% |
| National Median | 38% |

Students sent home early due to asthma

| | |
|----------------------------|------------|
| High Schools | 33% |
| Middle Schools | 48% |
| Junior/Senior High Schools | 41% |
| All Ohio Schools | 40% |
| National Median | 43% |

Frequent visits to the school health office due to asthma

| | |
|----------------------------|------------|
| High Schools | 56% |
| Middle Schools | 65% |
| Junior/Senior High Schools | 62% |
| All Ohio Schools | 61% |
| National Median | 64% |

Calls from school to 911 or other local emergency numbers due to asthma

| | |
|----------------------------|------------|
| High Schools | 22% |
| Middle Schools | 28% |
| Junior/Senior High Schools | 27% |
| All Ohio Schools | 25% |
| National Median | 23% |

Frequent asthma symptoms at school

| | |
|----------------------------|------------|
| High Schools | 53% |
| Middle Schools | 61% |
| Junior/Senior High Schools | 54% |
| All Ohio Schools | 57% |
| National Median | 61% |

▪ **Percentage of schools that provide each of the following services for students with poorly controlled asthma**

Providing referrals to primary health care clinicians or child health insurance programs

| | |
|----------------------------|------------|
| High Schools | 45% |
| Middle Schools | 52% |
| Junior/Senior High Schools | 50% |
| All Ohio Schools | 48% |
| National Median | 58% |

Ensuring an appropriate written asthma action plan is obtained

| | |
|----------------------------|------------|
| High Schools | 61% |
| Middle Schools | 73% |
| Junior/Senior High Schools | 56% |
| All Ohio Schools | 66% |
| National Median | 77% |

Ensuring access to and appropriate use of asthma medications, spacers and peak flow meters at school

| | |
|----------------------------|------------|
| High Schools | 71% |
| Middle Schools | 78% |
| Junior/Senior High Schools | 65% |
| All Ohio Schools | 74% |
| National Median | 83% |

Offering asthma education for the student with asthma and his or her family

| | |
|----------------------------|------------|
| High Schools | 36% |
| Middle Schools | 39% |
| Junior/Senior High Schools | 43% |
| All Ohio Schools | 38% |
| National Median | 47% |

Health Services

Minimizing asthma triggers in the school environment

| | |
|----------------------------|------------|
| High Schools | 54% |
| Middle Schools | 65% |
| Junior/Senior High Schools | 66% |
| All Ohio Schools | 60% |
| National Median | 71% |

Addressing social and emotional issues related to asthma

| | |
|----------------------------|------------|
| High Schools | 35% |
| Middle Schools | 48% |
| Junior/Senior High Schools | 43% |
| All Ohio Schools | 42% |
| National Median | 50% |

Providing additional psychosocial counseling or support services as needed

| | |
|----------------------------|------------|
| High Schools | 36% |
| Middle Schools | 38% |
| Junior/Senior High Schools | 39% |
| All Ohio Schools | 37% |
| National Median | 47% |

Ensuring access to safe, enjoyable physical education and activity opportunities

| | |
|----------------------------|------------|
| High Schools | 79% |
| Middle Schools | 83% |
| Junior/Senior High Schools | 75% |
| All Ohio Schools | 80% |
| National Median | 88% |

Ensuring access to preventive medications before physical activity

| | |
|----------------------------|------------|
| High Schools | 75% |
| Middle Schools | 81% |
| Junior/Senior High Schools | 80% |
| All Ohio Schools | 78% |
| National Median | 85% |

- Percentage of schools that have a designated and secure storage location for medications, including quick-relief asthma medications

| | |
|----------------------------|------------|
| High Schools | 97% |
| Middle Schools | 99% |
| Junior/Senior High Schools | 93% |
| All Ohio Schools | 98% |
| National Median | NA |

- Percentage of schools with a designated and secure storage location for medications that is accessible at all times by the school nurse or his or her designee

| | |
|----------------------------|------------|
| High Schools | 99% |
| Middle Schools | 100% |
| Junior/Senior High Schools | 100% |
| All Ohio Schools | 99% |
| National Median | 96% |

- Percentage of schools in which school staff members are required to receive training on recognizing and responding to severe asthma symptoms more than once per year; once per year; or less than once per year

More than once per year

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 2% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 2% |
| National Median | NA |

Once per year

| | |
|----------------------------|------------|
| High Schools | 24% |
| Middle Schools | 22% |
| Junior/Senior High Schools | 11% |
| All Ohio Schools | 22% |
| National Median | NA |

NA = Not Available

Health Services

Less than once per year

| | |
|----------------------------|------------|
| High Schools | 13% |
| Middle Schools | 16% |
| Junior/Senior High Schools | 31% |
| All Ohio Schools | 16% |
| National Median | NA |

No such requirement

| | |
|----------------------------|------------|
| High Schools | 62% |
| Middle Schools | 61% |
| Junior/Senior High Schools | 58% |
| All Ohio Schools | 61% |
| National Median | NA |

- Percentage of schools that have adopted a policy stating that students are permitted to carry and self-administer asthma medications

| | |
|----------------------------|------------|
| High Schools | 85% |
| Middle Schools | 82% |
| Junior/Senior High Schools | 72% |
| All Ohio Schools | 83% |
| National Median | 77% |

- Percentage of schools that have procedures to inform each of the following groups about the policy permitting students to carry and self-administer asthma medications*

Students

| | |
|----------------------------|------------|
| High Schools | 91% |
| Middle Schools | 92% |
| Junior/Senior High Schools | 86% |
| All Ohio Schools | 91% |
| National Median | NA |

Parents/families

| | |
|----------------------------|------------|
| High Schools | 90% |
| Middle Schools | 91% |
| Junior/Senior High Schools | 90% |
| All Ohio Schools | 91% |
| National Median | NA |

*Among schools that have adopted a policy stating that students are permitted to carry and self-administer asthma medications.

- Percentage of schools for which one of the following person responsible for implementing the policy permitting students to carry and self-administer asthma medication*

No single individual is responsible

| | |
|----------------------------|------------|
| High Schools | 20% |
| Middle Schools | 23% |
| Junior/Senior High Schools | 22% |
| All Ohio Schools | 22% |
| National Median | NA |

School nurse

| | |
|----------------------------|------------|
| High Schools | 50% |
| Middle Schools | 49% |
| Junior/Senior High Schools | 46% |
| All Ohio Schools | 49% |
| National Median | NA |

Principal

| | |
|----------------------------|------------|
| High Schools | 22% |
| Middle Schools | 24% |
| Junior/Senior High Schools | 26% |
| All Ohio Schools | 23% |
| National Median | NA |

Other school faculty or staff member

| | |
|----------------------------|-----------|
| High Schools | 7% |
| Middle Schools | 4% |
| Junior/Senior High Schools | 5% |
| All Ohio Schools | 6% |
| National Median | NA |

Assistant principal

| | |
|----------------------------|-----------|
| High Schools | 1% |
| Middle Schools | 0% |
| Junior/Senior High Schools | 0% |
| All Ohio Schools | 0% |
| National Median | NA |

*Among schools that have adopted a policy stating that students are permitted to carry and self-administer asthma medications.

NA = Not Available

HIV INFECTION AND AIDS PREVENTION



Research indicates that early, unprotected sex among young people can have negative consequences. Pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus/acquired immune deficiency syndrome (HIV/AIDS), result in high social, economic and health costs for affected individuals, their children and society. Recent CDC surveillance statistics indicate that positive trends in teen sexual health have stalled. The agency analyzed a number of nationwide surveys collected between 2002-2007 summarizing trends in adolescent sexual and reproductive health, including statistics of teenage pregnancy rates and the frequency of HIV and STD diagnoses. The CDC found that the teen birth rate and HIV infection are on the rise.¹⁸

School policies can provide critical support for HIV-infected students and staff and establish high quality health education programs to prevent HIV infection. In efforts to assist school districts in adopting effective policies to support comprehensive HIV prevention initiatives, the National Association of State Boards of Education (NASBE) published a policy tool for local education agencies that provides key topics to consider when drafting policy and model policy language. Successful HIV prevention initiatives must include quality health instruction, professional development, and a system to link students and families with community-based HIV/AIDS interventions and services.¹⁹

In addition to instructional and service elements, schools must also work to assure that the rights of all students to attend and participate in school activities and to enjoy medical privacy are protected.

NASBE: Recommendations for Education Policies Concerning HIV Infection

1. **School Attendance** - A student with HIV infection has the same right to attend school and receive services as any other student, and will be subject to the same rules and policies.
2. **Employment** - The state/district/school does not discriminate on the basis of HIV infection or association with another person with HIV infection.
3. **Privacy** - Pupils or staff members are not required to disclose HIV infection status to anyone in the education system. HIV antibody testing is not required for any purpose. Every employee has a duty to treat as highly confidential any knowledge or speculation concerning the HIV status of a student or other staff member.
4. **Infection Control** - All employees are required to consistently follow universal precautions as defined by U.S. Occupational Health and Safety Administration for the prevention of blood-borne infections.
5. **HIV and Athletics** - The privilege of participating in physical education classes, athletic programs, competitive sports and recess is not conditional on a person's HIV status.
6. **HIV Prevention Education** - The goals of HIV prevention education are to promote healthful living and discourage the behaviors that put people at risk of acquiring HIV. The educational curriculum will be planned and sequential, culturally relevant and be taught in kindergarten through 12th grades by trained professionals.
 - Parents and guardians will have convenient opportunities to preview all HIV prevention curricula and materials.
 - Education system will cooperate with HIV prevention efforts in the community.
7. **Related Services** - School administrators will maintain confidential linkage and referral mechanisms to facilitate voluntary student access to appropriate HIV counseling and testing programs, and to other HIV-related services as needed.
8. **Staff Development** - All school staff will participate in a planned HIV education program that presents factual and current information; provides guidance on infection control procedures; informs about current law and state, district and school policies concerning HIV; assists staff to maintain productive parent and community relations; and includes annual review sessions. Employees teaching HIV curriculum will receive additional specialized training.
9. **Communication** - On an annual basis, school administrators will notify students, their family members and school personnel about current policies concerning HIV infection, and provide convenient opportunities to discuss these policies.

HIV Infection and AIDS Prevention

The percentage of Ohio schools with a policy on students or staff who have HIV infection or AIDS was 55 percent. Among those schools that had a policy, the percentage whose policy addressed specific issues for students or staff with HIV infection or AIDS ranged as follows:

- **Percentage of schools that have adopted a policy that addresses each of the following issues for students or staff with HIV infection or AIDS**

Attendance of students with HIV infection

| | |
|----------------------------|------------|
| High Schools | 56% |
| Middle Schools | 54% |
| Junior/Senior High Schools | 59% |
| All Ohio Schools | 55% |
| National Median | 60% |

Confidential counseling for HIV-infected students

| | |
|----------------------------|------------|
| High Schools | 47% |
| Middle Schools | 47% |
| Junior/Senior High Schools | 59% |
| All Ohio Schools | 48% |
| National Median | 57% |

Procedures to protect HIV-infected students and staff from discrimination

| | |
|----------------------------|------------|
| High Schools | 64% |
| Middle Schools | 60% |
| Junior/Senior High Schools | 65% |
| All Ohio Schools | 62% |
| National Median | 65% |

Communication of the policy to students, school staff and parents

| | |
|----------------------------|------------|
| High Schools | 57% |
| Middle Schools | 50% |
| Junior/Senior High Schools | 59% |
| All Ohio Schools | 54% |
| National Median | 61% |

Maintaining confidentiality of HIV-infected students and staff

| | |
|----------------------------|------------|
| High Schools | 72% |
| Middle Schools | 65% |
| Junior/Senior High Schools | 75% |
| All Ohio Schools | 69% |
| National Median | 72% |

Adequate training about HIV infection for school staff

| | |
|----------------------------|------------|
| High Schools | 63% |
| Middle Schools | 60% |
| Junior/Senior High Schools | 69% |
| All Ohio Schools | 62% |
| National Median | 63% |

Work site safety (universal precautions)

| | |
|----------------------------|------------|
| High Schools | 81% |
| Middle Schools | 75% |
| Junior/Senior High Schools | 83% |
| All Ohio Schools | 78% |
| National Median | 80% |

Procedures for implementing the policy

| | |
|----------------------------|------------|
| High Schools | 62% |
| Middle Schools | 55% |
| Junior/Senior High Schools | 64% |
| All Ohio Schools | 59% |
| National Median | NA |

FAMILY AND COMMUNITY INVOLVEMENT



Partnerships between schools, families and community members are key elements of effective school health programs. Schools that have good relationships with families and community members are more likely to gain their cooperation with school health efforts. These relationships also increase the probability of successful school health programs because health messages will be reinforced at home and throughout the community, leading to improved student

health outcomes. Interventions aimed at preventing and treating childhood obesity, school-based tobacco use and HIV prevention programs and asthma interventions all have been found to be more effective when they involve parents and community organizations. Family and community involvement is especially important when addressing topics that can be emotionally charged, such as the prevention of HIV, other STDs and pregnancy. Without parental support of HIV, other STD and pregnancy prevention education programs and policies, they cannot be sustained.²⁰⁻²²

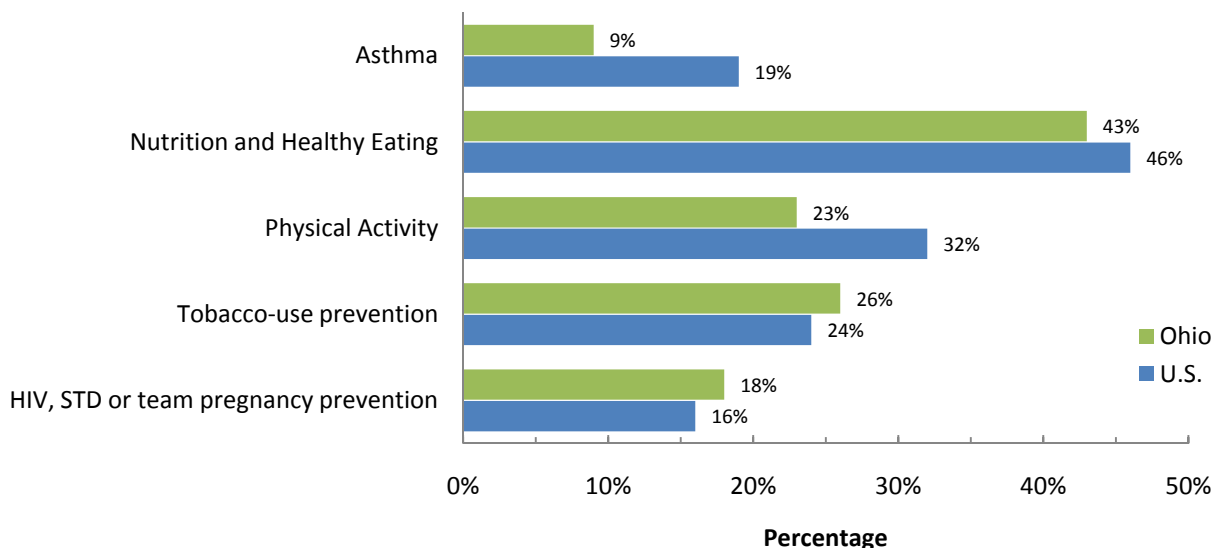
In Ohio the State Board of Education recognizes parents and families as children's first and most important teachers and strongly encourages local districts to engage and communicate with family and community members when districts establish and enforce new school policy.

Under the Ohio Revised Code, local school boards, districts and schools are required to adopt a policy on parent involvement, and districts and schools are encouraged to incorporate the following recommendations that support parent and family involvement in children's education and in school activities.

Parent and Family Involvement in Schools

1. Respect, value and involve parents and families as partners and decision-makers in school continuous-improvement planning.
2. Develop, with parents and families, policies regarding school involvement, and distribute the policies in language they can understand.
3. Create parent and family engagement activities that respect the various cultures, languages, practices and customs, and build relationships among parents, families and schools through bridging economic and cultural barriers.
4. Promote consistent and effective two-way communication between all students' parents, family members and school personnel.
5. Prepare parents and families to be involved in meaningful meetings and discussions with administrators, teachers and staff.
6. Design a range of meaningful opportunities for parents and families to be involved in schools that reflect the specific needs and characteristics of parents and families in a particular school or district.
7. Create welcoming and supportive school environments for parents and families that are child-centered and family-strengthening.
8. Provide logistical support (e.g., transportation, child care) so parents and families can participate in school-sponsored family involvement events.
9. Encourage businesses and industries to offer parent- and family-friendly policies that support parent and family involvement in children's school activities.

Percentage of Ohio schools in which community members helped develop or implement policies and programs related to the following topics during the past two years



Family and Community Involvement

- Percentage of schools in which community members helped develop or implement policies and programs related to the following topics during the past two years

HIV, STD or teen pregnancy prevention

| | |
|----------------------------|------------|
| High Schools | 19% |
| Middle Schools | 18% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 18% |
| National Median | 16% |

Nutrition and healthy eating

| | |
|----------------------------|------------|
| High Schools | 46% |
| Middle Schools | 40% |
| Junior/Senior High Schools | 34% |
| All Ohio Schools | 43% |
| National Median | 46% |

Tobacco-use prevention

| | |
|----------------------------|------------|
| High Schools | 30% |
| Middle Schools | 24% |
| Junior/Senior High Schools | 17% |
| All Ohio Schools | 26% |
| National Median | 24% |

Asthma

| | |
|----------------------------|------------|
| High Schools | 9% |
| Middle Schools | 8% |
| Junior/Senior High Schools | 13% |
| All Ohio Schools | 9% |
| National Median | 19% |

Physical activity

| | |
|----------------------------|------------|
| High Schools | 28% |
| Middle Schools | 19% |
| Junior/Senior High Schools | 21% |
| All Ohio Schools | 23% |
| National Median | 32% |

- Percentage of schools in which students' families helped develop or implement policies and programs related to the following topics during the past two years

HIV, STD or teen pregnancy prevention

| | |
|----------------------------|------------|
| High Schools | 9% |
| Middle Schools | 7% |
| Junior/Senior High Schools | 7% |
| All Ohio Schools | 8% |
| National Median | 23% |

Nutrition and healthy eating

| | |
|----------------------------|------------|
| High Schools | 42% |
| Middle Schools | 35% |
| Junior/Senior High Schools | 25% |
| All Ohio Schools | 37% |
| National Median | 49% |

Tobacco-use prevention

| | |
|----------------------------|------------|
| High Schools | 26% |
| Middle Schools | 9% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 17% |
| National Median | 33% |

Asthma

| | |
|----------------------------|------------|
| High Schools | 9% |
| Middle Schools | 5% |
| Junior/Senior High Schools | 10% |
| All Ohio Schools | 7% |
| National Median | 15% |

Physical activity

| | |
|----------------------------|------------|
| High Schools | 29% |
| Middle Schools | 16% |
| Junior/Senior High Schools | 21% |
| All Ohio Schools | 22% |
| National Median | 36% |

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