

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		Interval	N		Interval	N		Interval	N		Interval	N
a. 0 courses	15.1	7.5 - 28.0	20	17.1	10.6 - 26.4	29	5.2	3.4 - 8.0	128	8.3	6.2 - 11.0	177
b. 1 course	65.0	48.8 - 78.3	20	38.0	28.2 - 48.9	29	50.5	45.7 - 55.3	128	50.2	46.0 - 54.4	177
c. 2 courses	5.0	1.6 - 15.1	20	13.9	7.6 - 23.9	29	27.4	23.3 - 31.8	128	22.6	19.4 - 26.1	177
d. 3 courses	10.1	4.4 - 21.6	20	24.1	15.2 - 36.0	29	7.5	5.1 - 10.9	128	10.5	8.0 - 13.7	177
e. 4 or more courses	4.8	1.5 - 14.3	20	7.0	3.0 - 15.2	29	9.4	6.7 - 13.1	128	8.5	6.3 - 11.4	177

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

1N. Percentage of schools in which students take two or more required health education courses in grades 6 through 12.

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
19.9	10.8 - 33.7	20	45.0	32.4 - 58.1	29	44.3	39.5 - 49.2	128	41.5	37.3 - 45.9	177

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

2. Percentage of schools that taught a required health education course in each of the following grades.\*

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	95% Confidence			95% Confidence			95% Confidence			95% Confidence		
	Percent	Interval	N	Percent	Interval	N	Percent	Interval	N	Percent	Interval	N
a. Sixth grade	§	§	§	62.7	47.7 - 75.6	16	30.3	24.3 - 37.1	81	35.6	29.8 - 41.9	97
b. Seventh grade	§	§	§	43.6	32.5 - 55.4	23	41.4	35.4 - 47.6	90	41.8	36.5 - 47.3	113
c. Eighth grade	§	§	§	72.2	60.6 - 81.4	25	48.2	42.0 - 54.4	89	53.4	48.0 - 58.7	114
d. Ninth grade	77.6	62.0 - 88.0	18	-	-	0	77.7	72.8 - 82.0	116	77.7	73.0 - 81.8	134
e. Tenth grade	13.5	6.0 - 27.4	15	§	§	§	66.0	60.8 - 70.8	104	59.1	54.4 - 63.6	119
f. Eleventh grade	6.7	2.1 - 20.0	15	§	§	§	64.6	58.7 - 70.0	100	56.7	51.6 - 61.7	115
g. Twelfth grade	13.1	5.5 - 28.0	15	§	§	§	62.1	56.0 - 67.8	99	55.4	49.9 - 60.7	114

\*Among schools with students in that grade.

- Results are suppressed due to insufficient number of respondents in subgroup.

§ Grade is not applicable for type of school.

N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

3. Percentage of schools that require students who fail a required health education course to repeat it.\*

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
94.1	82.3 - 98.2	17	12.4	6.4 - 22.8	24	89.2	85.3 - 92.1	116	78.2	75.1 - 81.1	157

\*Among schools in which students take one or more required health education courses in any of grades 6 through 12.  
N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		Interval	N		Interval	N		Interval	N		Interval	N
a. Goals, objectives, and expected outcomes for health education	-	-	18	86.3	76.4 - 92.4	29	69.6	64.6 - 74.1	127	73.2	69.1 - 76.9	174
b. A chart describing the annual scope and sequence of instruction for health education	-	-	17	77.0	66.8 - 84.7	26	47.3	42.5 - 52.2	127	53.0	48.8 - 57.2	170
c. Plans for how to assess student performance in health education	-	-	18	63.0	52.6 - 72.3	27	49.9	44.7 - 55.0	127	51.9	47.4 - 56.3	172
d. A written health education curriculum	-	-	18	82.9	72.3 - 90.0	29	58.1	53.1 - 62.9	127	64.3	60.1 - 68.3	174

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Comprehending concepts related to health promotion and disease prevention to enhance health	-	-	18	88.5	78.4 - 94.3	26	77.8	72.5 - 82.3	120	82.0	77.9 - 85.5	164
b. Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors	-	-	18	92.4	83.4 - 96.7	26	75.2	69.6 - 80.0	118	80.8	76.5 - 84.4	162
c. Accessing valid information and products and services to enhance health	-	-	18	88.5	78.9 - 94.1	26	64.8	59.1 - 70.0	118	71.3	66.9 - 75.3	162
d. Using interpersonal communication skills to enhance health and avoid or reduce health risks	-	-	18	96.3	88.6 - 98.8	26	78.5	73.2 - 82.9	118	83.8	79.8 - 87.1	162
e. Using decision-making skills to enhance health	-	-	18	92.4	83.4 - 96.7	26	78.1	72.8 - 82.7	117	82.9	78.9 - 86.3	161
f. Using goal-setting skills to enhance health	-	-	18	88.1	77.6 - 94.1	25	74.8	69.3 - 79.6	118	79.8	75.5 - 83.4	161
g. Practicing health-enhancing behaviors to avoid or reduce risks	-	-	18	92.4	83.4 - 96.7	26	78.3	73.2 - 82.6	118	83.0	79.2 - 86.3	162
h. Advocating for personal, family, and community health	-	-	18	88.5	78.9 - 94.1	26	77.5	72.2 - 82.1	117	81.2	77.1 - 84.8	161

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

6. Percentage of schools in which those who teach sexual health education are provided with each of the following materials.\*

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	95% Confidence		N	95% Confidence		N	95% Confidence		N	95% Confidence		N
	Percent	Interval		Percent	Interval		Percent	Interval		Percent	Interval	
a. Goals, objectives, and expected outcomes for sexual health education	-	-	17	86.3	75.0 - 93.0	22	63.9	57.9 - 69.5	86	69.5	64.6 - 74.0	125
b. A written health education curriculum that includes objectives and content addressing sexual health education	-	-	17	86.3	79.9 - 91.0	22	60.4	54.3 - 66.1	86	65.5	60.7 - 70.0	125
c. A chart describing the annual scope and sequence of instruction for sexual health education	-	-	17	72.7	61.3 - 81.7	22	45.9	40.2 - 51.7	86	50.7	45.8 - 55.6	125
d. Strategies that are age-appropriate, relevant, and actively engage students in learning	-	-	17	72.7	62.2 - 81.2	22	54.6	48.9 - 60.2	84	58.4	53.7 - 63.0	123
e. Methods to assess student knowledge and skills related to sexual health education	-	-	17	81.8	73.6 - 87.8	22	53.7	47.6 - 59.7	85	60.1	55.1 - 65.0	124

\*Among schools that teach sexual health education.

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

7. Percentage of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth.

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
	Interval	N		Interval	N		Interval	N		Interval	N
84.1	76.9 - 89.3	19	44.5	32.6 - 57.1	27	22.0	17.8 - 26.9	121	33.0	29.1 - 37.0	167

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

8. Percentage of schools in which health education instruction is required for students in any of grades 6 through 12.

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
73.4	57.8 - 84.8	19	78.7	70.8 - 85.0	28	89.2	85.3 - 92.1	125	85.7	82.3 - 88.5	172

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Alcohol- or other drug-use prevention	-	-	18	96.5	89.4 - 98.9	28	84.4	80.0 - 88.0	126	87.4	84.0 - 90.2	172
b. Asthma	-	-	16	37.1	28.8 - 46.2	27	32.2	28.4 - 36.4	125	32.3	28.8 - 36.0	168
c. Chronic disease prevention (e.g., diabetes, obesity prevention)	-	-	18	81.5	70.6 - 89.1	27	67.1	62.3 - 71.6	126	72.3	68.4 - 75.9	171
d. Emotional and mental health	-	-	18	89.1	82.1 - 93.6	27	78.3	73.6 - 82.4	126	82.4	78.8 - 85.5	171
e. Epilepsy or seizure disorder	-	-	16	23.0	15.6 - 32.5	26	27.1	23.0 - 31.7	124	25.6	22.1 - 29.5	166
f. Food allergies	-	-	17	53.9	42.4 - 65.1	26	41.6	36.8 - 46.5	125	42.8	38.6 - 47.1	168
g. Foodborne illness prevention	-	-	17	59.4	49.1 - 68.8	27	48.8	43.9 - 53.7	125	50.3	46.2 - 54.5	169
h. Human immunodeficiency virus (HIV) prevention	-	-	17	87.7	79.8 - 92.8	24	48.7	43.9 - 53.6	112	60.0	56.1 - 63.7	153
i. Human sexuality	-	-	17	80.2	73.5 - 85.6	25	43.5	38.4 - 48.7	113	55.1	51.0 - 59.0	155

- Results are suppressed due to insufficient number of respondents in subgroup.  
N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
j. Infectious disease prevention (e.g., influenza [flu] prevention)	-	-	17	77.9	67.5 - 85.7	27	66.2	61.4 - 70.8	126	67.9	63.8 - 71.8	170
k. Injury prevention and safety	-	-	18	77.8	66.2 - 86.3	27	77.5	72.3 - 82.0	124	78.8	74.7 - 82.5	169
l. Nutrition and dietary behavior	-	-	17	92.4	83.9 - 96.6	26	88.3	84.2 - 91.4	118	90.2	87.1 - 92.7	161
m. Physical activity and fitness	-	-	18	100.0	†	27	90.1	86.3 - 93.0	118	92.9	90.1 - 94.9	163
n. Pregnancy prevention	-	-	17	79.3	68.5 - 87.2	24	48.3	43.7 - 52.8	113	58.3	54.5 - 62.0	154
o. Sexually transmitted disease (STD) prevention	-	-	17	84.2	75.1 - 90.5	25	50.4	45.7 - 55.0	114	60.7	56.9 - 64.3	156
p. Suicide prevention	-	-	18	81.7	72.1 - 88.5	27	67.6	63.3 - 71.5	126	72.1	68.6 - 75.3	171
q. Tobacco-use prevention	-	-	18	92.8	87.4 - 96.0	27	84.2	79.7 - 87.9	124	86.7	83.2 - 89.5	169
r. Violence prevention (e.g., bullying, fighting, dating violence prevention)	-	-	18	92.8	87.4 - 96.0	27	80.3	75.6 - 84.2	125	83.8	80.2 - 86.8	170

- Results are suppressed due to insufficient number of respondents in subgroup.

† Confidence intervals not applicable for 0 percent or 100 percent.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
a. Identifying tobacco products and the harmful substances they contain	-	-	18	85.9	77.8 - 91.4	28	71.4	66.3 - 75.9	122	75.1	71.0 - 78.7	168
b. Identifying short- and long-term health consequences of tobacco use	-	-	18	85.9	77.8 - 91.4	28	72.5	67.0 - 77.4	123	75.9	71.5 - 79.7	169
c. Identifying social, economic, and cosmetic consequences of tobacco use	-	-	18	78.7	68.7 - 86.2	28	66.7	61.1 - 71.9	122	70.5	66.0 - 74.6	168
d. Understanding the addictive nature of nicotine	-	-	18	82.3	73.1 - 88.9	28	69.4	63.8 - 74.4	123	73.0	68.6 - 77.0	169
e. Effects of nicotine on the adolescent brain	-	-	18	74.2	63.0 - 83.0	27	61.8	56.2 - 67.1	123	65.5	60.9 - 69.9	168
f. Effects of tobacco use on athletic performance	-	-	18	74.2	65.4 - 81.4	27	65.2	60.1 - 70.1	123	66.1	61.9 - 70.2	168
g. Effects of second-hand smoke and benefits of a smoke-free environment	-	-	18	85.9	77.8 - 91.4	28	69.7	64.3 - 74.6	122	73.9	69.6 - 77.7	168
h. Understanding the social influences on tobacco use, including media, family, peers, and culture	-	-	18	75.2	66.7 - 82.0	28	68.6	63.1 - 73.6	123	70.7	66.3 - 74.7	169
i. Identifying reasons why students do and do not use tobacco	-	-	18	82.3	73.1 - 88.9	28	66.9	61.4 - 72.0	122	71.2	66.9 - 75.3	168
j. Making accurate assessments of how many peers use tobacco	-	-	18	60.8	51.0 - 69.8	28	50.9	45.4 - 56.4	123	52.4	47.8 - 57.0	169

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
k. Using interpersonal communication skills to avoid tobacco use (e.g., refusal skills, assertiveness)	-	-	18	78.7	68.7 - 86.2	28	66.1	60.8 - 71.1	123	70.1	65.8 - 74.1	169
l. Using goal-setting and decision-making skills related to not using tobacco	-	-	18	75.3	66.7 - 82.2	28	60.6	55.4 - 65.6	123	64.9	60.7 - 69.0	169
m. Finding valid information and services related to tobacco-use prevention and cessation	-	-	18	59.4	51.2 - 67.2	27	55.5	50.3 - 60.6	123	58.0	53.7 - 62.1	168
n. Supporting others who abstain from or want to quit using tobacco	-	-	17	64.4	53.5 - 74.0	28	58.8	53.7 - 63.7	122	60.9	56.5 - 65.2	167
o. Identifying harmful effects of tobacco use on fetal development	-	-	17	70.5	60.7 - 78.7	27	60.9	55.6 - 65.9	122	63.4	59.0 - 67.7	166
p. Relationship between using tobacco and alcohol or other drugs	-	-	17	75.2	66.7 - 82.0	28	63.0	57.3 - 68.3	123	66.4	61.8 - 70.7	168
q. How addiction to tobacco use can be treated	-	-	17	64.4	53.5 - 74.0	28	63.6	58.5 - 68.5	123	65.1	60.7 - 69.2	168
r. Understanding school policies and community laws related to the sale and use of tobacco products	-	-	17	69.4	59.1 - 78.0	26	64.7	59.4 - 69.6	124	66.0	61.6 - 70.2	167
s. Benefits of tobacco cessation programs	-	-	18	54.0	44.3 - 63.4	26	56.3	51.0 - 61.6	123	58.4	54.1 - 62.6	167

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

10N. Percentage of schools that taught all 19 tobacco-use prevention topics during the current school year.\*

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
-	-	17	34.7	26.5 - 44.0	26	37.8	32.5 - 43.3	123	37.1	32.7 - 41.7	166

\*Responses to question 10 a through s all are "yes."

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
a. How HIV and other STDs are transmitted	§	§	§	83.0	76.9 - 87.7	23	29.3	24.2 - 34.9	89	40.1	35.6 - 44.9	112
b. Health consequences of HIV, other STDs, and pregnancy	§	§	§	82.2	75.7 - 87.3	22	29.3	24.2 - 34.9	89	39.6	35.0 - 44.4	111
c. The benefits of being sexually abstinent	§	§	§	86.8	84.8 - 88.5	22	27.2	22.1 - 32.9	88	39.0	34.4 - 43.7	110
d. How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy	§	§	§	78.6	70.0 - 85.2	23	25.4	20.3 - 31.3	90	36.1	31.4 - 41.1	113
e. The influences of family, peers, media, technology and other factors on sexual risk behaviors	§	§	§	74.3	64.9 - 81.8	23	28.9	23.4 - 35.2	90	38.0	33.1 - 43.3	113
f. Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy	§	§	§	78.6	71.0 - 84.6	23	24.8	19.7 - 30.7	89	35.7	31.1 - 40.5	112

§ Grade is not applicable for type of school.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
g. Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy	§	§	§	77.6	69.6 - 84.0	22	24.3	19.2 - 30.3	90	34.6	29.9 - 39.7	112
h. Influencing and supporting others to avoid or reduce sexual risk behaviors	§	§	§	78.6	71.0 - 84.6	23	25.7	20.4 - 31.8	89	36.4	31.7 - 41.4	112
i. Efficacy of condoms, that is, how well condoms work and do not work	§	§	§	68.5	56.2 - 78.6	22	22.1	17.3 - 27.8	89	31.2	26.4 - 36.5	111
j. The importance of using condoms consistently and correctly	§	§	§	76.6	68.0 - 83.4	21	19.7	15.3 - 25.0	89	30.4	26.1 - 35.1	110
k. How to obtain condoms	§	§	§	62.2	52.9 - 70.6	21	17.5	13.6 - 22.2	88	26.0	22.1 - 30.3	109
l. How to correctly use a condom	§	§	§	43.1	30.5 - 56.6	21	14.1	10.5 - 18.7	88	19.6	15.8 - 24.1	109

§ Grade is not applicable for type of school.

N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
m. Methods of contraception other than condoms	§	§	§	74.2	63.9 - 82.4	23	20.2	15.7 - 25.5	88	31.2	26.8 - 36.0	111
n. The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy	§	§	§	75.4	66.2 - 82.7	20	18.6	14.3 - 23.9	88	28.9	24.6 - 33.8	108
o. How to create and sustain healthy and respectful relationships	§	§	§	87.3	85.7 - 88.8	23	36.4	30.1 - 43.3	82	47.4	42.1 - 52.8	105
p. The importance of limiting the number of sexual partners	§	§	§	68.5	57.2 - 78.0	22	22.6	17.7 - 28.4	88	31.7	26.9 - 36.9	110
q. Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health	§	§	§	71.8	61.3 - 80.4	21	23.3	18.6 - 28.8	88	32.5	27.9 - 37.5	109
r. Sexual orientation	§	§	§	28.7	18.7 - 41.4	21	19.1	14.7 - 24.4	87	20.9	16.7 - 25.8	108
s. Gender roles, gender identity, or gender expression	§	§	§	35.2	24.7 - 47.3	20	19.5	14.9 - 25.0	85	22.4	18.1 - 27.4	105

§ Grade is not applicable for type of school.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence		Percent	95% Confidence		Percent	95% Confidence		Percent	95% Confidence	
		Interval	N		Interval	N		Interval	N		Interval	N
a. How HIV and other STDs are transmitted	-	-	18	§	§	§	53.0	48.0 - 57.9	101	58.6	54.1 - 62.9	119
b. Health consequences of HIV, other STDs, and pregnancy	-	-	18	§	§	§	51.5	46.8 - 56.2	102	57.3	53.0 - 61.4	120
c. The benefits of being sexually abstinent	-	-	18	§	§	§	51.5	46.1 - 56.9	100	57.4	52.6 - 62.1	118
d. How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy	-	-	18	§	§	§	45.7	41.3 - 50.1	109	51.2	47.1 - 55.3	127
e. The influences of family, peers, media, technology and other factors on sexual risk behaviors	-	-	17	§	§	§	46.2	41.2 - 51.4	103	53.2	48.6 - 57.8	120
f. Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy	-	-	18	§	§	§	48.6	43.4 - 53.8	102	54.0	49.3 - 58.6	120

- Results are suppressed due to insufficient number of respondents in subgroup.

§ Grade is not applicable for type of school.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
g. Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy	-	-	18	§	§	§	45.6	40.8 - 50.5	102	52.3	47.9 - 56.7	120
h. Influencing and supporting others to avoid or reduce sexual risk behaviors	-	-	18	§	§	§	44.2	39.3 - 49.1	103	51.0	46.6 - 55.4	121
i. Efficacy of condoms, that is, how well condoms work and do not work	-	-	18	§	§	§	39.3	34.7 - 44.1	108	46.6	42.4 - 50.9	126
j. The importance of using condoms consistently and correctly	-	-	18	§	§	§	34.6	29.4 - 40.1	107	41.9	37.1 - 46.8	125
k. How to obtain condoms	-	-	18	§	§	§	32.3	27.6 - 37.3	109	39.0	34.5 - 43.6	127
l. How to correctly use a condom	-	-	18	§	§	§	27.6	22.9 - 32.9	109	34.2	29.7 - 39.1	127

- Results are suppressed due to insufficient number of respondents in subgroup.

§ Grade is not applicable for type of school.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
m. Methods of contraception other than condoms	-	-	18	§	§	§	36.7	32.3 - 41.4	108	43.6	39.5 - 47.9	126
n. The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy	-	-	18	§	§	§	34.7	29.6 - 40.3	107	42.0	37.2 - 47.0	125
o. How to create and sustain healthy and respectful relationships	-	-	17	§	§	§	51.5	46.1 - 56.8	100	57.9	53.1 - 62.5	117
p. The importance of limiting the number of sexual partners	-	-	18	§	§	§	43.3	38.4 - 48.3	101	49.5	45.0 - 54.1	119
q. Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health	-	-	18	§	§	§	45.3	40.6 - 50.1	103	52.0	47.7 - 56.3	121
r. Sexual orientation	-	-	18	§	§	§	29.4	24.9 - 34.2	107	34.9	30.8 - 39.3	125
s. Gender roles, gender identity, or gender expression	-	-	18	§	§	§	31.6	26.9 - 36.7	105	36.0	31.6 - 40.7	123

- Results are suppressed due to insufficient number of respondents in subgroup.  
 § Grade is not applicable for type of school.  
 N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

11N\_1. Percentage of schools that taught all 19 HIV, STD, and pregnancy prevention topics in any of grades 6, 7, or 8 during the current school year.\*

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
§	§	§	10.1	4.5 - 21.3	20	10.4	7.5 - 14.3	87	10.4	7.6 - 13.9	107

\*Responses to question 11 a through s all are "yes."

§ Grade is not applicable for type of school.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

11N\_2. Percentage of schools that taught all 19 HIV, STD, and pregnancy prevention topics in any of grades 9, 10, 11, or 12 during the current school year.\*

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N
-	-	18	§	§	§	21.2	17.0 - 26.2	108	25.5	21.5 - 30.0	126

\*Responses to question 11 a through s all are "yes."

- Results are suppressed due to insufficient number of respondents in subgroup.

§ Grade is not applicable for type of school.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Comprehend concepts important to prevent HIV, other STDs, and pregnancy	§	§	§	69.9	60.0 - 78.2	23	24.9	19.8 - 30.7	88	34.0	29.4 - 39.0	111
b. Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors	§	§	§	62.7	51.3 - 72.9	24	26.2	20.8 - 32.3	88	33.9	29.0 - 39.2	112
c. Access valid information, products, and services to prevent HIV, other STDs, and pregnancy	§	§	§	61.1	50.0 - 71.2	23	21.3	16.7 - 26.8	88	29.4	25.1 - 34.2	111
d. Use interpersonal communication skills to avoid or reduce sexual risk behaviors	§	§	§	66.9	56.4 - 76.0	24	30.7	24.9 - 37.2	88	38.4	33.2 - 43.8	112
e. Use decision-making skills to prevent HIV, other STDs, and pregnancy	§	§	§	65.4	54.4 - 75.1	23	26.2	20.9 - 32.3	88	34.2	29.4 - 39.4	111
f. Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them	§	§	§	56.7	44.8 - 68.0	23	36.0	29.8 - 42.8	88	40.3	34.7 - 46.1	111
g. Influence and support others to avoid or reduce sexual risk behaviors	§	§	§	54.4	42.3 - 66.0	24	27.3	21.9 - 33.5	88	33.0	28.0 - 38.5	112

§ Grade is not applicable for type of school.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Comprehend concepts important to prevent HIV, other STDs, and pregnancy	-	-	18	§	§	§	51.9	46.6 - 57.2	110	57.3	52.5 - 61.9	128
b. Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors	-	-	18	§	§	§	47.5	42.2 - 52.8	110	52.7	48.0 - 57.3	128
c. Access valid information, products, and services to prevent HIV, other STDs, and pregnancy	-	-	18	§	§	§	39.8	35.1 - 44.6	109	45.3	41.1 - 49.6	127
d. Use interpersonal communication skills to avoid or reduce sexual risk behaviors	-	-	18	§	§	§	50.1	44.9 - 55.4	110	55.8	51.0 - 60.4	128
e. Use decision-making skills to prevent HIV, other STDs, and pregnancy	-	-	18	§	§	§	50.6	45.1 - 56.0	109	56.2	51.3 - 61.0	127
f. Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them	-	-	18	§	§	§	53.7	48.0 - 59.2	110	58.8	53.7 - 63.6	128
g. Influence and support others to avoid or reduce sexual risk behaviors	-	-	17	§	§	§	48.7	43.2 - 54.3	109	53.4	48.5 - 58.2	126

- Results are suppressed due to insufficient number of respondents in subgroup.

§ Grade is not applicable for type of school.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Benefits of healthy eating	-	-	18	89.0	79.7 - 94.3	27	84.3	79.9 - 87.9	114	86.9	83.5 - 89.7	159
b. Benefits of drinking plenty of water	-	-	18	88.6	79.0 - 94.1	26	83.5	79.2 - 87.0	114	86.3	82.9 - 89.0	158
c. Benefits of eating breakfast every day	-	-	18	88.1	78.1 - 93.9	25	80.9	76.3 - 84.8	114	84.3	80.7 - 87.3	157
d. Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate, MyPyramid)	-	-	18	85.3	75.1 - 91.7	27	73.2	67.6 - 78.1	119	76.9	72.5 - 80.8	164
e. Using food labels	-	-	18	84.7	74.2 - 91.4	26	69.2	63.8 - 74.1	119	75.2	70.9 - 79.0	163
f. Differentiating between nutritious and non-nutritious beverages	-	-	18	92.1	83.3 - 96.5	25	75.7	70.7 - 80.1	118	80.4	76.5 - 83.8	161
g. Balancing food intake and physical activity	-	-	17	92.4	83.9 - 96.6	26	77.0	71.8 - 81.5	117	82.0	78.1 - 85.4	160
h. Eating more fruits, vegetables, and whole grain products	-	-	17	89.0	79.7 - 94.3	27	78.9	74.1 - 83.0	118	82.9	79.2 - 86.0	162
i. Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)	-	-	18	88.6	79.0 - 94.1	26	72.3	66.9 - 77.2	118	76.1	71.8 - 80.0	162
j. Choosing foods, snacks, and beverages that are low in added sugars	-	-	18	92.4	83.9 - 96.6	26	75.6	70.5 - 80.1	118	80.4	76.5 - 83.9	162
k. Choosing foods and snacks that are low in sodium	-	-	18	80.9	69.5 - 88.7	26	68.0	62.3 - 73.3	118	72.5	67.9 - 76.6	162

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
l. Eating a variety of foods that are high in calcium	-	-	18	77.9	68.8 - 84.9	27	59.1	53.6 - 64.5	119	66.2	61.8 - 70.3	164
m. Eating a variety of foods that are high in iron	-	-	18	65.5	54.4 - 75.2	26	58.3	52.7 - 63.8	119	63.0	58.4 - 67.3	163
n. Food safety	78.8	70.0 - 85.5	19	66.7	55.1 - 76.6	27	65.6	59.9 - 70.9	119	67.4	62.8 - 71.6	165
o. Preparing healthy meals and snacks	-	-	18	73.1	60.4 - 82.9	26	71.3	65.6 - 76.5	119	74.9	70.3 - 79.0	163
p. Risks of unhealthy weight control practices	-	-	18	84.7	74.2 - 91.4	26	67.0	61.2 - 72.4	118	73.0	68.4 - 77.1	162
q. Accepting body size differences	-	-	18	80.8	69.4 - 88.7	26	64.2	58.4 - 69.5	117	70.3	65.7 - 74.5	161
r. Signs, symptoms, and treatment for eating disorders	-	-	18	73.1	62.6 - 81.5	26	55.3	49.6 - 60.9	118	62.7	58.1 - 67.0	162
s. Relationship between diet and chronic diseases	-	-	18	76.1	63.5 - 85.3	25	63.2	57.6 - 68.4	119	66.8	62.2 - 71.2	162
t. Assessing body mass index (BMI)	-	-	18	52.1	40.0 - 63.9	25	51.5	46.4 - 56.6	119	53.3	48.8 - 57.8	162

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

13N. Percentage of schools that taught all 20 nutrition and dietary behavior topics during the current school year.\*

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
-	-	18	38.5	28.7 - 49.4	26	41.3	36.5 - 46.3	120	41.9	37.7 - 46.2	164

\*Responses to question 13 a through t all are "yes."

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
a. Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease	100.0	†	19	92.7	84.5 - 96.7	27	78.5	73.7 - 82.7	115	83.5	79.9 - 86.6	161
b. Mental and social benefits of physical activity	100.0	†	19	92.7	84.5 - 96.7	27	81.0	76.4 - 84.9	114	85.3	81.9 - 88.2	160
c. Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)	100.0	†	19	88.6	78.5 - 94.3	26	80.9	76.0 - 84.9	114	84.5	80.7 - 87.6	159
d. Phases of a workout (i.e., warm-up, workout, cool down)	89.7	78.6 - 95.4	19	92.7	84.1 - 96.8	27	77.2	72.2 - 81.5	112	81.3	77.5 - 84.7	158
e. Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity	95.0	84.9 - 98.5	19	80.8	69.4 - 88.7	26	71.6	65.8 - 76.8	114	76.0	71.4 - 80.0	159
f. Decreasing sedentary activities (e.g., television viewing, using video games)	100.0	†	19	85.3	75.1 - 91.7	27	77.4	72.4 - 81.7	113	81.5	77.7 - 84.8	159
g. Preventing injury during physical activity	95.0	84.9 - 98.5	19	77.8	65.6 - 86.6	27	77.0	71.6 - 81.6	112	79.4	75.1 - 83.1	158

† Confidence intervals not applicable for 0 percent or 100 percent.  
N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		Interval	N		Interval	N		Interval	N		Interval	N
h. Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)	73.7	63.2 - 82.2	19	70.4	57.5 - 80.7	27	66.8	61.9 - 71.3	115	68.2	64.0 - 72.1	161
i. Dangers of using performance-enhancing drugs (e.g., steroids)	78.8	70.0 - 85.5	19	65.6	54.5 - 75.2	26	58.2	53.1 - 63.2	115	61.9	57.8 - 65.9	160
j. Increasing daily physical activity	100.0	†	19	92.7	84.1 - 96.8	27	82.4	77.5 - 86.5	112	86.4	82.7 - 89.4	158
k. Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)	89.4	77.2 - 95.4	19	92.7	84.1 - 96.8	27	78.3	73.1 - 82.7	113	82.0	78.0 - 85.5	159
l. Using safety equipment for specific physical activities	79.1	65.4 - 88.3	19	73.1	59.8 - 83.2	26	74.0	68.4 - 78.9	113	74.5	69.8 - 78.7	158
m. Benefits of drinking water before, during, and after physical activity	94.7	84.1 - 98.4	19	84.7	74.2 - 91.4	26	80.2	75.3 - 84.3	113	82.8	78.9 - 86.0	158

† Confidence intervals not applicable for 0 percent or 100 percent.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

14N. Percentage of schools that taught all 13 physical activity topics during the current school year.\*

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
57.8	46.6 - 68.3	19	50.1	36.6 - 63.6	26	48.0	42.8 - 53.2	115	49.5	45.0 - 54.1	160

\*Responses to question 14 a through m all are "yes."  
N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		Interval	N		Interval	N		Interval	N		Interval	N
a. Physical education staff	79.1	64.5 - 88.7	19	59.5	49.2 - 69.0	27	49.4	43.5 - 55.3	118	54.6	49.8 - 59.3	164
b. Health services staff (e.g., nurses)	68.7	59.3 - 76.8	19	38.6	27.8 - 50.7	26	49.7	43.8 - 55.6	119	50.3	45.5 - 55.0	164
c. Mental health or social services staff (e.g., psychologists, counselors, social workers)	58.1	45.7 - 69.6	19	46.3	33.7 - 59.4	26	50.8	45.1 - 56.6	117	51.0	46.1 - 55.9	162
d. Nutrition or food service staff	-	-	18	12.0	6.0 - 22.6	25	35.6	31.0 - 40.6	118	31.8	27.9 - 36.0	161
e. School health council, committee, or team	-	-	18	16.0	8.7 - 27.6	25	24.2	19.8 - 29.2	117	24.1	20.3 - 28.2	160

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

16. 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.

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. HIV prevention, STD prevention, or teen pregnancy prevention	-	-	18	16.1	9.0 - 27.1	25	15.7	12.3 - 19.9	116	17.2	14.1 - 20.8	159
b. Tobacco-use prevention	-	-	18	28.1	19.2 - 39.2	25	38.5	33.4 - 43.7	117	34.3	30.2 - 38.7	160
c. Alcohol- or other drug-use prevention	-	-	18	28.0	19.2 - 39.0	25	35.3	30.6 - 40.3	116	32.7	28.7 - 36.9	159
d. Physical activity	36.9	25.4 - 50.1	19	44.1	31.8 - 57.2	25	28.8	24.5 - 33.4	116	32.1	28.1 - 36.3	160
e. Nutrition and healthy eating	36.9	27.1 - 47.9	19	32.1	22.1 - 43.9	25	34.1	29.7 - 38.9	117	34.2	30.3 - 38.2	161
f. Asthma	-	-	18	12.4	6.4 - 22.8	24	13.2	10.0 - 17.2	116	12.8	10.1 - 16.2	158
g. Food allergies	-	-	18	23.1	14.2 - 35.2	26	13.5	10.5 - 17.3	115	15.4	12.5 - 19.0	159
h. Diabetes	-	-	17	11.9	6.1 - 21.9	25	18.0	14.4 - 22.3	117	17.0	13.9 - 20.7	159
i. Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)	-	-	18	56.0	43.7 - 67.7	25	45.7	40.8 - 50.6	117	46.5	42.2 - 50.8	160

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

17. Percentage of schools in which teachers have given students homework assignments or health education activities to do at home with their parents during the current school year.

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
-	-	17	50.1	40.0 - 60.3	28	29.9	25.6 - 34.5	117	35.2	31.5 - 39.1	162

- Results are suppressed due to insufficient number of respondents in subgroup.  
N = Unweighted number of observations

# ALASKA

## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Alcohol- or other drug-use prevention	42.2	28.3 - 57.4	19	28.5	19.6 - 39.6	28	33.4	29.0 - 38.2	116	33.7	29.7 - 37.9	163
b. Asthma	26.6	15.2 - 42.2	19	10.7	5.4 - 20.2	28	7.7	5.2 - 11.3	116	10.5	7.9 - 13.9	163
c. Chronic disease prevention (e.g., diabetes, obesity prevention)	31.6	18.8 - 47.9	19	24.9	15.7 - 37.3	28	15.8	12.2 - 20.2	116	19.2	15.7 - 23.3	163
d. Emotional and mental health	47.5	34.3 - 61.1	19	39.4	27.8 - 52.2	28	49.1	43.8 - 54.4	117	47.3	42.7 - 51.9	164
e. Epilepsy or seizure disorder	26.6	17.3 - 38.5	19	7.4	3.2 - 16.2	27	14.6	11.2 - 18.9	116	14.9	12.0 - 18.4	162
f. Food allergies	20.9	11.3 - 35.5	19	21.4	13.0 - 33.1	28	13.8	10.3 - 18.2	116	15.9	12.6 - 19.9	163
g. Foodborne illness prevention	26.3	15.5 - 40.9	19	17.8	10.4 - 28.9	28	22.1	17.9 - 27.0	116	21.9	18.2 - 26.1	163
h. HIV prevention	26.3	15.0 - 41.7	19	18.5	10.7 - 29.9	27	20.6	16.2 - 25.8	116	20.9	17.1 - 25.3	162
i. Human sexuality	20.9	11.3 - 35.4	19	28.5	19.6 - 39.6	28	14.8	11.2 - 19.4	116	17.9	14.5 - 21.9	163

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
j. Infectious disease prevention (e.g., flu prevention)	36.9	22.6 - 53.9	19	32.1	22.3 - 43.8	28	40.6	35.1 - 46.4	116	38.7	34.0 - 43.7	163
k. Injury prevention and safety	41.9	28.0 - 57.2	19	28.5	18.4 - 41.4	28	44.3	39.1 - 49.6	117	41.4	36.8 - 46.0	164
l. Nutrition and dietary behavior	36.9	24.6 - 51.2	19	28.5	18.4 - 41.4	28	21.2	16.9 - 26.2	117	24.3	20.4 - 28.7	164
m. Physical activity and fitness	52.8	35.8 - 69.2	19	29.6	20.6 - 40.5	27	25.9	21.6 - 30.7	117	29.8	25.7 - 34.2	163
n. Pregnancy prevention	20.9	11.3 - 35.4	19	11.0	5.5 - 20.7	27	8.6	5.9 - 12.3	116	10.5	7.9 - 13.8	162
o. STD prevention	20.9	11.3 - 35.4	19	7.4	3.2 - 16.2	27	11.6	8.4 - 15.8	115	12.1	9.2 - 15.6	161
p. Suicide prevention	68.4	55.2 - 79.2	19	60.6	48.4 - 71.7	28	60.3	55.0 - 65.3	117	61.3	56.8 - 65.6	164
q. Tobacco-use prevention	26.3	15.0 - 41.7	19	17.9	10.4 - 29.1	28	31.9	27.2 - 36.9	116	28.8	24.9 - 33.1	163
r. Violence prevention (e.g., bullying, fighting, dating violence prevention)	52.8	37.9 - 67.2	19	53.6	41.8 - 64.9	28	54.3	49.0 - 59.6	116	54.0	49.4 - 58.6	163

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Teaching students with physical, medical, or cognitive disabilities	26.6	15.2 - 42.2	19	46.3	35.0 - 58.1	28	60.1	54.5 - 65.5	116	53.7	49.0 - 58.4	163
b. Teaching students of various cultural backgrounds	36.9	23.3 - 52.9	19	46.5	34.5 - 58.9	28	67.6	62.2 - 72.5	117	60.3	55.6 - 64.8	164
c. Teaching students with limited English proficiency	10.6	4.6 - 22.8	19	37.0	25.8 - 49.8	27	55.9	50.3 - 61.4	117	47.3	42.7 - 51.9	163
d. Teaching students of different sexual orientations or gender identities	10.6	4.6 - 22.8	19	15.5	8.6 - 26.1	26	14.6	11.0 - 19.1	117	14.3	11.2 - 18.0	162
e. Using interactive teaching methods (e.g., role plays, cooperative group activities)	42.5	29.3 - 56.8	19	64.4	55.4 - 72.4	28	53.7	48.1 - 59.3	115	54.1	49.6 - 58.7	162
f. Encouraging family or community involvement	21.2	11.5 - 35.9	19	46.3	35.0 - 58.1	28	58.0	52.5 - 63.2	116	51.5	47.0 - 56.1	163
g. Teaching skills for behavior change	20.9	11.3 - 35.5	19	39.3	30.5 - 48.8	28	45.2	39.7 - 50.8	116	41.2	36.8 - 45.8	163
h. Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)	42.2	30.7 - 54.6	19	64.3	53.7 - 73.7	28	64.5	58.4 - 70.1	116	61.7	56.9 - 66.4	163
i. Assessing or evaluating students in health education	20.9	11.3 - 35.5	19	28.6	23.1 - 34.9	28	26.1	21.5 - 31.3	116	25.9	22.2 - 30.0	163

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Aligning lessons and materials with the district scope and sequence for sexual health education	26.3	17.2 - 38.0	19	19.1	11.3 - 30.5	26	9.7	7.1 - 13.2	116	13.2	10.6 - 16.5	161
b. Creating a comfortable and safe learning environment for students receiving sexual health education	20.9	11.3 - 35.4	19	22.1	14.8 - 31.9	27	8.8	6.4 - 12.1	116	12.5	9.9 - 15.6	162
c. Connecting students to on-site or community-based sexual health services	26.3	15.0 - 41.7	19	11.4	5.7 - 21.5	26	8.0	5.7 - 11.2	116	10.8	8.3 - 14.0	161
d. Using a variety of effective instructional strategies to deliver sexual health education	20.9	11.3 - 35.5	19	15.3	8.6 - 25.8	26	7.8	5.3 - 11.2	116	10.6	8.0 - 13.9	161
e. Building student skills in HIV, other STD, and pregnancy prevention	15.6	7.8 - 29.0	19	11.4	5.7 - 21.5	26	7.1	4.7 - 10.5	116	8.8	6.5 - 11.9	161
f. Assessing student knowledge and skills in sexual health education	20.9	11.3 - 35.5	19	11.4	5.7 - 21.5	26	5.2	3.3 - 8.3	116	8.2	5.9 - 11.2	161
g. Understanding current district or school board policies or curriculum guidance regarding sexual health education	20.9	11.3 - 35.5	19	26.9	16.8 - 40.2	26	8.8	6.1 - 12.5	116	13.2	10.2 - 16.8	161

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Alcohol- or other drug-use prevention	-	-	18	59.3	48.4 - 69.4	27	61.4	56.3 - 66.4	117	60.4	56.0 - 64.6	162
b. Asthma	-	-	18	35.7	25.0 - 48.0	28	46.1	40.8 - 51.6	115	40.9	36.4 - 45.5	161
c. Chronic disease prevention (e.g., diabetes, obesity prevention)	-	-	18	60.8	52.3 - 68.8	28	60.3	55.5 - 64.9	116	58.5	54.5 - 62.4	162
d. Emotional and mental health	-	-	18	70.4	58.8 - 79.8	27	78.8	73.7 - 83.2	115	75.3	71.1 - 79.2	160
e. Epilepsy or seizure disorder	-	-	18	33.4	24.5 - 43.8	27	46.3	40.7 - 51.9	115	43.2	38.7 - 47.8	160
f. Food allergies	-	-	17	44.5	33.3 - 56.2	27	50.3	45.2 - 55.5	115	48.3	44.0 - 52.6	159
g. Foodborne illness prevention	-	-	17	33.4	25.0 - 43.1	27	44.4	39.4 - 49.6	115	42.3	38.1 - 46.6	159
h. HIV prevention	-	-	18	42.9	33.1 - 53.2	28	50.4	45.2 - 55.6	115	47.8	43.5 - 52.1	161
i. Human sexuality	-	-	18	57.2	46.7 - 67.1	28	53.0	47.7 - 58.2	115	55.2	51.0 - 59.5	161
j. Infectious disease prevention (e.g., flu prevention)	-	-	18	40.7	29.1 - 53.5	27	54.7	49.8 - 59.4	115	51.8	47.5 - 56.1	160
k. Injury prevention and safety	-	-	18	48.2	36.9 - 59.8	27	47.5	42.5 - 52.5	115	46.6	42.2 - 51.1	160

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
l. Nutrition and dietary behavior	-	-	18	59.4	48.4 - 69.5	27	60.2	54.7 - 65.4	116	58.2	53.5 - 62.8	161
m. Physical activity and fitness	-	-	18	46.5	36.5 - 56.8	28	63.5	58.2 - 68.5	116	58.4	54.0 - 62.7	162
n. Pregnancy prevention	-	-	18	40.7	32.1 - 50.0	27	52.7	48.0 - 57.4	115	47.8	43.9 - 51.8	160
o. STD prevention	-	-	17	48.2	37.6 - 59.0	27	53.6	49.0 - 58.1	115	50.7	46.6 - 54.8	159
p. Suicide prevention	-	-	18	66.7	56.4 - 75.6	27	66.7	61.5 - 71.5	115	65.4	61.1 - 69.4	160
q. Tobacco-use prevention	-	-	18	55.6	44.0 - 66.7	27	59.6	54.5 - 64.5	116	57.2	52.7 - 61.6	161
r. Violence prevention (e.g., bullying, fighting, dating violence prevention)	-	-	18	77.0	67.0 - 84.6	26	66.5	61.2 - 71.3	116	67.5	63.1 - 71.6	160

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Teaching students with physical, medical, or cognitive disabilities	-	-	18	64.2	53.5 - 73.6	28	62.9	57.6 - 67.8	116	62.9	58.5 - 67.0	162
b. Teaching students of various cultural backgrounds	-	-	18	39.4	29.6 - 50.1	28	58.3	53.3 - 63.1	116	54.1	49.9 - 58.3	162
c. Teaching students with limited English proficiency	-	-	18	46.4	35.0 - 58.2	28	49.8	44.4 - 55.2	115	48.6	44.1 - 53.2	161
d. Teaching students of different sexual orientations or gender identities	-	-	18	46.6	36.5 - 56.9	28	46.2	41.2 - 51.1	115	48.0	43.9 - 52.1	161
e. Using interactive teaching methods (e.g., role plays, cooperative group activities)	-	-	18	44.5	32.6 - 57.1	27	59.5	54.6 - 64.3	116	55.9	51.6 - 60.2	161
f. Encouraging family or community involvement	-	-	18	60.7	47.8 - 72.2	28	67.2	62.9 - 71.3	117	64.8	60.7 - 68.7	163
g. Teaching skills for behavior change	-	-	18	74.1	63.4 - 82.5	27	77.2	72.6 - 81.1	115	76.7	72.8 - 80.3	160
h. Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)	-	-	18	64.3	51.9 - 74.9	28	66.8	61.9 - 71.3	115	65.1	60.8 - 69.1	161
i. Assessing or evaluating students in health education	-	-	18	57.4	47.9 - 66.4	28	62.3	57.2 - 67.2	114	61.3	57.0 - 65.5	160

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

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### 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

23. 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.

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		N			N			N			N	
a. Aligning lessons and materials with the district scope and sequence for sexual health education	-	-	18	50.2	40.9 - 59.5	28	55.7	50.6 - 60.7	115	54.1	49.9 - 58.2	161
b. Creating a comfortable and safe learning environment for students receiving sexual health education	-	-	18	53.8	43.5 - 63.7	28	60.4	55.0 - 65.5	115	57.4	52.8 - 61.8	161
c. Connecting students to on-site or community-based sexual health services	-	-	18	46.6	35.1 - 58.4	28	53.9	48.8 - 58.8	115	52.8	48.5 - 57.1	161
d. Using a variety of effective instructional strategies to deliver sexual health education	-	-	18	52.1	41.3 - 62.7	27	60.0	54.3 - 65.4	114	58.8	54.1 - 63.3	159
e. Building student skills in HIV, other STD, and pregnancy prevention	-	-	18	53.8	42.0 - 65.2	28	59.5	54.2 - 64.7	115	58.1	53.5 - 62.5	161
f. Assessing student knowledge and skills in sexual health education	-	-	18	46.6	36.6 - 57.0	28	57.8	52.0 - 63.3	115	55.6	50.9 - 60.2	161
g. Understanding current district or school board policies or curriculum guidance regarding sexual health education	-	-	18	50.2	39.2 - 61.1	28	60.9	55.9 - 65.8	115	58.5	54.1 - 62.7	161

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

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

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		Interval	N		Interval	N		Interval	N		Interval	N
a. Health and physical education combined	36.6	24.1 - 51.1	19	17.9	10.4 - 29.0	28	11.6	8.5 - 15.8	118	15.7	12.5 - 19.5	165
b. Health education	5.3	1.7 - 15.0	19	10.7	5.4 - 20.2	28	0.0	†	118	2.4	1.4 - 4.3	165
c. Physical education	10.6	4.6 - 22.8	19	21.5	13.1 - 33.3	28	3.5	2.0 - 6.2	118	7.4	5.3 - 10.2	165
d. Other education degree	10.6	4.6 - 22.8	19	14.2	8.0 - 24.1	28	40.9	35.8 - 46.2	118	32.8	28.9 - 37.0	165
e. Kinesiology, exercise science, or exercise physiology	10.6	4.6 - 22.8	19	0.0	†	28	0.0	†	118	1.3	0.6 - 2.9	165
f. Home economics or family and consumer science	0.0	†	19	3.6	1.1 - 10.9	28	1.8	0.8 - 4.1	118	1.9	1.0 - 3.7	165
g. Biology or other science	20.9	11.3 - 35.5	19	14.1	8.4 - 22.7	28	18.7	15.0 - 23.0	118	18.2	15.0 - 21.8	165
h. Nursing	0.0	†	19	0.0	†	28	0.0	†	118	0.0	†	165
i. Counseling	0.0	†	19	0.0	†	28	0.8	0.3 - 2.6	118	0.6	0.2 - 1.9	165
j. Public health	0.0	†	19	0.0	†	28	0.0	†	118	0.0	†	165
k. Nutrition	0.0	†	19	0.0	†	28	0.8	0.3 - 2.5	118	0.6	0.2 - 1.8	165
l. Other	5.3	1.6 - 15.9	19	17.9	11.8 - 26.3	28	21.8	17.5 - 26.8	118	19.2	15.8 - 23.0	165

† Confidence intervals not applicable for 0 percent or 100 percent.

N = Unweighted number of observations

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

25. Percentage of schools in which the lead health education teacher is certified, licensed, or endorsed by the state to teach health education in middle school or high school.

High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N	Percent	95% Confidence Interval	N
68.4	59.0 - 76.6	19	54.0	43.3 - 64.4	26	20.6	16.7 - 25.2	118	31.7	28.1 - 35.5	163

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## 2016 School Health Profiles Report Weighted Lead Health Education Teacher Survey Results

26. 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.

	High Schools			Middle Schools			Junior/Senior High Schools			All Schools		
	Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval		Percent	95% Confidence Interval	
		Interval	N		Interval	N		Interval	N		Interval	N
a. 1 year	-	-	18	7.7	3.3 - 16.8	26	21.5	17.4 - 26.3	115	18.0	14.7 - 21.8	159
b. 2 to 5 years	-	-	18	34.6	24.7 - 46.0	26	50.3	45.2 - 55.5	115	45.1	40.7 - 49.6	159
c. 6 to 9 years	-	-	18	23.1	15.7 - 32.7	26	12.9	9.7 - 16.9	115	14.4	11.5 - 17.7	159
d. 10 to 14 years	-	-	18	19.1	11.7 - 29.6	26	5.3	3.3 - 8.4	115	9.6	7.1 - 12.7	159
e. 15 years or more	-	-	18	15.5	8.4 - 26.6	26	9.9	7.0 - 13.9	115	12.9	10.0 - 16.6	159

- Results are suppressed due to insufficient number of respondents in subgroup.

N = Unweighted number of observations