



2014 Nevada School Health Profiles

The School Health Profiles (Profiles) assists state and local education and health agencies in monitoring and assessing characteristics of school health education; physical education and physical activity; school health policies related to HIV infection/AIDS, tobacco-use prevention, bullying and sexual harassment, and nutrition; health services; school health coordination; and family and community involvement in school programs. Data from the Profiles can be used to improve school health programs. Nevada conducts the Profiles biennially to randomly selected schools, within grades 6 through 12.

Two questionnaires are used to collect data - one for school principals and one for lead health education teachers. The two questionnaires were mailed to 188 regular public schools containing any of grades 6 through 12 in Nevada during spring 2014. One or both questionnaires were received from 78% of eligible sample schools. Due to the response rates for these surveys being greater than 70%, the results were weighted and are representative of all regular public schools in Nevada having at least one of grades 6 through 12.

KEY FINDINGS

School Health Services

- ★ 33.8 percent of schools have a full-time registered nurse who provides health services to students.
- ★ 19.0 percent provided parents and families with information about how to communicate with their child about sex during the school year.
- ★ 78.8 percent of schools use electronic, paper, or oral communication to inform parents about school health services and programs.
- ★ 21.5 percent of schools had students' families help develop or implement policies and programs related to school health during the past two years.

Health Education

- ★ 67.7 percent of schools require students in grades 6 through 12 to take one required course of health education.
- ★ 78.8 percent of schools taught health education in eighth grade and 87.0 percent in ninth grade.
- ★ 18.8 percent of lead health education teachers had 2 to 5 years of teaching health education or topics; 37.5 percent of lead health education teachers had 15 years or more of teaching health education or topics.
- ★ Over 88 percent of teachers are certified, licensed, or endorsed by the state to teach health education in middle school or high school.

Physical Education and Activity

- ★ At least 96 percent of schools taught a required physical education course in sixth and ninth grade.
- ★ 78.5 percent of schools had physical education teachers or specialists receive professional development on physical education or activity during the past year.
- ★ 30.0 percent of schools have students that participate in physical activity breaks outside of physical education.
- ★ 82.4 percent of schools offer intramural sports programs or physical activity clubs.
- ★ 92.2 percent of schools offer interscholastic sports to students.

Nutrition

- ★ 39.8 percent of schools always or almost always offer fruit or non-fried vegetables at school celebrations when foods or beverages are offered.
- ★ 85.6 percent of schools have one or more vending machines, a school store, canteen, or snack bar where students can purchase snack food or beverages.
- ★ Almost one-fourth (21.3 percent) of schools offered a self-serve salad bar to students.
- ★ Over 90 percent of schools offer free sources of drinking water in the cafeteria during breakfast and lunch, gymnasium or physical activity facilities, and hallways throughout the school.



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Tobacco-use Prevention

- ★ 97.0 percent of schools have a policy prohibiting tobacco use.
- ★ Almost 90 percent (89.9%) of schools have a tobacco-use prevention policy that prohibits tobacco-use during non-school hours by students.
- ★ 79.9 percent of schools have a tobacco-use prevention policy that prohibits tobacco-use during non-school hours by faculty/staff.
- ★ 67.6 percent of schools follow a policy that mandates a "tobacco-free environment." *
- ★ 18.0 percent of schools provide tobacco cessation services for students.

KEY FINDINGS

HIV, STD, and Pregnancy Prevention

- ★ Less than 50 percent of schools provide students with referrals to organizations or health care professionals for HIV/STD/pregnancy testing and treatment, provision of condoms or another form of contraceptives, prenatal care, and HPV vaccine administration.
- ★ 84.6 percent of middle school teachers and 90 percent of high school teachers taught the benefits of being sexually abstinent.
- ★ About one-third of middle school teachers taught how to obtain condoms (36.1%) and how to correctly use condoms (33.6%); whereas a little over 50 percent of high school teachers taught how to obtain condoms (59.4%) and how to correctly use condoms (56.2%).
- ★ Almost two-thirds of high school teachers taught about birth control pills (70.6%), patch (66.0%), ring (63.0%), shot (64.4%), and intrauterine device (IUD) (66.0%).
- ★ 25.9 percent of middle schools and 45.4 percent of high schools taught all 16 HIV, STD, and pregnancy prevention topics in grades 9 through 12. **
- ★ Less than 50 percent of teachers received professional development on the following topics: HIV prevention (47.1%), STD prevention (47.5%), and pregnancy prevention (37.5%).

Bullying and Sexual Harrassment

- ★ 67.1 percent of schools provided parents and families with information to increase parent and family knowledge on preventing student bullying and sexual harassment, including electronic aggression.
- ★ 92.3 percent of schools had teachers try to increase student knowledge on violence prevention (e.g., bullying, fighting, or dating violence prevention).
- ★ Almost 75 percent (73.3%) of teachers would like to receive professional development on violence prevention (e.g., bullying, fighting, or dating violence prevention).

Chronic Disease

- ★ 56.7 percent of schools have protocols that ensures students with chronic conditions (asthma, diabetes, food allergies, etc.) are enrolled in insurance programs, if eligible.
- ★ At least 97 percent of schools use school records to identify and track students with asthma, food allergies, and diabetes; 95.6 percent with epilepsy or seizure disorder; and 79.6 percent with hypertension/high blood pressure.
- ★ 81.1 percent of schools had teachers that taught about the relationship between diet and chronic diseases.

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

** How HIV and other STDs are transmitted; health consequences of HIV, other STDs, and pregnancy; the benefits of being sexually abstinent; how to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy; the influences of family, peers, media, technology, and other factors on sexual risk behaviors; communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy; goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy; influencing and supporting others to avoid or reduce sexual risk behaviors; efficacy of condoms; the importance of using condoms consistently and correctly; how to obtain condoms; how to correctly use a condom; importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy; how to create and sustain healthy and respectful relationships; the importance of limiting the number of sexual partners; and preventative care necessary to maintain reproductive and sexual health.