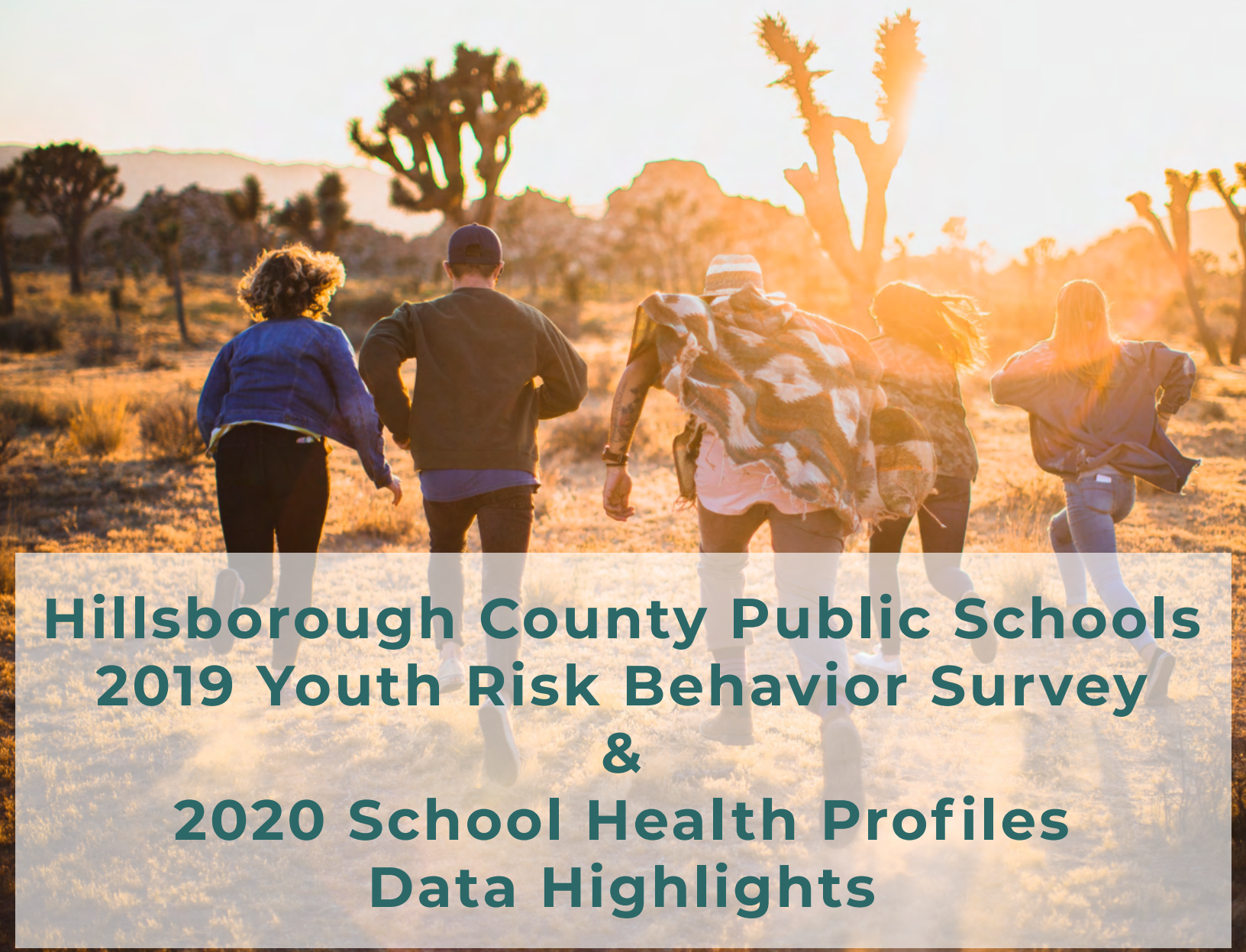


Hillsborough County Public Schools

2019 Youth Risk Behavior Survey & 2020 School Health Profiles



Data Highlights



Hillsborough County Public Schools 2019 Youth Risk Behavior Survey & 2020 School Health Profiles Data Highlights

Produced by:
Hillsborough County Public Schools
K-12 Academics
CDC Grant Team

Ashlee Cappucci
*CDC Grant Project Director
Supervisor of K-12 PE, Health, &
Dance*

Lauren Woodward
*CDC Grant Program Manager
Coordinator of Comprehensive
Health Education*

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Promoting Adolescent Health through School-Based HIV Prevention Grant

The Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health (DASH) has established an evidence-based approach schools can implement to help prevent HIV, STDs, and unintended pregnancy among adolescents. This includes school based surveillance, delivering sexual health education, increasing access to sexual health services, and promoting safe and supportive environments. Hillsborough County Public Schools was awarded this 5 year grant in August 2018.

School Based Surveillance

- School based surveillance determines the prevalence of health risk behaviors, assesses trends, and collects data on health policies and activities in schools. This consists of conducting the Youth Risk Behavior Survey (YRBS) and School Health Profiles (Profiles) survey. This data provides comparisons to data from the nation, state, and other districts.

Sexual Health Education

- Quality sexual health education (SHE) is a systematic approach to preparing students with the knowledge and skills needed to make informed health decisions to prevent HIV, STDs, and unintended pregnancy. Sexual health education addresses the knowledge and skills students need before risk behaviors and health issues emerge.

Sexual Health Services

- Increasing student access to key preventative sexual health services (SHS), including specific services like HIV and STD testing, as well as more broad preventative measures like conducting sexual risk assessments, creating adolescent-friendly clinical environments, and providing counseling about preventative behaviors, has been shown to reduce HIV, STDs, and unintended pregnancy among adolescents.

Safe & Supportive Environments

- Creating safe and supportive environments (SSE) emphasizes aspects of school settings and family relationships that can protect adolescents and reduce their risk for HIV, STDs, and unintended pregnancy. These protective factors include school connectedness, parental monitoring, and parent-adolescent communication.

Youth Risk Behavior Survey 2019 High School Data Highlights



Youth Risk Behavior Survey

Hillsborough County
Public Schools



The Youth Risk Behavior Survey (YRBS) consist of:



one survey



conducted in all regular public high schools



completed by randomly selected classes



occurs every two years

The Youth Risk Behavior Survey (YRBS) monitors health-related behaviors that contribute to the leading causes of death and disability among youth and adults, including:

- ✓ Behaviors that contribute to unintentional injuries and violence
- ✓ Sexual behaviors related to unintended pregnancy and sexually transmitted diseases, including HIV infection
- ✓ Alcohol and other drug use
- ✓ Tobacco use
- ✓ Unhealthy dietary behaviors
- ✓ Inadequate physical activity

YRBS Results on Safety, Violence, and Mental Health



Hillsborough County Public Schools 2019

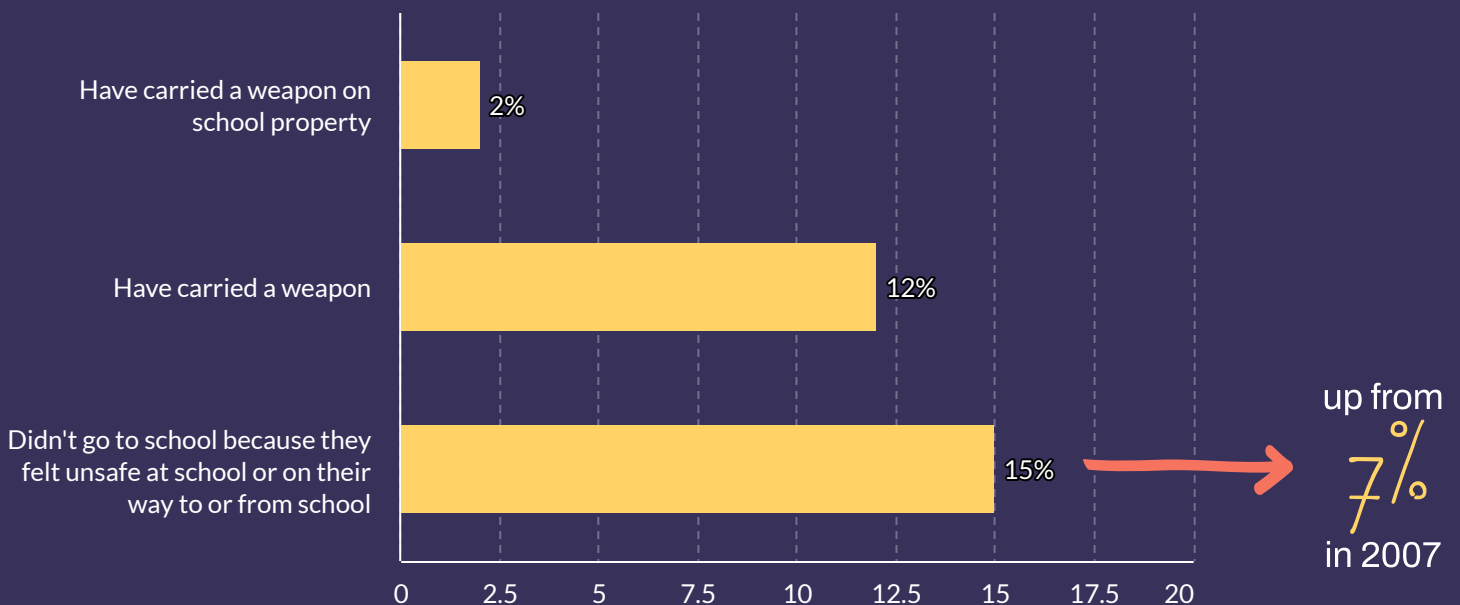


Among Hillsborough County Public High School Students:

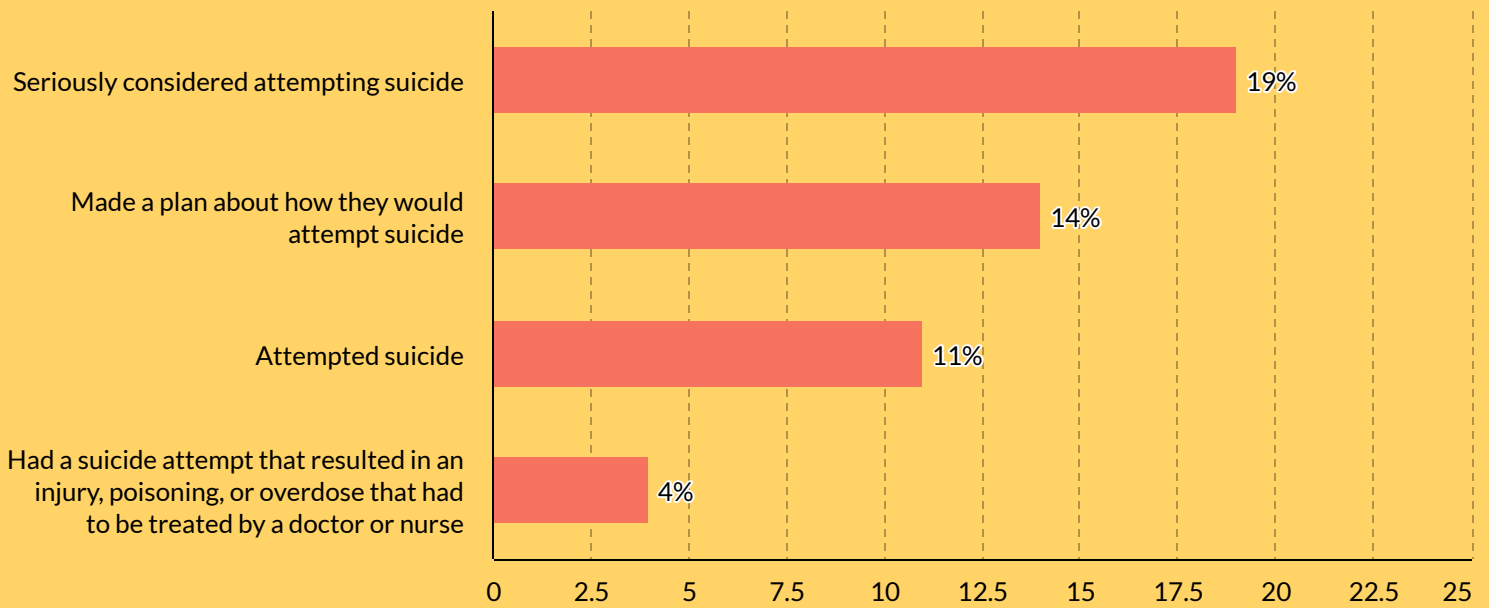
7% have been threatened or injured with a weapon on school property in the last 12 months

9% have been in a physical fight on school property in the last 12 months

At least 1 day in the last 30 days:



In the last 12 months, student have:



38%

have felt sad or hopeless almost every day for 2 weeks in a row or more



were ever physically forced to have sexual intercourse



experienced sexual violence* in the last 12 months



experienced sexual dating violence in the last 12 months



experienced physical dating violence** in the last 12 months

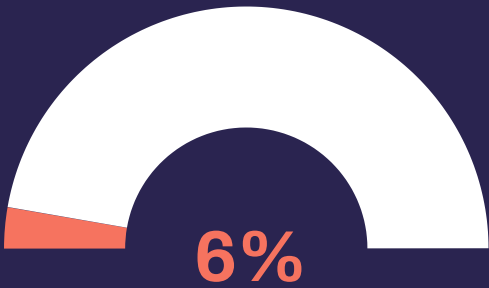
*being forced to do sexual things, such as kissing, touching, or being physically forced to have sexual intercourse

**being physically hurt on purpose by someone they were dating or going out with

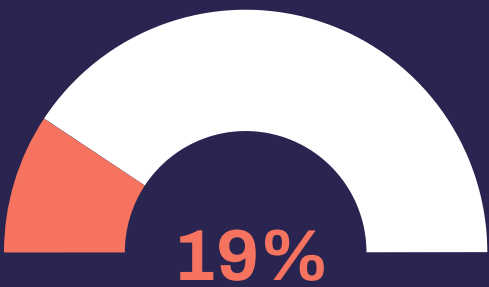




8% rarely or never wore a seat belt



drove when they had been drinking alcohol, in the last 30 days



rode with a driver who had been drinking alcohol, in the last 30 days



down from **27%** in 2007



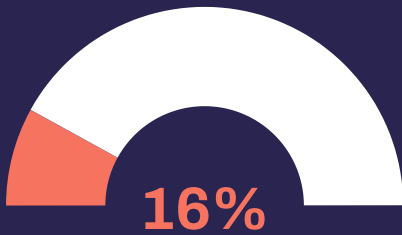
YRBS Results on Alcohol and Drugs



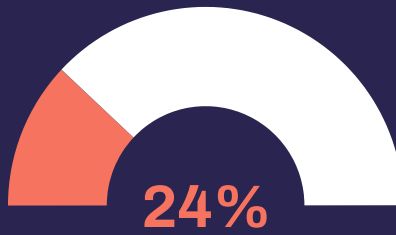
Hillsborough County Public Schools 2019



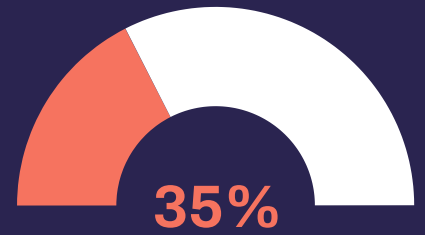
Among Hillsborough County Public High School Students:



have had their first drink of alcohol before the age of 13



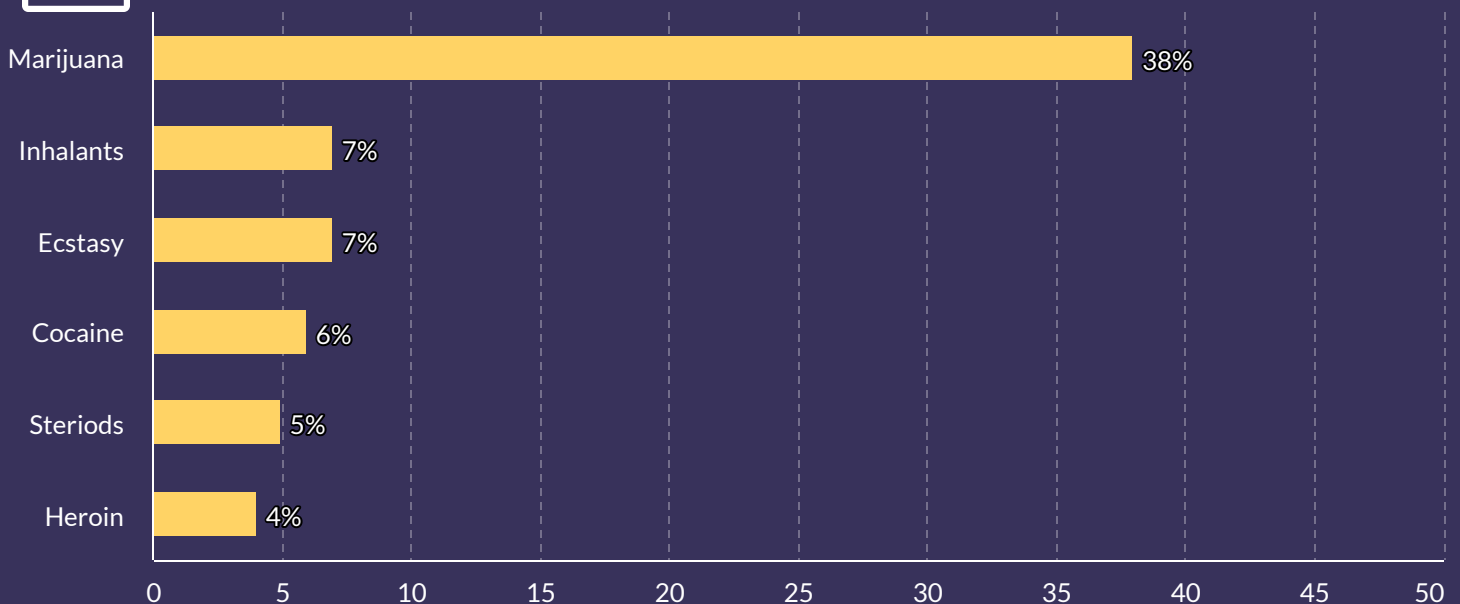
drank alcohol at least 1 day in the last 30 days



usually got their alcohol they drank by someone giving it to them



Have used the following drugs 1+ times:





tried marijuana for the first time before the age of 13



used marijuana 1+ times in the last 30 days



28%

were offered, sold, or given an illegal drug on school property

YRBS Results on Tobacco Use



Hillsborough County
Public Schools 2019



Among Hillsborough County Public High School Students:

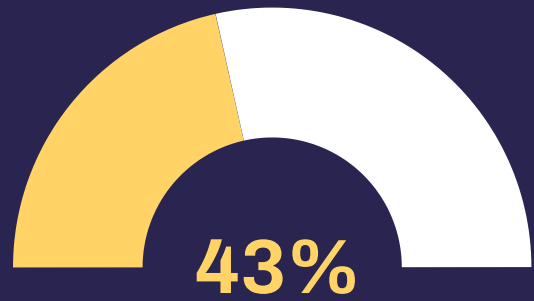


have ever tried
cigarettes

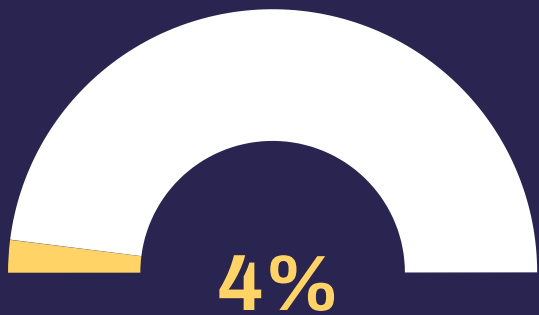
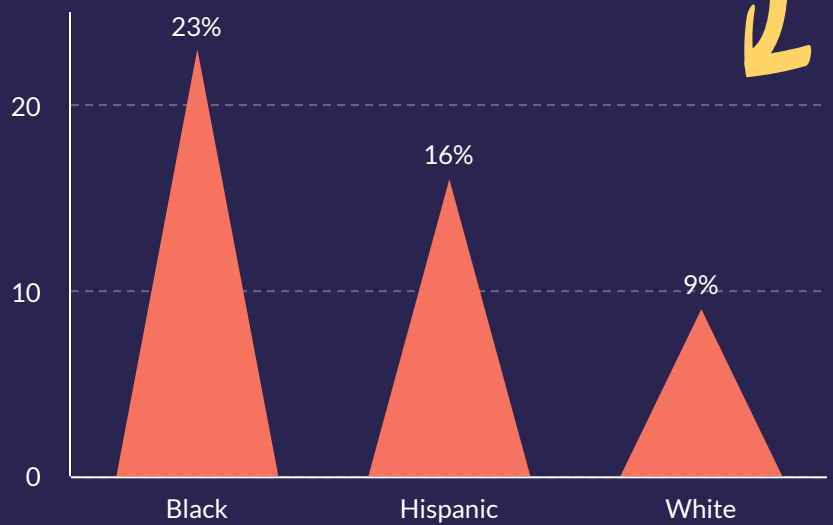


down from 46% in 2007

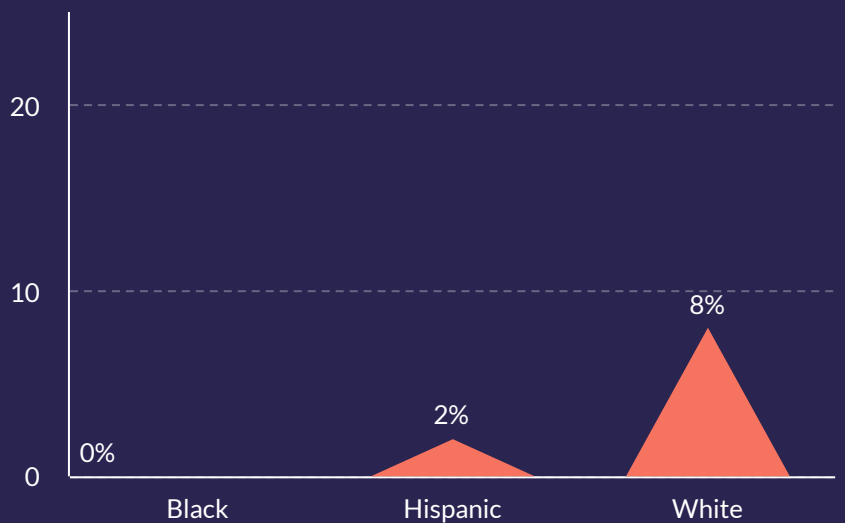




have ever used an electronic vapor product

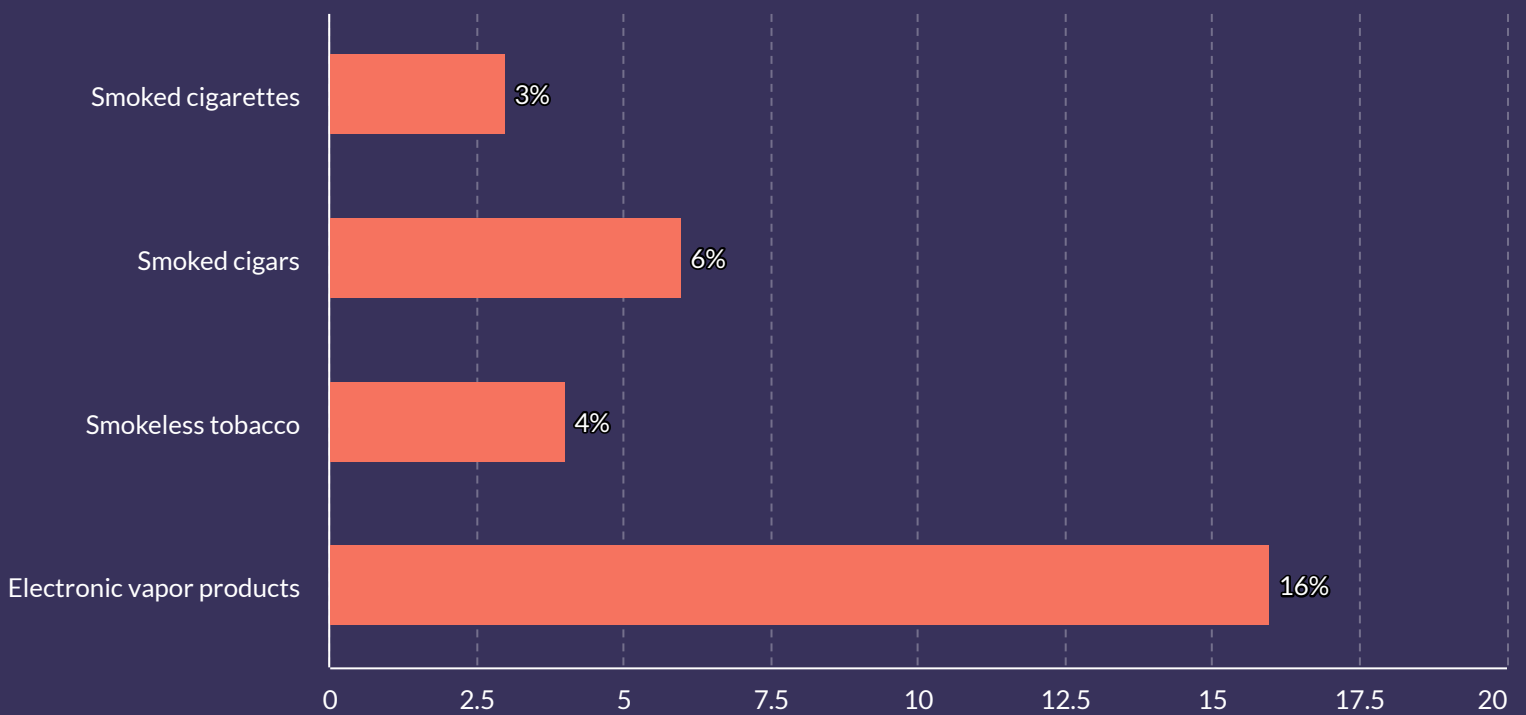


use a electronic vapor product daily





Students who have used the following at least 1 day in the last 30 days



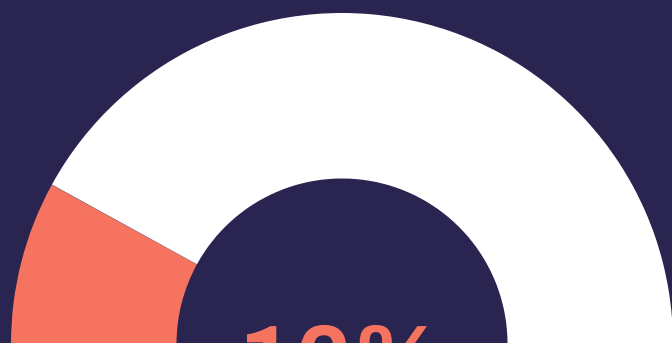
YRBS Results on Weight Management



Hillsborough County
Public Schools 2019

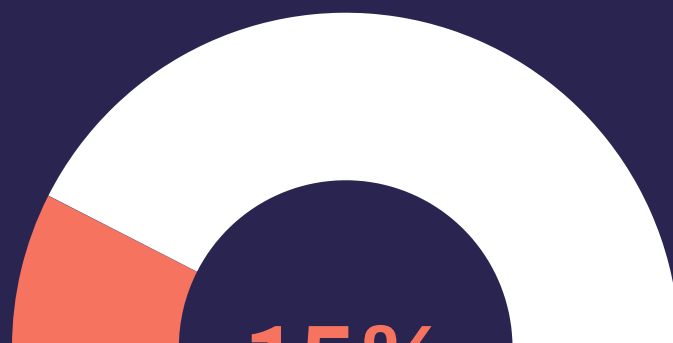


Among Hillsborough County Public High School Students:



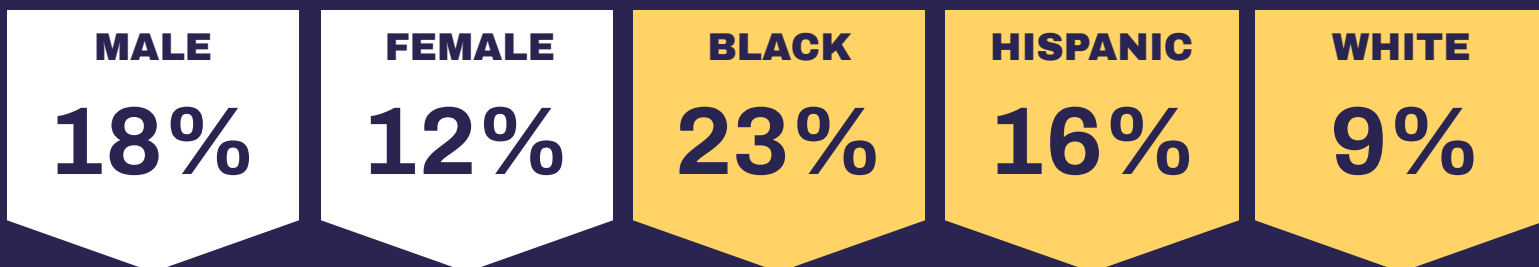
16%

were overweight*



15%

were obese*



*based on height and weight provided



29% described themselves as slightly or very overweight



23% of males
34% of females



33% of males
56% of females



44% were trying to lose weight

YRBS Results on Physical Activity



Hillsborough County
Public Schools 2019



Among Hillsborough County Public High School Students:



35%

attended physical education classes on 1 or more days in an average school week



20%

attended physical education classes on all 5 days in an average school week



played on at least one sports team during the school year



19%

did **not** participate in at least 60 minutes of physical activity on **at least 1 day** in the last week



MALE
14%

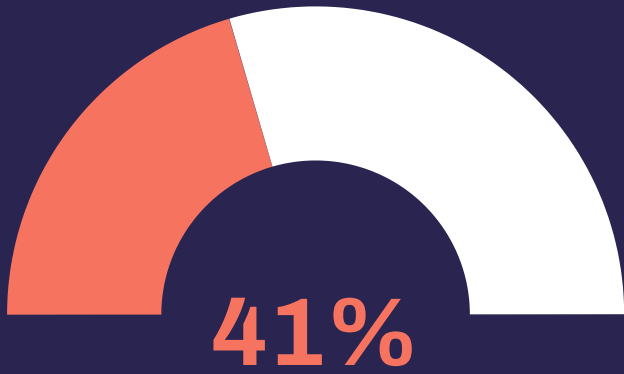
FEMALE
25%

BLACK
22%

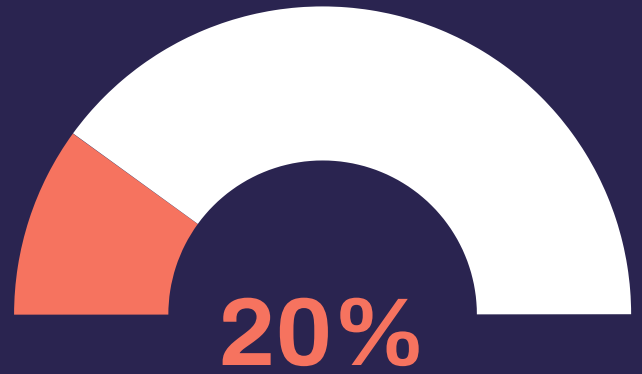
HISPANIC
24%

WHITE
16%





played video or computer games or used the computer for 3+ hours on an average school day



watched television for 3+ hours on an average school day

up from
24%
in 2007

down from
34%
in 2007



YRBS Results on Nutrition

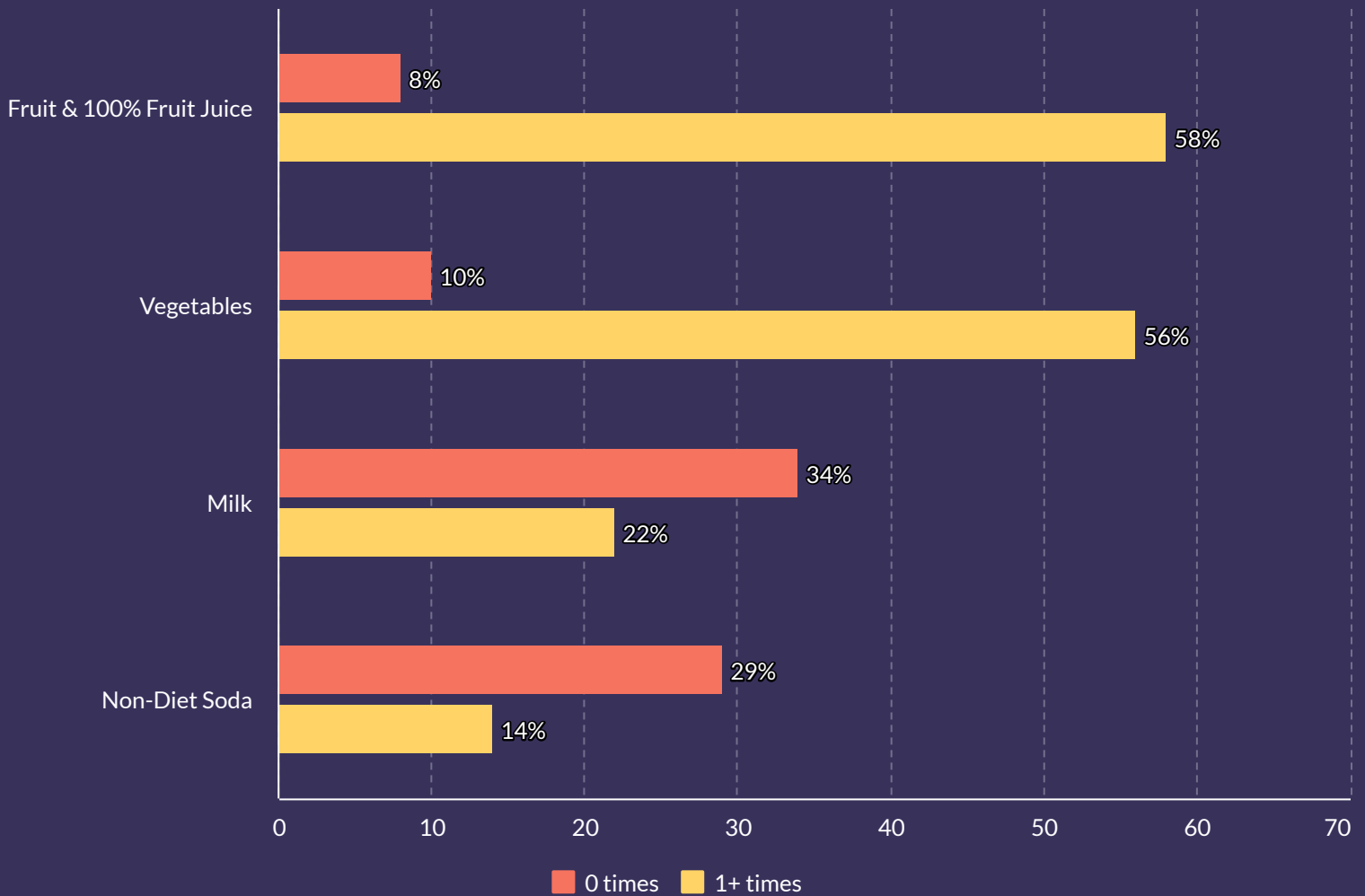


Hillsborough County Public Schools 2019



Among Hillsborough County Public High School Students:

How often students ate the following foods per day in the last 7 days



15%

did **not** eat breakfast during the last 7 days

34%

ate breakfast **everyday** during the last 7 days



YRBS Results on Sexual Behavior



Hillsborough County
Public Schools 2019



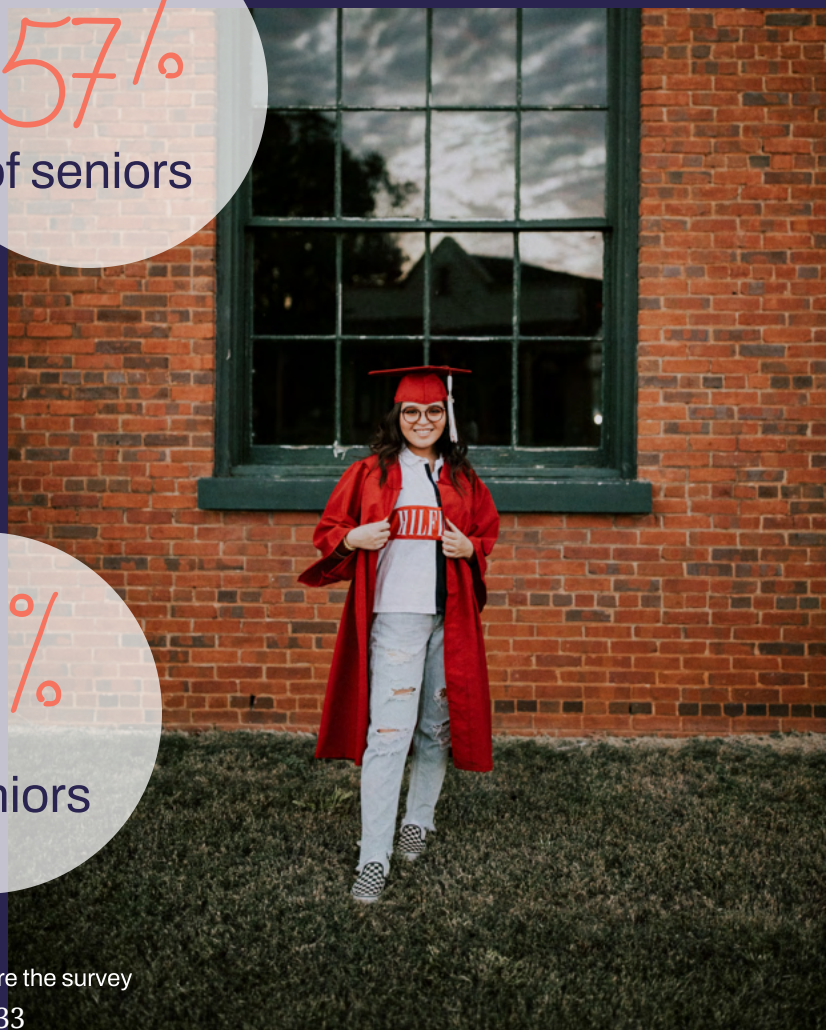
Among Hillsborough County Public High School Students:



have ever had sexual
intercourse



are currently sexually
active*



*Had sexual intercourse with at least one person, during the 3 months before the survey



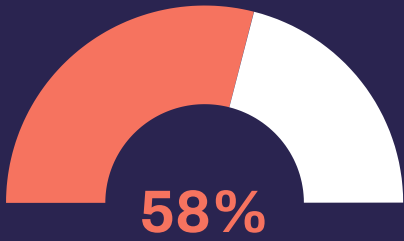
18% drank alcohol or used drugs before last sexual intercourse*



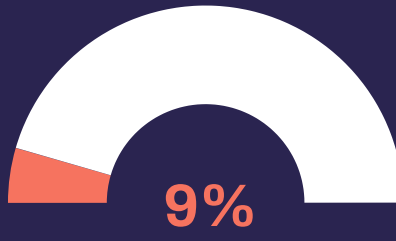
26% used birth control pills, an IUD or implant, or a shot, patch, or birth control ring before last sexual intercourse to prevent pregnancy*

*Among students who had sexual intercourse with at least one person, during the 3 months before the survey

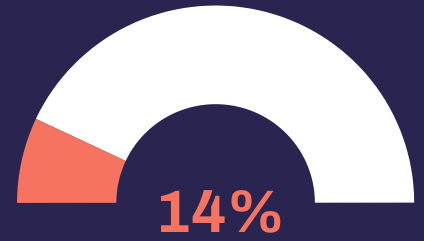
During last sexual intercourse*:



used a condom**



used a condom and another recommended form of birth control



did not use any method to prevent pregnancy



down from 67% in 2005



up from 10% in 2005



had sexual intercourse for the first time before the age of 13



have had sexual intercourse with 4 or more people



*Among students who had sexual intercourse with at least one person, during the 3 months before the survey

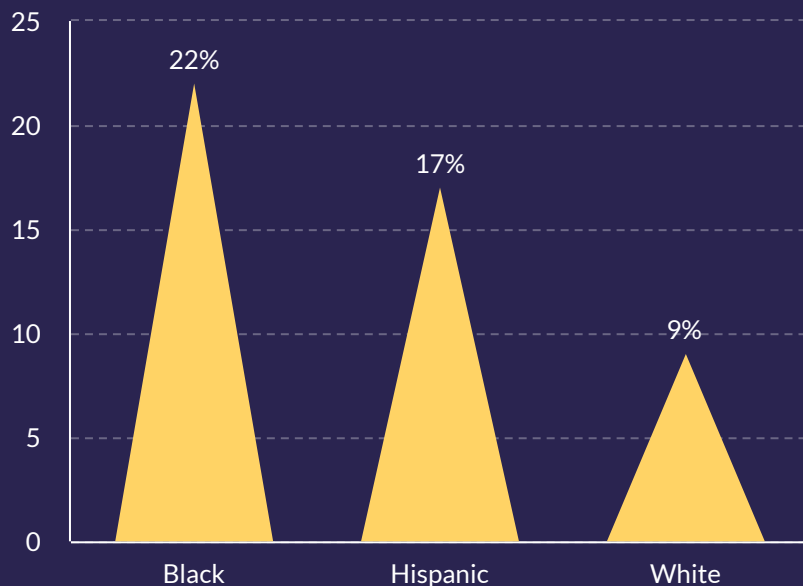
**Female students who had sexual contact with only females are excluded

16%

have ever been tested for HIV*



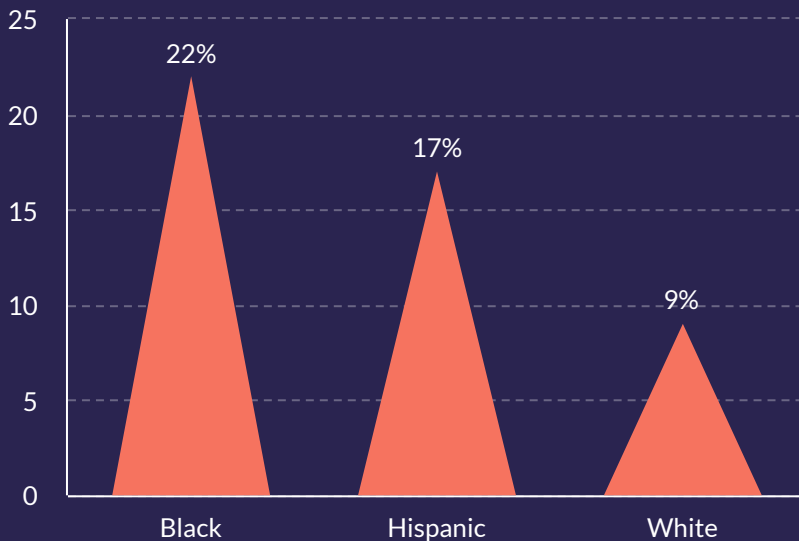
Students who were ever tested for HIV*



*Among all students regardless of sexual experience



Students who were tested for an STD, other than HIV, in the last 12 months*



15%

have been tested for an STD, other than HIV, in the last 12 months*



*Among all students regardless of sexual experience



63% have ever been taught about HIV/AIDS in school

down from
92%
in 2007



YRBS Results on Sexual Identity



Hillsborough County
Public Schools 2019



Among Hillsborough County Public High School Students:



20%

of students
identified as
lesbian, gay,
bisexual, or
unsure

**Heterosexual
Students**

**Lesbian, Gay,
Bisexual
(LGB)
Students**

In the last 12 months:

**Didn't go to school because
they felt unsafe at school or
on their way to or from
school**

11%

26%

**Were threatened or injured
with a weapon on school
property**

4%

16%

**Were bullied on school
property**

13%

25%

Were electronically bullied

11%

22%





9%
of heterosexual
students

Have experienced sexual violence in
the last 12 months*

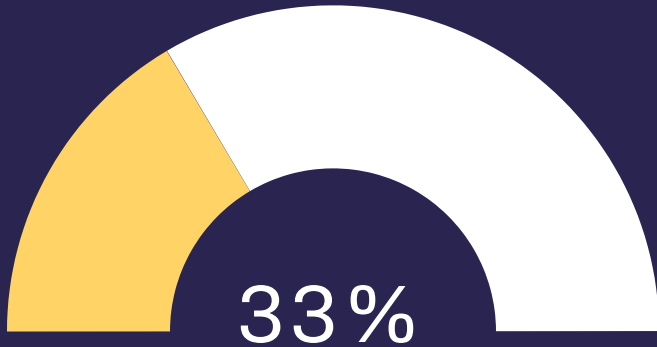
30%
of LGB
students

9%
of heterosexual
students

Were physically forced to have sexual
intercourse

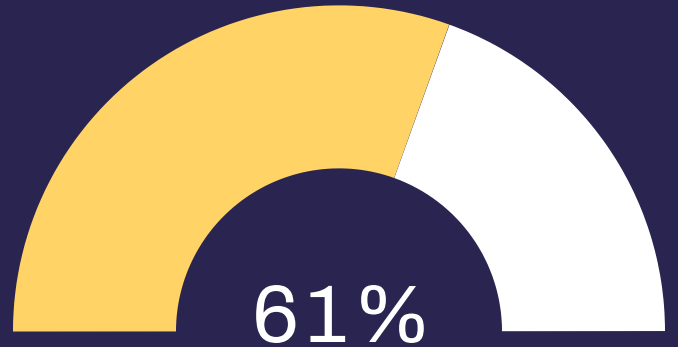
23%
of LGB
students

*being forced to do sexual things, such as kissing, touching, or being physically forced to have sexual intercourse



33%

of heterosexual
students



61%

of LGB students

have felt sad or hopeless almost everyday
for 2 weeks or more in a row in the last 12
months



Have seriously considered attempting suicide in
the last 12 months:



14% of heterosexual students

VS



39% of LGB students





vs

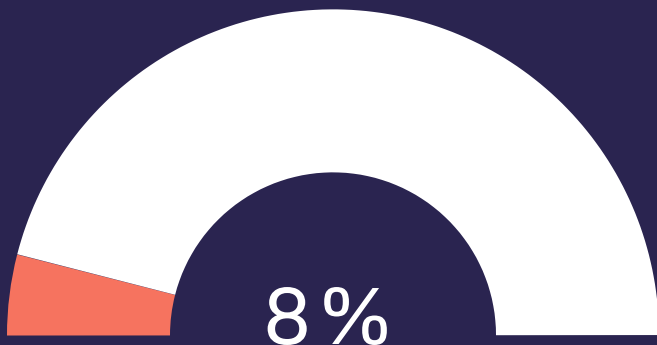


of heterosexual
students

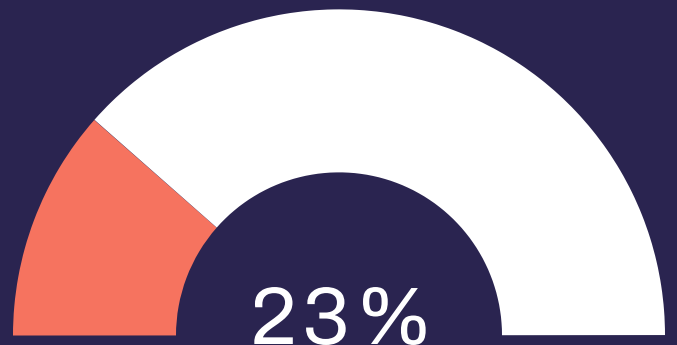
of LGB students

Have made a plan about how
they would attempt suicide in the
last 12 months





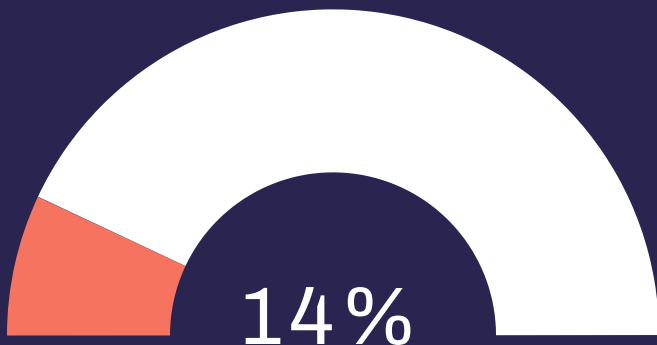
of heterosexual
students



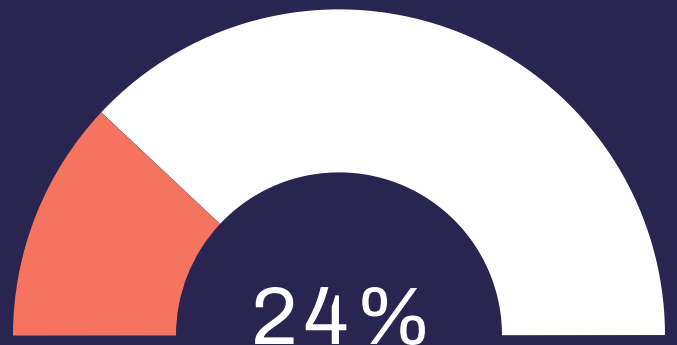
of LGB students

have attempted suicide in the last 12
months





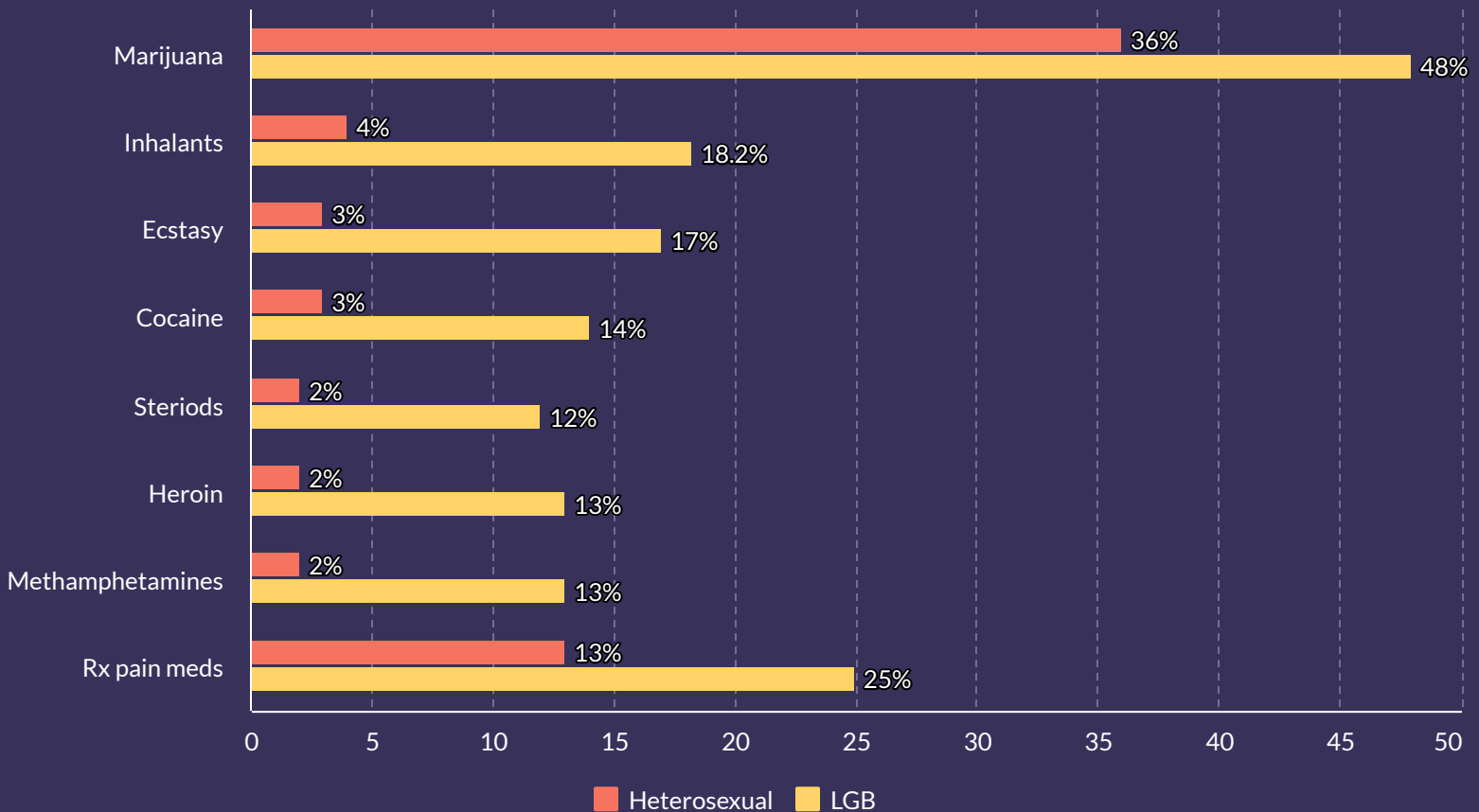
of heterosexual students



of LGB students

had their first drink of alcohol before the age of 13

Have ever used the following drugs:





**Heterosexual
Students**

**Lesbian, Gay,
Bisexual
(LGB)
Students**

**Did not use a condom
during last sexual
intercourse**

39%

54%

**Described their grades as
mostly C's, D's, or F's in the
last year**

22%

35%

**Felt close to people at their
school**

38%

56%

YRBS Results on School Connectedness



Hillsborough County
Public Schools 2019



Among Hillsborough County Public High School Students:



felt close to people at their school



YRBS Results on Academic Achievement

Hillsborough County Public Schools 2019



Among Hillsborough County Public High School Students:

74%

described their grades in school as mostly A's or B's in the last year

Students who reported the following also reported having lower grades:

- Carried a weapon on or off school property
- Did not go to school because they felt unsafe
- Were in a physical fight on or off school property
- Were physically forced to have sexual intercourse
- Experienced sexual violence, sexual dating violence, or physical dating violence
- Were electronically bullied
- Felt sad or hopeless almost every day for 2 or more weeks in a row
- Seriously considered attempting suicide, made a plan about how they would attempt suicide, and attempted suicide
- Smoked cigarettes', cigars, electronic vapor products, or used smokeless tobacco
- Had their first drink of alcohol before the age of 13
- Drove when they had been drinking
- Used marijuana, synthetic marijuana, prescription pain meds (other than how they were prescribed), cocaine, inhalants, heroin, methamphetamines, ecstasy, or steroids without a doctor's prescription
- Were offered, sold, or given an illegal drug on school property
- Had sexual intercourse
- Described themselves as slightly or very overweight

Students who reported the following also reported having higher grades:

Felt close to the people at their school

Ate breakfast everyday during the last week

Saw a dentist in the last year

Youth Risk Behavior Survey 2019 Career Center Data Highlights



Youth Risk Behavior Survey

Hillsborough County
Public Schools



The **Youth Risk Behavior Survey (YRBS)** consist of:



one survey



conducted in all
four Career Centers



completed by all 9th-
12th grade students



occurs every two years

The Youth Risk Behavior Survey (YRBS) monitors health-related behaviors that contribute to the leading causes of death and disability among youth and adults, including:

- ✓ Behaviors that contribute to unintentional injuries and violence
- ✓ Sexual behaviors related to unintended pregnancy and sexually transmitted diseases, including HIV infection
- ✓ Alcohol and other drug use
- ✓ Tobacco use
- ✓ Unhealthy dietary behaviors
- ✓ Inadequate physical activity

YRBS Results on Safety, Violence, and Mental Health



Hillsborough County Public Schools 2019

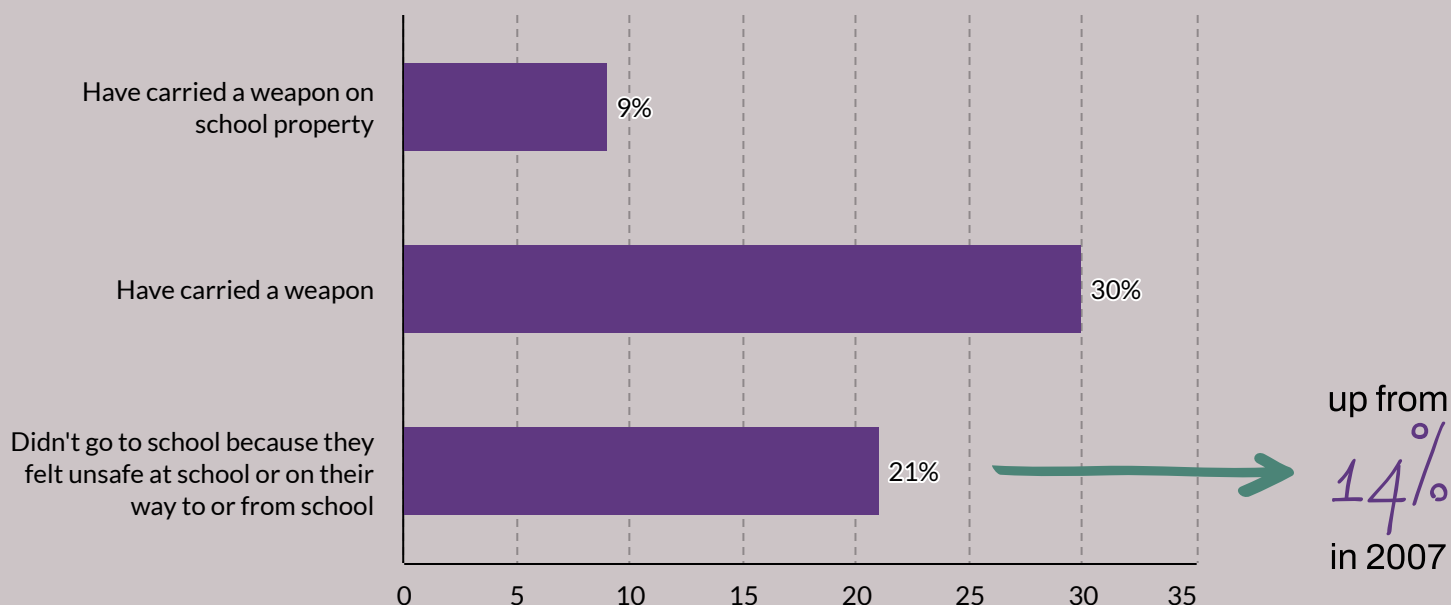


Among Hillsborough County Career Center Students:

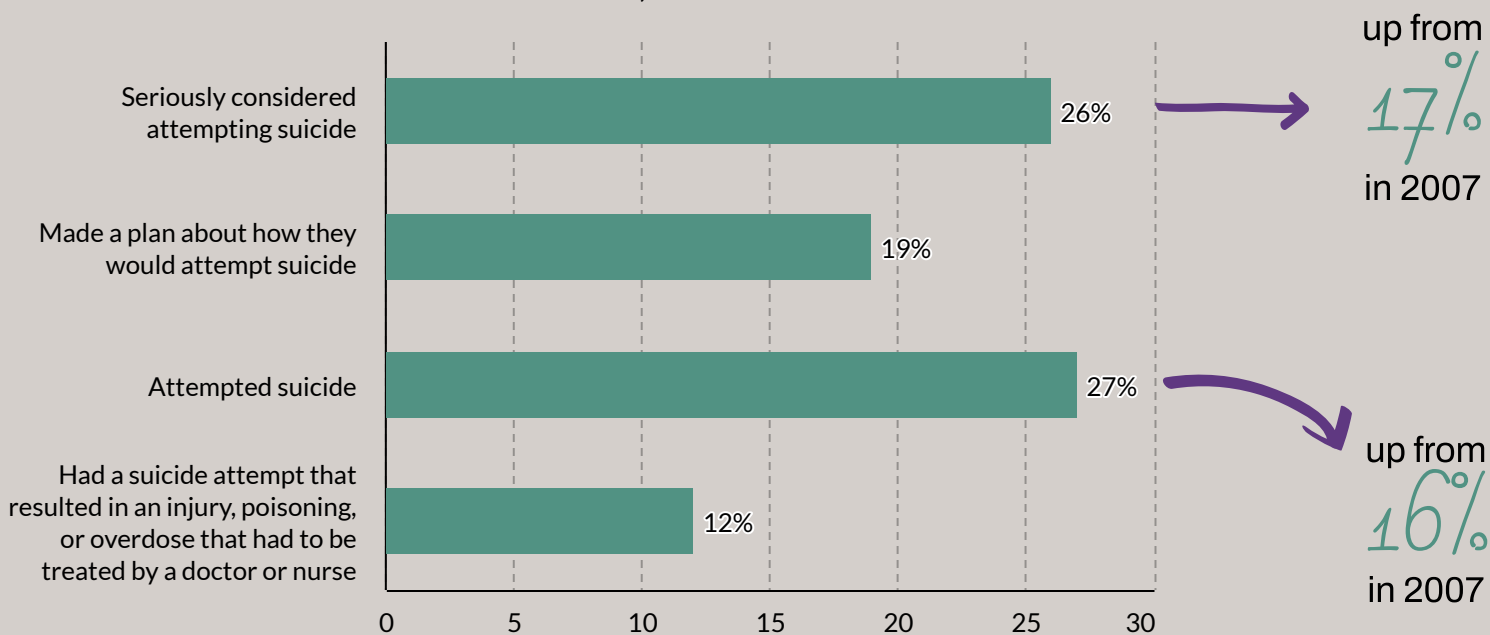
17% have been threatened or injured with a weapon on school property in the last 12 months

20% have been in a physical fight on school property in the last 12 months

At least 1 day in the last 30 days:



In the last 12 months, student have:



46%

have felt sad or hopeless almost every day for 2 weeks in a row or more



were ever physically forced to have sexual intercourse



experienced sexual violence* in the last 12 months



experienced sexual dating violence in the last 12 months

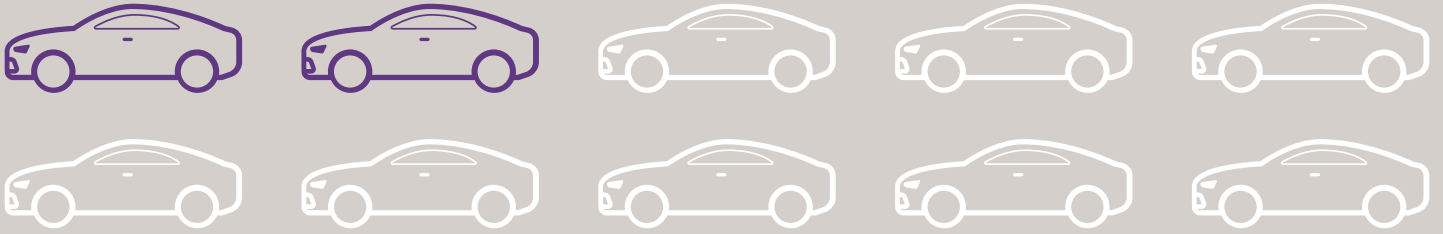


experienced physical dating violence** in the last 12 months

*being forced to do sexual things, such as kissing, touching, or being physically forced to have sexual intercourse

**being physically hurt on purpose by someone they were dating or going out with

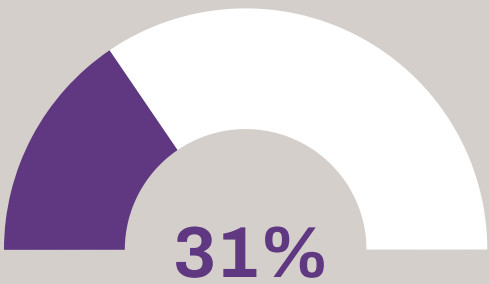




18% rarely or never wore a seat belt



drove when they had been drinking alcohol, in the last 30 days



rode with a driver who had been drinking alcohol, in the last 30 days



down from **40%** in 2007



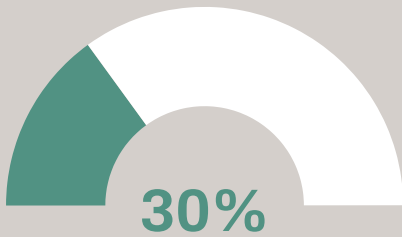
YRBS Results on Alcohol and Drugs



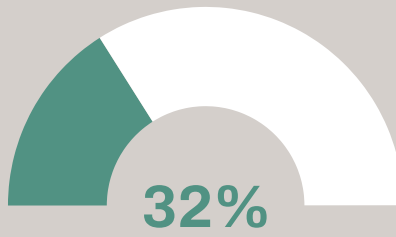
Hillsborough County Public Schools 2019



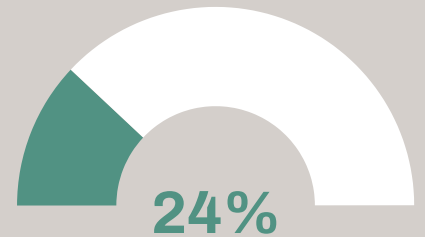
Among Hillsborough County Career Center Students:



have had their first drink of alcohol before the age of 13



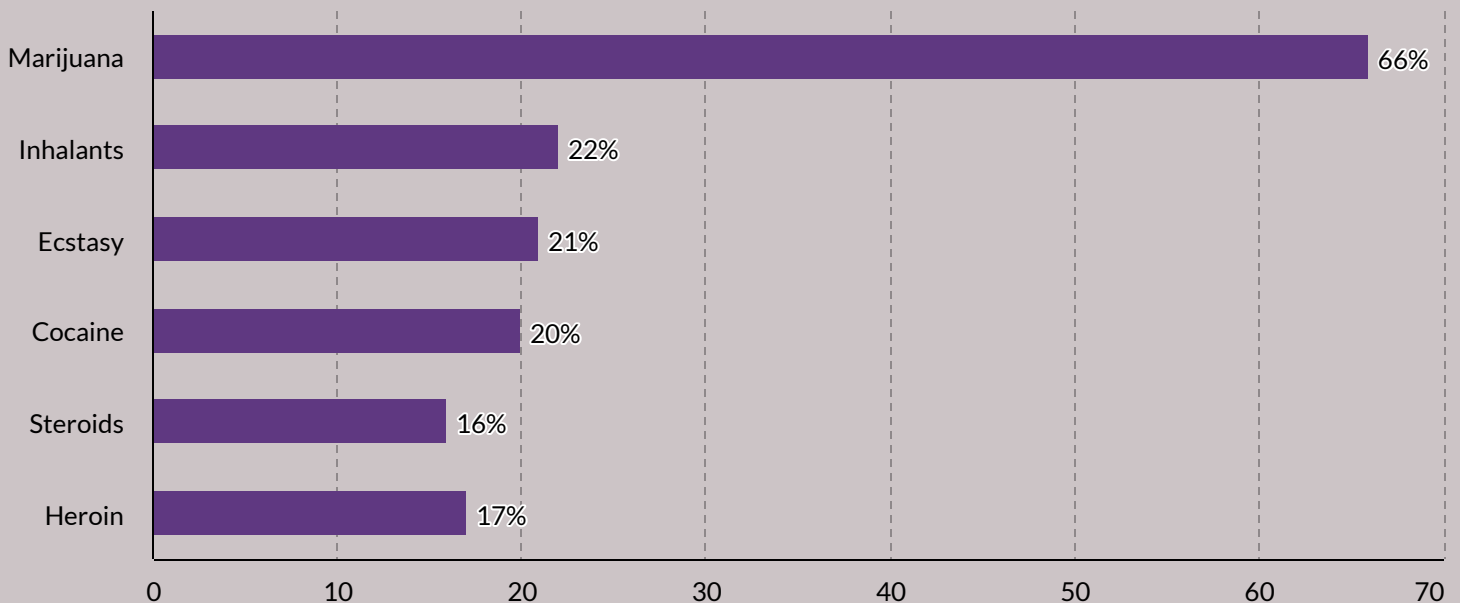
drank alcohol at least 1 day in the last 30 days



usually got their alcohol they drank by someone giving it to them



Have used the following drugs 1+ times:





tried marijuana for the first time before the age of 13



used marijuana 1+ times in the last 30 days



28%

were offered, sold, or given an illegal drug on school property

YRBS Results on Tobacco Use



Hillsborough County
Public Schools 2019



Among Hillsborough County Career Center Students:

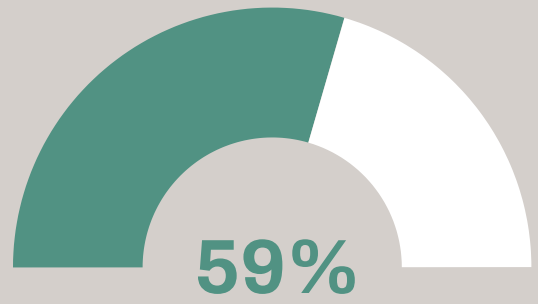


have ever tried
cigarettes

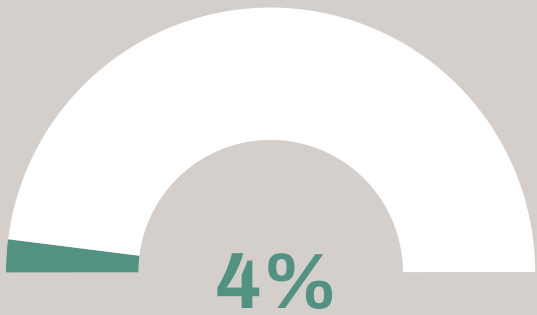
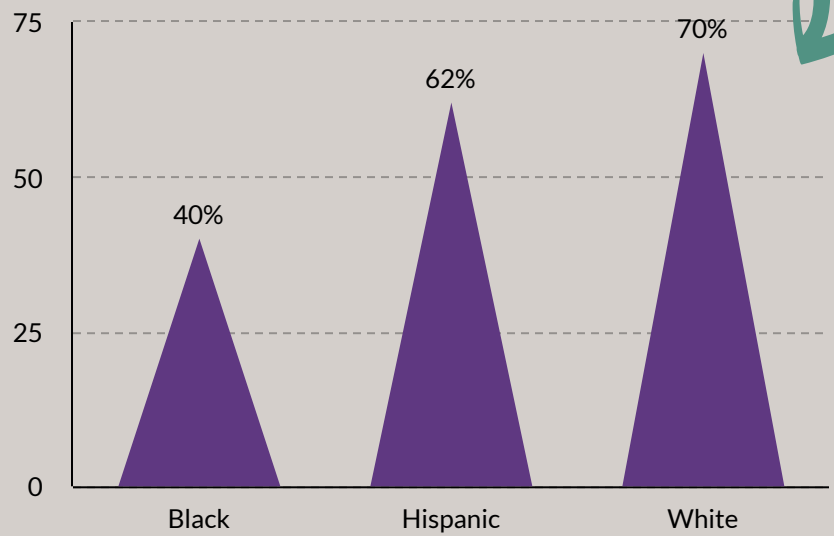


down from 67% in 2007

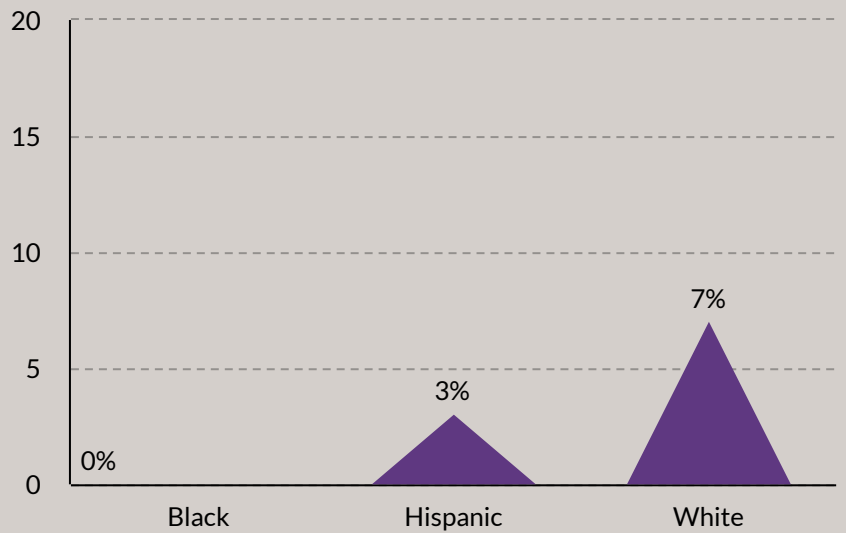




have ever used an electronic vapor product

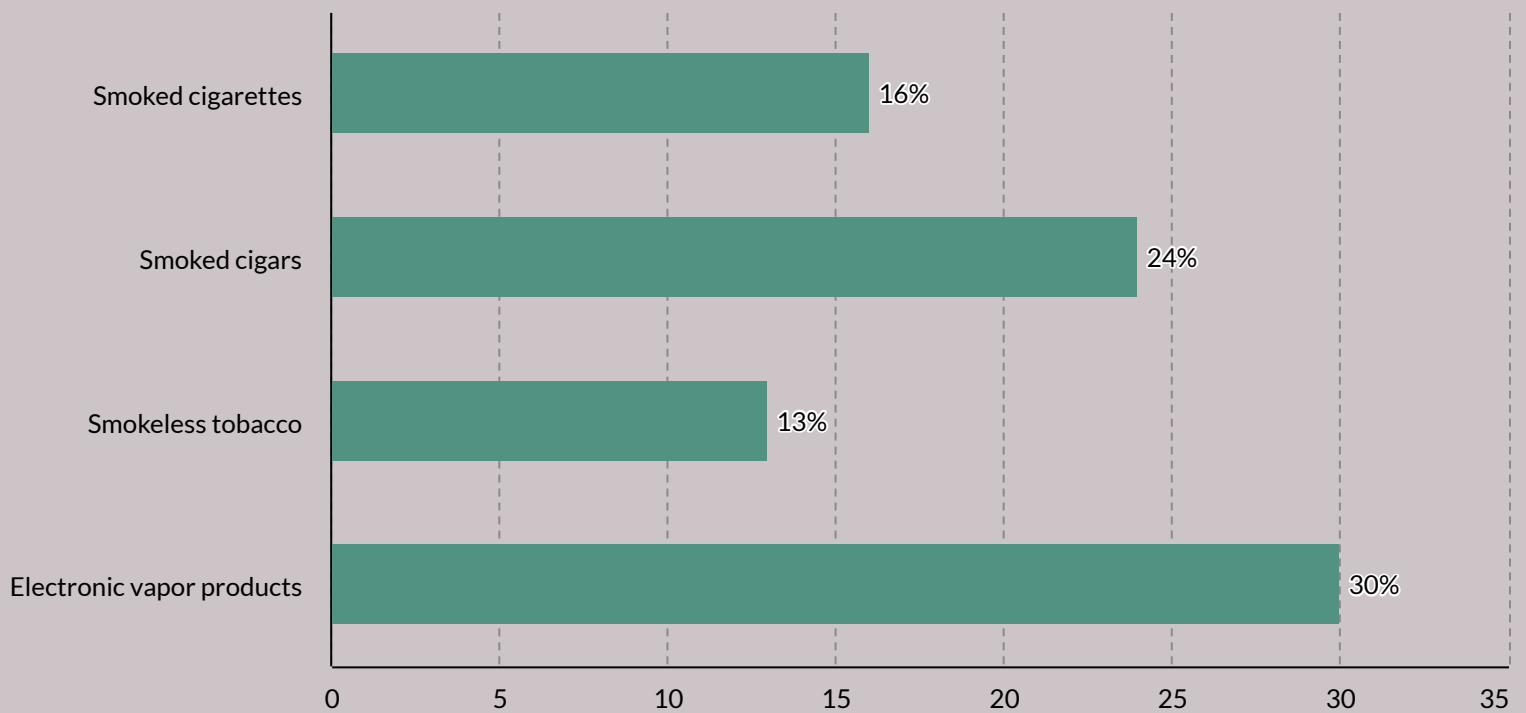


use a electronic vapor product daily





Students who have used the following at least 1 day in the last 30 days:



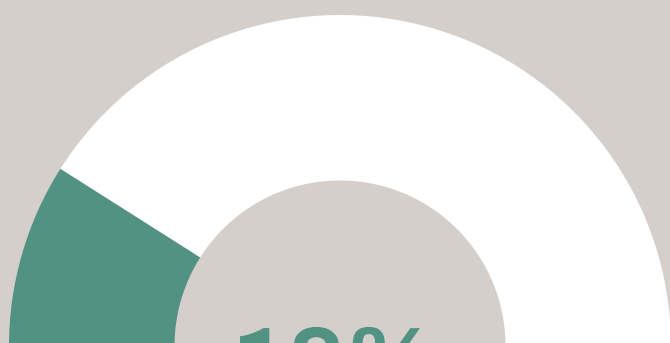
YRBS Results on Weight Management



Hillsborough County
Public Schools 2019

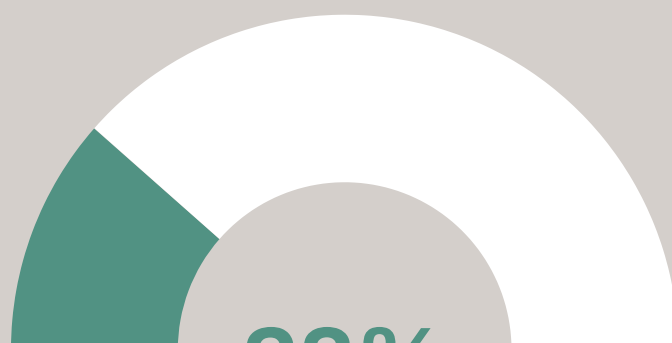


Among Hillsborough County Career Center Students:



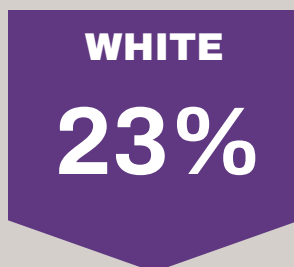
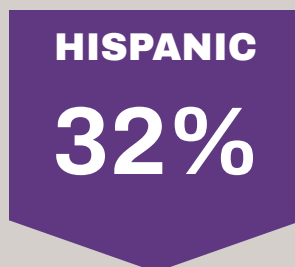
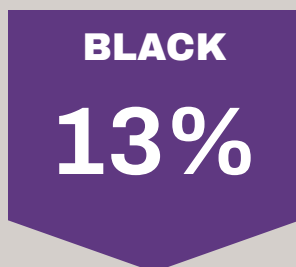
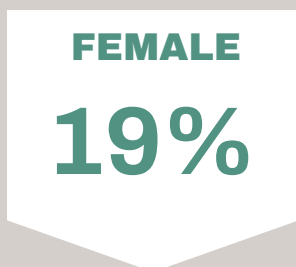
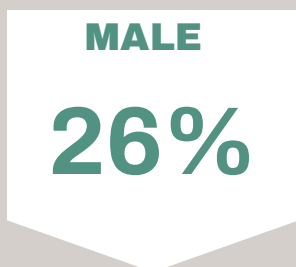
18%

were overweight*



23%

were obese*



*based on height and weight provided



30%

described themselves as slightly or very overweight



31% of males
30% of females



47% of males
56% of females



51%

were trying to lose weight

YRBS Results on Physical Activity



Hillsborough County
Public Schools 2019



Among Hillsborough County Career Center Students:



26%

attended physical education classes on 1 or more days in an average school week



3%

attended physical education classes on all 5 days in an average school week

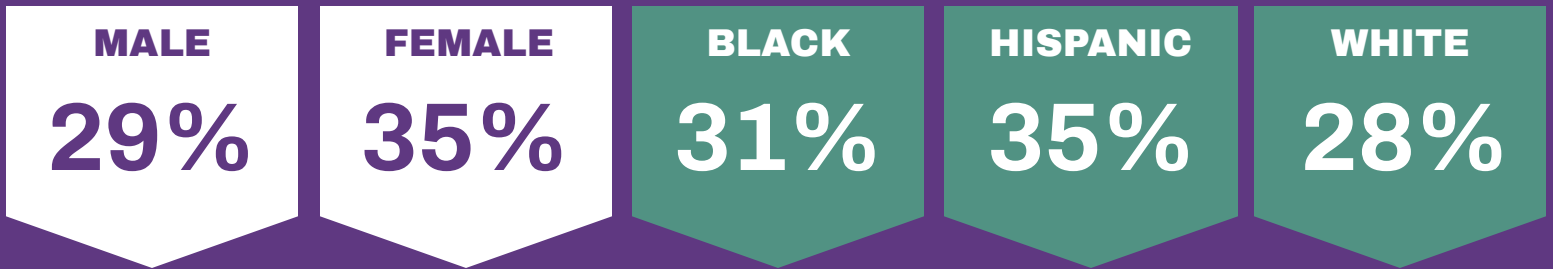


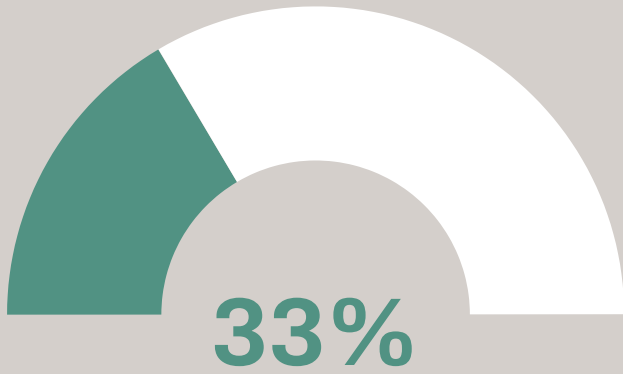
played on at least one sports team during the school year



31%

did **not** participate in at least 60 minutes of physical activity on **at least 1 day** in the last week





played video or computer games or used the computer for 3+ hours on an average school day



watched television for 3+ hours on an average school day

up from
25%
in 2007

down from
43%
in 2007



YRBS Results on Nutrition

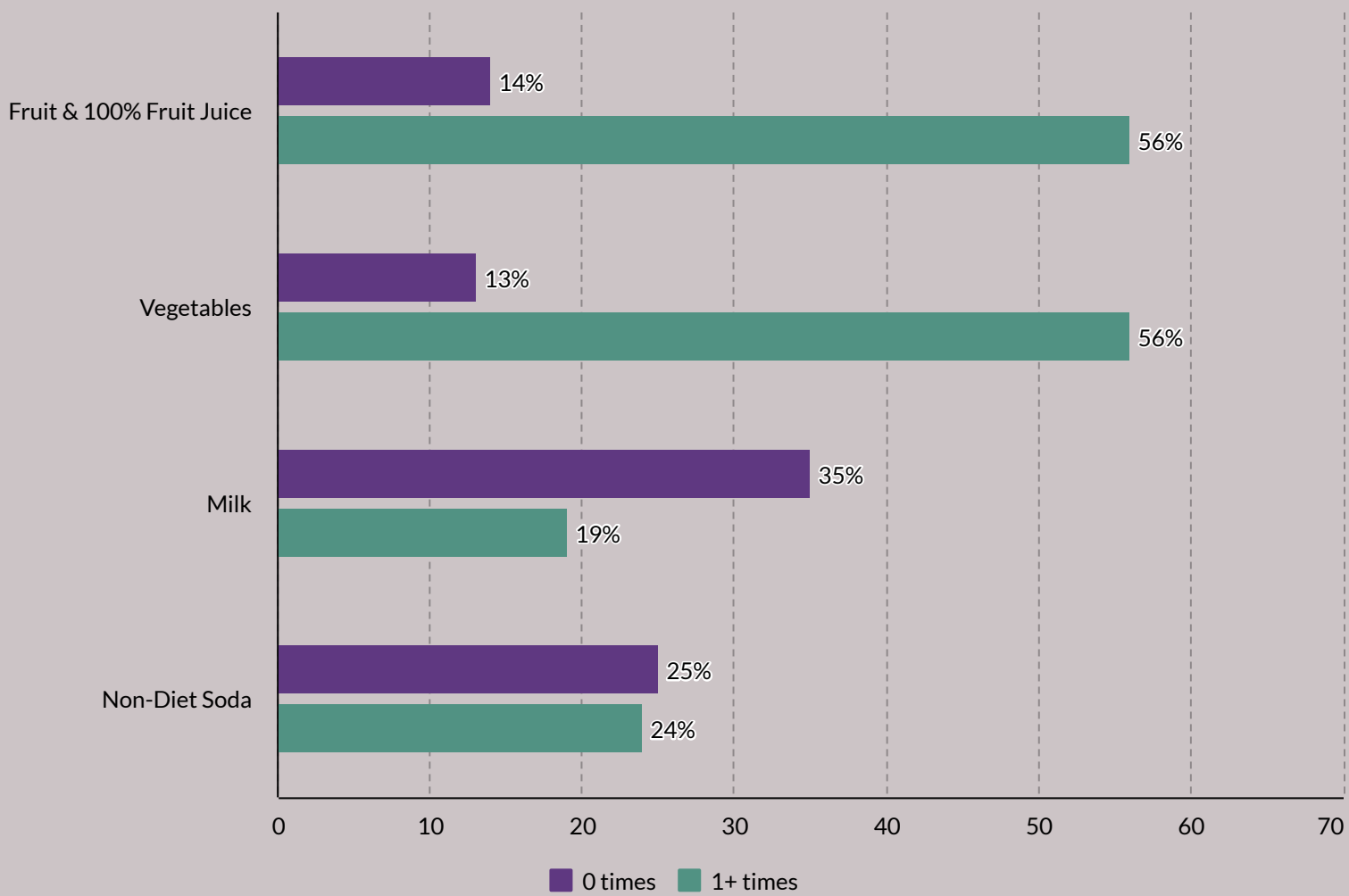


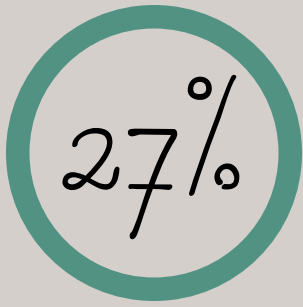
Hillsborough County
Public Schools 2019



Among Hillsborough County Career Center Students:

How often students ate the following foods per day in the last 7 days:





did **not** eat breakfast during the last 7 days



ate breakfast **everyday** during the last 7 days



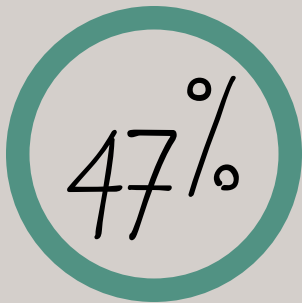
YRBS Results on Sexual Behavior



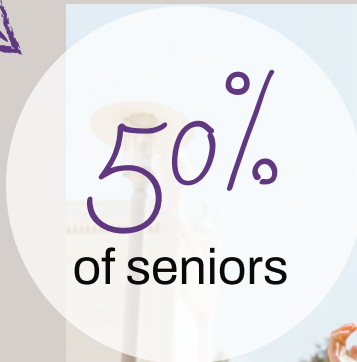
Hillsborough County
Public Schools 2019



Among Hillsborough County Career Center Students:



are currently sexually active*



have had sexual intercourse with 4 or more people



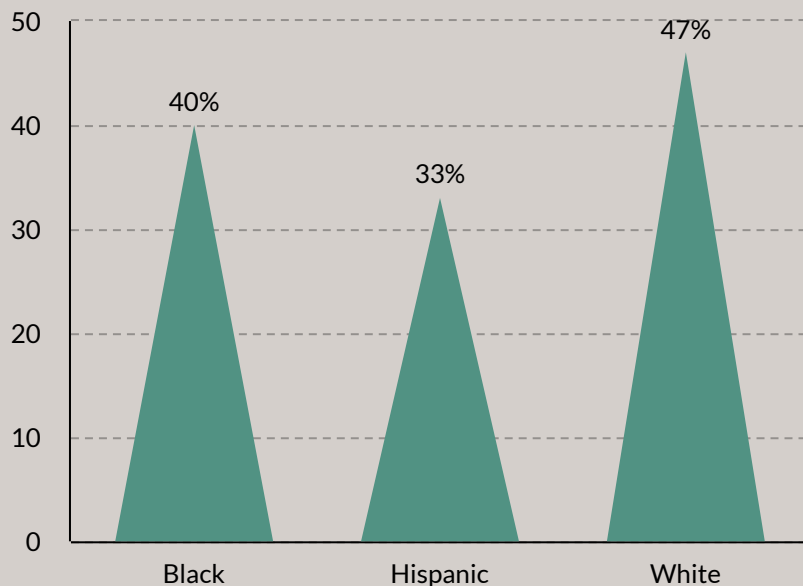
*Had sexual intercourse with at least one person, during the 3 months before the survey

38%

have ever been tested for HIV*



Students who were ever tested for HIV*

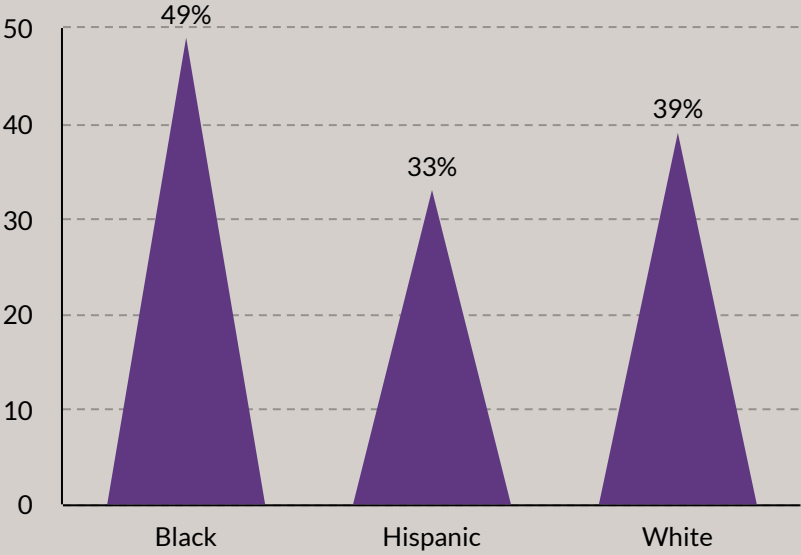


*Among all students regardless of sexual experience





Students who were tested for an STD, other than HIV, in the last 12 months*



39%

have been tested for an STD, other than HIV, in the last 12 months*



*Among all students regardless of sexual experience



69% have ever been taught about HIV/AIDS in school

down from
86%
in 2007



YRBS Results on Sexual Identity



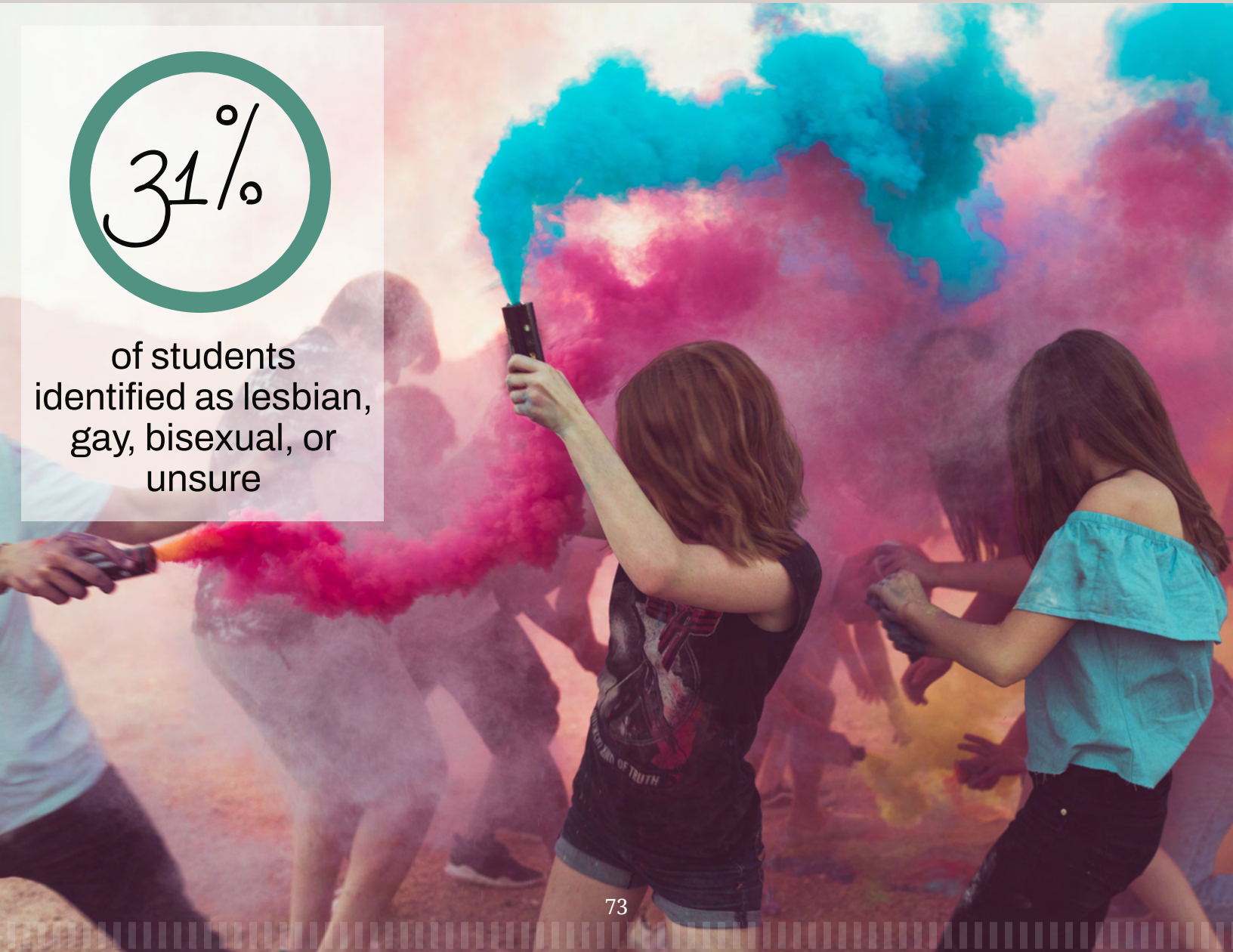
Hillsborough County
Public Schools 2019



Among Hillsborough County Career Center Students:



of students
identified as lesbian,
gay, bisexual, or
unsure



**Heterosexual
Students**

**Lesbian, Gay,
Bisexual
(LGB)
Students**

In the last 12 months:

Didn't go to school because they felt unsafe at school or on their way to or from school

14%

31%

Were threatened or injured with a weapon on school property

12%

23%

Carried a weapon on school property

6%

17%

Were electronically bullied

17%

29%





11%
of heterosexual
students

Have experienced sexual violence in
the last 12 months*

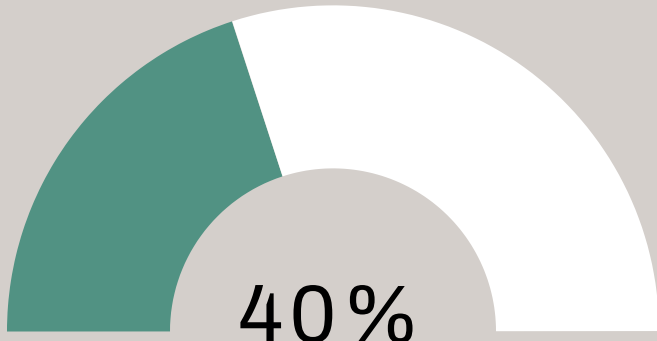
33%
of LGB
students

11%
of heterosexual
students

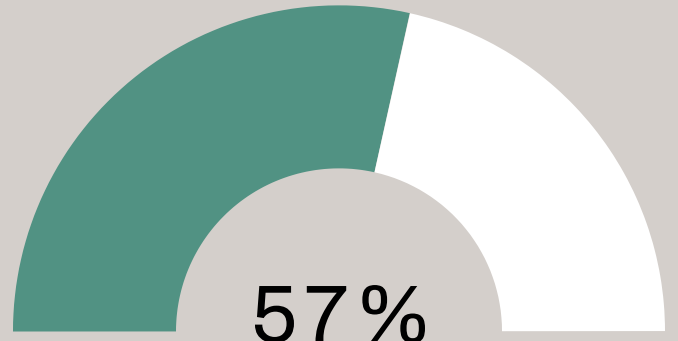
Were physically forced to have sexual
intercourse

36%
of LGB
students

*being forced to do sexual things, such as kissing, touching, or being physically forced to have sexual intercourse



of heterosexual students



of LGB students

have felt sad or hopeless almost everyday for 2 weeks or more in a row in the last 12 months



Have seriously considered attempting suicide in the last 12 months:



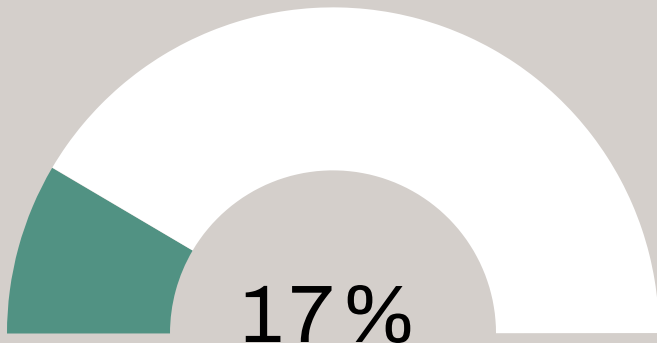
20% of heterosexual students

VS



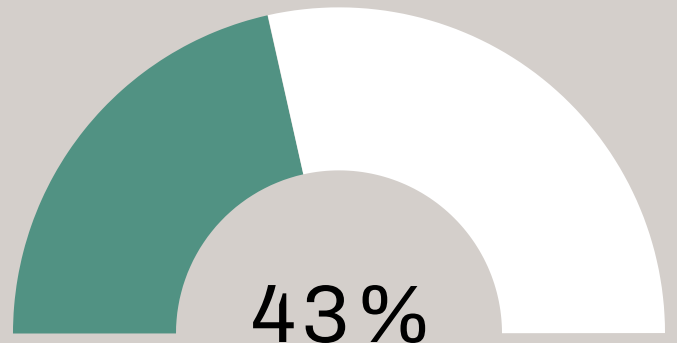
38% of LGB students





17%

of heterosexual
students

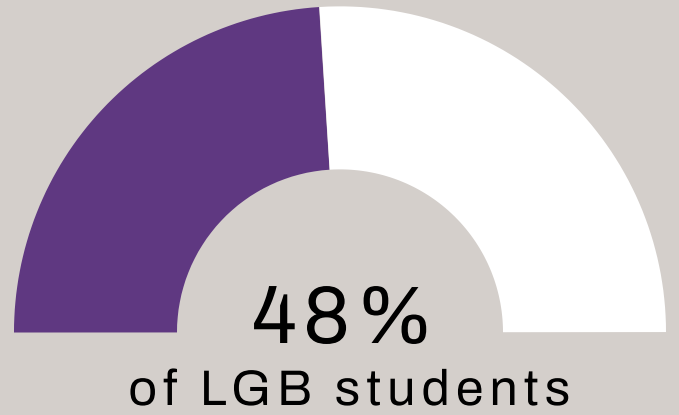
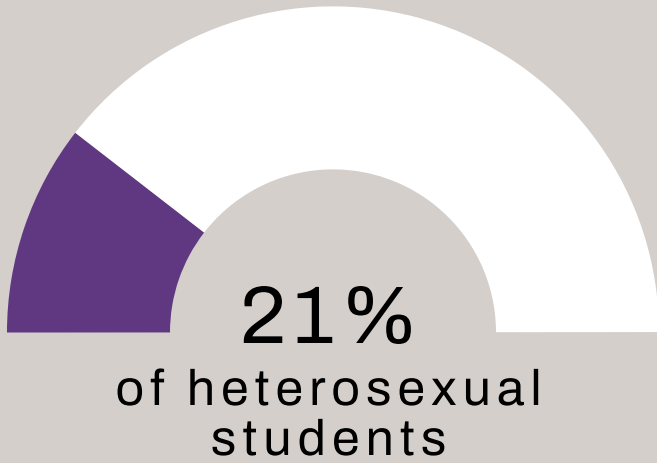


43%

of LGB students

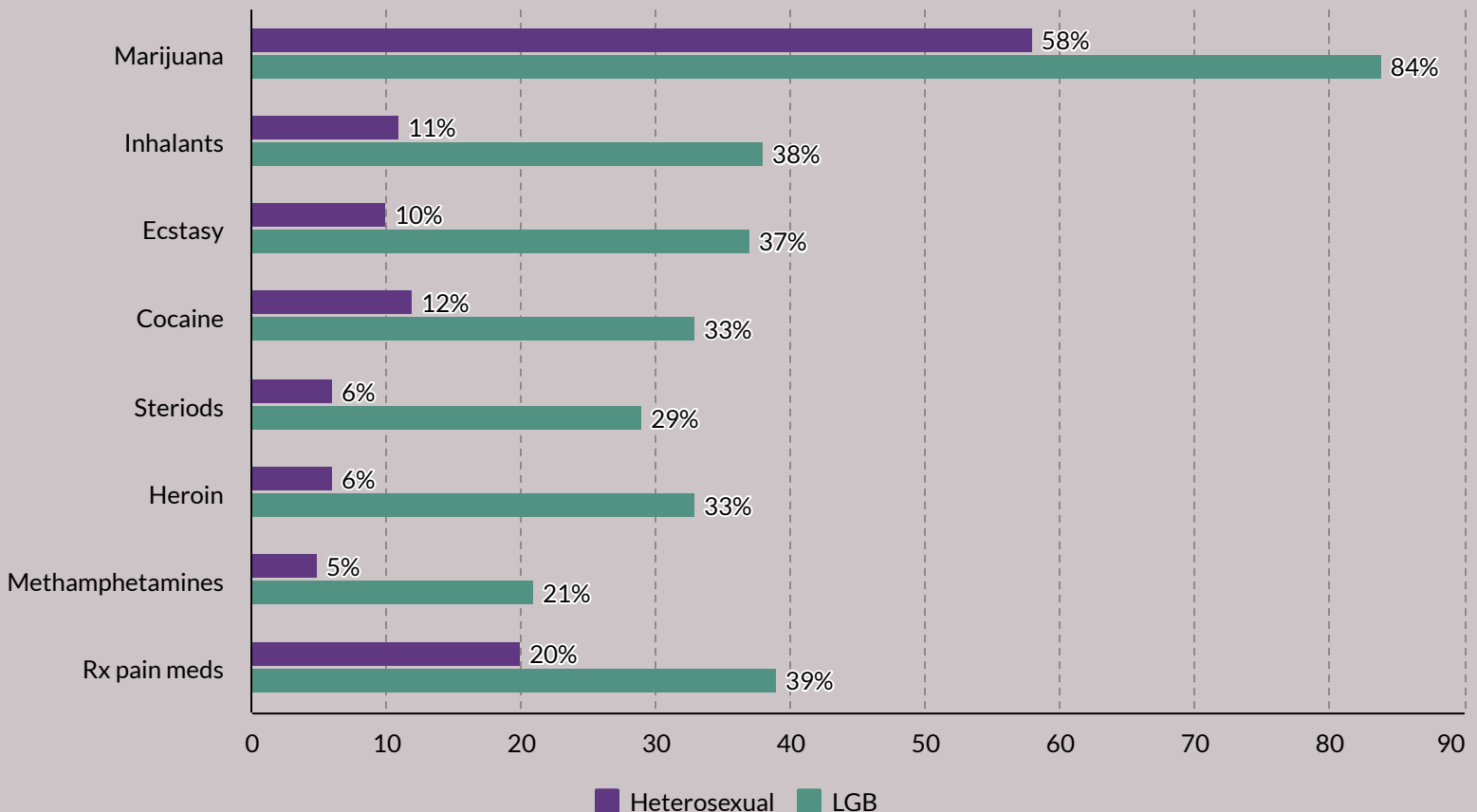
have attempted suicide in the last 12
months

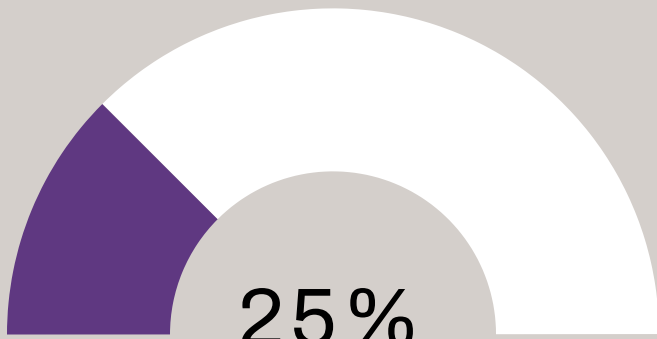




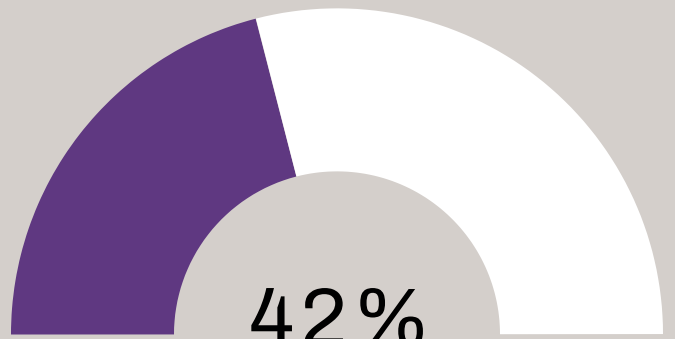
had their first drink of alcohol before the
age of 13

Have ever used the following drugs:





25%
of heterosexual
students



42%
of LGB students

have not been taught about HIV in school

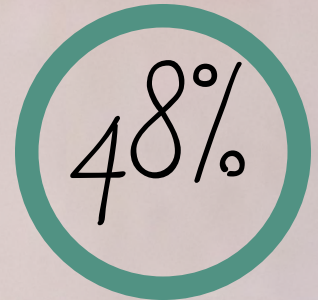
YRBS Results on School Connectedness



Hillsborough County
Public Schools 2019



Among Hillsborough County Career Center Students:



felt close to people at
their school

YRBS Results on Academic Achievement



Hillsborough County
Public Schools 2019



Among Hillsborough County Career Center Students:

65%

described their grades in school as mostly A's or B's in the last year



Students who reported the following also reported having lower grades:

- Were in a physical fight
- Ever used prescription pain meds (other than how they were prescribed) or cocaine
- Were currently sexual active
- Played video or computer games or used a computer 3 or more hours per day

Students who reported the following also reported having higher grades:

Felt close to people at their school

Were tested for an STD, other than HIV, in the last year

Were taught about HIV in school

Ate breakfast everyday during the last week



School Health Profiles 2020 Data Highlights



School Health Profiles

Hillsborough County
Public Schools

The **School Health Profiles** consist of:



two surveys



conducted in schools
with grades 6-12



completed by the
School Principal and
Lead Health Educator



occurs every two years

School Health Profiles is a survey created by the Centers for Disease Control (CDC) that assesses school health policies and practices in the following areas:

- ✓ Health Education
- ✓ Physical education & activity
- ✓ Bullying & sexual harassment
- ✓ Tobacco-use prevention
- ✓ Nutrition
- ✓ School health services
- ✓ Family & community engagement

Hillsborough County Public Schools conducted the School Health Profiles survey in all public middle and high schools in Spring 2020.

Response
rates in
2020:



79%

Principal

95%

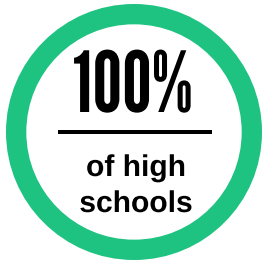
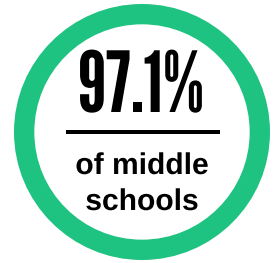
Lead Health
Education Teacher

Principal Survey Results on Safe & Supportive Environments

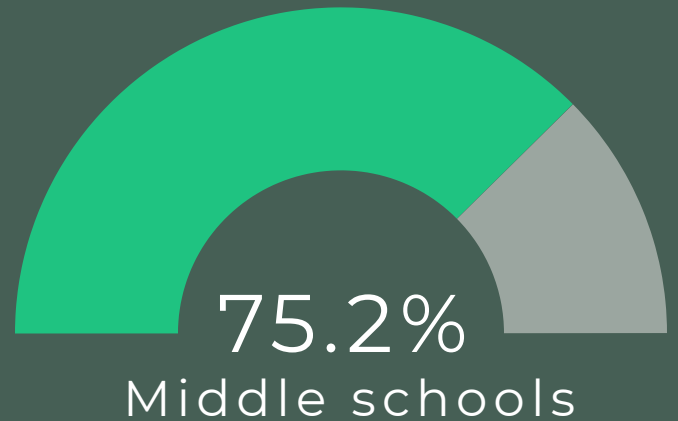
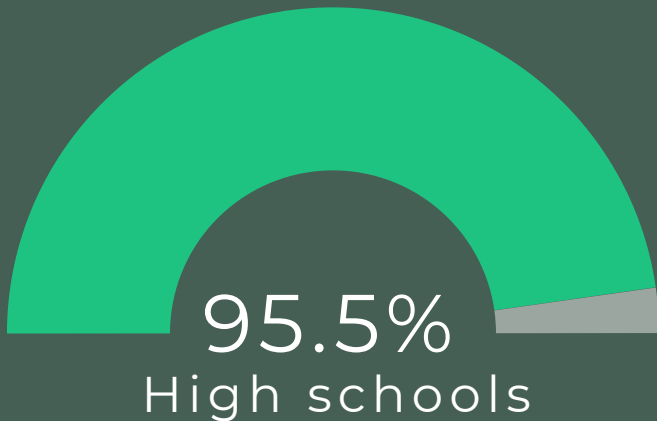
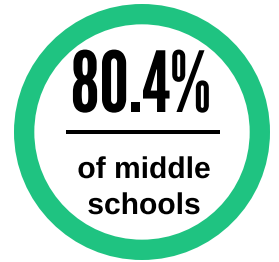
Hillsborough County
Public Schools
2020



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



Encourage staff to attend professional development on safe and supportive school environments for all students, regardless of sexual orientation or gender identity



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

81%

OF HIGH
SCHOOLS

56.9%

OF MIDDLE
SCHOOLS

Currently implement school-based service-learning programs

90.9%

OF HIGH
SCHOOLS

79.1%

OF MIDDLE
SCHOOLS

Currently implement school-based mentoring programs



68.2% 45.6%

OF HIGH
SCHOOLS

OF MIDDLE
SCHOOLS

Currently connect students to community-based service-learning programs

86.4% 54.3%

OF HIGH
SCHOOLS

OF MIDDLE
SCHOOLS

Currently connect students to community-based mentoring programs

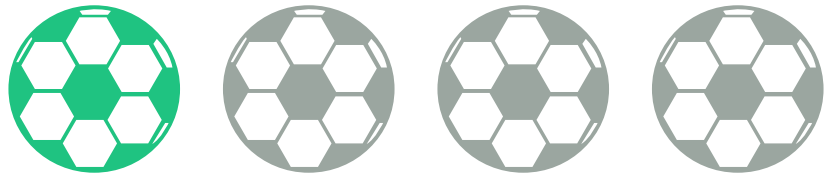
Principal Survey Results on Physical Education

Hillsborough County
Public Schools
2020

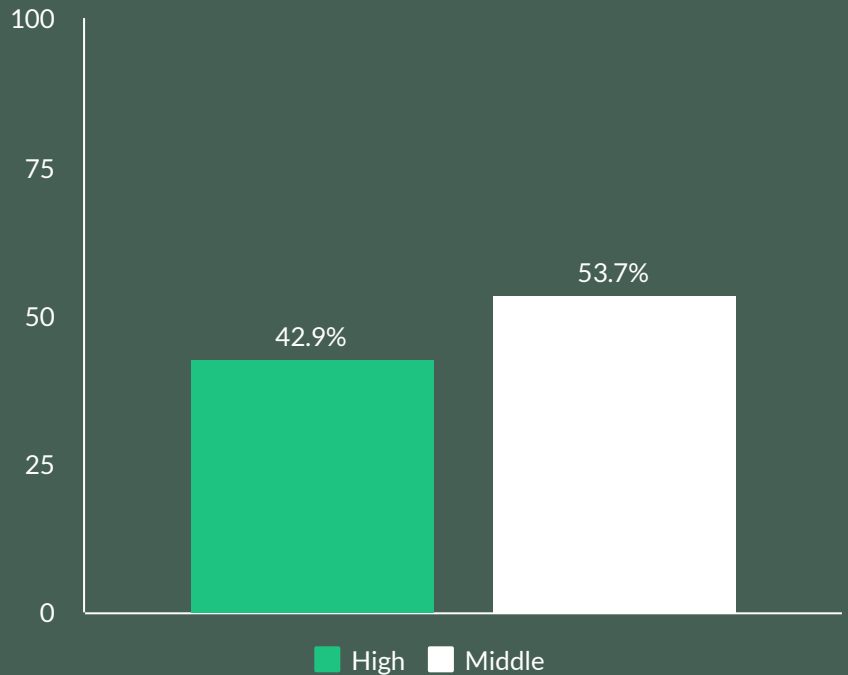


26.1%

of middle and high schools limit physical education class sizes so that they are the same size as other subject areas



Percentage of schools in which students participate in physical activity in classrooms during the school day outside of physical education



Principal Survey Results on School Health Services

Hillsborough County
Public Schools
2020

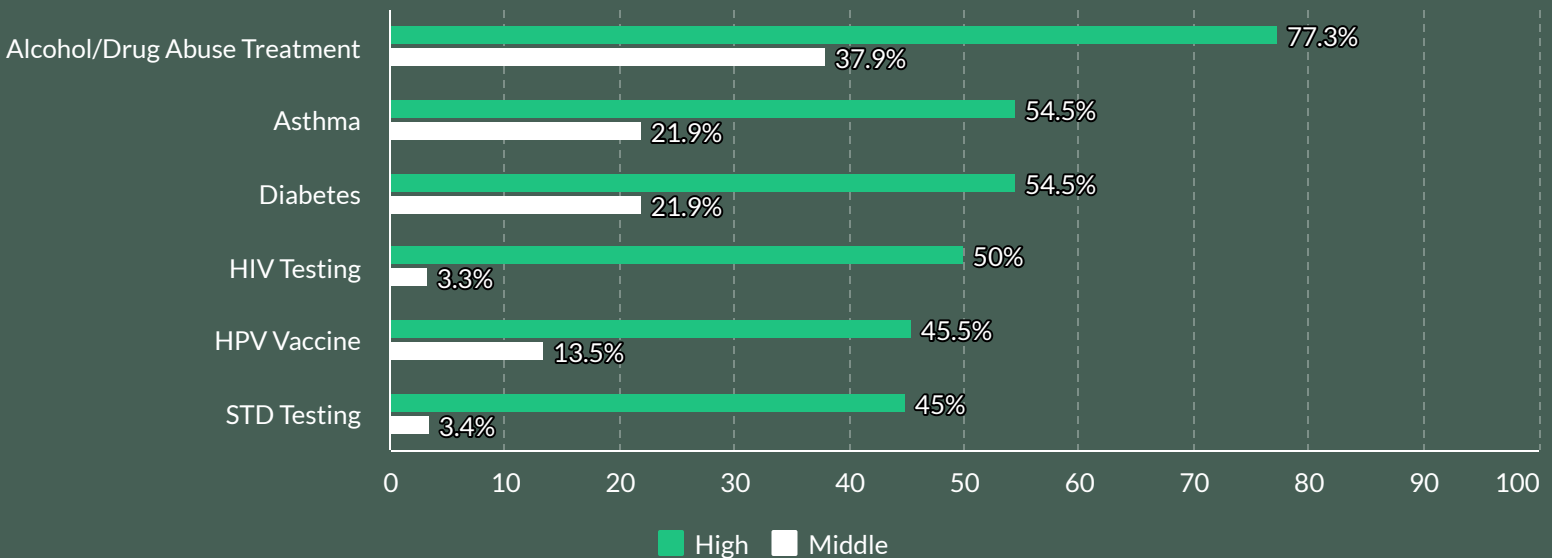


100%
of high schools

have a full-time registered nurse who provides health services to students

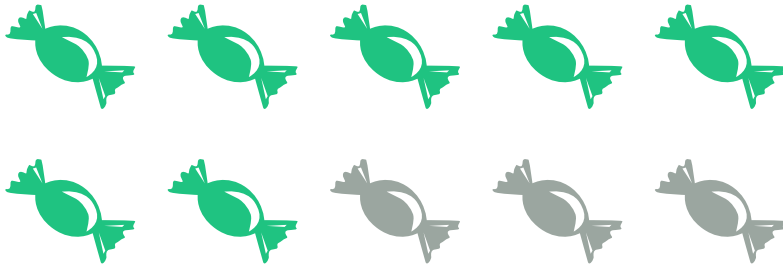
83.3%
of middle schools

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



Principal Survey Results on Nutrition

Hillsborough County
Public Schools
2020



69.7%

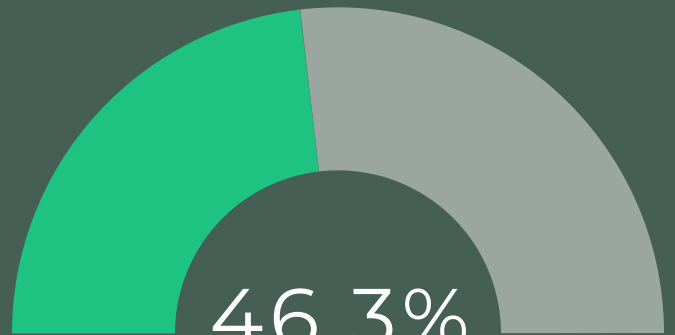
Of middle and high schools prohibit advertisements for candy, fast food restaurants, or soft drinks in school buildings.

60%

Of middle and high schools prohibit advertisements for candy, fast food restaurants, or soft drinks on school grounds including on the outside of the school building, on playing fields, or other areas on the campus.



100%
High schools



46.3%
Middle schools

Allow students to purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar.

31.8%

OF HIGH
SCHOOLS

27.7%

OF MIDDLE
SCHOOLS

Prohibited less nutritious foods and beverages (e.g. candy, baked goods) from being sold for fundraising purposes during the 2019-2020 school year.



90.9%

OF HIGH
SCHOOLS

65.1%

OF MIDDLE
SCHOOLS

Encouraged students to drink plain water during the 2019-2020 school year.

Principal Survey Results on Family Engagement

Hillsborough County
Public Schools
2020



68.5%

of middle and high schools linked parents and families to health services and programs in the community

Percentage of middle and high schools that provided parents with the following information:

10.2%

Parent-adolescent communication about sex

31.1%

Parent-adolescent communication about topics other than sex

41.8%

How to monitor their teen

10.3%

One-on-one time between adolescents and their health care provider

70.6%

Before- or after-school programs available in the community

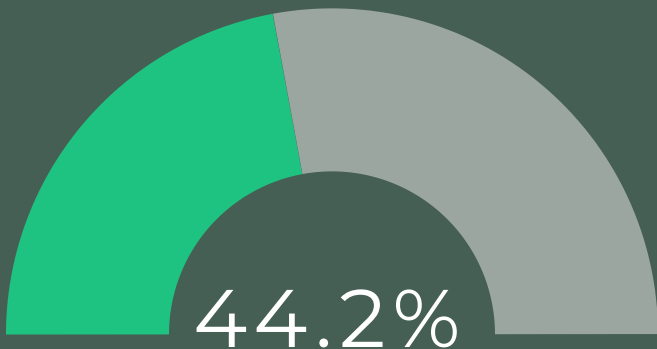
Lead Health Education Teacher Survey Results

Hillsborough County
Public Schools
2020

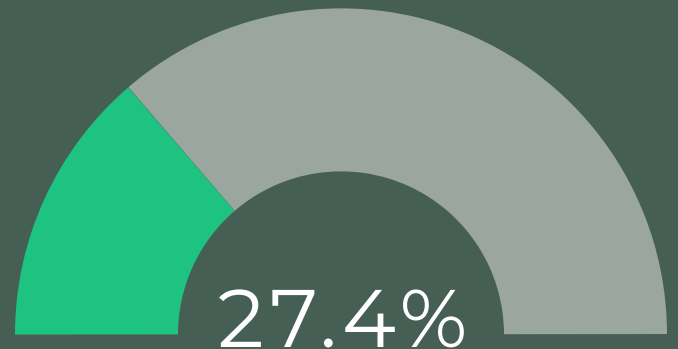


of high schools reported teachers trying to increase student knowledge on:

- Alcohol- or other drug-use prevention
- Chronic disease prevention (e.g., diabetes, obesity prevention)
- Emotional and mental health
- HIV prevention
- Infectious disease prevention (e.g., flu)
- Injury prevention and safety
- Nutrition and dietary behavior
- Physical activity and fitness
- STD prevention
- Suicide prevention
- Tobacco-use prevention
- Violence prevention (e.g., bullying, fighting, dating violence prevention)



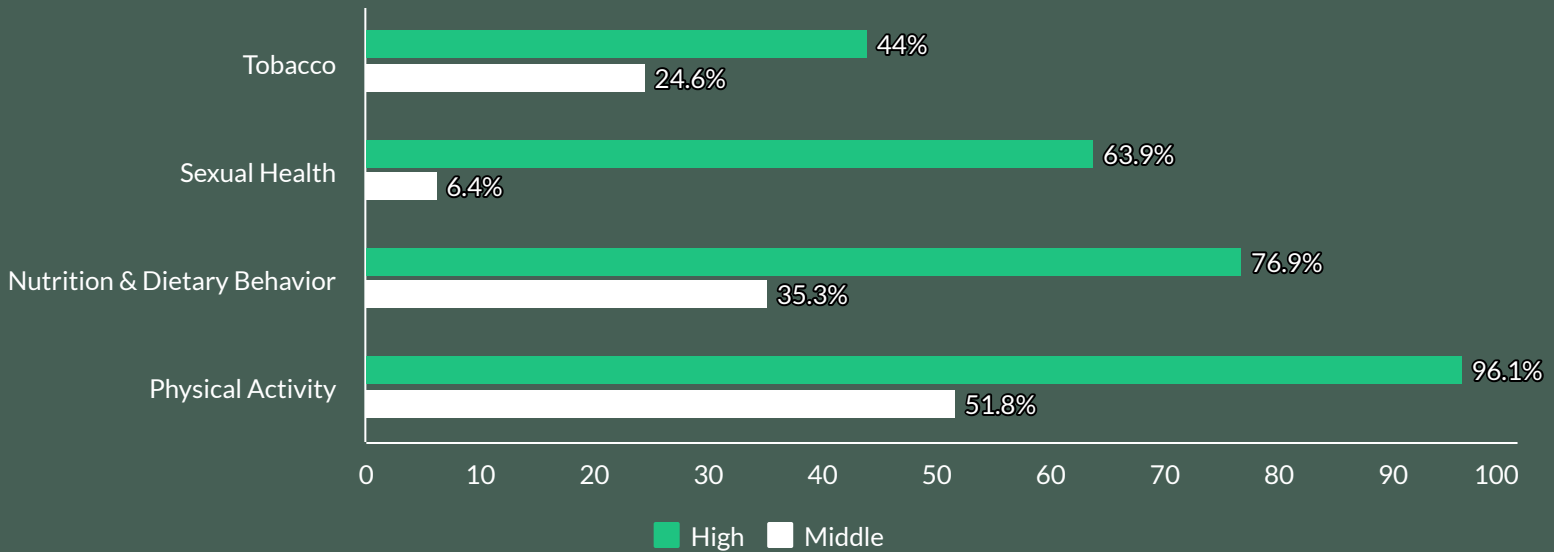
High schools



Middle schools

gave students health education homework assignments or activities to do at home with their parents during the 2019-2020 school year.

Percentage of schools that taught all CDC recommended subtopics for the following health topics in a required course during the 2019-2020 school year



Topics that the lead health education teacher would most like to receive professional development on*:

77.6% Teaching skills for behavior change

77.5% Emotional and mental health

75.5% Nutrition and dietary behavior

75% Teaching students with physical, medical, or cognitive disabilities

73.2% Violence prevention (e.g., bullying, fighting, dating violence)

70.4% Physical activity and fitness

*Middle and high school combined

