

NEXT Generation Health Study Report to School Administrators

Brief Administrator Report, 2009 – 2010

Physical Education

In 2010, 82% of schools that participated in this survey of school administrators required physical education (PE) for 10th grade students. The average time allocated to PE classes was 3.5 hours per week with an average of 4.9 days per week. Nationally, 82% of high schools have intramural activities or physical activity clubs available to students.

Physical Education Requirements for 10th Grade

Nationally, 82% of schools require PE class for 10th grade students.

The average time for PE is 3.5 hours per week.

Student Health Programs

The table to the right lists topics that may be included in a health education course for 10th graders. The percent of surveyed schools across the nation that have included these topics in a required health education course for 10th graders is shown in the right column.

The average number of days of health education classes required for 10th graders per week is 3.4 days nationally.

School administrators were asked what programs or projects (listed in the table below) the school had offered in the past three years. Nationally, the majority of high schools surveyed reported that they participated in all of these programs or projects in the past three years.

In contrast to these results, the percent of schools across the nation that addressed various prevention topics in required 10th grade health education courses (table to the right) is lower than the percent of schools that offer prevention programs in school (table below).

Student Health Projects or Programs

	National (N=187)
Physical Activity Program	77%
Nutrition Program	69%
Bullying/Violence Prevention Program	86%
Anti-Smoking Program	68%
Alcohol/Drug Program	87%
Sex Education Program	78%

Health Education Topics

	National (N=187)
Accident/Injury Prevention	32%
Alcohol/Drug Use Prevention	44%
Dental and Oral Health	29%
Emotional and Mental Health	38%
Growth and Development	38%
Physical Activity/Fitness	42%
Tobacco Use Prevention	44%
Bullying Prevention	33%
Fighting Prevention	28%
Homicide Prevention	20%
Nutrition/Dietary Behavior	41%
HIV Prevention	40%
Human Sexuality	39%
Pregnancy Prevention	39%
Sexually Transmitted Infection Prevention	42%
Suicide Prevention	36%

Student Health Screenings

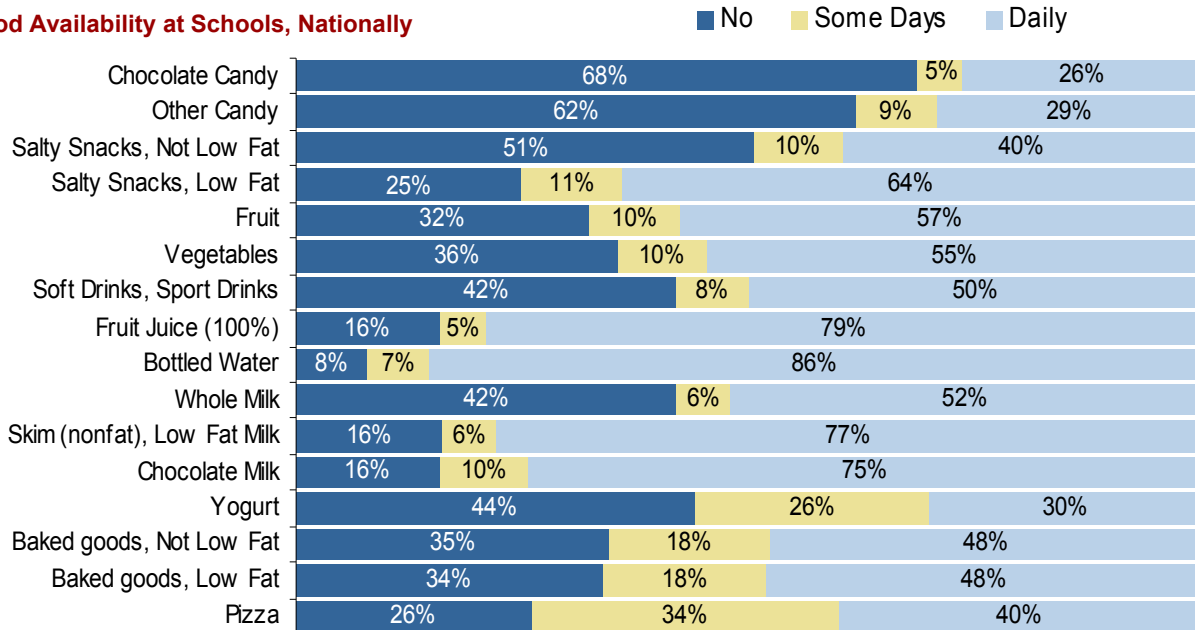
When asked about health screenings, 73% of school administrators reported that students are screened for hearing, 74% for vision, 52% for height and weight, and 29% for oral health.

Foods Available at School

The survey asked administrators which foods were available to students in the school's cafeteria, vending machines, school store, or snack bar. Administrators reported which foods are available and how frequently they are available.

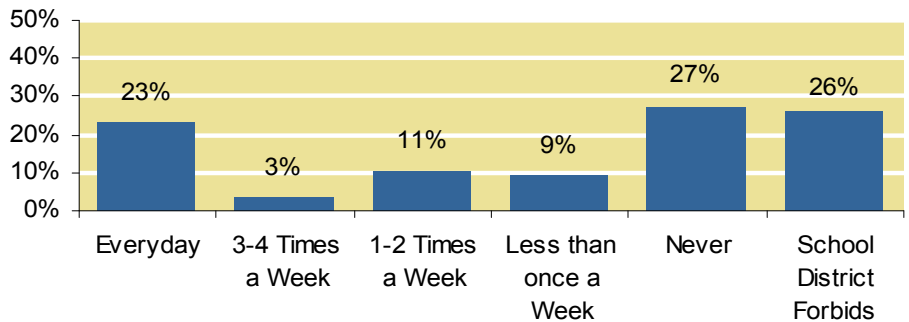
The table below provides this information for surveyed schools across the nation. For example, 68% of schools reported that chocolate candy is not available and 86% of schools reported that bottled water is available daily.

Food Availability at Schools, Nationally



Pizza Sold During Lunch, Nationally

The chart to the right shows the frequency that school organizations sell pizza or other main entrees to students during lunch. Nationally, 23% of surveyed schools report this occurs daily, and 53% report that pizza or other entrees are not sold to students.



Free or Reduced Price Meal Programs

The majority of schools surveyed, 78%, reported they participate in the USDA reimbursable breakfast program. Additionally, 68% reported that they offer a la carte breakfast items to students, and 47% reported that they offer other breakfast meals (besides the USDA program).

Nationally, administrators report that on a typical day, 51% of their students are eligible for free or reduced priced meals, which includes breakfast and/or lunch.

Methods: From 2009 to 2010, 187 school administrators were surveyed to assess physical education, nutrition, tobacco, violence, and health programs and policies in their schools. Schools were sampled to be representative of high schools in the United States; however, the data presented here have not been weighted to reflect this sampling strategy. Although the schools represent diverse regions and populations, these data should not be interpreted as nationally representative. This report was prepared as part of the NEXT Generation Health Study and the Health Behaviors in School-Age Children Survey, funded by the Eunice Kennedy Shriver National Institute of Child Health & Human Development, National Heart, Lung, and Blood Institute, National Institute on Alcohol Abuse and Alcoholism, National Institute on Drug Abuse, and Health Resources Services Administration. For more information, contact 1-866-864-9972 or next@cdmgroup.com.