

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
School Health Coordination														
Percentage of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:														
Nutrition						27.0	26.3	26.1	27.5	29.4	36.3	No linear change	No quadratic change	No change
Tobacco-use prevention						27.7	27.4	26.9	27.5	26.3	38.6	No linear change	No quadratic change	Increased
Unintentional injury and violence prevention (safety)						24.6	21.5	24.1	23.7	28.3	No linear change	Not available	No change	

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:															
Health education						19.9	16.8	15.5	19.8	21.0		No linear change	Not available	No change	
Physical education									15.0	23.1	19.8		No linear change	Not available	No change
Physical activity									13.9	19.9	21.0		No linear change	Not available	No change
School meal programs									11.8	17.1	16.8		No linear change	Not available	No change
Foods and beverages available at school outside the school meal programs									14.0	12.0	13.3		No linear change	Not available	No change
Health services						15.0	12.9	11.3	15.2	11.6		No linear change	Not available	No change	
Counseling, psychological, and social services										32.2	34.1		No linear change	Not available	No change
Physical environment										33.1	39.7		No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:														
Social and emotional climate										55.0	58.2	No linear change	Not available	No change
Family engagement										60.6	65.2	No linear change	Not available	No change
Community involvement										61.3	65.5	No linear change	Not available	No change
Employee wellness										21.3	18.9	No linear change	Not available	No change
Percentage of schools that reviewed health and safety data as part of school's improvement planning process*								50.5	56.1	59.8	73.1	Increased, 2012-2018	Not available	Increased
Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities						75.5	71.0	61.5	60.7	66.6	72.0	No linear change	Decreased, 2008-2014 Increased, 2014-2018	No change

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

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools that have one or more than one group (e.g., a school health council, committee, team) that offers guidance on the development of policies or coordinates activities on health topics					48.7	33.5	33.1	32.2	33.8	35.7	29.4	Decreased, 2006-2018	Decreased, 2006-2010 No change, 2010-2018	No change	
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*															
Identified student health needs based on a review of relevant data									50.8	46.0	80.7	59.4	Increased, 2012-2018	Not available	Decreased
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team									58.0	49.8	77.7	56.0	No linear change	Not available	Decreased
Sought funding or leveraged resources to support health and safety priorities for students and staff									71.2	53.5	63.2	55.8	No linear change	Not available	No change

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

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*														
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members								74.2	74.6	85.8	76.7	No linear change	Not available	No change
Reviewed health-related curricula or instructional materials								67.5	54.4	78.5	66.1	No linear change	Not available	No change
Assessed the availability of physical activity opportunities for students									68.8	73.0	87.4	Increased, 2014-2018	Not available	No change
Developed a written plan for implementing a Comprehensive School Physical Activity Program (a multi-component approach that provides opportunities for students to be physically active before, during, and after school)										27.1	30.2	No linear change	Not available	No change

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

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
School Connectedness														
Percentage of schools that have any clubs that give students opportunities to learn about people different from them, such as students with disabilities, homeless youth, or people from different cultures									33.3	33.9	33.9	No linear change	Not available	No change
Percentage of schools that offer each of the following activities for students to learn about people different from them, such as students with disabilities, homeless youth, or people from different cultures:														
Lessons in class									81.0	80.1	78.7	No linear change	Not available	No change
Special events sponsored by the school or community organizations (e.g., multicultural week, family night)									57.1	53.1	64.9	No linear change	Not available	Increased

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Sexual Orientation														
Percentage of schools that have a student-led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity						16.5	20.3	19.5	19.8	26.2	18.6	No linear change	No quadratic change	No change
Percentage of schools that engage in the following LGBTQ youth-related practices:														
Identify “safe spaces” (e.g., a counselor’s office, designated classroom, or student organization) where LGBTQ youth can receive support from administrators, teachers, or other school staff						34.8	29.3	39.2	47.5	44.2		Increased, 2010-2018	Not available	No change
Prohibit harassment based on a student’s perceived or actual sexual orientation or gender identity						71.9	70.6	75.9	85.7	86.8		Increased, 2010-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that engage in the following LGBTQ youth-related practices:														
Encourage staff to attend professional development on safe and supportive school environments for all students, regardless of sexual orientation or gender identity						48.7	41.9	45.0	62.8	64.1	Increased, 2010-2018	Not available	No change	
Facilitate access to providers not on school property who have experience in providing health services, including HIV/STD testing and counseling, to LGBTQ youth						40.1	43.0	36.6	44.2	48.1	No linear change	Not available	No change	
Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth						39.8	39.8	32.4	51.7	52.3	Increased, 2010-2018	Not available	No change	
LGBTQ. Percentage of schools that implement HIV, other STD, and pregnancy prevention strategies that meet the needs of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth						4.3	3.2	3.1	10.4	11.4	Increased, 2010-2018	Not available	No change	

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Bullying and Sexual Harassment														
Percentage of schools in which staff received professional development on preventing, identifying, and responding to student bullying and sexual harassment, including electronic aggression									83.6	88.4	85.1	No linear change	Not available	No change
Percentage of schools that have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression									78.2	84.7	79.9	No linear change	Not available	No change
Percentage of schools that use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression									75.8	79.2	78.8	No linear change	Not available	No change
SSE PM 4. Percentage of schools that prevent bullying and sexual harassment, including electronic aggression, among all students									27.0	20.9	28.3	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Required Physical Education														
Percentage of schools that taught required physical education in the following grades:*														
6th grade				75.6	75.3	84.3	91.2	88.4	82.8	90.4	87.9	Increased, 2004-2018	No quadratic change	No change
7th grade				80.7	77.7	83.0	91.9	89.4	85.3	93.8	87.2	Increased, 2004-2018	No quadratic change	No change
8th grade				80.3	76.7	85.0	91.2	91.8	86.1	92.4	86.8	Increased, 2004-2018	Increased, 2004-2010 No change, 2010-2018	No change
9th grade				86.4	86.2	91.7	92.2	86.2	87.9	92.1	92.1	No linear change	No quadratic change	No change
10th grade				75.0	78.9	82.1	82.0	75.0	73.6	84.9	80.6	No linear change	No quadratic change	No change
11th grade				64.9	58.0	74.6	74.5	67.7	63.3	83.7	71.8	Increased, 2004-2018	No quadratic change	Decreased
12th grade				63.3	49.9	74.6	74.6	65.6	61.7	82.0	73.8	Increased, 2004-2018	No quadratic change	No change

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

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Physical Education and Physical Activity														
Percentage of schools in which physical education teachers or specialists received professional development on physical education or physical activity during the past year									38.2	39.4	36.9	No linear change	Not available	No change
Percentage of schools in which those who teach physical education are provided with the following materials:														
Goals, objectives, and expected outcomes for physical education						79.4	67.8	64.3	73.8	72.0	74.6	No linear change	Decreased, 2008-2012 No change, 2012-2018	No change
A chart describing the annual scope and sequence of instruction for physical education						56.0	51.7	45.3	53.2	51.3	50.0	No linear change	No quadratic change	No change
Plans for how to assess student performance in physical education						59.6	52.2	49.3	57.8	58.9	53.3	No linear change	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which those who teach physical education are provided with the following materials:														
A written physical education curriculum						70.7	60.6	53.1	64.6	66.3	61.6	No linear change	Decreased, 2008-2012 No change, 2012-2018	No change
Resources for fitness testing									60.3	66.0	62.5	No linear change	Not available	No change
Physical activity monitoring devices, such as pedometers or heart rate monitors, for physical education									40.3	36.3	36.7	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which students participate in physical activity breaks in classrooms during the school day outside of physical education							60.4	65.1	77.4	84.8		Increased, 2012-2018	Not available	Increased
Percentage of schools that offer opportunities for all students to participate in intramural sports programs or physical activity clubs						83.3	82.4	76.7	77.4	80.3	76.4	No linear change	No quadratic change	No change
Percentage of schools that offer interscholastic sports to students								86.8	82.6	81.8	81.6	No linear change	Not available	No change
Percentage of schools that offer opportunities for students to participate in physical activity before the school day through organized physical activities or access to facilities or equipment for physical activity									50.3	56.6	59.9	No linear change	Not available	No change
Percentage of schools that have a joint use agreement for shared use of school or community physical activity facilities								70.8	72.1	68.6	75.2	No linear change	Not available	No change
CSPAP (2.6.03). Percentage of schools that have established, implemented, or evaluated CSPAP									5.3	5.9	6.1	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Tobacco-Use Prevention Policies														
Percentage of schools that have adopted a policy prohibiting tobacco use			99.4	97.0	94.3	96.3	99.3	97.9	99.0	97.0	97.7	No linear change	No quadratic change	No change
Percentage of schools that prohibit tobacco use by students, staff, and visitors in school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events, applicable 24 hours a day and seven days a week			36.4	31.4	26.8	40.7	46.6	39.1	50.4	45.7	55.8	Increased, 2002-2018	No quadratic change	No change
Percentage of schools that post signs marking a tobacco-free school zone, that is, a specified distance from school grounds where tobacco use is not allowed					68.4	73.6	82.3	86.7	83.4	82.6	92.8	Increased, 2006-2018	No quadratic change	Increased

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Nutrition-Related Policies and Practices														
Percentage of schools that always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered						34.8	40.7	35.9	34.9	43.8	37.0	No linear change	No quadratic change	No change
Percentage of schools in which students can purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar			70.0	59.8	62.7	59.1	53.0	45.0	49.9	31.3	37.2	Decreased, 2002-2018	No quadratic change	No change
Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:														
Chocolate candy			53.0	45.6	41.2	19.7	20.4	15.7	17.4	8.2	11.0	Decreased, 2002-2018	No quadratic change	No change
Other kinds of candy			54.3	45.9	42.3	21.5	23.9	18.3	22.0	8.2	11.7	Decreased, 2002-2018	No quadratic change	No change
Salty snacks that are not low in fat (e.g., regular potato chips)			52.7	48.6	44.0	26.2	26.2	26.0	25.7	10.9	10.6	Decreased, 2002-2018	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:														
Low sodium or “no added salt” pretzels, crackers, or chips									31.7	20.8	22.2	Decreased, 2014-2018	Not available	No change
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat						22.6	17.3	17.3	14.1	8.2	6.0	Decreased, 2008-2018	No quadratic change	No change
Ice cream or frozen yogurt that is not low in fat						7.8	4.0	4.6	4.3	2.3	3.5	No linear change	No quadratic change	No change
2% or whole milk (plain or flavored)					15.9	12.0	12.5	7.7	9.9	7.0	10.0	Decreased, 2006-2018	No quadratic change	No change
Nonfat or 1% (low-fat) milk (plain)									10.9	6.3	11.1	No linear change	Not available	No change
Water ices or frozen slushes that do not contain juice						15.4	11.5	14.4	10.9	5.3	7.3	Decreased, 2008-2018	No quadratic change	No change
Soda pop or fruit drinks that are not 100% juice					50.4	34.0	25.9	21.3	25.9	12.0	14.0	Decreased, 2006-2018	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:														
Sports drinks (e.g., Gatorade)					53.3	49.8	38.0	37.5	40.1	20.4	25.9	Decreased, 2006-2018	No quadratic change	No change
Energy drinks (e.g., Red Bull, Monster)									2.0	0.8	0.0	No linear change	Not available	No change
100% fruit or vegetable juice									34.5	21.0	19.7	Decreased, 2014-2018	Not available	No change
Foods or beverages containing caffeine						27.6	23.6	19.5	16.9	11.6	13.3	Decreased, 2008-2018	No quadratic change	No change
Fruits (not fruit juice)						19.7	8.7	12.3	11.4	9.7	4.4	Decreased, 2008-2018	No quadratic change	No change
Non-fried vegetables (not vegetable juice)						13.2	7.7	8.3	6.7	5.4	1.9	Decreased, 2008-2018	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that have done any of the following during the current school year:														
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages						12.2	10.7	6.5	6.1	9.6	10.1	No linear change	Decreased, 2008-2014 No change, 2014-2018	No change
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating						41.2	44.1	35.4	32.4	31.9	33.7	Decreased, 2008-2018	No quadratic change	No change
Provided information to students or families on the nutrition and caloric content of foods available						38.9	38.6	34.8	36.5	44.9	38.9	No linear change	No quadratic change	No change
Conducted taste tests to determine food preferences for nutritious items						10.4	7.1	9.5	12.4	10.2	17.3	Increased, 2008-2018	No quadratic change	Increased
Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics						18.1	24.8	22.3	20.0	16.4	35.4	Increased, 2008-2018	No quadratic change	Increased
Served locally or regionally grown foods in the cafeteria or classrooms								45.6	62.1	61.8	65.1	Increased, 2012-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that have done any of the following during the current school year:														
Planted a school food or vegetable garden								20.4	20.7	25.5	32.1	Increased, 2012-2018	Not available	No change
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access								38.1	48.0	41.9	47.5	No linear change	Not available	No change
Used attractive displays for fruits and vegetables in the cafeteria								27.3	35.3	33.1	36.6	No linear change	Not available	No change
Offered a self-serve salad bar to students								17.2	28.6	26.1	23.5	No linear change	Not available	No change
Labeled healthful foods with appealing names (e.g., crunchy carrots)								9.2	14.4	13.3	14.0	No linear change	Not available	No change
Encouraged students to drink plain water									78.3	82.8	89.4	Increased, 2014-2018	Not available	No change
Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance									19.9	24.4	30.7	Increased, 2014-2018	Not available	No change
Prohibited less nutritious foods and beverages (e.g., candy, baked goods) from being sold for fundraising purposes									15.0	25.4	29.1	Increased, 2014-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:															
In school buildings					64.6	67.6	60.3	63.7	69.4	66.0		No linear change	No quadratic change	No change	
On school grounds including on the outside of the school building, on playing fields, or other areas of the campus					62.7	66.8	55.7	59.5	66.3	64.8		No linear change	No quadratic change	No change	
On school buses or other vehicles used to transport students					68.0	67.1	54.7	63.0	68.4	65.7		No linear change	No quadratic change	No change	
In school publications (e.g., newsletters, newspapers, web sites, other school publications)					62.6	65.9	55.5	60.5	61.7	62.3		No linear change	No quadratic change	No change	
In curricula or other educational materials (including assignment books, school supplies, book covers, and electronic media)								59.4	59.7	62.6		No linear change	Not available	No change	

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools that permit students to have a drinking water bottle with them in either all locations or certain locations during the school day							99.5	96.8	98.1	98.7		No linear change	Not available	No change	
Percentage of schools that offer a free source of drinking water in the following locations:*															
Cafeteria during breakfast									93.9	94.2	98.0		No linear change	Not available	No change
Cafeteria during lunch									94.3	95.0	98.0		No linear change	Not available	No change
Gymnasium or other indoor physical activity facilities									92.4	95.5	96.8		No linear change	Not available	No change
Outdoor physical activity facilities and sports fields									51.5	46.7	63.9		Increased, 2014-2018	Not available	Increased
Hallways throughout the school									95.7	90.4	92.9		No linear change	Not available	No change

* Among schools with that location.

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
SSNE 1 (2.3.04). Percentage of schools that do not sell less healthy foods and beverages (soda pop or fruit drinks, sports drinks, baked goods, salty snacks, candy)						44.1	54.1	57.9	54.9	78.2	71.8	Increased, 2008-2018	No quadratic change	No change
SSNE 2 (2.3.06). Percentage of schools that prohibit all forms of advertising and promotion for candy, fast food restaurants, and soft drinks									54.0	56.6	55.7	No linear change	Not available	No change
SSNE 3 (2.3.07). Percentage of schools that price nutritional foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages						12.2	10.7	6.5	6.1	9.6	10.1	No linear change	Decreased, 2008-2014 No change, 2014-2018	No change
SSNE 4 (2.3.08). Percentage of schools that provide information to students or families on the nutrition, caloric, and sodium content of foods available						38.9	38.6	34.8	36.5	44.9	38.9	No linear change	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
SSNE 5 (2.3.09). Percentage of schools that place fruits and vegetables near the cafeteria cashier, where they are easy to access							38.1	48.0	41.9	47.5		No linear change	Not available	No change	
SSNE 6 (2.3.10). Percentage of schools that allow students to have access to drinking water									62.4	55.5	65.7		No linear change	Not available	No change
SSNE 7 (2.3.11). Percentage of schools that offer fruits or non-fried vegetables when foods or beverages are offered at school celebrations						34.8	40.7	35.9	34.9	43.8	37.0		No linear change	No quadratic change	No change
SSNE 8 (2.3.12). Percentage of schools that allow students to purchase fruits and vegetables from vending machines or at the school store, canteen, or snack bar						13.2	4.9	8.3	5.7	5.4	1.3		Decreased, 2008-2018	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Health Services														
Percentage of schools that have a full-time registered nurse who provides health services to students						20.6	19.9	18.2	18.9	15.0	16.8	Decreased, 2008-2018	No quadratic change	No change
Percentage of schools that have a part-time registered nurse who provides health services to students										21.8	14.1	No linear change	Not available	No change
Percentage of schools that have a school-based health center that offers health services to students										9.2	9.4	No linear change	Not available	No change
Percentage of schools that provide the following services to students:														
HIV testing								4.1	1.0	0.0	0.6	Decreased, 2012-2018	Not available	No change
HIV treatment									1.5	0.0	0.6	No linear change	Not available	No change
STD testing									1.5	1.3	0.6	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that provide the following services to students:														
STD treatment									1.5	1.3	0.6	No linear change	Not available	No change
Pregnancy testing								2.1	1.5	1.3	1.2	No linear change	Not available	No change
Provision of condoms								4.3	3.5	0.8	1.2	Decreased, 2012-2018	Not available	No change
Provision of condom-compatible lubricants (i.e., water- or silicone-based)									1.5	0.0	0.6	No linear change	Not available	No change
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])								1.5	1.0	0.0	0.0	Decreased, 2012-2018	Not available	¶
Prenatal care								3.1	1.0	0.6	0.6	No linear change	Not available	No change
Human papillomavirus (HPV) vaccine administration								2.2	1.9	3.1	0.7	No linear change	Not available	No change

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

²Based on t-test analysis, $p < 0.05$.

¶ Analysis cannot be conducted when response rates are 100% for a census or 2016 and 2018 prevalence estimates are both 0% or 100%.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:														
HIV testing							43.3	37.4	21.1	25.9		Decreased, 2012-2018	Not available	No change
HIV treatment								37.7	33.2	30.0		No linear change	Not available	No change
nPEP (non-occupational post-exposure prophylaxis for HIV-- a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive)									30.4	29.3		No linear change	Not available	No change
STD testing								37.7	22.0	27.1		Decreased, 2014-2018	Not available	No change
STD treatment								37.7	21.3	26.4		Decreased, 2014-2018	Not available	No change
Pregnancy testing							47.3	38.9	22.0	28.2		Decreased, 2012-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:														
Provision of condoms							36.9	34.4	20.3	23.7		Decreased, 2012-2018	Not available	No change
Provision of condom-compatible lubricants (i.e., water- or silicone-based)								33.9	20.0	22.9		Decreased, 2014-2018	Not available	No change
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])							37.1	33.9	20.1	22.7		Decreased, 2012-2018	Not available	No change
Prenatal care							41.7	36.5	20.1	26.8		Decreased, 2012-2018	Not available	No change
Human papillomavirus (HPV) vaccine administration							40.1	36.5	35.0	31.2		No linear change	Not available	No change
Percentage of schools that have a protocol that ensures students with a chronic condition that may require daily or emergency management (e.g., asthma, diabetes, food allergies) are enrolled in private, state, or federally funded insurance programs if eligible								46.2	43.9	48.6		No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that routinely use school records to identify and track students with a current diagnosis of the following chronic conditions:														
Asthma									78.6	81.1	78.7	No linear change	Not available	No change
Food allergies									79.1	82.3	85.1	No linear change	Not available	No change
Diabetes									70.4	78.0	69.3	No linear change	Not available	Decreased
Epilepsy or seizure disorder									74.9	76.7	75.9	No linear change	Not available	No change
Obesity									34.1	26.9	25.0	Decreased, 2014-2018	Not available	No change
Hypertension/high blood pressure									51.5	49.9	39.8	Decreased, 2014-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have the following chronic conditions:														
Asthma									48.9	45.2	38.8	No linear change	Not available	No change
Food allergies									47.3	45.2	39.4	No linear change	Not available	No change
Diabetes									47.9	44.6	37.5	No linear change	Not available	No change
Epilepsy or seizure disorder									48.9	45.0	38.2	Decreased, 2014-2018	Not available	No change
Obesity									38.6	33.0	27.6	Decreased, 2014-2018	Not available	No change
Hypertension/high blood pressure									43.8	38.5	32.0	Decreased, 2014-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:														
School does not provide any sexual or reproductive health services										81.3	79.4	No linear change	Not available	No change
Parental consent is required before any sexual or reproductive health services are provided										14.0	17.3	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services and parents are provided with information about services provided only upon request										1.5	0.6	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the service provided										0.8	2.1	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:														
Parental consent is not required for sexual or reproductive health services, but parents are notified about all services provided										2.4	0.6	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services and parents are not notified about any services provided										0.0	0.0	§	Not available	Not available
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:														
School does not refer any sexual or reproductive health services										66.6	65.3	No linear change	Not available	No change
Parental consent is required before any sexual or reproductive health services are referred										20.8	23.7	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

§ Analysis cannot be conducted when response rates are 100% for a census or prevalence estimates are all 0% or 100%.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:														
Parental consent is not required for sexual or reproductive health services and parents are provided with information about referrals provided only upon request										3.7	2.3	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the referral provided										7.2	6.6	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services, but parents are notified about all referrals provided										0.0	0.0	§	Not available	Not available
Parental consent is not required for sexual or reproductive health services and parents are not notified about any referrals provided										1.8	2.2	No linear change	Not available	No change

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

²Based on t-test analysis, $p < 0.05$.

§ Analysis cannot be conducted when response rates are 100% for a census or prevalence estimates are all 0% or 100%.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
SHS PM 2. Percentage of schools that provide students with on-site services or referrals to healthcare providers for 7 key sexual health services									33.2	18.1	20.1	Decreased, 2014-2018	Not available	No change
SWCC_1 (4.5.02). Percentage of schools that identify and track students with chronic conditions that may require daily or emergency management (e.g., asthma, food allergies)									81.1	85.3	85.1	No linear change	Not available	No change
SWCC_2 (4.5.05). Percentage of schools that have protocols that ensure students with a chronic condition that may require daily or emergency management are enrolled into private, state, or federally funded insurance programs if eligible									46.2	43.9	48.6	No linear change	Not available	No change
SWCC_3 (4.5.08). Percentage of schools that provide referrals to community-based medical care providers for students identified with chronic conditions or at risk for activity, diet, and weight-related chronic conditions									51.0	46.2	39.4	Decreased, 2014-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Family and Community Involvement														
Percentage of schools that have done any of the following activities during the current school year:														
Provided parents and families with information about how to communicate with their child about sex									12.6	10.8	15.1	No linear change	Not available	No change
Provided parents with information about how to monitor their child (e.g., setting parental expectations, keeping track of their child, responding when their child breaks the rules)									46.5	36.2	34.1	Decreased, 2014-2018	Not available	No change
Involved parents as school volunteers in the delivery of health education activities and services									25.4	27.4	21.9	No linear change	Not available	No change
Linked parents and families to health services and programs in the community									66.6	55.0	56.8	No linear change	Not available	No change
Percentage of schools that use electronic, paper, or oral communication to inform parents about school health services and programs									63.1	65.1	60.7	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Principal Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that participate in a program in which family or community members serve as role models to students or mentor students, such as the Big Brothers Big Sisters program									20.2	21.9	16.8	No linear change	Not available	No change
Percentage of schools that provide service-learning opportunities for students									51.9	52.1	56.8	No linear change	Not available	No change
Percentage of schools that provide peer tutoring opportunities for students									64.8	63.6	69.6	No linear change	Not available	No change
Percentage of schools in which students' families helped develop or implement policies and programs related to school health during the past two years									35.6	29.9	26.1	Decreased, 2014-2018	Not available	No change
SSE PM 5. Percentage of schools that implement school connectedness strategies									60.9	62.9	69.5	No linear change	Not available	No change
SSE PM 6. Percentage of schools that implement parent engagement strategies for all students									39.2	28.1	33.1	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Required Health Education														
Percentage of schools in which students take only one required health education course	48.4	44.5	42.4	41.4	35.5	40.4	40.2		46.8	50.2	48.9	Increased, 1998-2018	Decreased, 1998-2006 Increased, 2006-2018	No change
Percentage of schools in which students take two or more required health education courses	35.0	41.0	42.3	36.4	44.4	47.2	44.7		41.2	41.5	39.2	No linear change	No quadratic change	No change
Percentage of schools that taught a required health education course in the following grades:*														
6th grade	44.4	49.9	43.8	32.9	39.0	45.7	46.9		35.0	34.1	41.9	No linear change	No quadratic change	No change
7th grade	47.3	51.5	48.9	37.9	42.8	49.4	43.9		42.0	40.7	40.4	No linear change	No quadratic change	No change
8th grade	47.3	51.1	47.7	40.0	44.0	53.1	48.7		45.4	51.9	53.1	No linear change	No quadratic change	No change
9th grade	65.0	61.0	67.4	62.5	65.9	73.8	67.2		70.6	75.0	74.9	Increased, 1998-2018	No quadratic change	No change

* The 2008-2018 results published here may differ slightly from the 2008-2018 results published in site reports. This is because the site reports excluded data from schools that do not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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

²Based on t-test analysis, $p < 0.05$.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that taught a required health education course in the following grades:*														
10th grade	57.3	54.9	50.6	44.2	44.5	55.5	46.7		46.7	56.8	50.1	No linear change	No quadratic change	No change
11th grade	47.1	41.1	39.8	37.8	42.3	49.4	40.2		36.9	54.4	38.1	No linear change	No quadratic change	Decreased
12th grade	44.7	38.6	41.9	35.8	34.9	46.3	33.8		32.4	53.1	39.7	No linear change	No quadratic change	Decreased
Among schools that required a health education course, percentage that required students who fail the course to repeat it				87.0	85.1	81.2	84.8		79.9	78.2	82.8	No linear change	No quadratic change	No change

* The 2008-2018 results published here may differ slightly from the 2008-2018 results published in site reports. This is because the site reports excluded data from schools that do not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the health education curriculum addresses the following skills:														
Comprehending concepts related to health promotion and disease prevention to enhance health					89.4	86.5			84.5	82.0	84.5	No linear change	Not available	No change
Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors					88.0	84.5			80.1	80.8	82.8	No linear change	Not available	No change
Accessing valid information and products and services to enhance health					79.7	75.8			72.0	71.3	78.0	No linear change	Not available	No change
Using interpersonal communication skills to enhance health and avoid or reduce health risks					88.3	84.9			79.4	83.8	83.6	No linear change	Not available	No change
Using decision-making skills to enhance health					90.3	87.1			82.8	82.9	84.1	Decreased, 2008-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the health education curriculum addresses the following skills:														
Using goal-setting skills to enhance health						88.3	84.8		77.8	79.8	82.9	No linear change	Not available	No change
Practicing health-enhancing behaviors to avoid or reduce risks						89.5	86.0		78.8	83.0	84.7	No linear change	Not available	No change
Advocating for personal, family, and community health						86.0	78.8		76.8	81.2	82.6	No linear change	Not available	No change
Percentage of schools in which those who teach sexual health education are provided with the following materials:														
Goals, objectives, and expected outcomes for sexual health education									60.8	69.5	74.3	Increased, 2014-2018	Not available	No change
A written health education curriculum that includes objectives and content addressing sexual health education									59.5	65.5	72.7	Increased, 2014-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which those who teach sexual health education are provided with the following materials:														
A chart describing the annual scope and sequence of instruction for sexual health education									40.2	50.7	55.9	Increased, 2014-2018	Not available	No change
Strategies that are age-appropriate, relevant, and actively engage students in learning									55.8	58.4	67.0	No linear change	Not available	No change
Methods to assess student knowledge and skills related to sexual health education									52.4	60.1	69.9	Increased, 2014-2018	Not available	No change
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						18.4			15.7	33.0	36.5	Increased, 2010-2018	Not available	No change
Percentage of schools in which health education instruction is required in any of grades 6 through 12						84.3			85.4	85.7	90.8	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:														
Alcohol- or other drug-use prevention						91.9	89.2		87.2	87.4	86.9	No linear change	Not available	No change
Asthma						32.1	35.1		35.5	32.3	35.8	No linear change	Not available	No change
Chronic disease prevention										72.3	79.9	No linear change	Not available	No change
Emotional and mental health						85.2	81.0		77.3	82.4	83.2	No linear change	Not available	No change
Epilepsy or seizure disorder									25.9	25.6	28.8	No linear change	Not available	No change
Food allergies									48.1	42.8	56.2	No linear change	Not available	Increased
Foodborne illness prevention						54.7	60.1		51.0	50.3	60.0	No linear change	Not available	No change
Human immunodeficiency virus (HIV) prevention						78.1	68.2		62.1	60.0	65.8	Decreased, 2008-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:														
Human sexuality						78.2	69.7		62.7	55.1	61.1	Decreased, 2008-2018	Not available	No change
Infectious disease prevention (e.g., influenza [flu] prevention)									73.9	67.9	74.4	No linear change	Not available	No change
Injury prevention and safety						84.1	76.2		74.8	78.8	82.2	No linear change	Not available	No change
Nutrition and dietary behavior						91.6	87.6		89.0	90.2	89.0	No linear change	Not available	No change
Physical activity and fitness						95.5	94.2		93.0	92.9	93.2	No linear change	Not available	No change
Pregnancy prevention						66.8	64.4		59.6	58.3	65.0	No linear change	Not available	No change
Sexually transmitted disease (STD) prevention						76.2	68.8		62.1	60.7	68.2	Decreased, 2008-2018	Not available	No change
Suicide prevention						66.3	65.4		73.4	72.1	80.1	Increased, 2008-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:														
Tobacco-use prevention						89.8	86.8		86.1	86.7	85.3	No linear change	Not available	No change
Violence prevention (e.g., bullying, fighting, dating violence prevention)						87.8	81.5		87.8	83.8	88.9	No linear change	Not available	No change
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:														
Identifying tobacco products and the harmful substances they contain						78.9	71.9		70.1	75.1	75.6	No linear change	Not available	No change
Identifying short- and long-term health consequences of tobacco use						84.9	77.6		73.5	75.9	81.0	No linear change	Not available	No change
Identifying social, economic, and cosmetic consequences of tobacco use						71.9	65.1		63.1	70.5	73.1	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:														
Understanding the addictive nature of nicotine						80.8	73.7		70.6	73.0	76.3	No linear change	Not available	No change
Effects of nicotine on the adolescent brain										65.5	67.2	No linear change	Not available	No change
Effects of tobacco use on athletic performance						74.3	69.7		65.7	66.1	71.1	No linear change	Not available	No change
Effects of second-hand smoke and benefits of a smoke-free environment						79.6	70.5		67.7	73.9	76.6	No linear change	Not available	No change
Understanding the social influences on tobacco use, including media, family, peers, and culture						75.5	69.4		67.9	70.7	72.1	No linear change	Not available	No change
Identifying reasons why students do and do not use tobacco						79.9	69.7		63.6	71.2	75.1	No linear change	Not available	No change
Making accurate assessments of how many peers use tobacco						52.1	52.4		52.3	52.4	55.6	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:														
Using interpersonal communication skills to avoid tobacco use (e.g., refusal skills, assertiveness)						78.5	69.7		65.2	70.1	74.8	No linear change	Not available	No change
Using goal-setting and decision-making skills related to not using tobacco						73.7	67.1		60.4	64.9	63.7	Decreased, 2008-2018	Not available	No change
Finding valid information and services related to tobacco-use prevention and cessation						66.2	60.0		55.3	58.0	61.5	No linear change	Not available	No change
Supporting others who abstain from or want to quit using tobacco						69.9	59.8		55.9	60.9	66.4	No linear change	Not available	No change
Identifying harmful effects of tobacco use on fetal development						73.4	63.3		57.1	63.4	67.5	No linear change	Not available	No change
Relationship between using tobacco and alcohol or other drugs									60.0	66.4	66.5	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:														
How addiction to tobacco use can be treated									57.6	65.1	62.6	No linear change	Not available	No change
Understanding school policies and community laws related to the sale and use of tobacco products									61.9	66.0	66.3	No linear change	Not available	No change
Benefits of tobacco cessation programs									44.7	58.4	58.0	Increased, 2014-2018	Not available	No change
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:														
How HIV and other STDs are transmitted						64.9	43.1		36.2	40.1	44.5	Decreased, 2008-2018	Not available	No change
Health consequences of HIV, other STDs, and pregnancy						61.3	41.6		40.5	39.6	45.9	Decreased, 2008-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:														
The benefits of being sexually abstinent						59.6	44.6		40.9	39.0	44.6	Decreased, 2008-2018	Not available	No change
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy						53.3	41.9		32.8	36.1	35.9	Decreased, 2008-2018	Not available	No change
The influences of family, peers, media, technology and other factors on sexual risk behaviors									36.4	38.0	42.0	No linear change	Not available	No change
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						50.9	39.3		34.6	35.7	39.9	Decreased, 2008-2018	Not available	No change
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						56.7	38.9		34.2	34.6	40.6	Decreased, 2008-2018	Not available	No change
Influencing and supporting others to avoid or reduce sexual risk behaviors									34.6	36.4	40.0	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:															
Efficacy of condoms, that is, how well condoms work and do not work						27.1		24.9	31.2	30.0		No linear change	Not available	No change	
The importance of using condoms consistently and correctly						26.4		21.5	30.4	30.9		No linear change	Not available	No change	
How to obtain condoms						17.8		19.4	26.0	21.9		No linear change	Not available	No change	
How to correctly use a condom						10.9		17.0	19.6	16.8		No linear change	Not available	No change	
Methods of contraception other than condoms										31.2	28.7		No linear change	Not available	No change
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy									20.6	28.9	26.5		No linear change	Not available	No change
How to create and sustain healthy and respectful relationships									41.6	47.4	48.6		No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:														
The importance of limiting the number of sexual partners									29.5	31.7	35.6	No linear change	Not available	No change
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health									26.2	32.5	38.3	Increased, 2014-2018	Not available	No change
Sexual orientation										20.9	21.3	No linear change	Not available	No change
Gender roles, gender identity, or gender expression										22.4	26.3	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:														
How HIV and other STDs are transmitted						65.8			60.0	58.6	59.4	No linear change	Not available	No change
Health consequences of HIV, other STDs, and pregnancy						65.2			61.1	57.3	57.3	No linear change	Not available	No change
The benefits of being sexually abstinent						66.6	65.1		60.4	57.4	57.5	No linear change	Not available	No change
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy						63.9	61.7		55.9	51.2	54.9	Decreased, 2008-2018	Not available	No change
The influences of family, peers, media, technology and other factors on sexual risk behaviors									58.4	53.2	57.8	No linear change	Not available	No change
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						63.1	58.2		52.6	54.0	53.4	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:														
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						64.1	56.9		50.0	52.3	50.9	Decreased, 2008-2018	Not available	No change
Influencing and supporting others to avoid or reduce sexual risk behaviors									51.7	51.0	50.1	No linear change	Not available	No change
Efficacy of condoms, that is, how well condoms work and do not work						61.0	49.0		52.4	46.6	46.8	Decreased, 2008-2018	Not available	No change
The importance of using condoms consistently and correctly						59.2	47.9		47.8	41.9	40.1	Decreased, 2008-2018	Not available	No change
How to obtain condoms						55.8	39.5		46.1	39.0	38.8	Decreased, 2008-2018	Not available	No change
How to correctly use a condom							30.0		37.8	34.2	32.7	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:														
Methods of contraception other than condoms										43.6	49.1	No linear change	Not available	No change
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy									47.2	42.0	43.4	No linear change	Not available	No change
How to create and sustain healthy and respectful relationships									58.0	57.9	67.9	No linear change	Not available	No change
The importance of limiting the number of sexual partners									53.2	49.5	50.5	No linear change	Not available	No change
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health									51.7	52.0	50.7	No linear change	Not available	No change
Sexual orientation										34.9	37.8	No linear change	Not available	No change
Gender roles, gender identity, or gender expression										36.0	37.9	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year:														
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									29.3	34.0	39.3	No linear change	Not available	No change
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									26.5	33.9	37.8	No linear change	Not available	No change
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									25.8	29.4	36.3	No linear change	Not available	No change
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									29.5	38.4	39.0	No linear change	Not available	No change
Use decision-making skills to prevent HIV, other STDs, and pregnancy									30.6	34.2	38.7	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
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:														
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them									35.1	40.3	44.4	No linear change	Not available	No change
Influence and support others to avoid or reduce sexual risk behaviors									29.2	33.0	37.8	No linear change	Not available	No change
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:														
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									54.5	57.3	56.2	No linear change	Not available	No change
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									52.1	52.7	55.4	No linear change	Not available	No change

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

²Based on t-test analysis, $p < 0.05$.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
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:														
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									50.1	45.3	54.4	No linear change	Not available	No change
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									48.3	55.8	57.0	No linear change	Not available	No change
Use decision-making skills to prevent HIV, other STDs, and pregnancy									47.8	56.2	55.4	No linear change	Not available	No change
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them									49.7	58.8	58.8	No linear change	Not available	No change
Influence and support others to avoid or reduce sexual risk behaviors									49.6	53.4	46.8	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:														
Benefits of healthy eating					86.0	83.1			84.8	86.9	84.4	No linear change	Not available	No change
Benefits of drinking plenty of water									83.6	86.3	83.8	No linear change	Not available	No change
Benefits of eating breakfast every day										84.3	81.6	No linear change	Not available	No change
Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate)									74.5	76.9	78.8	No linear change	Not available	No change
Using food labels					76.7	72.2			74.4	75.2	78.6	No linear change	Not available	No change
Differentiating between nutritious and non-nutritious beverages									78.1	80.4	79.6	No linear change	Not available	No change
Balancing food intake and physical activity					84.0	80.1			80.0	82.0	80.5	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:														
Eating more fruits, vegetables, and whole grain products					84.0	80.6			80.7	82.9	84.6	No linear change	Not available	No change
Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)					77.6	75.5			74.2	76.1	72.8	No linear change	Not available	No change
Choosing foods, snacks, and beverages that are low in added sugars									75.9	80.4	80.9	No linear change	Not available	No change
Choosing foods and snacks that are low in sodium									70.3	72.5	70.2	No linear change	Not available	No change
Eating a variety of foods that are high in calcium									68.4	66.2	68.6	No linear change	Not available	No change
Eating a variety of foods that are high in iron									63.4	63.0	66.8	No linear change	Not available	No change
Food safety					66.2	65.0			64.7	67.4	67.0	No linear change	Not available	No change
Preparing healthy meals and snacks					77.6	73.0			70.5	74.9	72.8	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:														
Risks of unhealthy weight control practices						75.8	71.6		69.6	73.0	74.2	No linear change	Not available	No change
Accepting body size differences						74.1	69.5		70.3	70.3	71.2	No linear change	Not available	No change
Signs, symptoms, and treatment for eating disorders						68.3	62.0		61.5	62.7	70.1	No linear change	Not available	No change
Relationship between diet and chronic diseases									61.0	66.8	71.6	Increased, 2014-2018	Not available	No change
Assessing body mass index (BMI)									57.3	53.3	61.6	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:														
Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease									80.9	83.5	83.0	No linear change	Not available	No change
Mental and social benefits of physical activity									83.3	85.3	83.5	No linear change	Not available	No change
Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)						85.8	82.1		81.4	84.5	82.5	No linear change	Not available	No change
Phases of a workout (i.e., warm-up, workout, cool down)						84.6	81.5		76.5	81.3	78.0	No linear change	Not available	No change
Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity									71.8	76.0	73.6	No linear change	Not available	No change
Decreasing sedentary activities (e.g., television viewing)						72.0	70.6		78.8	81.5	80.6	Increased, 2008-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:														
Preventing injury during physical activity						80.7	77.0		77.1	79.4	81.4	No linear change	Not available	No change
Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)						74.9	71.3		67.9	68.2	70.2	No linear change	Not available	No change
Dangers of using performance-enhancing drugs (e.g., steroids)						67.1	61.3		60.5	61.9	65.6	No linear change	Not available	No change
Increasing daily physical activity									85.1	86.4	85.3	No linear change	Not available	No change
Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)									76.8	82.0	83.6	No linear change	Not available	No change
Using safety equipment for specific physical activities									66.1	74.5	71.3	No linear change	Not available	No change
Benefits of drinking water before, during, and after physical activity									81.3	82.8	83.3	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that taught all 13 physical activity topics during the current school year									45.8	49.5	49.2	No linear change	Not available	No change
ESHE_PM_2a: Percentage of schools that teach 11 key HIV, STD, and pregnancy prevention topics in a required course during grades 6, 7, or 8 and during grades 9, 10, 11, or 12									22.6	23.5	25.8	No linear change	Not available	No change
ESHE_PM_2b: Percentage of schools that assess the ability of students to do 7 skills in a required course taught during grades 6, 7, or 8 and during grades 9, 10, 11, or 12									25.3	31.5	31.8	No linear change	Not available	No change
ESHE_PM_2c: Percentage of schools in which those who teach sexual health education are provided with key materials for teaching sexual health education									37.6	46.3	48.2	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:														
HIV prevention, STD prevention, or teen pregnancy prevention					22.0	13.5			12.5	17.2	14.2	No linear change	Not available	No change
Tobacco-use prevention					24.0	34.2			26.1	34.3	27.9	No linear change	Not available	No change
Physical activity					32.9	33.7			36.9	32.1	33.1	No linear change	Not available	No change
Nutrition and healthy eating					32.2	36.0			34.9	34.2	38.2	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:														
Asthma					10.1	11.0		7.3	12.8	13.5		No linear change	Not available	No change
Food allergies									13.1	15.4	22.7	Increased, 2014-2018	Not available	No change
Diabetes									14.7	17.0	21.0	No linear change	Not available	No change
Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)									44.3	46.5	49.4	No linear change	Not available	No change
Percentage of schools in which teachers have given students health education homework assignments or activities to do at home with their parents during the current school year									39.1	35.2	47.8	No linear change	Not available	Increased

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Professional Development														
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Alcohol- or other drug-use prevention		40.6	46.4	43.4	47.9	31.5	30.7		33.7	33.7	46.3	Decreased, 2000-2018	No quadratic change	Increased
Asthma					14.9	11.8	11.2		10.9	10.5	10.3	No linear change	No quadratic change	No change
Chronic disease prevention										19.2	18.6	No linear change	Not available	No change
Emotional and mental health		34.1	33.5	38.0	33.1	31.5	27.7		35.6	47.3	56.2	Increased, 2000-2018	No change, 2000-2010 Increased, 2010-2018	No change
Epilepsy or seizure disorder									12.1	14.9	11.7	No linear change	Not available	No change
Food allergies									11.4	15.9	20.1	Increased, 2014-2018	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Foodborne illness prevention					20.1	15.9	24.6		14.3	21.9	30.5	No linear change	No quadratic change	No change
HIV prevention		30.9	28.1	33.7	25.7	26.7	17.8		18.5	20.9	26.0	Decreased, 2000-2018	No quadratic change	No change
Human sexuality		11.5	14.7	18.0	15.5	15.7	9.9		11.1	17.9	20.4	No linear change	No quadratic change	No change
Infectious disease prevention (e.g., flu prevention)									36.5	38.7	53.5	Increased, 2014-2018	Not available	Increased
Injury prevention and safety		40.8	50.5	45.4	30.5	33.9	32.3		36.5	41.4	45.2	No linear change	Decreased, 2000-2010 Increased, 2010-2018	No change
Nutrition and dietary behavior		18.1	21.3	22.4	21.3	23.5	23.6		21.5	24.3	27.3	No linear change	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Physical activity and fitness		22.9	29.7	29.9	29.9	31.6	29.6		32.4	29.8	30.2	No linear change	No quadratic change	No change
Pregnancy prevention		14.0	14.4	14.5	12.6	18.2	10.2		10.5	10.5	12.5	No linear change	No quadratic change	No change
STD prevention		17.3	19.1	21.3	21.5	20.1	13.2		11.2	12.1	13.6	Decreased, 2000-2018	No quadratic change	No change
Suicide prevention		30.7	23.5	34.1	34.5	22.7	24.2		57.9	61.3	70.0	Increased, 2000-2018	No change, 2000-2008 Increased, 2008-2018	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Tobacco-use prevention		25.8	33.9	30.0	26.0	21.0	21.8		25.4	28.8	33.3	No linear change	Decreased, 2000-2010 Increased, 2010-2018	No change
Violence prevention (e.g., bullying, fighting, dating violence prevention)		41.5	47.3	47.2	50.8	38.9	36.5		52.9	54.0	72.0	Increased, 2000-2018	No change, 2000-2010 Increased, 2010-2018	Increased
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Teaching students with physical, medical, or cognitive disabilities		45.9	37.9	48.0	55.3	42.2	46.8		43.4	53.7	59.7	Increased, 2000-2018	No quadratic change	No change
Teaching students of various cultural backgrounds		61.2	57.0	63.7	65.9	50.5	55.2		51.4	60.3	74.5	No linear change	Decreased, 2000-2014 Increased, 2014-2018	Increased
Teaching students with limited English proficiency		30.3	33.4	40.2	40.2	38.9	39.4		43.5	47.3	53.7	Increased, 2000-2018	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:														
Teaching students of different sexual orientations or gender identities						11.5			8.4	14.3	26.1	Increased, 2010-2018	Not available	Increased
Using interactive teaching methods (e.g., role plays, cooperative group activities)	53.1	55.4	46.2	50.8	53.0	58.2			52.9	54.1	56.4	No linear change	No quadratic change	No change
Encouraging family or community involvement	49.9	46.2	51.9	50.3	36.3	38.6			40.5	51.5	57.7	No linear change	Decreased, 2000-2014 Increased, 2014-2018	No change
Teaching skills for behavior change	42.0	38.1	49.6	43.2	43.8	42.2			43.4	41.2	53.8	No linear change	No quadratic change	Increased
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)					50.4	47.5	59.0		57.3	61.7	71.6	Increased, 2006-2018	No quadratic change	No change
Assessing or evaluating students in health education					28.2	22.9	14.7		18.5	25.9	24.4	No linear change	Decreased, 2006-2010 Increased, 2010-2018	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:														
Aligning lessons and materials with the district scope and sequence for sexual health education										13.2	19.4	No linear change	Not available	No change
Creating a comfortable and safe learning environment for students receiving sexual health education										12.5	15.1	No linear change	Not available	No change
Connecting students to on-site or community-based sexual health services										10.8	10.9	No linear change	Not available	No change
Using a variety of effective instructional strategies to deliver sexual health education										10.6	10.6	No linear change	Not available	No change
Building student skills in HIV, other STD, and pregnancy prevention										8.8	11.1	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:														
Assessing student knowledge and skills in sexual health education										8.2	10.6	No linear change	Not available	No change
Understanding current district or school board policies or curriculum guidance regarding sexual health education										13.2	22.5	Increased, 2016-2018	Not available	Increased
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Alcohol- or other drug-use prevention		70.0	60.0	61.9	67.8	72.3	68.0		61.9	60.4	57.8	No linear change	No quadratic change	No change
Asthma					54.1	53.1	44.2		37.2	40.9	30.2	Decreased, 2006-2018	No quadratic change	Decreased
Chronic disease prevention (e.g., diabetes, obesity prevention)										58.5	50.5	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Emotional and mental health		67.8	63.9	58.6	71.6	77.2	70.2		65.6	75.3	70.2	Increased, 2000-2018	No quadratic change	No change
Epilepsy or seizure disorder									39.1	43.2	38.3	No linear change	Not available	No change
Food allergies									42.7	48.3	40.6	No linear change	Not available	No change
Foodborne illness prevention					48.1	51.3	43.0		38.4	42.3	35.9	Decreased, 2006-2018	No quadratic change	No change
HIV prevention		60.9	51.6	53.2	57.3	67.5	49.6		50.1	47.8	42.8	Decreased, 2000-2018	No quadratic change	No change
Human sexuality		49.6	46.1	40.9	53.5	67.7	50.5		54.8	55.2	54.2	Increased, 2000-2018	No quadratic change	No change
Infectious disease prevention (e.g., flu prevention)									47.5	51.8	43.2	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Injury prevention and safety		48.1	43.8	39.8	58.0	63.6	50.6		48.8	46.6	45.8	No linear change	Increased, 2000-2008 Decreased, 2008-2018	No change
Nutrition and dietary behavior		61.4	59.1	54.5	66.0	70.1	62.1		56.9	58.2	60.3	No linear change	No quadratic change	No change
Physical activity and fitness		52.5	54.1	51.8	60.3	69.0	58.3		56.5	58.4	53.5	No linear change	Increased, 2000-2008 Decreased, 2008-2018	No change
Pregnancy prevention		55.5	46.7	48.2	53.5	67.2	50.1		53.5	47.8	44.9	No linear change	Increased, 2000-2008 Decreased, 2008-2018	No change
STD prevention		58.9	52.5	50.6	55.8	70.4	53.3		52.5	50.7	45.5	Decreased, 2000-2018	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Suicide prevention		72.0	72.3	65.0	72.3	75.4	68.2		63.1	65.4	62.9	Decreased, 2000-2018	No quadratic change	No change
Tobacco-use prevention		63.4	60.7	58.6	63.1	68.1	58.8		56.1	57.2	54.2	Decreased, 2000-2018	No quadratic change	No change
Violence prevention (e.g., bullying, fighting, dating violence prevention)		76.7	73.2	70.0	68.2	74.9	72.6		68.9	67.5	65.6	Decreased, 2000-2018	No quadratic change	No change
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Teaching students with physical, medical, or cognitive disabilities		64.7	60.7	57.9	60.2	64.0	51.6		52.1	62.9	65.0	No linear change	Decreased, 2000-2014 Increased, 2014-2018	No change
Teaching students of various cultural backgrounds		55.2	50.5	53.4	54.7	60.3	51.8		46.2	54.1	59.1	No linear change	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:														
Teaching students with limited English proficiency		54.7	45.6	48.2	49.9	55.0	44.1		47.3	48.6	50.8	No linear change	No quadratic change	No change
Teaching students of different sexual orientations or gender identities							42.8		45.7	48.0	56.6	Increased, 2010-2018	Not available	No change
Using interactive teaching methods (e.g., role plays, cooperative group activities)		61.6	57.5	58.7	58.2	68.2	58.1		53.1	55.9	58.1	No linear change	No quadratic change	No change
Encouraging family or community involvement		69.1	63.8	66.5	62.5	71.7	62.4		59.8	64.8	68.3	No linear change	No quadratic change	No change
Teaching skills for behavior change		79.8	72.4	78.1	71.3	76.2	71.8		68.1	76.7	76.1	No linear change	No quadratic change	No change
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)					65.9	67.0	58.7		60.3	65.1	62.0	No linear change	No quadratic change	No change
Assessing or evaluating students in health education					62.5	62.0	58.3		52.3	61.3	64.1	No linear change	No quadratic change	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics related to teaching sexual health education:														
Aligning lessons and materials with the district scope and sequence for sexual health education										54.1	47.4	No linear change	Not available	No change
Creating a comfortable and safe learning environment for students receiving sexual health education										57.4	51.4	No linear change	Not available	No change
Connecting students to on-site or community-based sexual health services										52.8	50.5	No linear change	Not available	No change
Using a variety of effective instructional strategies to deliver sexual health education										58.8	55.7	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
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:														
Building student skills in HIV, other STD, and pregnancy prevention										58.1	51.5	No linear change	Not available	No change
Assessing student knowledge and skills in sexual health education										55.6	51.3	No linear change	Not available	No change
Understanding current district or school board policies or curriculum guidance regarding sexual health education										58.5	53.1	No linear change	Not available	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Professional Preparation														
Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:														
Health education or health and physical education combined (a or b)		14.3	15.2	13.0	13.8	18.9	17.3		19.0	18.1	24.6	Increased, 2000-2018	No quadratic change	No change
Physical education, kinesiology, exercise science or exercise physiology (c or e)					7.4	8.8	7.4		10.7	8.7	5.5	No linear change	No quadratic change	No change
Home economics or family and consumer science, biology or other science, or nutrition (f, g, or k)					20.4	25.7	14.5		15.4	20.7	25.3	No linear change	No change, 2006-2014 Increased, 2014-2018	No change
Nursing or counseling (h or i)		11.7	16.9	19.7	10.3	6.6	8.5		5.3	0.6	3.6	Decreased, 2000-2018	Increased, 2000-2004 Decreased, 2004-2018	No change
Public health or other (j or l)		0.4	18.4	27.3	14.4	9.3	20.8		20.5	19.2	12.0	Increased, 2000-2018	Increased, 2000-2004 No change, 2004-2018	No change

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

²Based on t-test analysis, p < 0.05.

ALASKA

2018 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence											Linear Change ¹	Quadratic Change ¹	2016-2018 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
Percentage of schools in which the lead health education teacher was certified, licensed, or endorsed by the state to teach health education in middle school or high school					26.7	28.2	29.2		29.9	31.7	36.8	Increased, 2006-2018	No quadratic change	No change
Percentage of schools in which the lead health education teacher had the following number of years of experience in teaching health education courses or topics:														
1 year		21.7	15.0	18.7	23.1	21.0	21.0		26.0	18.0	27.6	Increased, 2000-2018	No quadratic change	Increased
2 to 5 years		35.6	35.6	33.8	30.3	38.9	33.7		35.8	45.1	28.0	No linear change	No quadratic change	Decreased
6 to 9 years		14.1	16.8	14.8	19.0	12.5	18.6		12.6	14.4	14.6	No linear change	No quadratic change	No change
10 to 14 years		13.4	17.5	11.1	11.4	13.7	11.8		12.3	9.6	8.3	Decreased, 2000-2018	No quadratic change	No change
15 years or more		15.2	15.1	21.6	16.2	13.9	14.9		13.3	12.9	21.5	No linear change	No quadratic change	Increased

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

²Based on t-test analysis, p < 0.05.