

SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
School Health Coordination															
Percentage of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:															
Physical education and physical activity											69.0	71.5	No linear change	Not available	No change
Nutrition						37.0	16.4	40.3	47.4	35.1	62.1	69.7	Increased, 2008-2020	Increased, 2008-2012 Increased, 2012-2020	Increased
Tobacco-use prevention					46.8	22.4	54.8	59.6	43.9	52.6	75.5	Increased, 2008-2020	Increased, 2008-2012 Increased, 2012-2020	Increased	
Chronic health conditions (e.g., asthma, food allergies)										41.4	53.3	Increased, 2018-2020	Not available	Increased	
Unintentional injury and violence prevention (safety)						20.9	41.9	50.9	49.1	56.1	64.2	Increased, 2010-2020	Increased, 2014-2020	Increased	
Sexual health, including HIV, other STD, and pregnancy prevention										55.2	66.1	Increased, 2018-2020	Not available	Increased	

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:																
Health education						9.0	15.5	28.1	15.4	26.1	37.4		Increased, 2010-2020	No quadratic change	Increased	
Physical education								28.1	21.2	24.4	42.1		Increased, 2014-2020	Not available	Increased	
Physical activity								26.3	17.3	26.7	31.0		Increased, 2014-2020	Not available	Increased	
School meal programs								23.2	21.2	22.2	27.0		Increased, 2014-2020	Not available	Increased	
Foods and beverages available at school outside the school meal programs								14.3	17.3	24.4	24.5		Increased, 2014-2020	Not available	No change	
Health services						13.6	17.2	30.4	21.2	33.3	45.9		Increased, 2010-2020	No quadratic change	Increased	
Counseling, psychological, and social services									30.8	46.7	62.4		Increased, 2016-2020	Not available	Increased	
Physical environment									38.5	31.8	52.1		Increased, 2016-2020	Not available	Increased	

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Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:															
Social and emotional climate										40.4	44.4	62.8	Increased, 2016-2020	Not available	Increased
Family engagement										46.2	46.7	68.8	Increased, 2016-2020	Not available	Increased
Community involvement										44.2	46.7	66.8	Increased, 2016-2020	Not available	Increased
Employee wellness										17.0	34.7	45.4	Increased, 2016-2020	Not available	Increased
Percentage of schools that reviewed health and safety data as part of school's improvement planning process*								77.4	86.0	81.4	92.2	93.5	Increased, 2012-2020	Not available	No change
Percentage of schools that did the following activities:															
Reviewed district's local wellness policy											91.4	89.3	Decreased, 2018-2020	Not available	No change
Helped revise district's local wellness policy											48.3	66.5	Increased, 2018-2020	Not available	Increased

* Among schools that engaged in an improvement planning process during the past year.

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Percentage of schools that did the following activities:															
Communicated to school staff about district's local wellness policy											93.1	91.1	Decreased, 2018-2020	Not available	No change
Communicated to parents and families about district's local wellness policy											81.0	79.9	No linear change	Not available	No change
Communicated to students about district's local wellness policy											75.9	82.4	Increased, 2018-2020	Not available	Increased
Measured school's compliance with district's local wellness policy											62.1	76.7	Increased, 2018-2020	Not available	Increased
Developed an action plan that describes steps to meet requirements of district's local wellness policy											79.3	85.5	Increased, 2018-2020	Not available	Increased
Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities						92.4	71.2	87.5	86.2	89.7	98.3	96.6	Increased, 2008-2020	Decreased, 2008-2012 Increased, 2012-2020	Decreased

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that have one or more than one group (e.g., a school health council, committee, team) that offers guidance on the development of policies or coordinates activities on health topics					47.9	46.4	35.8	34.4	55.2	51.7	79.3	85.5	Increased, 2006-2020	Increased, 2006-2016 Increased, 2016-2020	Increased
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*															
Identified student health needs based on a review of relevant data								90.9	86.7	73.3	87.0	84.5	Decreased, 2012-2020	Not available	No change
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team								86.4	80.0	80.0	84.8	82.9	No linear change	Not available	No change
Sought funding or leveraged resources to support health and safety priorities for students and staff								63.6	48.3	60.0	58.7	80.1	Increased, 2012-2020	Not available	Increased

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

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*															
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members							86.4	90.0	90.0	89.1	98.0		Increased, 2012-2020	Not available	Increased
Reviewed health-related curricula or instructional materials							72.7	75.9	83.3	73.9	67.1		Decreased, 2012-2020	Not available	Decreased

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Sexual Orientation															
Percentage of schools that have a student-led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity						57.6	31.3	47.5	69.5	55.2	74.1	85.0	Increased, 2008-2020	Increased, 2008-2014 Increased, 2014-2020	Increased
Percentage of schools that engage in the following LGBTQ youth-related practices:															
Identify "safe spaces" (e.g., a counselor's office, designated classroom, or student organization) where LGBTQ youth can receive support from administrators, teachers, or other school staff						94.0	81.3	88.1	91.4	98.3	93.9		Increased, 2010-2020	Increased, 2014-2020	Decreased
Prohibit harassment based on a student's perceived or actual sexual orientation or gender identity						100.0	98.4	100.0	100.0	100.0	100.0		Increased, 2010-2020	†	¶
Encourage staff to attend professional development on safe and supportive school environments for all students, regardless of sexual orientation or gender identity						82.1	81.3	89.8	94.8	100.0	100.0		Increased, 2010-2020	†	¶

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† Analysis cannot be conducted when prevalence estimates of 0% or 100% are present.

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that engage in the following LGBTQ youth-related practices:															
Facilitate access to providers not on school property who have experience in providing health services, including HIV/STD testing and counseling, to LGBTQ youth						95.5	67.2	78.0	67.3	75.9	81.8		Decreased, 2010-2020	Increased, 2016-2020	Increased
Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth						94.0	65.6	77.6	67.2	84.5	90.4		Increased, 2010-2020	Increased, 2016-2020	Increased
LGBTQ. Percentage of schools that implements practices that meet the needs of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth						75.4	36.8	56.9	44.6	72.4	74.0		§	Not available	¶

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Bullying and Sexual Harassment															
Percentage of schools in which all staff received professional development on preventing, identifying, and responding to student bullying and sexual harassment, including electronic aggression									93.2	84.2	89.7	94.7	Increased, 2014-2020	Not available	Increased
Percentage of schools that have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression									91.5	91.4	100.0	94.6	Increased, 2014-2020	Not available	Decreased
Percentage of schools that use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression									98.3	94.8	96.6	98.2	No linear change	Not available	Increased

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Required Physical Education															
Percentage of schools that taught required physical education in the following grades:*															
6th grade				95.6	100.0	95.4	100.0	100.0	96.9	100.0	100.0	100.0	Increased, 2004-2020	†	¶
7th grade				100.0	100.0	95.6	100.0	100.0	100.0	100.0	100.0	100.0	Increased, 2004-2020	†	¶
8th grade				100.0	100.0	95.4	100.0	100.0	100.0	100.0	100.0	100.0	Increased, 2004-2020	†	¶
9th grade				100.0	96.8	95.7	100.0	100.0	100.0	100.0	100.0	100.0	Increased, 2004-2020	†	¶
10th grade				94.4	86.2	95.4	97.0	96.6	96.2	100.0	100.0	100.0	Increased, 2004-2020	†	¶
11th grade				27.3	22.7	34.9	36.4	57.7	76.0	52.0	52.2	48.5	Increased, 2004-2020	Increased, 2004-2014 Decreased, 2014-2020	No change
12th grade				27.3	22.7	34.9	36.4	57.7	76.0	52.0	52.2	48.5	Increased, 2004-2020	Increased, 2004-2014 Decreased, 2014-2020	No change

* Among schools with students in that grade. The results published here for 2012 and prior years may not match previously published numbers because the manner in which these were calculated changed in 2014.

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Physical Education and Physical Activity															
Percentage of schools in which physical education teachers or specialists received professional development on physical education or physical activity during the past year									96.5	84.5	94.8	90.3	Decreased, 2014-2020	Not available	Decreased
Percentage of schools in which students participate in physical activity in classrooms during the school day outside of physical education							38.1	44.8	46.6	50.0	62.1	Increased, 2012-2020	Not available	Increased	
Percentage of schools that offer interscholastic sports to students							64.1	55.2	56.9	50.0	56.0	Decreased, 2012-2020	Not available	Increased	

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that offer opportunities for students to participate in physical activity through organized physical activities or access to facilities or equipment for physical activity during the following times:															
Before the school day									54.4	46.6	44.8	51.1	Decreased, 2014-2020	Not available	Increased
After the school day											78.2	86.8	Increased, 2018-2020	Not available	Increased
Percentage of schools that have a joint use agreement for shared use of the following school or community facilities:															
Physical activity facilities								73.0	67.8	72.4	58.6	65.4	Decreased, 2012-2020	Not available	Increased
Kitchen facilities and equipment											8.9	10.9	No linear change	Not available	No change

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Tobacco-Use Prevention Policies															
Percentage of schools that have adopted a policy prohibiting tobacco use			100.0	100.0	100.0	100.0	98.5	98.4	96.5	93.1	91.4	96.6	Decreased, 2002-2020	†	Increased
Percentage of schools that follow a policy that mandates a “tobacco-free environment”			71.1	66.5	0.0	98.1	95.5	71.4	71.7	77.8	64.3	71.4	Decreased, 2002-2020	†	Increased
Percentage of schools that follow a policy that mandates a “tobacco-free environment” including prohibiting electronic vapor products			0.0	0.0	0.0	0.0	0.0	0.0	0.0	77.8	64.3	71.4	Increased, 2002-2020	†	Increased

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Nutrition-Related Policies and Practices															
Percentage of schools that always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered						44.1	29.9	34.4	50.8	46.6	25.0	44.3	No linear change	No quadratic change	Increased
Percentage of schools in which students can purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar			81.6	92.8	84.5	77.3	62.7	71.9	66.1	66.7	56.1	57.7	Decreased, 2002-2020	Decreased, 2002-2016 Decreased, 2016-2020	No change
Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:															
Chocolate candy			59.2	44.5	43.8	5.7	9.0	9.4	6.8	5.4	0.0	5.3	Decreased, 2002-2020	Decreased, 2002-2010 Decreased, 2010-2020	Increased
Other kinds of candy			57.1	44.6	43.8	5.7	9.0	9.4	10.2	5.4	0.0	8.7	Decreased, 2002-2020	Decreased, 2002-2010 Decreased, 2010-2020	Increased

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Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:																
Salty snacks that are not low in fat (e.g., regular potato chips)			75.5	83.2	67.0	11.4	19.4	15.6	16.9	10.7	5.5	14.0	Decreased, 2002-2020	Decreased, 2002-2010 Decreased, 2010-2020	Increased	
Low sodium or “no added salt” pretzels, crackers, or chips									50.0	39.3	36.4	39.6	Decreased, 2014-2020	Not available	No change	
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat						20.6	22.4	28.1	22.4	16.4	20.4	12.8	Decreased, 2008-2020	Increased, 2008-2012 Decreased, 2012-2020	Decreased	
Ice cream or frozen yogurt that is not low in fat						9.4	20.9	15.6	5.2	8.9	10.9	10.9	Decreased, 2008-2020	No quadratic change	No change	
2% or whole milk (plain or flavored)					64.6	31.5	32.8	34.4	23.7	10.7	7.3	29.1	Decreased, 2006-2020	Decreased, 2006-2012 Decreased, 2012-2020	Increased	
Nonfat or 1% (low-fat) milk (plain)									32.8	23.2	18.2	35.7	No linear change	Not available	Increased	

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Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:																
Water ices or frozen slushes that do not contain juice						20.7	22.4	19.0	15.5	17.9	18.2	8.7	Decreased, 2008-2020	Decreased, 2008-2014 Decreased, 2014-2020	Decreased	
Soda pop or fruit drinks that are not 100% juice					57.3	11.4	7.5	11.1	11.9	7.1	0.0	7.0	Decreased, 2006-2020	Decreased, 2006-2014 Decreased, 2014-2020	Increased	
Sports drinks (e.g., Gatorade)					78.6	71.7	55.2	64.1	50.8	33.9	28.6	30.8	Decreased, 2006-2020	Decreased, 2006-2012 Decreased, 2012-2020	No change	
Energy drinks (e.g., Red Bull, Monster)									1.7	0.0	1.8	0.0	Decreased, 2014-2020	Not available	¶	
Plain water, with or without carbonation											48.2	46.4	No linear change	Not available	No change	
Calorie-free, flavored water, with or without carbonation											18.2	30.9	Increased, 2018-2020	Not available	Increased	

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Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:															
100% fruit or vegetable juice									35.6	40.0	23.6	25.2	Decreased, 2014-2020	Not available	No change
Foods or beverages containing caffeine						5.5	10.4	1.6	1.7	3.6	0.0	0.0	Decreased, 2008-2020	Decreased, 2008-2012 Decreased, 2012-2020	¶
Fruits (not fruit juice)						44.3	38.8	42.9	28.8	30.4	18.2	29.0	Decreased, 2008-2020	No quadratic change	Increased
Non-fried vegetables (not vegetable juice)						29.7	32.8	29.0	19.0	19.6	16.4	23.7	Decreased, 2008-2020	Decreased, 2008-2014 Increased, 2014-2020	Increased
Percentage of schools that do not sell less healthy foods and beverages (soda pop or fruit drinks, sports drinks, baked goods, salty snacks, candy)			18.8	8.0	15.8	25.0	43.3	34.4	45.8	57.1	66.1	60.1	Increased, 2002-2020	Increased, 2002-2014 Increased, 2014-2020	Decreased

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that have done any of the following during the current school year:															
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages						11.4	12.1	15.9	15.5	28.6	32.7	16.8	Increased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	Decreased
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating						52.6	54.5	55.6	47.5	39.3	40.0	51.7	Decreased, 2008-2020	No change, 2008-2012 Decreased, 2012-2020	Increased
Provided information to students or families on the nutrition and caloric content of foods available						47.2	53.0	46.9	63.8	50.0	60.7	67.8	Increased, 2008-2020	Increased, 2008-2014 Increased, 2014-2020	Increased
Conducted taste tests to determine food preferences for nutritious items						26.1	31.3	33.9	42.1	21.4	25.9	32.1	No linear change	Increased, 2008-2014 Decreased, 2014-2020	Increased
Served locally or regionally grown foods in the cafeteria or classrooms								57.8	79.7	73.2	76.4	86.3	Increased, 2012-2020	Not available	Increased
Planted a school food or vegetable garden								49.2	64.4	62.5	63.2	72.4	Increased, 2012-2020	Not available	Increased

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that have done any of the following during the current school year:																
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access							81.3	93.1	87.5	85.7	90.5	Increased, 2012-2020	Not available	Increased		
Used attractive displays for fruits and vegetables in the cafeteria							68.3	86.2	80.4	80.0	75.6	Increased, 2012-2020	Not available	Decreased		
Offered a self-serve salad bar to students							85.9	89.8	85.7	83.9	86.6	No linear change	Not available	Increased		
Encouraged students to drink plain water								88.1	85.5	82.5	81.0	Decreased, 2014-2020	Not available	No change		
Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance								35.6	33.9	29.1	47.1	Increased, 2014-2020	Not available	Increased		
Prohibited less nutritious foods and beverages (e.g, candy, baked goods) from being sold for fundraising purposes								52.5	44.6	46.4	53.2	No linear change	Not available	Increased		

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

SAN DIEGO UNIFIED SCHOOL DISTRICT

**2020 School Health Profiles Report
Trend Analysis Report - Principal Survey**

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:																
In school buildings						81.5	100.0	79.7	86.4	89.5	92.9	92.9	Increased, 2008-2020	†	No change	
On school grounds including on the outside of the school building, on playing fields, or other areas of the campus						79.8	100.0	73.4	88.1	87.7	87.5	91.0	Increased, 2008-2020	†	Increased	
On school buses or other vehicles used to transport students						83.3	100.0	81.3	91.4	87.5	89.3	90.7	No linear change	†	No change	
In school publications (e.g., newsletters, newspapers, web sites, other school publications)						77.9	100.0	76.2	86.0	81.8	83.9	85.1	No linear change	†	No change	
In curricula or other educational materials (including assignment books, school supplies, book covers, and electronic media)									89.5	83.9	83.9	86.6	Decreased, 2014-2020	Not available	Increased	

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SAN DIEGO UNIFIED SCHOOL DISTRICT

**2020 School Health Profiles Report
Trend Analysis Report - Principal Survey**

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that permit students to have a drinking water bottle with them in either all locations or certain locations during the school day							100.0	94.8	100.0	100.0	100.0		Increased, 2012-2020	Not available	¶
Percentage of schools that offer a free source of drinking water in the following locations:*															
Cafeteria during breakfast								94.5	96.1	94.2	94.3		No linear change	Not available	No change
Cafeteria during lunch								98.2	96.1	94.2	94.3		Decreased, 2014-2020	Not available	No change
Gymnasium or other indoor physical activity facilities								96.3	96.0	94.3	98.1		Increased, 2014-2020	Not available	Increased
Outdoor physical activity facilities and sports fields								98.2	100.0	94.7	95.9		Decreased, 2014-2020	Not available	No change
Hallways throughout the school								100.0	98.2	98.2	98.2		Decreased, 2014-2020	Not available	No change

* Among schools with that location.

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Health Services																
Percentage of schools that have a full-time registered nurse who provides health services to students						79.4	58.2	29.7	50.0	42.1	32.8	66.1	Decreased, 2008-2020	Decreased, 2008-2012 Increased, 2012-2020	Increased	
Percentage of schools that have a part-time registered nurse who provides health services to students										70.2	79.3	43.7	Decreased, 2016-2020	Not available	Decreased	
Percentage of schools that have a school-based health center that offers health services to students										28.1	39.7	32.1	Increased, 2016-2020	Not available	Decreased	
Percentage of schools that provide the following services to students:																
HIV testing								3.1	1.7	0.0	0.0	5.4	No linear change	Not available	Increased	
HIV treatment									0.0	0.0	0.0	5.4	Increased, 2014-2020	Not available	Increased	
STD testing									1.7	0.0	1.8	7.1	Increased, 2014-2020	Not available	Increased	
STD treatment									3.4	0.0	1.8	5.3	Increased, 2014-2020	Not available	Increased	
Pregnancy testing								1.6	3.4	0.0	5.4	7.1	Increased, 2012-2020	Not available	No change	

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²Based on t-test analysis, p < 0.05.

SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that provide the following services to students:																
Provision of condoms							3.1	3.4	1.8	16.3	96.6		Increased, 2012-2020	Not available	Increased	
Provision of condom-compatible lubricants (i.e., water- or silicone-based)								0.0	0.0	7.7	97.4		Increased, 2014-2020	Not available	Increased	
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])							1.6	1.7	0.0	3.6	9.5		Increased, 2012-2020	Not available	Increased	
Prenatal care							3.2	5.1	0.0	1.8	1.9		Decreased, 2012-2020	Not available	No change	
Human papillomavirus (HPV) vaccine administration							3.2	3.4	1.8	1.8	5.4		No linear change	Not available	Increased	
Assessment for alcohol or other drug use, abuse, or dependency										33.9	30.4		Decreased, 2018-2020	Not available	Decreased	
Daily medication administration for students with chronic health conditions (e.g., asthma, diabetes)										87.7	96.1		Increased, 2018-2020	Not available	Increased	

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that provide the following services to students:															
Stock rescue or “as needed” medication for any student experiencing a health emergency (e.g., asthma episode, severe allergic reaction)											77.2	84.3	Increased, 2018-2020	Not available	Increased
Case management for students with chronic health conditions (e.g., asthma, diabetes)											82.1	92.6	Increased, 2018-2020	Not available	Increased
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:															
HIV testing							82.8	89.8	50.0	77.8	100.0	Increased, 2012-2020	Not available	¶	
HIV treatment								89.8	48.3	78.2	100.0	Increased, 2014-2020	Not available	¶	
nPEP (non-occupational post-exposure prophylaxis for HIV--a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive)										43.1	74.5	100.0	Increased, 2016-2020	Not available	Not available

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:																
STD testing									89.8	51.8	77.8	100.0	Increased, 2014-2020	Not available	¶	
STD treatment									89.8	51.8	77.8	100.0	Increased, 2014-2020	Not available	¶	
Pregnancy testing							85.9	89.8	52.7	79.2	100.0	Increased, 2012-2020	Not available	¶		
Provision of condoms							82.8	88.1	50.0	76.4	100.0	Increased, 2012-2020	Not available	¶		
Provision of condom-compatible lubricants (i.e., water- or silicone-based)									84.7	46.4	74.1	100.0	Increased, 2014-2020	Not available	¶	
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])							81.3	84.7	48.2	76.4	100.0	Increased, 2012-2020	Not available	¶		
Prenatal care							84.4	83.1	50.9	79.2	100.0	Increased, 2012-2020	Not available	¶		

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SAN DIEGO UNIFIED SCHOOL DISTRICT

**2020 School Health Profiles Report
Trend Analysis Report - Principal Survey**

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:																
Human papillomavirus (HPV) vaccine administration							82.8	83.1	50.9	80.4	100.0		Increased, 2012-2020	Not available	¶	
Alcohol or other drug abuse treatment											89.3	100.0	Increased, 2018-2020	Not available	Not available	
Percentage of schools that have a protocol that ensures students with a chronic condition that may require daily or emergency management (e.g., asthma, diabetes, food allergies) are enrolled in private, state, or federally funded insurance programs if eligible								79.3	83.9	80.7	86.1		Increased, 2014-2020	Not available	Increased	

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that routinely use school records to identify and track students with a current diagnosis of the following chronic conditions:															
Asthma									96.6	92.9	96.4	98.3	Increased, 2014-2020	Not available	Increased
Food allergies									96.6	92.9	98.2	98.3	Increased, 2014-2020	Not available	No change
Diabetes									96.6	92.9	96.5	96.6	No linear change	Not available	No change
Epilepsy or seizure disorder									96.6	94.6	98.2	96.6	No linear change	Not available	Decreased
Obesity									56.9	53.6	50.9	54.5	No linear change	Not available	Increased
Hypertension/high blood pressure									79.3	69.1	71.9	68.3	Decreased, 2014-2020	Not available	Decreased
Oral health condition (e.g., abscess, tooth decay)											63.2	58.7	Decreased, 2018-2020	Not available	Decreased

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have the following chronic conditions:																	
Asthma									86.4	73.2	73.7	82.2	Decreased, 2014-2020	Not available	Increased		
Food allergies									86.2	71.4	71.9	82.2	Decreased, 2014-2020	Not available	Increased		
Diabetes									86.4	73.2	71.9	82.2	Decreased, 2014-2020	Not available	Increased		
Epilepsy or seizure disorder									86.2	72.7	71.9	82.2	Decreased, 2014-2020	Not available	Increased		
Obesity									74.1	58.2	73.2	71.3	No linear change	Not available	No change		
Hypertension/high blood pressure									86.2	61.8	70.2	78.4	Decreased, 2014-2020	Not available	Increased		
Oral health condition (e.g., abscess, tooth decay)											73.7	82.0	Increased, 2018-2020	Not available	Increased		

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²Based on t-test analysis, p < 0.05.

SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:															
School does not provide any sexual or reproductive health services										64.8	57.4	0.0	Decreased, 2016-2020	Not available	Not available
Parental consent is required before any sexual or reproductive health services are provided										22.2	8.5	0.0	Decreased, 2016-2020	Not available	Not available
Parental consent is not required for sexual or reproductive health services and parents are provided with information about services provided only upon request										0.0	4.3	2.7	Increased, 2016-2020	Not available	Decreased
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the service provided										0.0	8.5	0.0	Increased, 2016-2020	Not available	Not available

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SAN DIEGO UNIFIED SCHOOL DISTRICT

**2020 School Health Profiles Report
Trend Analysis Report - Principal Survey**

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:															
Parental consent is not required for sexual or reproductive health services, but parents are notified about all services provided										5.6	8.5	56.7	Increased, 2016-2020	Not available	Increased
Parental consent is not required for sexual or reproductive health services and parents are not notified about any services provided										7.4	12.8	40.6	Increased, 2016-2020	Not available	Increased
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:															
School does not refer any sexual or reproductive health services										33.3	22.4	0.0	Decreased, 2016-2020	Not available	Not available
Parental consent is required before any sexual or reproductive health services are referred										16.7	2.0	0.0	Decreased, 2016-2020	Not available	Not available

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:																
Parental consent is not required for sexual or reproductive health services and parents are provided with information about referrals provided only upon request										9.3	6.1	1.7	Decreased, 2016-2020	Not available	Decreased	
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the referral provided										5.6	12.2	1.8	Decreased, 2016-2020	Not available	Decreased	
Parental consent is not required for sexual or reproductive health services, but parents are notified about all referrals provided										0.0	2.0	0.0	Decreased, 2016-2020	Not available	Not available	
Parental consent is not required for sexual or reproductive health services and parents are not notified about any referrals provided										35.2	55.1	96.4	Increased, 2016-2020	Not available	Increased	

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Family and Community Involvement															
Percentage of schools that have done any of the following activities during the current school year:															
Provided parents with information about how to monitor their teen									79.3	64.9	69.1	98.2	Increased, 2014-2020	Not available	Increased
Involved parents as school volunteers in the delivery of health education activities and services									37.9	28.1	34.5	27.6	Decreased, 2014-2020	Not available	Decreased
Linked parents and families to health services and programs in the community									94.9	86.0	83.6	98.3	Increased, 2014-2020	Not available	Increased
Provided disease-specific education for parents and families of students with chronic health conditions (e.g., asthma, diabetes)											50.9	57.5	Increased, 2018-2020	Not available	Increased
Percentage of schools in which students' families helped develop or implement policies and programs related to school health during the past two years									48.3	35.1	51.8	53.6	Increased, 2014-2020	Not available	No change

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Required Health Education																
Percentage of schools in which students take only one required health education course	2.3	0.0	4.2	2.4	0.0	3.5	0.0	7.0	5.6	10.3	7.1	0.0	Increased, 1998-2020	†	¶	
Percentage of schools in which students take two or more required health education courses	0.0	0.0	52.1	21.5	0.0	0.0	0.0	46.7	42.6	36.2	10.7	1.9	Increased, 1998-2020	†	Decreased	
Percentage of schools that taught a required health education course in the following grades:*																
6th grade	0.0	0.0	40.0	10.7	0.0	0.0	0.0	41.5	34.9	31.1	6.1	1.9	Increased, 1998-2020	†	Decreased	
7th grade	2.3	0.0	33.3	5.4	0.0	0.0	0.0	20.8	22.7	13.3	0.0	0.0	Decreased, 1998-2020	†	¶	
8th grade	0.0	0.0	43.6	10.6	0.0	0.0	0.0	41.2	36.4	34.0	6.1	1.9	Increased, 1998-2020	†	Decreased	

* The 2008-2020 results published here may differ slightly from the 2008-2020 results published in site reports. This is because the site reports excluded data from schools that do not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that taught a required health education course in the following grades:*																	
9th grade	0.0	0.0	41.7	10.9	0.0	3.5	0.0	13.9	17.1	17.5	6.0	0.0	Decreased, 1998-2020	†	¶		
10th grade	0.0	0.0	35.3	8.2	0.0	0.0	0.0	24.6	20.0	20.0	4.2	0.0	Increased, 1998-2020	†	¶		
11th grade	0.0	0.0	35.3	8.4	0.0	0.0	0.0	16.6	8.8	7.7	2.1	0.0	Decreased, 1998-2020	†	¶		
12th grade	0.0	0.0	32.4	5.6	0.0	0.0	0.0	7.3	11.4	7.7	2.1	0.0	Decreased, 1998-2020	†	¶		
Among schools that required a health education course, percentage that required students who fail the course to repeat it				33.0			50.0			20.5	16.7	24.0	66.7	0.0	Increased, 2004-2020	No change, 2004-2016 Increased, 2016-2020	¶
Percentage of schools in which those who teach health education are provided with the following materials:																	
Goals, objectives, and expected outcomes for health education							100.0	100.0	89.8	94.9	96.6	100.0	100.0	Increased, 2008-2020	†	¶	

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which those who teach health education are provided with the following materials:															
A chart describing the annual scope and sequence of instruction for health education						3.7	98.3	61.0	74.6	87.7	96.1	98.1	Increased, 2008-2020	Increased, 2008-2016 Increased, 2016-2020	Increased
Plans for how to assess student performance in health education						5.6	1.7	73.0	79.7	77.2	92.2	98.1	Increased, 2008-2020	Increased, 2008-2016 Increased, 2016-2020	Increased
A written health education curriculum						100.0	100.0	96.7	96.6	94.8	98.0	100.0	Decreased, 2008-2020	†	¶
Percentage of schools in which the health education curriculum addresses the following skills:															
Comprehending concepts related to health promotion and disease prevention to enhance health						98.3	100.0	89.7	92.9	91.1	94.7	98.2	Decreased, 2008-2020	†	Increased
Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors						96.5	98.3	89.7	92.9	89.3	93.0	98.2	Decreased, 2008-2020	Decreased, 2008-2016 Increased, 2016-2020	Increased

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Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the health education curriculum addresses the following skills:																
Accessing valid information and products and services to enhance health						98.3	100.0	86.4	89.3	87.5	93.0	96.3	Decreased, 2008-2020	†	Increased	
Using interpersonal communication skills to enhance health and avoid or reduce health risks						100.0	100.0	98.3	94.6	92.9	94.7	98.2	Decreased, 2008-2020	†	Increased	
Using decision-making skills to enhance health						100.0	100.0	98.3	94.6	94.6	94.8	98.2	Decreased, 2008-2020	†	Increased	
Using goal-setting skills to enhance health						98.1	98.3	90.0	87.5	82.1	94.7	94.3	Decreased, 2008-2020	Decreased, 2008-2016 Increased, 2016-2020	No change	
Practicing health-enhancing behaviors to avoid or reduce risks						100.0	100.0	96.7	92.9	91.1	94.8	96.3	Decreased, 2008-2020	†	No change	
Advocating for personal, family, and community health						98.1	98.3	84.7	89.1	87.5	93.1	96.3	Decreased, 2008-2020	Decreased, 2008-2016 Increased, 2016-2020	Increased	

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SAN DIEGO UNIFIED SCHOOL DISTRICT
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which those who teach sexual health education are provided with the following materials:																	
A written health education curriculum that includes objectives and content addressing sexual health education									100.0	100.0	100.0	100.0	§	Not available	¶		
Strategies that are age-appropriate, relevant, and actively engage students in learning									100.0	96.4	100.0	100.0	Increased, 2014-2020	Not available	¶		
Methods to assess student knowledge and skills related to sexual health education									93.1	92.7	96.4	100.0	Increased, 2014-2020	Not available	¶		
Percentage of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth									100.0	76.1	83.1	82.8	96.6	98.1	Increased, 2010-2020	†	Increased
Percentage of schools in which health education instruction is required in any of grades 6 through 12									98.3	90.1	81.4	81.0	90.9	94.3	Decreased, 2010-2020	Decreased, 2010-2016 Increased, 2016-2020	Increased

¹Based on trend analyses using a logistic regression model, $p < 0.05$.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:																
Alcohol- or other drug-use prevention						100.0	100.0	89.4	88.1	86.0	62.0	57.6	Decreased, 2008-2020	†	Decreased	
Asthma						27.7	10.0	30.8	23.6	25.5	27.1	17.0	No linear change	Increased, 2008-2016 Decreased, 2016-2020	Decreased	
Chronic disease prevention										63.6	53.1	48.2	Decreased, 2016-2020	Not available	Decreased	
Emotional and mental health						98.2	98.4	70.8	69.5	67.3	56.9	71.7	Decreased, 2008-2020	Decreased, 2008-2016 Increased, 2016-2020	Increased	
Epilepsy or seizure disorder									16.1	20.0	18.8	12.7	Decreased, 2014-2020	Not available	Decreased	
Food allergies									37.5	38.2	37.5	29.5	Decreased, 2014-2020	Not available	Decreased	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:																
Foodborne illness prevention						24.5	13.4	34.9	33.3	45.5	37.5	31.4	Increased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	Decreased	
Human immunodeficiency virus (HIV) prevention						100.0	100.0	98.4	98.3	88.9	96.3	98.1	Decreased, 2008-2020	†	Increased	
Human sexuality						100.0	100.0	95.3	96.6	88.7	100.0	100.0	Decreased, 2008-2020	†	¶	
Infectious disease prevention (e.g., influenza [flu] prevention)								67.0	74.1	76.4	58.0	48.2	Decreased, 2012-2020	Not available	Decreased	
Injury prevention and safety						91.1	96.5	44.1	60.7	69.1	57.1	55.1	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	No change	
Nutrition and dietary behavior						65.3	51.6	68.7	88.4	92.0	72.3	73.3	Increased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	No change	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:															
Physical activity and fitness						100.0	100.0	98.1	96.5	94.3	89.1	95.3	Decreased, 2008-2020	†	Increased
Pregnancy prevention						100.0	100.0	95.3	100.0	94.4	96.3	100.0	Decreased, 2008-2020	†	¶
Sexually transmitted disease (STD) prevention						100.0	100.0	98.4	100.0	92.6	100.0	100.0	Decreased, 2008-2020	†	¶
Suicide prevention						53.0	20.7	64.4	66.7	63.6	61.2	59.7	Increased, 2008-2020	Increased, 2008-2016 No change, 2016-2020	No change
Tobacco-use prevention						100.0	98.3	70.3	87.0	80.4	58.3	57.7	Decreased, 2008-2020	†	No change
Violence prevention (e.g., bullying, fighting, dating violence prevention)						100.0	98.3	79.7	94.9	83.9	96.5	96.2	Decreased, 2008-2020	†	No change

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:																
Identifying tobacco products and the harmful substances they contain						92.7	55.0	58.4	66.0	50.9	25.0	28.7	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	No change	
Identifying short- and long-term health consequences of tobacco product use						92.7	61.7	60.0	67.9	53.6	27.5	30.7	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	No change	
Identifying social, economic, and cosmetic consequences of tobacco product use						89.2	56.6	49.2	59.3	45.6	21.6	26.7	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	Increased	
Understanding the addictive nature of nicotine						92.7	58.3	56.0	69.2	52.6	30.8	30.7	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	No change	
Effects of nicotine on the adolescent brain										47.4	25.5	30.7	Decreased, 2016-2020	Not available	Increased	
Effects of tobacco product use on athletic performance						83.9	51.3	57.7	60.4	50.9	25.5	26.7	Decreased, 2008-2020	No quadratic change	No change	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:																
Effects of second-hand smoke and benefits of a smoke-free environment						92.7	63.4	54.3	67.3	49.1	25.5	30.6	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	Increased	
Understanding the social influences on tobacco product use, including media, family, peers and culture						89.2	53.1	56.9	64.2	50.9	25.5	30.7	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	Increased	
Identifying reasons why students do and do not use tobacco products						92.7	51.5	52.5	63.0	45.6	25.5	28.7	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	No change	
Making accurate assessments of how many peers use tobacco products						87.4	43.2	40.3	50.9	32.1	19.6	24.3	Decreased, 2008-2020	Decreased, 2008-2014 Decreased, 2014-2020	Increased	
Using interpersonal communication skills to avoid tobacco product use (e.g., refusal skills, assertiveness)						87.4	52.9	51.7	58.5	48.2	25.5	26.3	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	No change	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:															
Using goal-setting and decision-making skills related to not using tobacco products						82.2	47.2	46.6	54.7	44.6	23.1	28.2	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	Increased
Finding valid information and services related to tobacco-use prevention and cessation						92.7	48.9	43.9	54.7	41.1	22.0	26.2	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	Increased
Supporting others who abstain from or want to quit using tobacco products						87.4	49.1	41.0	49.1	35.7	19.6	24.2	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	Increased
Identifying harmful effects of tobacco product use on fetal development						92.7	53.4	45.4	59.6	42.9	24.5	22.3	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	No change
Relationship between using tobacco products and alcohol or other drugs									64.7	47.4	25.5	28.1	Decreased, 2014-2020	Not available	No change
How addiction to tobacco product use can be treated									48.1	38.6	19.6	24.3	Decreased, 2014-2020	Not available	Increased

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:															
Understanding school policies and community laws related to the sale and use of tobacco products									60.4	49.1	24.5	28.7	Decreased, 2014-2020	Not available	Increased
Benefits of tobacco product cessation programs									50.0	32.1	17.6	20.7	Decreased, 2014-2020	Not available	No change
Percentage of schools that taught all 19 tobacco-use prevention topics during the current school year						0.0	0.0	0.0	0.0	23.2	14.0	18.4	Increased, 2008-2020	†	Increased
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:															
How HIV and other STDs are transmitted						100.0	100.0	97.1	100.0	93.3	96.8	100.0	Decreased, 2008-2020	†	¶
Health consequences of HIV, other STDs, and pregnancy						100.0	100.0	91.3	100.0	93.3	96.8	100.0	No linear change	†	¶

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:																
The benefits of being sexually abstinent						100.0	100.0	97.1	100.0	93.3	96.8	100.0	Decreased, 2008-2020	†	¶	
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy						100.0	100.0	91.3	100.0	93.3	96.8	100.0	No linear change	†	¶	
The influences of family, peers, media, technology, and other factors on sexual risk behaviors									100.0	90.0	96.8	100.0	Increased, 2014-2020	Not available	¶	
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						100.0	100.0	94.2	100.0	86.7	96.8	100.0	Decreased, 2008-2020	†	¶	
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						100.0	100.0	91.3	97.1	86.7	96.8	97.1	Decreased, 2008-2020	†	No change	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:																
Influencing and supporting others to avoid or reduce sexual risk behaviors									97.1	80.0	96.8	100.0	Increased, 2014-2020	Not available	¶	
Efficacy of condoms, that is, how well condoms work and do not work							100.0	94.2	100.0	93.3	93.8	100.0	No linear change	†	¶	
The importance of using condoms consistently and correctly							100.0	94.2	97.1	93.3	96.8	100.0	No linear change	†	¶	
How to obtain condoms							100.0	85.1	97.1	90.0	96.8	100.0	Increased, 2010-2020	†	¶	
How to correctly use a condom							100.0	94.2	94.3	93.3	96.8	100.0	Increased, 2010-2020	†	¶	
Methods of contraception other than condoms										93.3	96.8	100.0	Increased, 2016-2020	Not available	Not available	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:																
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy							94.2	94.3	93.3	96.8	100.0		Increased, 2012-2020	Not available	¶	
How to create and sustain healthy and respectful relationships							91.3	100.0	93.3	96.8	100.0		Increased, 2012-2020	Not available	¶	
The importance of limiting the number of sexual partners								97.1	83.3	90.3	97.1		No linear change	Not available	Increased	
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health								100.0	86.7	96.8	100.0		Increased, 2014-2020	Not available	¶	
The relationship between alcohol and other drug use and sexual risk behaviors										96.8	100.0		Increased, 2018-2020	Not available	Not available	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																
How HIV and other STDs are transmitted						100.0	100.0	100.0	87.5	100.0	100.0		Decreased, 2010-2020	†	¶	
Health consequences of HIV, other STDs, and pregnancy						100.0	100.0	100.0	87.5	100.0	100.0		Decreased, 2010-2020	†	¶	
The benefits of being sexually abstinent					100.0	100.0	100.0	100.0	79.2	100.0	100.0		Decreased, 2008-2020	†	¶	
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy					100.0	100.0	100.0	100.0	82.6	100.0	100.0		Decreased, 2008-2020	†	¶	
The influences of family, peers, media, technology, and other factors on sexual risk behaviors									96.2	78.3	100.0	100.0	Increased, 2014-2020	Not available	¶	
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy					100.0	100.0	100.0	96.2	87.0	95.5	100.0		Decreased, 2008-2020	†	¶	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						100.0	100.0	100.0	96.2	87.5	100.0	95.2	Decreased, 2008-2020	†	Decreased	
Influencing and supporting others to avoid or reduce sexual risk behaviors									92.3	78.3	95.5	100.0	Increased, 2014-2020	Not available	¶	
Efficacy of condoms, that is, how well condoms work and do not work						100.0	100.0	100.0	100.0	87.5	100.0	100.0	Decreased, 2008-2020	†	¶	
The importance of using condoms consistently and correctly						100.0	100.0	100.0	100.0	87.5	100.0	100.0	Decreased, 2008-2020	†	¶	
How to obtain condoms						100.0	100.0	100.0	100.0	87.5	100.0	100.0	Decreased, 2008-2020	†	¶	
How to correctly use a condom							100.0	100.0	100.0	83.3	100.0	95.2	Decreased, 2010-2020	†	Decreased	
Methods of contraception other than condoms										87.5	100.0	100.0	Increased, 2016-2020	Not available	Not available	

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy							100.0	100.0	87.5	100.0	100.0		Decreased, 2012-2020	Not available	¶	
How to create and sustain healthy and respectful relationships							100.0	100.0	82.6	100.0	100.0		Decreased, 2012-2020	Not available	¶	
The importance of limiting the number of sexual partners								100.0	78.3	100.0	100.0		Increased, 2014-2020	Not available	¶	
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health								96.0	83.3	100.0	100.0		Increased, 2014-2020	Not available	¶	
The relationship between alcohol and other drug use and sexual risk behaviors											100.0	100.0	§	Not available	Not available	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year:															
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									87.9	71.0	90.6	96.9	Increased, 2014-2020	Not available	Increased
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									91.2	64.5	90.6	93.9	Increased, 2014-2020	Not available	Increased
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									88.2	71.0	90.6	93.9	Increased, 2014-2020	Not available	Increased
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									91.2	71.0	90.6	96.9	Increased, 2014-2020	Not available	Increased
Use decision-making skills to prevent HIV, other STDs, and pregnancy									91.2	67.7	93.8	96.8	Increased, 2014-2020	Not available	Increased
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them									75.8	71.0	93.8	94.1	Increased, 2014-2020	Not available	No change

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year:															
Influence and support others to avoid or reduce sexual risk behaviors									84.8	67.7	90.6	96.9	Increased, 2014-2020	Not available	Increased
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:															
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									96.2	83.3	91.7	100.0	Increased, 2014-2020	Not available	¶
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									88.0	70.8	91.7	100.0	Increased, 2014-2020	Not available	¶
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									92.3	79.2	91.7	100.0	Increased, 2014-2020	Not available	¶

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									84.6	73.9	95.7	100.0	Increased, 2014-2020	Not available	¶	
Use decision-making skills to prevent HIV, other STDs, and pregnancy									92.3	79.2	91.7	100.0	Increased, 2014-2020	Not available	¶	
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them									84.6	70.8	87.5	95.2	Increased, 2014-2020	Not available	Increased	
Influence and support others to avoid or reduce sexual risk behaviors									84.6	58.3	87.5	100.0	Increased, 2014-2020	Not available	¶	

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

¶ Analysis cannot be conducted when response rates are 100% for a census or 2018 and 2020 prevalence estimates are both 0% or 100%.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																
Benefits of healthy eating						55.7	33.7	64.7	66.7	83.0	60.0	48.0	Increased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	Decreased	
Benefits of drinking plenty of water									68.9	81.1	56.9	45.6	Decreased, 2014-2020	Not available	Decreased	
Benefits of eating breakfast every day										73.6	52.9	39.5	Decreased, 2016-2020	Not available	Decreased	
Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate)										55.1	63.5	40.4	30.8	Decreased, 2014-2020	Not available	Decreased
Using food labels						45.0	27.8	48.9	64.0	72.5	45.1	35.3	Increased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	Decreased	
Differentiating between nutritious and non-nutritious beverages										63.3	72.5	51.9	32.5	Decreased, 2014-2020	Not available	Decreased

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																
Balancing food intake and physical activity						60.0	29.0	63.0	66.0	78.4	56.0	45.1	No linear change	Increased, 2008-2016 Decreased, 2016-2020	Decreased	
Eating more fruits, vegetables, and whole grain products						55.7	31.3	57.8	63.8	78.4	58.8	42.8	Increased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	Decreased	
Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)						53.3	29.9	59.5	54.0	65.4	43.1	35.0	Decreased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	Decreased	
Choosing foods, snacks, and beverages that are low in added sugars									55.1	66.0	50.0	35.8	Decreased, 2014-2020	Not available	Decreased	
Choosing foods and snacks that are low in sodium									48.0	60.4	43.1	30.1	Decreased, 2014-2020	Not available	Decreased	
Eating a variety of foods that are high in calcium									42.3	55.6	37.3	26.2	Decreased, 2014-2020	Not available	Decreased	
Eating a variety of foods that are high in iron									41.5	53.8	37.3	24.0	Decreased, 2014-2020	Not available	Decreased	

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																
Food safety						38.9	13.8	47.2	42.0	52.8	31.4	24.1	No linear change	Increased, 2008-2016 Decreased, 2016-2020	Decreased	
Preparing healthy meals and snacks						47.1	19.5	50.5	48.1	53.8	34.6	32.3	No linear change	Increased, 2008-2016 Decreased, 2016-2020	No change	
Risks of unhealthy weight control practices						52.4	27.5	54.3	58.8	61.5	40.4	26.3	Decreased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	Decreased	
Accepting body size differences						45.6	22.9	48.9	64.4	56.6	42.3	39.3	Increased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	No change	
Signs, symptoms, and treatment for eating disorders						40.4	20.1	48.2	44.2	44.2	28.8	28.3	Decreased, 2008-2020	Increased, 2008-2016 Decreased, 2016-2020	No change	

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																
Relationship between diet and chronic diseases									49.0	51.0	37.3	30.1	Decreased, 2014-2020	Not available	Decreased	
Assessing body mass index (BMI)									53.1	55.1	47.1	33.4	Decreased, 2014-2020	Not available	Decreased	
The influence of the media on dietary behaviors												39.2	30.0	Decreased, 2018-2020	Not available	Decreased
Food production, including how food is grown, harvested, processed, packaged, and transported												33.3	34.8	No linear change	Not available	No change
Percentage of schools that taught all 22 nutrition and dietary behavior topics during the current school year						0.0	0.0	0.0	0.0	0.0	26.9	12.2	Increased, 2008-2020	†	Decreased	

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²Based on t-test analysis, p < 0.05.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:															
Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease									83.9	79.6	73.5	88.8	No linear change	Not available	Increased
Mental and social benefits of physical activity									83.6	81.5	71.4	86.7	No linear change	Not available	Increased
Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)						96.4	100.0	94.2	89.1	86.8	77.1	87.0	Decreased, 2008-2020	†	Increased
Phases of a workout (i.e., warm-up, workout, cool down)					96.5	98.3	94.2	83.6	85.2	77.6	87.0	Decreased, 2008-2020	Decreased, 2008-2016 No change, 2016-2020	Increased	
Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity									83.6	79.2	77.1	83.0	No linear change	Not available	Increased

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²Based on t-test analysis, p < 0.05.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:																
Decreasing sedentary activities (e.g., television viewing)						89.5	100.0	75.0	87.3	81.5	72.9	80.4	Decreased, 2008-2020	†	Increased	
Preventing injury during physical activity						89.5	98.3	90.3	85.5	81.5	72.9	89.2	Decreased, 2008-2020	Decreased, 2008-2016 Increased, 2016-2020	Increased	
Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)						84.3	98.3	73.1	76.4	79.2	58.3	67.4	Decreased, 2008-2020	No quadratic change	Increased	
Dangers of using performance-enhancing drugs (e.g., steroids)						83.9	98.3	72.6	66.7	62.3	52.1	56.7	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	Increased	
Increasing daily physical activity									89.1	88.7	79.2	84.9	Decreased, 2014-2020	Not available	Increased	
Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)									87.3	84.9	75.0	82.8	Decreased, 2014-2020	Not available	Increased	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:																
Using safety equipment for specific physical activities									73.6	85.2	64.6	80.5	No linear change	Not available	Increased	
Benefits of drinking water before, during, and after physical activity									87.3	83.3	79.2	84.8	Decreased, 2014-2020	Not available	Increased	
Percentage of schools that taught all 13 physical activity topics during the current school year						0.0	0.0	0.0	53.7	53.7	45.8	53.4	Increased, 2008-2020	†	Increased	
SHE_PM_1807_2: Percentage of schools that assess the ability of students to do 7 skills in a required course taught during grades 6, 7, or 8 and during grades 9, 10, 11, or 12									91.2	68.6	92.2	96.3	Increased, 2014-2020	Not available	Increased	
SHS_PM_1807_4: Percentage of schools that taught all 3 of the SHS topics in grades 9, 10, 11, or 12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.3	61.5	55.9	81.5	84.9	Increased, 1998-2020	†	No change	
SSE_PM_1807_1: Percentage of schools in which school staff received professional development on classroom management techniques					62.9	40.9	55.2	50.9	41.1	41.4	45.6	58.2	Decreased, 2006-2020	Decreased, 2006-2016 Increased, 2016-2020	Increased	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Collaboration															
Percentage of schools in which health education staff worked with the following groups on health education activities during the current school year:															
Physical education staff	49.1	53.1	46.4	51.5	55.7	26.5	44.8	32.1	48.1	33.3	29.4	Decreased, 2000-2020	No quadratic change	No change	
Health services staff (e.g., nurses)	86.7	79.6	62.5	79.6	70.1	43.1	54.2	42.6	61.8	36.0	34.9	Decreased, 2000-2020	Decreased, 2000-2016 Decreased, 2016-2020	No change	
Mental health or social services staff (e.g., psychologists, counselors, social workers)	64.5	65.3	82.7	87.5	70.7	36.2	50.0	39.6	60.0	34.0	29.8	Decreased, 2000-2020	Decreased, 2000-2016 Decreased, 2016-2020	No change	
Nutrition or food service staff	11.2	8.3	5.1	9.1	23.6	23.6	21.0	18.9	27.3	22.0	7.5	Increased, 2000-2020	Increased, 2000-2016 Decreased, 2016-2020	Decreased	
School health council, committee, or team							11.8	30.3	25.9	27.8	31.4	20.1	Increased, 2010-2020	Increased, 2010-2016 Decreased, 2016-2020	Decreased

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²Based on t-test analysis, p < 0.05.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
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:															
HIV, STD, or pregnancy prevention						100.0	94.8	68.6	71.4	63.8	89.5	96.3	Decreased, 2008-2020	†	Increased
Tobacco-use prevention						46.8	35.0	35.2	36.4	41.4	22.2	33.5	Decreased, 2008-2020	No quadratic change	Increased
Alcohol- or other drug-use prevention										44.8	23.6	35.3	Decreased, 2016-2020	Not available	Increased
Physical activity						56.1	34.7	41.6	30.9	52.6	36.4	37.3	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	No change
Nutrition and healthy eating						56.2	34.7	43.5	36.4	50.0	29.6	29.4	Decreased, 2008-2020	No quadratic change	No change

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
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:															
Asthma						48.8	24.6	28.7	18.2	38.6	20.4	17.7	Decreased, 2008-2020	Decreased, 2008-2016 Decreased, 2016-2020	No change
Food allergies									20.0	39.3	18.5	19.8	Decreased, 2014-2020	Not available	No change
Diabetes									18.2	36.8	18.5	17.7	Decreased, 2014-2020	Not available	No change
Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)									70.9	67.9	91.2	96.3	Increased, 2014-2020	Not available	Increased
Percentage of schools in which teachers have given students health education homework assignments or activities to do at home with their parents during the current school year									56.5	70.9	87.5	94.2	Increased, 2014-2020	Not available	Increased

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²Based on t-test analysis, p < 0.05.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Professional Development															
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:															
Alcohol- or other drug-use prevention		100.0	93.8	92.6	100.0	82.5	35.1	45.9	28.1	31.0	27.3	27.5	Decreased, 2000-2020	†	No change
Asthma					11.2	31.6	18.0	34.4	14.0	31.6	20.4	9.6	Decreased, 2006-2020	Increased, 2006-2016 Decreased, 2016-2020	Decreased
Chronic disease prevention										21.1	16.7	11.4	Decreased, 2016-2020	Not available	Decreased
Emotional and mental health		57.7	58.3	65.8	86.7	80.9	31.8	52.5	36.8	43.1	50.0	54.7	Decreased, 2000-2020	No quadratic change	Increased
Epilepsy or seizure disorder									24.1	29.8	18.5	15.1	Decreased, 2014-2020	Not available	Decreased
Food allergies									21.1	35.1	20.8	13.3	Decreased, 2014-2020	Not available	Decreased
Foodborne illness prevention					14.6	20.5	23.2	48.1	29.8	31.6	24.1	9.7	No linear change	Increased, 2006-2016 Decreased, 2016-2020	Decreased

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:															
HIV prevention		100.0	85.4	85.6	100.0	73.2	78.4	70.3	48.3	53.4	70.2	48.2	Decreased, 2000-2020	†	Decreased
Human sexuality		93.2	89.6	90.4	100.0	60.1	70.1	55.9	40.4	43.1	78.9	54.1	Decreased, 2000-2020	†	Decreased
Infectious disease prevention (e.g., flu prevention)								59.4	46.6	47.4	50.9	29.5	Decreased, 2012-2020	Not available	Decreased
Injury prevention and safety		28.9	20.8	33.3	24.5	31.4	38.0	51.9	53.4	49.1	46.3	33.7	Increased, 2000-2020	Increased, 2000-2014 Decreased, 2014-2020	Decreased
Nutrition and dietary behavior		11.0	43.8	32.3	21.8	29.4	18.3	34.1	17.5	22.8	11.1	13.5	Decreased, 2000-2020	Decreased, 2000-2016 Decreased, 2016-2020	No change
Physical activity and fitness		13.3	27.1	16.9	23.6	34.0	24.6	38.1	19.0	29.8	29.6	17.8	Increased, 2000-2020	Increased, 2000-2014 No change, 2014-2020	Decreased

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:															
Pregnancy prevention		97.7	81.3	82.8	92.8	53.1	61.8	52.1	29.3	33.3	62.5	37.2	Decreased, 2000-2020	Decreased, 2000-2016 Increased, 2016-2020	Decreased
STD prevention		97.7	89.6	92.6	100.0	63.6	74.9	55.9	35.1	36.8	68.4	44.3	Decreased, 2000-2020	†	Decreased
Suicide prevention			72.9	80.4	82.8	68.9	25.3	61.6	47.5	48.3	64.8	51.2	Decreased, 2002-2020	Decreased, 2002-2016 No change, 2016-2020	Decreased
Tobacco-use prevention		100.0	83.3	90.3	100.0	65.0	33.1	41.0	17.9	26.3	18.5	24.1	Decreased, 2000-2020	†	Increased
Violence prevention (e.g., bullying, fighting, dating violence prevention)		93.4	93.8	73.7	81.4	73.5	48.0	70.6	60.3	45.6	67.9	55.6	Decreased, 2000-2020	Decreased, 2000-2016 Increased, 2016-2020	Decreased

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:															
Teaching students with physical, medical, or cognitive disabilities		11.1	29.2	47.7	30.0	41.8	45.5	48.4	32.8	43.1	40.4	49.4	Increased, 2000-2020	Increased, 2000-2014 Increased, 2014-2020	Increased
Teaching students of various cultural backgrounds		64.4	47.9	59.9	60.5	46.4	63.9	70.0	46.6	51.7	49.1	67.7	No linear change	No quadratic change	Increased
Teaching students with limited English proficiency		20.1	33.3	34.2	48.4	35.6	76.8	71.6	63.8	52.6	47.4	67.3	Increased, 2000-2020	Increased, 2000-2012 Decreased, 2012-2020	Increased
Using interactive teaching methods (e.g., role plays, cooperative group activities)		60.0	85.4	75.5	87.4	49.8	52.6	69.4	50.9	56.9	59.6	60.0	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	No change
Encouraging family or community involvement		31.2	50.0	50.2	73.1	59.3	40.8	38.4	32.8	37.9	39.3	51.5	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased
Teaching skills for behavior change		46.7	72.9	72.9	78.0	49.2	32.0	49.4	28.1	36.2	47.4	52.9	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased

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²Based on t-test analysis, p < 0.05.

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:																
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)					62.9	40.9	55.2	50.9	41.1	41.4	45.6	58.2	Decreased, 2006-2020	Decreased, 2006-2016 Increased, 2016-2020	Increased	
Assessing or evaluating students in health education					30.2	40.7	17.0	40.9	19.6	25.9	29.8	23.6	Decreased, 2006-2020	No quadratic change	Decreased	
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:																
Aligning lessons and materials with the district scope and sequence for sexual health education											37.9	73.7	47.4	Increased, 2016-2020	Not available	Decreased
Creating a comfortable and safe learning environment for students receiving sexual health education											43.1	77.2	50.2	Increased, 2016-2020	Not available	Decreased

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:															
Connecting students to on-site or community-based sexual health services										43.1	75.4	56.0	Increased, 2016-2020	Not available	Decreased
Using a variety of effective instructional strategies to deliver sexual health education										37.9	73.7	49.3	Increased, 2016-2020	Not available	Decreased
Building student skills in HIV, other STD, and pregnancy prevention										36.2	73.7	49.3	Increased, 2016-2020	Not available	Decreased
Assessing student knowledge and skills in sexual health education										37.9	73.2	49.3	Increased, 2016-2020	Not available	Decreased
Understanding current district or school board policies or curriculum guidance regarding sexual health education										46.6	77.2	50.2	No linear change	Not available	Decreased

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SAN DIEGO UNIFIED SCHOOL DISTRICT
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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:															
Alcohol- or other drug-use prevention		75.5	79.2	70.7	81.8	78.6	53.1	46.8	39.7	37.9	34.5	46.9	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased
Asthma					50.1	61.2	44.2	36.8	32.8	20.7	23.6	32.6	Decreased, 2006-2020	Decreased, 2006-2016 Increased, 2016-2020	Increased
Chronic disease prevention (e.g., diabetes, obesity prevention)										41.4	36.4	41.8	No linear change	Not available	Increased
Emotional and mental health		84.4	66.7	90.1	87.4	88.2	58.3	46.0	50.0	58.6	52.7	58.6	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased
Epilepsy or seizure disorder									22.4	29.3	25.5	29.4	Increased, 2014-2020	Not available	Increased
Food allergies									31.0	29.3	23.6	34.7	No linear change	Not available	Increased
Foodborne illness prevention					42.5	58.6	36.9	18.1	20.7	15.5	20.4	32.7	Decreased, 2006-2020	Decreased, 2006-2016 Increased, 2016-2020	Increased

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																
HIV prevention		84.4	66.7	73.1	69.4	72.8	40.1	37.4	19.0	27.6	23.6	36.2	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased	
Human sexuality		73.2	66.7	67.5	63.9	72.8	38.2	40.0	29.3	43.1	30.9	38.4	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased	
Infectious disease prevention (e.g., flu prevention)								43.9	22.4	21.1	27.3	40.2	No linear change	Not available	Increased	
Injury prevention and safety		35.6	22.9	62.7	42.5	63.3	44.5	19.7	19.0	21.4	25.5	39.5	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased	
Nutrition and dietary behavior		37.8	52.1	80.7	58.5	72.3	56.8	51.9	31.0	39.7	32.7	44.9	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased	
Physical activity and fitness		26.6	33.3	60.2	55.0	66.7	49.8	37.1	29.3	32.8	23.6	42.9	Decreased, 2000-2020	Decreased, 2000-2016 Increased, 2016-2020	Increased	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:															
Pregnancy prevention		64.3	62.5	68.3	72.7	68.9	42.1	31.7	20.7	25.9	23.6	34.3	Decreased, 2000-2020	No quadratic change	Increased
STD prevention		66.6	56.3	67.5	72.6	74.6	42.0	38.4	20.7	26.3	25.5	34.3	Decreased, 2000-2020	No quadratic change	Increased
Suicide prevention		68.8	75.0	87.7	96.3	86.8	61.7	39.7	41.4	50.0	43.6	57.8	Decreased, 2000-2020	No quadratic change	Increased
Tobacco-use prevention		55.4	39.6	65.9	68.8	69.1	51.5	38.7	29.3	32.8	29.1	38.5	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased
Violence prevention (e.g., bullying, fighting, dating violence prevention)			83.3	83.3	94.8	82.1	59.8	59.4	42.1	50.0	45.5	54.0	Decreased, 2002-2020	Decreased, 2002-2014 Increased, 2014-2020	Increased
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:															
Teaching students with physical, medical, or cognitive disabilities		66.7	56.3	70.7	80.3	73.7	46.7	52.9	38.6	50.0	45.5	47.4	Decreased, 2000-2020	No quadratic change	No change

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																
Teaching students of various cultural backgrounds		68.8	60.4	75.8	85.8	76.0	40.2	39.0	28.1	44.8	34.5	44.2	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased	
Teaching students with limited English proficiency		62.2	60.4	70.7	71.6	68.7	40.4	43.0	33.9	39.7	36.4	48.8	Decreased, 2000-2020	Decreased, 2000-2014 Increased, 2014-2020	Increased	
Using interactive teaching methods (e.g., role plays, cooperative group activities)		51.0	66.0	71.1	77.0	77.4	45.2	39.3	33.3	51.7	30.9	48.3	Decreased, 2000-2020	Decreased, 2000-2016 No change, 2016-2020	Increased	
Encouraging family or community involvement		64.5	68.8	68.4	75.6	73.8	53.6	58.1	33.3	60.3	38.2	54.8	Decreased, 2000-2020	No quadratic change	Increased	
Teaching skills for behavior change		62.2	75.0	73.4	87.8	81.0	68.4	62.6	46.4	62.1	47.3	66.7	Decreased, 2000-2020	Decreased, 2000-2016 Increased, 2016-2020	Increased	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:															
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)					89.3	68.7	44.8	48.5	30.4	41.4	42.9	47.7	Decreased, 2006-2020	Decreased, 2006-2016 Increased, 2016-2020	Increased
Assessing or evaluating students in health education					64.7	72.2	50.2	41.0	30.4	44.8	27.3	39.9	Decreased, 2006-2020	Decreased, 2006-2016 Decreased, 2016-2020	Increased
Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics related to teaching sexual health education:															
Aligning lessons and materials with the district scope and sequence for sexual health education										25.9	20.4	34.7	Increased, 2016-2020	Not available	Increased
Creating a comfortable and safe learning environment for students receiving sexual health education										32.8	25.5	37.3	Increased, 2016-2020	Not available	Increased

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics related to teaching sexual health education:															
Connecting students to on-site or community-based sexual health services										43.1	27.8	35.4	Decreased, 2016-2020	Not available	Increased
Using a variety of effective instructional strategies to deliver sexual health education										34.5	27.3	38.2	No linear change	Not available	Increased
Building student skills in HIV, other STD, and pregnancy prevention										32.8	25.9	37.5	Increased, 2016-2020	Not available	Increased
Assessing student knowledge and skills in sexual health education										37.9	28.3	37.3	No linear change	Not available	Increased
Understanding current district or school board policies or curriculum guidance regarding sexual health education										32.8	26.4	36.2	No linear change	Not available	Increased

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Professional Preparation																
Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:																
Health education or health and physical education combined (a or b)	7.1	20.0	25.6	2.8	1.8	10.8	3.3	4.3	8.9	5.2	3.5	3.9	Decreased, 1998-2020	Decreased, 1998-2006 No change, 2006-2020	No change	
Physical education, kinesiology, exercise science or exercise physiology (c or e)	9.5	0.0	0.0	2.6	1.8	4.4	5.1	5.0	0.0	3.4	1.8	3.9	Decreased, 1998-2020	†	Increased	
Home economics or family and consumer science, biology or other science, or nutrition (f, g, or k)	45.2	13.5	0.0	0.0	0.0	2.2	55.9	79.8	69.6	62.1	68.4	65.8	Increased, 1998-2020	†	No change	
Nursing or counseling (h or i)	26.2	37.7	20.5	5.4	85.4	80.4	7.3	0.0	1.8	17.2	12.3	9.3	Decreased, 1998-2020	†	Decreased	
Public health or other (j or l)	0.0	6.6	28.2	89.2	0.0	2.2	13.7	6.0	3.6	6.9	8.8	11.4	Decreased, 1998-2020	†	Increased	

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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher was certified, licensed, or endorsed by the state to teach health education in middle school or high school					57.8	49.3	48.5	59.4	63.8	59.6	56.9	58.7	Increased, 2006-2020	No quadratic change	No change	
Percentage of schools in which the lead health education teacher had the following number of years of experience in teaching health education courses or topics:																
1 year	4.5	0.0	0.0	63.5	22.3	4.1	17.0	5.8	6.9	8.8	3.7	4.0	Decreased, 1998-2020	†	No change	
2 to 5 years	13.6	2.3	4.2	14.5	48.5	52.7	39.9	40.6	22.4	17.5	24.1	25.5	Increased, 1998-2020	Decreased, 1998-2002 Decreased, 2002-2020	No change	
6 to 9 years	11.4	4.5	33.3	0.0	1.9	10.2	24.6	23.5	32.8	24.6	20.4	7.7	Increased, 1998-2020	†	Decreased	
10 to 14 years	6.8	26.6	16.7	2.5	0.0	5.9	13.4	20.3	20.7	28.1	24.1	33.4	Increased, 1998-2020	†	Increased	
15 years or more	63.6	66.7	45.8	19.5	27.4	27.0	5.1	9.7	17.2	21.1	27.8	29.5	Decreased, 1998-2020	Decreased, 1998-2014 Increased, 2014-2020	No change	

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