

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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  |            |      |      |      |      | 30.4 | 33.1 | 32.4 | 41.3 | 39.9 | 48.0 | Increased, 2008-2018          | No quadratic change              | No change                        |
| Tobacco-use prevention   |            |      |      |      |      | 31.6 | 29.8 | 32.2 | 34.5 | 37.7 | 43.0 | Increased, 2008-2018          | No quadratic change              | No change                        |
| Unintentional injury and violence prevention (safety)  |            |      |      |      |      |      | 28.4 | 31.1 | 30.6 | 31.6 | 38.3 | No linear change              | Not available                    | No change                        |

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

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

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|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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  |            |      |      |      |      |      | 33.7 | 33.5 | 36.5 | 35.6 | 33.0 | No linear change              | Not available                    | No change                        |
| Physical education  |            |      |      |      |      |      |      |      | 36.1 | 32.7 | 33.8 | No linear change              | Not available                    | No change                        |
| Physical activity   |            |      |      |      |      |      |      |      | 30.0 | 30.8 | 27.4 | No linear change              | Not available                    | No change                        |
| School meal programs  |            |      |      |      |      |      |      |      | 29.8 | 29.6 | 29.0 | No linear change              | Not available                    | No change                        |
| Foods and beverages available at school outside the school meal programs  |            |      |      |      |      |      |      |      | 25.0 | 25.8 | 29.5 | No linear change              | Not available                    | No change                        |
| Health services   |            |      |      |      |      |      | 31.1 | 28.7 | 25.9 | 29.3 | 31.4 | No linear change              | Not available                    | No change                        |
| Counseling, psychological, and social services  |            |      |      |      |      |      |      |      |      | 33.2 | 35.5 | No linear change              | Not available                    | No change                        |
| Physical environment  |            |      |      |      |      |      |      |      |      | 40.7 | 36.2 | No linear change              | Not available                    | No change                        |

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

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|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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   |            |      |      |      |      |      |      |      |      | 45.3 | 51.1 | No linear change              | Not available                    | No change                        |
| Family engagement  |            |      |      |      |      |      |      |      |      | 43.7 | 51.8 | No linear change              | Not available                    | No change                        |
| Community involvement  |            |      |      |      |      |      |      |      |      | 44.6 | 52.6 | No linear change              | Not available                    | No change                        |
| Employee wellness  |            |      |      |      |      |      |      |      |      | 31.2 | 36.1 | No linear change              | Not available                    | No change                        |
| Percentage of schools that reviewed health and safety data as part of school's improvement planning process*                   |            |      |      |      |      |      |      | 53.3 | 53.4 | 48.4 | 57.9 | No linear change              | Not available                    | No change                        |
| Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities |            |      |      |      |      | 93.3 | 86.5 | 92.6 | 93.3 | 90.2 | 96.0 | No linear change              | No quadratic change              | Increased                        |

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

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

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|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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 |            |      |      |      | 54.7 | 61.0 | 52.6 | 57.2 | 62.1 | 59.7 | 58.3 | No linear change              | No quadratic change              | 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   |            |      |      |      |      |      |      | 55.7 | 56.4 | 62.6 | 61.8 | No linear change              | Not available                    | No change                        |
| Recommended new or revised health and safety policies and activities to school administrators or the school improvement team   |            |      |      |      |      |      |      | 68.5 | 66.6 | 66.1 | 73.4 | No linear change              | Not available                    | No change                        |
| Sought funding or leveraged resources to support health and safety priorities for students and staff   |            |      |      |      |      |      |      | 48.0 | 44.6 | 51.2 | 53.0 | 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.

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|---|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|   | 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   |            |      |      |      |      |      |      | 77.3 | 75.3 | 84.0 | 85.5 | Increased, 2012-2018       | Not available                 | No change                     |
| Reviewed health-related curricula or instructional materials  |            |      |      |      |      |      |      | 68.5 | 65.8 | 64.9 | 75.8 | No linear change           | Not available                 | No change                     |
| Assessed the availability of physical activity opportunities for students   |            |      |      |      |      |      |      |      | 73.6 | 69.5 | 79.0 | No linear change           | 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) |            |      |      |      |      |      |      |      |      | 29.8 | 29.9 | 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.

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|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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      |            |      |      |      |      |      |      |      | 44.5 | 45.1 | 55.2 | Increased, 2014-2018          | Not available                    | Increased                        |
| 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   |            |      |      |      |      |      |      |      | 92.8 | 88.8 | 97.9 | Increased, 2014-2018          | Not available                    | Increased                        |
| Special events sponsored by the school or community organizations (e.g., multicultural week, family night)   |            |      |      |      |      |      |      |      | 57.1 | 58.3 | 64.6 | No linear change              | Not available                    | No change                        |

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|---|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|   | 1998       | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup> | 2016-2018 Change <sup>2</sup> |
| 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 |            |      |      |      |      | 12.8 | 16.6 | 16.4 | 13.4 | 15.9 | 20.3 | 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 |            |      |      |      |      |      | 39.6 | 42.7 | 47.1 | 63.2 | 59.1 | Increased, 2010-2018       | Not available                 | No change                     |
| Prohibit harassment based on a student’s perceived or actual sexual orientation or gender identity  |            |      |      |      |      |      | 79.7 | 77.2 | 85.0 | 92.5 | 93.2 | Increased, 2010-2018       | Not available                 | No change                     |

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|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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                       |            |      |      |      |      |      | 50.1 | 50.1 | 56.7 | 59.8 | 65.6 | 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                          |            |      |      |      |      |      | 34.0 | 32.2 | 40.1 | 41.6 | 45.8 | Increased, 2010-2018          | Not available                    | No change                        |
| Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth   |            |      |      |      |      |      | 38.3 | 33.4 | 44.0 | 43.5 | 49.4 | 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 |            |      |      |      |      |      | 5.8  | 3.3  | 4.1  | 10.4 | 14.5 | Increased, 2010-2018          | Not available                    | No change                        |

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|---|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|   | 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            |            |      |      |      |      |      |      |      | 82.8 | 85.0 | 90.0 | Increased, 2014-2018       | 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                            |            |      |      |      |      |      |      |      | 90.6 | 91.6 | 93.6 | 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 |            |      |      |      |      |      |      |      | 92.5 | 92.0 | 96.5 | No linear change           | Not available                 | Increased                     |
| SSE PM 4. Percentage of schools that prevent bullying and sexual harassment, including electronic aggression, among all students  |            |      |      |      |      |      |      |      | 40.7 | 40.1 | 44.3 | No linear change           | Not available                 | No change                     |

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|---|------------|------|------|------|------|-------|------|-------|-------|-------|-------------------------------|----------------------------------|----------------------------------|-----------|
|   | 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   |            |      |      | 98.6 | 94.6 | 100.0 | 98.5 | 100.0 | 100.0 | 100.0 | 100.0                         | Increased, 2004-2018             | †                                | ¶         |
| 7th grade   |            |      |      | 99.1 | 96.7 | 99.3  | 98.2 | 98.1  | 98.9  | 99.4  | 98.9                          | No linear change                 | No quadratic change              | No change |
| 8th grade   |            |      |      | 99.5 | 96.7 | 99.3  | 98.2 | 98.9  | 98.4  | 99.4  | 97.1                          | No linear change                 | No quadratic change              | No change |
| 9th grade   |            |      |      | 88.1 | 88.2 | 86.8  | 89.0 | 92.2  | 89.2  | 91.6  | 88.6                          | No linear change                 | No quadratic change              | No change |
| 10th grade  |            |      |      | 54.8 | 47.0 | 47.6  | 48.9 | 47.4  | 44.9  | 42.1  | 49.9                          | No linear change                 | No quadratic change              | No change |
| 11th grade  |            |      |      | 26.4 | 18.7 | 19.8  | 23.5 | 21.9  | 26.7  | 23.0  | 27.7                          | No linear change                 | No quadratic change              | No change |
| 12th grade  |            |      |      | 25.4 | 16.1 | 20.8  | 23.5 | 22.5  | 28.1  | 23.8  | 28.5                          | 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.

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

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† Analysis cannot be conducted when prevalence estimates of 0% or 100% are present.

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

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|---|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|   | 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 |            |      |      |      |      |      |      |      | 76.2 | 79.1 | 85.5 | Increased, 2014-2018       | 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   |            |      |      |      |      | 88.9 | 90.1 | 89.9 | 90.5 | 93.6 | 96.5 | Increased, 2008-2018       | No quadratic change           | No change                     |
| A chart describing the annual scope and sequence of instruction for physical education  |            |      |      |      |      | 65.5 | 66.3 | 66.7 | 68.1 | 67.7 | 71.1 | No linear change           | No quadratic change           | No change                     |
| Plans for how to assess student performance in physical education   |            |      |      |      |      | 70.0 | 74.8 | 77.0 | 73.4 | 78.3 | 77.7 | No linear change           | No quadratic change           | No change                     |

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|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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   |            |      |      |      |      | 85.5 | 83.3 | 84.6 | 82.0 | 86.8 | 86.4 | No linear change              | No quadratic change              | No change                        |
| Resources for fitness testing   |            |      |      |      |      |      |      |      | 93.1 | 92.7 | 91.7 | No linear change              | Not available                    | No change                        |
| Physical activity monitoring devices, such as pedometers or heart rate monitors, for physical education   |            |      |      |      |      |      |      |      | 61.3 | 57.1 | 63.7 | No linear change              | Not available                    | No change                        |
| Percentage of schools in which students participate in physical activity breaks in classrooms during the school day outside of physical education |            |      |      |      |      |      |      | 46.2 | 45.6 | 57.1 | 53.7 | Increased, 2012-2018          | Not available                    | No change                        |
| Percentage of schools that offer opportunities for all students to participate in intramural sports programs or physical activity clubs           |            |      |      |      |      | 43.2 | 45.9 | 45.2 | 45.9 | 45.7 | 52.7 | No linear change              | No quadratic change              | No change                        |

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|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 1998       | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 |                               |                                  |                                  |
| Percentage of schools that offer interscholastic sports to students  |            |      |      |      |      |      |      | 92.5 | 92.2 | 91.1 | 91.4 | 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 |            |      |      |      |      |      |      |      | 60.2 | 63.6 | 71.5 | Increased, 2014-2018          | Not available                    | No change                        |
| Percentage of schools that have a joint use agreement for shared use of school or community physical activity facilities   |            |      |      |      |      |      |      | 62.6 | 58.0 | 55.8 | 67.0 | No linear change              | Not available                    | Increased                        |
| CSPAP (2.6.03). Percentage of schools that have established, implemented, or evaluated CSPAP   |            |      |      |      |      |      |      |      | 5.0  | 2.7  | 3.7  | No linear change              | Not available                    | No change                        |

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|--|------------|------|------|-------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|  | 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   |            |      | 99.0 | 100.0 | 99.6 | 99.6 | 97.1 | 99.6 | 99.6 | 98.7 | 99.5 | No linear 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 |            |      | 18.8 | 21.2  | 31.6 | 22.5 | 31.4 | 41.7 | 39.9 | 45.0 | 48.0 | 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   |            |      |      |       | 60.9 | 67.9 | 70.5 | 77.7 | 68.5 | 76.7 | 77.3 | Increased, 2006-2018       | No quadratic change           | No change                     |

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† Analysis cannot be conducted when prevalence estimates of 0% or 100% are present.

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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                                       |            |      |      |      |      | 14.7 | 15.9 | 19.1 | 20.6 | 19.5 | 21.9 | Increased, 2008-2018          | 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                |            |      | 81.2 | 84.1 | 86.0 | 79.0 | 78.4 | 67.7 | 74.4 | 65.5 | 68.3 | 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  |            |      | 47.7 | 52.0 | 44.9 | 35.2 | 35.1 | 24.1 | 26.8 | 12.8 | 10.2 | Decreased, 2002-2018          | Decreased, 2002-2014<br>Decreased, 2014-2018 | No change                        |
| Other kinds of candy   |            |      | 48.9 | 53.1 | 46.1 | 41.0 | 39.1 | 27.1 | 29.5 | 17.1 | 13.2 | Decreased, 2002-2018          | Decreased, 2002-2010<br>Decreased, 2010-2018 | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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: |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| Salty snacks that are not low in fat (e.g., regular potato chips)  |            |      | 46.7 | 51.4 | 46.4 | 38.5 | 32.2 | 26.7 | 28.5 | 19.3 | 15.1 | Decreased, 2002-2018          | No quadratic change              | No change                        |
| Low sodium or “no added salt” pretzels, crackers, or chips   |            |      |      |      |      |      |      |      | 45.3 | 43.3 | 43.7 | No linear change              | Not available                    | No change                        |
| Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat   |            |      |      |      |      | 43.6 | 32.5 | 28.7 | 31.3 | 25.0 | 17.8 | Decreased, 2008-2018          | No quadratic change              | Decreased                        |
| Ice cream or frozen yogurt that is not low in fat  |            |      |      |      |      | 16.8 | 16.1 | 9.2  | 10.5 | 8.8  | 8.8  | Decreased, 2008-2018          | No quadratic change              | No change                        |
| 2% or whole milk (plain or flavored)   |            |      |      |      | 37.8 | 36.2 | 34.8 | 22.3 | 24.9 | 18.4 | 16.3 | Decreased, 2006-2018          | No quadratic change              | No change                        |
| Nonfat or 1% (low-fat) milk (plain)  |            |      |      |      |      |      |      |      | 35.5 | 30.2 | 28.2 | No linear change              | Not available                    | No change                        |

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

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



# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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: |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| Water ices or frozen slushes that do not contain juice   |            |      |      |      |      | 12.9 | 15.6 | 10.2 | 11.0 | 9.7  | 11.7 | No linear change              | No quadratic change              | No change                        |
| Soda pop or fruit drinks that are not 100% juice   |            |      |      |      | 78.3 | 62.2 | 48.7 | 44.2 | 44.3 | 22.7 | 22.4 | Decreased, 2006-2018          | No quadratic change              | No change                        |
| Sports drinks (e.g., Gatorade)   |            |      |      |      | 81.3 | 70.6 | 69.6 | 59.7 | 61.7 | 46.4 | 45.1 | Decreased, 2006-2018          | No quadratic change              | No change                        |
| Energy drinks (e.g., Red Bull, Monster)  |            |      |      |      |      |      |      |      | 3.4  | 2.3  | 5.3  | No linear change              | Not available                    | No change                        |
| 100% fruit or vegetable juice  |            |      |      |      |      |      |      |      | 45.3 | 42.3 | 43.0 | No linear change              | Not available                    | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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: |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| Foods or beverages containing caffeine   |            |      |      |      |      | 60.5 | 43.3 | 43.1 | 39.5 | 22.8 | 31.7 | Decreased, 2008-2018          | No quadratic change              | Increased                        |
| Fruits (not fruit juice)   |            |      |      |      |      | 20.6 | 24.3 | 20.2 | 23.1 | 15.2 | 17.1 | No linear change              | No quadratic change              | No change                        |
| Non-fried vegetables (not vegetable juice)   |            |      |      |      |      | 12.3 | 14.6 | 12.5 | 13.7 | 8.6  | 10.9 | No linear change              | No quadratic change              | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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                    |            |      |      |      |      | 6.3  | 15.0 | 9.4  | 12.5 | 8.6  | 9.9  | No linear change              | No quadratic change              | No change                        |
| Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating    |            |      |      |      |      | 40.1 | 44.7 | 41.6 | 47.4 | 41.6 | 39.1 | No linear change              | No quadratic change              | No change                        |
| Provided information to students or families on the nutrition and caloric content of foods available                                       |            |      |      |      |      | 34.9 | 36.2 | 40.4 | 49.3 | 51.6 | 52.0 | Increased, 2008-2018          | No quadratic change              | No change                        |
| Conducted taste tests to determine food preferences for nutritious items   |            |      |      |      |      | 9.2  | 13.9 | 17.6 | 18.8 | 21.7 | 21.0 | Increased, 2008-2018          | No quadratic change              | No change                        |
| Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics |            |      |      |      |      | 10.6 | 17.0 | 17.1 | 17.0 | 19.5 | 30.3 | Increased, 2008-2018          | No quadratic change              | Increased                        |
| Served locally or regionally grown foods in the cafeteria or classrooms  |            |      |      |      |      |      |      | 37.4 | 51.8 | 55.5 | 67.5 | Increased, 2012-2018          | Not available                    | Increased                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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   |            |      |      |      |      |      |      | 11.8 | 17.5 | 19.4 | 31.1 | Increased, 2012-2018          | Not available                    | Increased                        |
| Placed fruits and vegetables near the cafeteria cashier, where they are easy to access    |            |      |      |      |      |      |      | 62.1 | 71.7 | 78.7 | 82.5 | Increased, 2012-2018          | Not available                    | No change                        |
| Used attractive displays for fruits and vegetables in the cafeteria                       |            |      |      |      |      |      |      | 59.7 | 65.5 | 73.6 | 78.6 | Increased, 2012-2018          | Not available                    | No change                        |
| Offered a self-serve salad bar to students  |            |      |      |      |      |      |      | 74.1 | 82.1 | 85.5 | 87.2 | Increased, 2012-2018          | Not available                    | No change                        |
| Labeled healthful foods with appealing names (e.g., crunchy carrots)                      |            |      |      |      |      |      |      | 23.1 | 26.8 | 27.7 | 30.4 | No linear change              | Not available                    | No change                        |
| Encouraged students to drink plain water  |            |      |      |      |      |      |      |      | 84.8 | 86.6 | 84.2 | No linear change              | Not available                    | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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:                                    |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance |            |      |      |      |      |      |      |      | 19.5 | 20.3 | 26.4 | No linear change              | Not available                    | No change                        |
| Prohibited less nutritious foods and beverages (e.g., candy, baked goods) from being sold for fundraising purposes           |            |      |      |      |      |      |      |      | 14.8 | 20.0 | 29.4 | Increased, 2014-2018          | Not available                    | Increased                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|   | 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   |            |      |      |      |      | 53.0 | 43.1 | 48.4 | 55.1 | 55.0 | 67.6 | Increased, 2008-2018          | No change, 2008-2012<br>Increased, 2012-2018 | Increased                        |
| On school grounds including on the outside of the school building, on playing fields, or other areas of the campus              |            |      |      |      |      | 41.1 | 40.3 | 44.1 | 48.5 | 46.6 | 61.7 | Increased, 2008-2018          | No quadratic change                          | Increased                        |
| On school buses or other vehicles used to transport students  |            |      |      |      |      | 67.3 | 53.7 | 61.1 | 63.1 | 60.6 | 71.7 | No linear change              | No change, 2008-2012<br>Increased, 2012-2018 | Increased                        |
| In school publications (e.g., newsletters, newspapers, web sites, other school publications)                                    |            |      |      |      |      | 57.1 | 45.6 | 52.8 | 52.1 | 53.4 | 67.2 | Increased, 2008-2018          | No change, 2008-2014<br>Increased, 2014-2018 | Increased                        |
| In curricula or other educational materials (including assignment books, school supplies, book covers, and electronic media)    |            |      |      |      |      |      |      |      | 56.6 | 57.4 | 65.2 | No linear change              | Not available                                | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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 |            |      |      |      |      |      |      | 88.8 | 92.5 | 96.1 | 98.6 | Increased, 2012-2018          | Not available                    | No change                        |
| Percentage of schools that offer a free source of drinking water in the following locations:*   |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| Cafeteria during breakfast  |            |      |      |      |      |      |      |      | 98.0 | 97.8 | 98.7 | No linear change              | Not available                    | No change                        |
| Cafeteria during lunch  |            |      |      |      |      |      |      |      | 98.6 | 98.7 | 99.2 | No linear change              | Not available                    | No change                        |
| Gymnasium or other indoor physical activity facilities  |            |      |      |      |      |      |      |      | 94.1 | 95.2 | 94.3 | No linear change              | Not available                    | No change                        |
| Outdoor physical activity facilities and sports fields  |            |      |      |      |      |      |      |      | 87.1 | 87.3 | 87.7 | No linear change              | Not available                    | No change                        |
| Hallways throughout the school  |            |      |      |      |      |      |      |      | 97.3 | 99.2 | 99.4 | No linear change              | Not available                    | No change                        |

\* Among schools with that location.

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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) |            |      |      |      |      | 23.3 | 24.2 | 36.2 | 28.5 | 44.9 | 48.5 | 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                        |            |      |      |      |      |      |      |      | 39.6 | 38.7 | 51.3 | Increased, 2014-2018          | Not available                    | Increased                        |
| 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  |            |      |      |      |      | 6.3  | 15.0 | 9.4  | 12.5 | 8.6  | 9.9  | No linear change              | No quadratic change              | 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             |            |      |      |      |      | 34.9 | 36.2 | 40.4 | 49.3 | 51.6 | 52.0 | Increased, 2008-2018          | No quadratic change              | No change                        |

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

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



# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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                                |            |      |      |      |      |      |      | 62.1 | 71.7 | 78.7 | 82.5 | Increased, 2012-2018          | Not available                    | No change                        |
| SSNE 6 (2.3.10). Percentage of schools that allow students to have access to drinking water  |            |      |      |      |      |      |      |      | 76.7 | 78.5 | 81.4 | 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                      |            |      |      |      |      | 14.7 | 15.9 | 19.1 | 20.6 | 19.5 | 21.9 | Increased, 2008-2018          | 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 |            |      |      |      |      | 10.9 | 13.1 | 11.2 | 12.0 | 8.6  | 10.9 | No linear change              | No quadratic change              | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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 |            |      |      |      |      | 30.6 | 32.9 | 33.7 | 40.0 | 36.5 | 39.6 | Increased, 2008-2018          | No quadratic change              | No change                        |
| Percentage of schools that have a part-time registered nurse who provides health services to students |            |      |      |      |      |      |      |      |      | 59.0 | 57.5 | No linear change              | Not available                    | No change                        |
| Percentage of schools that have a school-based health center that offers health services to students  |            |      |      |      |      |      |      |      |      | 18.4 | 12.5 | No linear change              | Not available                    | No change                        |
| Percentage of schools that provide the following services to students:                                |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| HIV testing   |            |      |      |      |      |      |      | 1.3  | 0.9  | 0.0  | 0.4  | No linear change              | Not available                    | No change                        |
| HIV treatment   |            |      |      |      |      |      |      |      | 1.3  | 0.8  | 0.9  | No linear change              | Not available                    | No change                        |
| STD testing   |            |      |      |      |      |      |      |      | 1.3  | 0.0  | 0.4  | No linear change              | Not available                    | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 1998       | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 |                               |                                  |                                  |
| Percentage of schools that provide the following services to students:   |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| STD treatment  |            |      |      |      |      |      |      |      | 1.8  | 0.0  | 0.9  | No linear change              | Not available                    | No change                        |
| Pregnancy testing  |            |      |      |      |      |      |      | 1.4  | 2.6  | 0.5  | 0.9  | No linear change              | Not available                    | No change                        |
| Provision of condoms   |            |      |      |      |      |      |      | 0.6  | 1.6  | 0.0  | 0.0  | Decreased, 2012-2018          | Not available                    | ¶                                |
| Provision of condom-compatible lubricants (i.e., water- or silicone-based)   |            |      |      |      |      |      |      |      | 1.2  | 0.0  | 0.0  | Decreased, 2014-2018          | Not available                    | ¶                                |
| Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD]) |            |      |      |      |      |      |      | 0.4  | 0.9  | 0.0  | 0.0  | Decreased, 2012-2018          | Not available                    | ¶                                |
| Prenatal care  |            |      |      |      |      |      |      | 1.7  | 5.9  | 0.5  | 0.5  | Decreased, 2012-2018          | Not available                    | No change                        |
| Human papillomavirus (HPV) vaccine administration  |            |      |      |      |      |      |      | 1.4  | 1.6  | 0.4  | 2.3  | No linear change              | Not available                    | No change                        |

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

<sup>2</sup>Based 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%.

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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   |            |      |      |      |      |      |      | 38.5 | 35.7 | 23.6 | 24.5 | Decreased, 2012-2018          | Not available                    | No change                        |
| HIV treatment   |            |      |      |      |      |      |      |      | 35.4 | 27.7 | 34.6 | 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) |            |      |      |      |      |      |      |      |      | 26.5 | 33.0 | No linear change              | Not available                    | No change                        |
| STD testing   |            |      |      |      |      |      |      |      | 37.3 | 25.4 | 26.8 | Decreased, 2014-2018          | Not available                    | No change                        |
| STD treatment   |            |      |      |      |      |      |      |      | 35.8 | 24.2 | 26.0 | Decreased, 2014-2018          | Not available                    | No change                        |
| Pregnancy testing   |            |      |      |      |      |      |      | 45.4 | 39.3 | 26.1 | 29.8 | Decreased, 2012-2018          | Not available                    | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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   |            |      |      |      |      |      |      | 24.6 | 23.5 | 17.0 | 19.4 | No linear change              | Not available                    | No change                        |
| Provision of condom-compatible lubricants (i.e., water- or silicone-based)   |            |      |      |      |      |      |      |      | 23.5 | 15.6 | 18.2 | No linear change              | Not available                    | No change                        |
| Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])   |            |      |      |      |      |      |      | 25.1 | 24.4 | 17.0 | 20.0 | No linear change              | Not available                    | No change                        |
| Prenatal care  |            |      |      |      |      |      |      | 40.5 | 40.0 | 26.5 | 30.0 | Decreased, 2012-2018          | Not available                    | No change                        |
| Human papillomavirus (HPV) vaccine administration  |            |      |      |      |      |      |      | 30.0 | 33.6 | 31.8 | 39.1 | 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 |            |      |      |      |      |      |      |      | 65.0 | 61.3 | 51.8 | Decreased, 2014-2018          | Not available                    | Decreased                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup> | 2016-2018 Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|  | 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   |            |      |      |      |      |      |      |      | 98.7 | 99.1 | 96.4 | No linear change           | Not available                 | No change                     |
| Food allergies   |            |      |      |      |      |      |      |      | 97.5 | 99.5 | 96.8 | No linear change           | Not available                 | Decreased                     |
| Diabetes   |            |      |      |      |      |      |      |      | 96.6 | 98.6 | 96.0 | No linear change           | Not available                 | No change                     |
| Epilepsy or seizure disorder   |            |      |      |      |      |      |      |      | 93.9 | 96.3 | 95.5 | No linear change           | Not available                 | No change                     |
| Obesity  |            |      |      |      |      |      |      |      | 43.2 | 52.5 | 34.1 | No linear change           | Not available                 | Decreased                     |
| Hypertension/high blood pressure   |            |      |      |      |      |      |      |      | 69.9 | 69.2 | 53.1 | Decreased, 2014-2018       | Not available                 | Decreased                     |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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   |            |      |      |      |      |      |      |      | 54.2 | 56.9 | 57.3 | No linear change              | Not available                    | No change                        |
| Food allergies   |            |      |      |      |      |      |      |      | 53.6 | 54.9 | 57.3 | No linear change              | Not available                    | No change                        |
| Diabetes   |            |      |      |      |      |      |      |      | 53.4 | 56.3 | 57.8 | No linear change              | Not available                    | No change                        |
| Epilepsy or seizure disorder   |            |      |      |      |      |      |      |      | 52.0 | 55.9 | 57.3 | No linear change              | Not available                    | No change                        |
| Obesity  |            |      |      |      |      |      |      |      | 41.4 | 43.3 | 42.7 | No linear change              | Not available                    | No change                        |
| Hypertension/high blood pressure   |            |      |      |      |      |      |      |      | 48.9 | 50.0 | 52.7 | No linear change              | Not available                    | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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  |            |      |      |      |      |      |      |      |      | 89.0 | 93.6 | No linear change              | Not available                    | No change                        |
| Parental consent is required before any sexual or reproductive health services are provided   |            |      |      |      |      |      |      |      |      | 7.9  | 4.4  | 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 |            |      |      |      |      |      |      |      |      | 0.9  | 0.5  | 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                      |            |      |      |      |      |      |      |      |      | 2.2  | 1.1  | No linear change              | Not available                    | No change                        |

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

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



# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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                        |            |      |      |      |      |      |      |      |      | 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 services provided                     |            |      |      |      |      |      |      |      |      | 0.0  | 0.4  | Increased, 2016-2018          | Not available                    | No change                        |
| 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   |            |      |      |      |      |      |      |      |      | 66.3 | 63.9 | No linear change              | Not available                    | No change                        |
| Parental consent is required before any sexual or reproductive health services are referred  |            |      |      |      |      |      |      |      |      | 20.2 | 19.2 | No linear change              | Not available                    | No change                        |

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

<sup>2</sup>Based 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%.

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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 |            |      |      |      |      |      |      |      |      | 4.2  | 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                      |            |      |      |      |      |      |      |      |      | 5.7  | 9.5  | 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                               |            |      |      |      |      |      |      |      |      | 3.0  | 2.3  | 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 referrals provided                            |            |      |      |      |      |      |      |      |      | 0.5  | 2.8  | No linear change              | Not available                    | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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  |            |      |      |      |      |      |      |      | 23.5 | 13.9 | 17.7 | No linear change              | 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)  |            |      |      |      |      |      |      |      | 98.7 | 99.5 | 96.8 | No linear change              | Not available                    | Decreased                        |
| 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 |            |      |      |      |      |      |      |      | 65.0 | 61.3 | 51.8 | Decreased, 2014-2018          | Not available                    | Decreased                        |
| 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                 |            |      |      |      |      |      |      |      | 54.2 | 57.6 | 58.2 | No linear change              | Not available                    | No change                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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   |            |      |      |      |      |      |      |      | 21.7 | 22.3 | 17.8 | 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) |            |      |      |      |      |      |      |      | 53.4 | 47.2 | 48.6 | No linear change              | Not available                    | No change                        |
| Involved parents as school volunteers in the delivery of health education activities and services  |            |      |      |      |      |      |      |      | 32.3 | 19.9 | 23.7 | Decreased, 2014-2018          | Not available                    | No change                        |
| Linked parents and families to health services and programs in the community   |            |      |      |      |      |      |      |      | 59.6 | 63.0 | 63.3 | 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  |            |      |      |      |      |      |      |      | 78.8 | 84.3 | 75.6 | No linear change              | Not available                    | Decreased                        |

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

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

# NEBRASKA

## 2018 School Health Profiles Report Trend Analysis Report - Principal Survey

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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 |            |      |      |      |      |      |      |      | 63.4 | 68.7 | 70.6 | No linear change              | Not available                    | No change                        |
| Percentage of schools that provide service-learning opportunities for students   |            |      |      |      |      |      |      |      | 58.3 | 62.3 | 58.8 | No linear change              | Not available                    | No change                        |
| Percentage of schools that provide peer tutoring opportunities for students  |            |      |      |      |      |      |      |      | 76.3 | 76.7 | 72.9 | 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                                     |            |      |      |      |      |      |      |      | 34.0 | 31.5 | 40.8 | No linear change              | Not available                    | Increased                        |
| SSE PM 5. Percentage of schools that implement school connectedness strategies   |            |      |      |      |      |      |      |      | 80.4 | 83.0 | 82.6 | No linear change              | Not available                    | No change                        |
| SSE PM 6. Percentage of schools that implement parent engagement strategies for all students   |            |      |      |      |      |      |      |      | 44.6 | 43.6 | 37.5 | No linear change              | Not available                    | No change                        |

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

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

# NEBRASKA

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      |                            |  |                               |
|--|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|--|-------------------------------|
|  | 1998       | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup>                | 2016-2018 Change <sup>2</sup> |
| Required Health Education  |            |      |      |      |      |      |      |      |      |      |      |                            |  |                               |
| Percentage of schools in which students take only one required health education course         | 42.4       | 37.5 | 37.2 | 44.0 | 39.3 | 40.0 | 34.4 | 37.5 | 43.5 | 35.4 | 44.4 | No linear change           | No quadratic change                          | Increased                     |
| Percentage of schools in which students take two or more required health education courses     | 35.6       | 42.9 | 46.0 | 42.7 | 50.1 | 50.7 | 59.4 | 52.1 | 48.8 | 56.3 | 46.7 | Increased, 1998-2018       | Increased, 1998-2010<br>Decreased, 2010-2018 | No change                     |
| Percentage of schools that taught a required health education course in the following grades:* |            |      |      |      |      |      |      |      |      |      |      |                            |  |                               |
| 6th grade  | 30.5       | 37.0 | 39.6 | 41.7 | 44.4 | 48.4 | 56.4 | 35.6 | 53.6 | 46.3 | 38.5 | Increased, 1998-2018       | Increased, 1998-2010<br>No change, 2010-2018 | No change                     |
| 7th grade  | 43.6       | 50.8 | 52.5 | 58.2 | 58.5 | 53.2 | 65.3 | 58.1 | 56.9 | 57.3 | 54.0 | Increased, 1998-2018       | Increased, 1998-2010<br>No change, 2010-2018 | No change                     |
| 8th grade  | 43.1       | 49.9 | 52.4 | 51.9 | 58.8 | 53.6 | 65.7 | 55.5 | 52.5 | 55.0 | 53.6 | Increased, 1998-2018       | Increased, 1998-2010<br>Decreased, 2010-2018 | 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.

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

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

# NEBRASKA

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|   | 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:*                            |            |      |      |      |      |      |      |      |      |      |      |                               |  |                                  |
| 9th grade   | 46.4       | 45.6 | 53.0 | 54.2 | 55.8 | 62.2 | 67.4 | 57.2 | 59.7 | 64.5 | 61.5 | Increased, 1998-2018          | Increased, 1998-2010<br>No change, 2010-2018 | No change                        |
| 10th grade  | 31.7       | 30.0 | 29.9 | 30.0 | 30.3 | 32.9 | 35.2 | 33.7 | 34.3 | 27.6 | 31.0 | No linear change              | No quadratic change                          | No change                        |
| 11th grade  | 8.9        | 4.1  | 4.8  | 8.8  | 8.5  | 11.8 | 9.9  | 8.2  | 10.0 | 9.8  | 12.0 | Increased, 1998-2018          | No quadratic change                          | No change                        |
| 12th grade  | 9.0        | 5.3  | 6.1  | 7.8  | 7.2  | 11.7 | 13.2 | 12.1 | 11.9 | 13.4 | 14.6 | Increased, 1998-2018          | No quadratic change                          | No change                        |
| Among schools that required a health education course, percentage that required students who fail the course to repeat it |            |      |      | 58.7 | 57.2 | 63.1 | 60.7 | 64.4 | 63.7 | 68.9 | 70.4 | Increased, 2004-2018          | 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.

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

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

# NEBRASKA

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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                 |            |      |      |      |      | 91.4 | 94.2 | 90.5 | 93.4 | 94.8 | 92.2 | No linear change              | No quadratic change              | No change                        |
| Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors |            |      |      |      |      | 89.5 | 92.3 | 89.5 | 93.0 | 94.2 | 91.8 | No linear change              | No quadratic change              | No change                        |
| Accessing valid information and products and services to enhance health                                     |            |      |      |      |      | 79.0 | 84.6 | 82.4 | 87.5 | 85.4 | 86.0 | No linear change              | No quadratic change              | No change                        |
| Using interpersonal communication skills to enhance health and avoid or reduce health risks                 |            |      |      |      |      | 89.7 | 87.8 | 89.2 | 91.6 | 91.1 | 88.2 | No linear change              | No quadratic change              | No change                        |
| Using decision-making skills to enhance health  |            |      |      |      |      | 91.4 | 92.8 | 91.6 | 93.9 | 95.2 | 90.6 | No linear change              | No quadratic change              | No change                        |

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

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



# NEBRASKA

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |           |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|-----------|
|   | 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   |            |      |      |      |      | 84.0 | 89.1 | 87.0 | 87.3 | 90.8 | 88.3 | No linear change              | No quadratic change              | No change                        |           |
| Practicing health-enhancing behaviors to avoid or reduce risks  |            |      |      |      |      | 87.7 | 92.8 | 90.2 | 92.4 | 93.3 | 92.2 | No linear change              | No quadratic change              | No change                        |           |
| Advocating for personal, family, and community health   |            |      |      |      |      | 85.9 | 84.7 | 80.1 | 87.5 | 91.1 | 89.5 | Increased, 2008-2018          | No quadratic change              | 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  |            |      |      |      |      |      |      |      |      | 68.0 | 80.5 | 67.5                          | No linear change                 | Not available                    | Decreased |
| A written health education curriculum that includes objectives and content addressing sexual health education     |            |      |      |      |      |      |      |      |      | 66.3 | 74.1 | 70.2                          | No linear change                 | Not available                    | No change |

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

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

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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   |            |      |      |      |      |      |      |      | 47.6 | 60.2 | 56.8 | No linear change              | Not available                    | No change                        |
| Strategies that are age-appropriate, relevant, and actively engage students in learning   |            |      |      |      |      |      |      |      | 73.2 | 81.1 | 76.6 | No linear change              | Not available                    | No change                        |
| Methods to assess student knowledge and skills related to sexual health education   |            |      |      |      |      |      |      |      | 72.7 | 80.8 | 70.5 | No linear change              | Not available                    | Decreased                        |
| 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 |            |      |      |      |      |      | 17.2 | 15.1 | 16.1 | 38.0 | 44.1 | Increased, 2010-2018          | Not available                    | No change                        |
| Percentage of schools in which health education instruction is required in any of grades 6 through 12   |            |      |      |      |      |      | 92.7 | 89.1 | 89.8 | 91.3 | 93.0 | No linear change              | Not available                    | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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  |            |      |      |      |      | 95.2 | 96.7 | 94.7 | 92.5 | 96.2 | 94.6 | No linear change              | No quadratic change                          | No change                        |
| Asthma   |            |      |      |      |      | 52.3 | 58.0 | 59.5 | 61.2 | 57.1 | 51.7 | No linear change              | No change, 2008-2014<br>Decreased, 2014-2018 | No change                        |
| Chronic disease prevention   |            |      |      |      |      |      |      |      |      | 90.8 | 86.6 | No linear change              | Not available                                | No change                        |
| Emotional and mental health  |            |      |      |      |      | 88.2 | 90.9 | 89.9 | 87.4 | 90.2 | 90.9 | No linear change              | No quadratic change                          | No change                        |
| Epilepsy or seizure disorder   |            |      |      |      |      |      |      |      | 41.3 | 38.0 | 38.4 | No linear change              | Not available                                | No change                        |
| Food allergies   |            |      |      |      |      |      |      |      | 70.0 | 65.4 | 65.1 | No linear change              | Not available                                | No change                        |
| Foodborne illness prevention   |            |      |      |      |      | 69.6 | 70.4 | 74.8 | 70.5 | 67.8 | 65.3 | No linear change              | No quadratic change                          | No change                        |

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

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

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|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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 immunodeficiency virus (HIV) prevention  |            |      |      |      |      | 89.9 | 89.9 | 85.2 | 81.8 | 80.3 | 84.7 | Decreased, 2008-2018          | No quadratic change              | No change                        |
| Human sexuality  |            |      |      |      |      | 86.3 | 87.3 | 81.9 | 75.5 | 72.8 | 74.7 | Decreased, 2008-2018          | No quadratic change              | No change                        |
| Infectious disease prevention (e.g., influenza [flu] prevention)   |            |      |      |      |      |      |      | 84.6 | 82.8 | 78.7 | 80.9 | No linear change              | Not available                    | No change                        |
| Injury prevention and safety   |            |      |      |      |      | 85.9 | 84.7 | 86.0 | 80.3 | 88.5 | 84.4 | No linear change              | No quadratic change              | No change                        |
| Nutrition and dietary behavior   |            |      |      |      |      | 96.8 | 96.1 | 95.3 | 96.0 | 98.6 | 96.5 | No linear change              | No quadratic change              | No change                        |
| Physical activity and fitness  |            |      |      |      |      | 98.5 | 98.0 | 98.0 | 99.5 | 99.1 | 97.1 | No linear change              | No quadratic change              | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup> | 2016-2018 Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|  | 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: |            |      |      |      |      |      |      |      |      |      |      |                            |                               |                               |
| Pregnancy prevention   |            |      |      |      |      | 81.1 | 83.3 | 80.0 | 76.9 | 76.7 | 78.8 | No linear change           | No quadratic change           | No change                     |
| Sexually transmitted disease (STD) prevention  |            |      |      |      |      | 85.9 | 93.0 | 86.1 | 83.8 | 84.2 | 86.1 | No linear change           | No quadratic change           | No change                     |
| Suicide prevention   |            |      |      |      |      | 69.5 | 70.7 | 74.8 | 69.1 | 80.7 | 83.4 | Increased, 2008-2018       | No quadratic change           | No change                     |
| Tobacco-use prevention   |            |      |      |      |      | 96.1 | 97.1 | 92.3 | 93.2 | 94.8 | 94.1 | No linear change           | No quadratic change           | No change                     |
| Violence prevention (e.g., bullying, fighting, dating violence prevention)   |            |      |      |      |      | 86.1 | 89.5 | 90.4 | 94.4 | 92.8 | 90.1 | No linear change           | No quadratic change           | No change                     |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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: |            |      |      |      |      |      |      |      |      |      |      |                               |  |                                  |
| Identifying tobacco products and the harmful substances they contain   |            |      |      |      |      | 92.7 | 93.1 | 84.1 | 85.7 | 89.7 | 89.1 | No linear change              | Decreased, 2008-2014<br>No change, 2014-2018 | No change                        |
| Identifying short- and long-term health consequences of tobacco use  |            |      |      |      |      | 95.0 | 94.6 | 88.3 | 88.7 | 88.3 | 90.1 | Decreased, 2008-2018          | Decreased, 2008-2014<br>No change, 2014-2018 | No change                        |
| Identifying social, economic, and cosmetic consequences of tobacco use   |            |      |      |      |      | 88.3 | 88.7 | 80.7 | 84.2 | 84.3 | 84.8 | No linear change              | No quadratic change                          | No change                        |
| Understanding the addictive nature of nicotine   |            |      |      |      |      | 93.0 | 90.2 | 85.7 | 84.4 | 87.7 | 88.5 | No linear change              | Decreased, 2008-2014<br>No change, 2014-2018 | No change                        |
| Effects of nicotine on the adolescent brain  |            |      |      |      |      |      |      |      |      | 79.4 | 78.4 | No linear change              | Not available                                | No change                        |

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

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

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|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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: |            |      |      |      |      |      |      |      |      |      |      |                               |  |                                  |
| Effects of tobacco use on athletic performance   |            |      |      |      |      | 87.7 | 83.3 | 81.1 | 80.0 | 82.7 | 78.2 | Decreased, 2008-2018          | No quadratic change                          | No change                        |
| Effects of second-hand smoke and benefits of a smoke-free environment  |            |      |      |      |      | 93.8 | 92.0 | 84.7 | 84.1 | 88.0 | 85.0 | Decreased, 2008-2018          | Decreased, 2008-2012<br>No change, 2012-2018 | No change                        |
| Understanding the social influences on tobacco use, including media, family, peers, and culture  |            |      |      |      |      | 88.4 | 91.2 | 80.4 | 82.2 | 86.0 | 83.4 | No linear change              | No quadratic change                          | No change                        |
| Identifying reasons why students do and do not use tobacco   |            |      |      |      |      | 87.4 | 88.6 | 81.0 | 83.3 | 84.7 | 83.4 | No linear change              | No quadratic change                          | No change                        |
| Making accurate assessments of how many peers use tobacco  |            |      |      |      |      | 67.6 | 71.8 | 64.2 | 64.7 | 69.9 | 67.6 | No linear change              | No quadratic change                          | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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)  |            |      |      |      |      | 85.4 | 85.8 | 76.7 | 80.0 | 83.6 | 78.6 | No linear change              | No quadratic change              | No change                        |
| Using goal-setting and decision-making skills related to not using tobacco   |            |      |      |      |      | 81.2 | 82.5 | 72.8 | 73.7 | 80.8 | 76.3 | No linear change              | No quadratic change              | No change                        |
| Finding valid information and services related to tobacco-use prevention and cessation   |            |      |      |      |      | 67.5 | 68.6 | 66.8 | 67.1 | 69.7 | 70.0 | No linear change              | No quadratic change              | No change                        |
| Supporting others who abstain from or want to quit using tobacco   |            |      |      |      |      | 75.3 | 73.8 | 69.5 | 72.8 | 76.1 | 74.8 | No linear change              | No quadratic change              | No change                        |
| Identifying harmful effects of tobacco use on fetal development  |            |      |      |      |      | 84.1 | 82.8 | 76.7 | 77.2 | 78.2 | 77.8 | No linear change              | No quadratic change              | No change                        |

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

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



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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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: |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| Relationship between using tobacco and alcohol or other drugs  |            |      |      |      |      |      |      |      | 82.5 | 86.5 | 84.2 | No linear change              | Not available                    | No change                        |
| How addiction to tobacco use can be treated  |            |      |      |      |      |      |      |      | 73.1 | 78.1 | 77.3 | No linear change              | Not available                    | No change                        |
| Understanding school policies and community laws related to the sale and use of tobacco products   |            |      |      |      |      |      |      |      | 73.6 | 79.2 | 74.3 | No linear change              | Not available                    | No change                        |
| Benefits of tobacco cessation programs   |            |      |      |      |      |      |      |      | 54.1 | 59.8 | 57.1 | No linear change              | Not available                    | No change                        |

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

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

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup>                | 2016-2018 Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|--|-------------------------------|
|   | 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: |            |      |      |      |      |      |      |      |      |      |      |                            |  |                               |
| How HIV and other STDs are transmitted  |            |      |      |      |      | 75.6 | 68.9 | 54.0 | 50.7 | 56.1 | 53.6 | Decreased, 2008-2018       | Decreased, 2008-2014<br>No change, 2014-2018 | No change                     |
| Health consequences of HIV, other STDs, and pregnancy   |            |      |      |      |      | 78.5 | 66.7 | 52.3 | 52.6 | 58.0 | 56.6 | Decreased, 2008-2018       | Decreased, 2008-2012<br>No change, 2012-2018 | No change                     |
| The benefits of being sexually abstinent  |            |      |      |      |      | 77.6 | 70.3 | 58.4 | 55.5 | 56.8 | 60.3 | Decreased, 2008-2018       | Decreased, 2008-2014<br>No change, 2014-2018 | No change                     |
| How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy   |            |      |      |      |      | 56.7 | 58.4 | 44.6 | 43.5 | 47.5 | 52.9 | No linear change           | Decreased, 2008-2014<br>No change, 2014-2018 | No change                     |

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

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

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|   | 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 influences of family, peers, media, technology and other factors on sexual risk behaviors   |            |      |      |      |      |      |      |      | 60.2 | 57.8 | 56.5 | No linear change              | Not available                                | No change                        |
| Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy   |            |      |      |      |      | 67.2 | 63.1 | 49.7 | 48.6 | 49.8 | 51.7 | Decreased, 2008-2018          | Decreased, 2008-2014<br>No change, 2014-2018 | No change                        |
| Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy  |            |      |      |      |      | 67.7 | 59.1 | 46.2 | 49.1 | 48.8 | 49.9 | Decreased, 2008-2018          | Decreased, 2008-2012<br>No change, 2012-2018 | No change                        |
| Influencing and supporting others to avoid or reduce sexual risk behaviors  |            |      |      |      |      |      |      |      | 51.6 | 55.0 | 57.2 | No linear change              | Not available                                | No change                        |
| Efficacy of condoms, that is, how well condoms work and do not work   |            |      |      |      |      |      | 49.8 | 35.0 | 33.9 | 34.6 | 40.4 | No linear change              | Not available                                | No change                        |
| The importance of using condoms consistently and correctly  |            |      |      |      |      |      | 37.4 | 27.6 | 22.8 | 27.5 | 32.9 | No linear change              | Not available                                | No change                        |

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

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

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup> | 2016-2018 Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|   | 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: |            |      |      |      |      |      |      |      |      |      |      |                            |                               |                               |
| How to obtain condoms   |            |      |      |      |      |      | 27.7 | 13.3 | 16.6 | 20.1 | 24.8 | No linear change           | Not available                 | No change                     |
| How to correctly use a condom   |            |      |      |      |      |      | 25.6 | 11.3 | 16.5 | 18.5 | 22.8 | No linear change           | Not available                 | No change                     |
| Methods of contraception other than condoms   |            |      |      |      |      |      |      |      |      | 29.9 | 36.3 | 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   |            |      |      |      |      |      |      | 23.2 | 28.3 | 26.9 | 36.1 | Increased, 2012-2018       | Not available                 | No change                     |
| How to create and sustain healthy and respectful relationships  |            |      |      |      |      |      |      | 55.2 | 64.5 | 62.7 | 61.7 | No linear change           | Not available                 | No change                     |

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

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

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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  |            |      |      |      |      |      |      |      | 44.5 | 48.4 | 52.1 | No linear change              | Not available                    | No change                        |
| Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health   |            |      |      |      |      |      |      |      | 46.1 | 45.0 | 47.8 | No linear change              | Not available                    | No change                        |
| Sexual orientation  |            |      |      |      |      |      |      |      |      | 24.7 | 31.3 | No linear change              | Not available                    | No change                        |
| Gender roles, gender identity, or gender expression   |            |      |      |      |      |      |      |      |      | 27.2 | 33.0 | No linear change              | Not available                    | No change                        |

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

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

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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  |            |      |      |      |      |      | 87.6 | 84.1 | 84.3 | 80.8 | 82.2 | No linear change              | Not available                    | No change                        |
| Health consequences of HIV, other STDs, and pregnancy   |            |      |      |      |      |      | 86.1 | 84.2 | 85.2 | 79.5 | 83.0 | No linear change              | Not available                    | No change                        |
| The benefits of being sexually abstinent  |            |      |      |      |      | 83.5 | 86.1 | 82.6 | 81.3 | 79.1 | 81.2 | No linear change              | No quadratic change              | No change                        |
| How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy   |            |      |      |      |      | 72.4 | 77.3 | 70.9 | 72.4 | 74.2 | 71.5 | No linear change              | No quadratic change              | No change                        |
| The influences of family, peers, media, technology and other factors on sexual risk behaviors   |            |      |      |      |      |      |      |      | 80.7 | 76.9 | 76.6 | No linear change              | Not available                    | No change                        |
| Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy   |            |      |      |      |      | 72.0 | 70.6 | 75.2 | 70.9 | 71.9 | 72.9 | No linear change              | No quadratic change              | No change                        |

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

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

# NEBRASKA

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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  |            |      |      |      |      | 73.7 | 74.8 | 73.1 | 69.3 | 68.3 | 74.6 | No linear change              | No quadratic change              | No change                        |
| Influencing and supporting others to avoid or reduce sexual risk behaviors  |            |      |      |      |      |      |      |      | 73.0 | 68.3 | 73.5 | No linear change              | Not available                    | No change                        |
| Efficacy of condoms, that is, how well condoms work and do not work   |            |      |      |      |      | 67.8 | 64.6 | 60.6 | 63.1 | 59.0 | 61.5 | No linear change              | No quadratic change              | No change                        |
| The importance of using condoms consistently and correctly  |            |      |      |      |      | 54.3 | 55.7 | 52.3 | 52.9 | 47.3 | 49.9 | No linear change              | No quadratic change              | No change                        |
| How to obtain condoms   |            |      |      |      |      | 40.0 | 41.0 | 31.7 | 39.0 | 35.8 | 36.9 | No linear change              | No quadratic change              | No change                        |
| How to correctly use a condom   |            |      |      |      |      |      | 36.0 | 25.2 | 35.4 | 35.9 | 33.3 | No linear change              | Not available                    | No change                        |

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

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

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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   |            |      |      |      |      |      |      |      |      | 55.4 | 56.2 | 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   |            |      |      |      |      |      |      | 44.4 | 55.1 | 58.7 | 52.4 | No linear change              | Not available                    | No change                        |
| How to create and sustain healthy and respectful relationships  |            |      |      |      |      |      |      | 75.9 | 78.4 | 80.3 | 80.6 | No linear change              | Not available                    | No change                        |
| The importance of limiting the number of sexual partners  |            |      |      |      |      |      |      |      | 75.2 | 72.1 | 72.2 | No linear change              | Not available                    | No change                        |
| Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health   |            |      |      |      |      |      |      |      | 73.7 | 71.6 | 64.0 | No linear change              | Not available                    | No change                        |
| Sexual orientation  |            |      |      |      |      |      |      |      |      | 36.2 | 43.8 | No linear change              | Not available                    | No change                        |
| Gender roles, gender identity, or gender expression   |            |      |      |      |      |      |      |      |      | 38.1 | 42.9 | No linear change              | Not available                    | No change                        |

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

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



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|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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  |            |      |      |      |      |      |      |      | 49.6 | 55.4 | 51.5 | No linear change              | Not available                    | No change                        |
| Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors   |            |      |      |      |      |      |      |      | 55.9 | 53.3 | 50.7 | No linear change              | Not available                    | No change                        |
| Access valid information, products, and services to prevent HIV, other STDs, and pregnancy   |            |      |      |      |      |      |      |      | 39.3 | 47.6 | 43.2 | No linear change              | Not available                    | No change                        |
| Use interpersonal communication skills to avoid or reduce sexual risk behaviors  |            |      |      |      |      |      |      |      | 49.5 | 50.5 | 48.6 | No linear change              | Not available                    | No change                        |
| Use decision-making skills to prevent HIV, other STDs, and pregnancy   |            |      |      |      |      |      |      |      | 49.7 | 55.7 | 51.5 | No linear change              | Not available                    | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup> | 2016-2018 Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|  | 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  |            |      |      |      |      |      |      |      | 52.4 | 56.0 | 53.7 | No linear change           | Not available                 | No change                     |
| Influence and support others to avoid or reduce sexual risk behaviors  |            |      |      |      |      |      |      |      | 49.2 | 50.6 | 49.9 | 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  |            |      |      |      |      |      |      |      | 79.0 | 74.9 | 76.4 | No linear change           | Not available                 | No change                     |
| Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors   |            |      |      |      |      |      |      |      | 73.7 | 70.4 | 73.2 | No linear change           | Not available                 | No change                     |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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   |            |      |      |      |      |      |      |      | 66.7 | 67.4 | 61.4 | No linear change              | Not available                    | No change                        |
| Use interpersonal communication skills to avoid or reduce sexual risk behaviors  |            |      |      |      |      |      |      |      | 67.2 | 67.2 | 71.7 | No linear change              | Not available                    | No change                        |
| Use decision-making skills to prevent HIV, other STDs, and pregnancy   |            |      |      |      |      |      |      |      | 67.8 | 71.6 | 75.7 | 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  |            |      |      |      |      |      |      |      | 61.7 | 70.7 | 68.3 | No linear change              | Not available                    | No change                        |
| Influence and support others to avoid or reduce sexual risk behaviors  |            |      |      |      |      |      |      |      | 67.1 | 67.5 | 71.3 | No linear change              | Not available                    | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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   |            |      |      |      |      | 94.7 | 95.1 | 94.8 | 94.0 | 94.8 | 93.9 | No linear change              | No quadratic change              | No change                        |
| Benefits of drinking plenty of water   |            |      |      |      |      |      |      |      | 93.6 | 95.3 | 92.6 | No linear change              | Not available                    | No change                        |
| Benefits of eating breakfast every day   |            |      |      |      |      |      |      |      |      | 93.1 | 91.6 | No linear change              | Not available                    | No change                        |
| Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate)   |            |      |      |      |      |      |      |      | 88.6 | 91.9 | 88.9 | No linear change              | Not available                    | No change                        |
| Using food labels  |            |      |      |      |      | 88.1 | 84.4 | 85.7 | 84.5 | 88.3 | 89.0 | No linear change              | No quadratic change              | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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: |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| Differentiating between nutritious and non-nutritious beverages  |            |      |      |      |      |      |      |      | 88.5 | 91.8 | 91.4 | No linear change              | Not available                    | No change                        |
| Balancing food intake and physical activity  |            |      |      |      |      | 93.3 | 93.5 | 92.8 | 92.8 | 94.0 | 94.2 | No linear change              | No quadratic change              | No change                        |
| Eating more fruits, vegetables, and whole grain products   |            |      |      |      |      | 92.5 | 91.3 | 93.5 | 92.7 | 93.5 | 91.9 | No linear change              | No quadratic change              | No change                        |
| Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)  |            |      |      |      |      | 92.7 | 90.7 | 91.8 | 86.9 | 88.2 | 88.9 | No linear change              | No quadratic change              | No change                        |
| Choosing foods, snacks, and beverages that are low in added sugars   |            |      |      |      |      |      |      |      | 89.7 | 89.4 | 89.9 | No linear change              | Not available                    | No change                        |
| Choosing foods and snacks that are low in sodium   |            |      |      |      |      |      |      |      | 85.1 | 86.9 | 85.9 | No linear change              | Not available                    | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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 a variety of foods that are high in calcium   |            |      |      |      |      |      |      |      | 87.8 | 85.7 | 84.1 | No linear change              | Not available                    | No change                        |
| Eating a variety of foods that are high in iron  |            |      |      |      |      |      |      |      | 80.2 | 81.0 | 82.3 | No linear change              | Not available                    | No change                        |
| Food safety  |            |      |      |      |      | 83.0 | 81.4 | 82.8 | 80.2 | 83.1 | 81.5 | No linear change              | No quadratic change              | No change                        |
| Preparing healthy meals and snacks   |            |      |      |      |      | 83.4 | 84.4 | 87.7 | 81.3 | 83.2 | 85.0 | No linear change              | No quadratic change              | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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  |            |      |      |      |      | 92.0 | 88.7 | 88.8 | 89.0 | 88.9 | 89.4 | No linear change              | No quadratic change              | No change                        |
| Accepting body size differences  |            |      |      |      |      | 86.9 | 85.5 | 85.2 | 82.4 | 88.8 | 90.6 | No linear change              | No quadratic change              | No change                        |
| Signs, symptoms, and treatment for eating disorders  |            |      |      |      |      | 86.1 | 85.9 | 78.7 | 83.2 | 84.8 | 83.7 | No linear change              | No quadratic change              | No change                        |
| Relationship between diet and chronic diseases   |            |      |      |      |      |      |      |      | 79.9 | 83.2 | 84.6 | No linear change              | Not available                    | No change                        |
| Assessing body mass index (BMI)  |            |      |      |      |      |      |      |      | 73.7 | 77.0 | 78.4 | No linear change              | Not available                    | No change                        |

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

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

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|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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  |            |      |      |      |      |      |      |      | 94.0 | 96.3 | 94.2 | No linear change              | Not available                    | No change                        |
| Mental and social benefits of physical activity   |            |      |      |      |      |      |      |      | 94.9 | 96.8 | 94.8 | No linear change              | Not available                    | No change                        |
| Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)  |            |      |      |      |      | 93.1 | 95.1 | 92.5 | 96.5 | 96.8 | 94.8 | No linear change              | No quadratic change              | No change                        |
| Phases of a workout (i.e., warm-up, workout, cool down)   |            |      |      |      |      | 93.2 | 93.6 | 92.9 | 95.5 | 94.9 | 93.8 | No linear change              | No quadratic change              | No change                        |
| Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity   |            |      |      |      |      |      |      |      | 92.8 | 94.6 | 93.2 | No linear change              | Not available                    | No change                        |
| Decreasing sedentary activities (e.g., television viewing)  |            |      |      |      |      | 89.9 | 94.0 | 85.8 | 91.6 | 93.8 | 93.8 | No linear change              | No quadratic change              | No change                        |

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

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



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|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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  |            |      |      |      |      | 90.0 | 90.7 | 85.9 | 91.3 | 94.0 | 92.7 | No linear change              | No quadratic change              | No change                        |
| Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)   |            |      |      |      |      | 81.2 | 83.0 | 79.7 | 85.6 | 87.7 | 82.6 | No linear change              | No quadratic change              | No change                        |
| Dangers of using performance-enhancing drugs (e.g., steroids)   |            |      |      |      |      | 86.2 | 87.3 | 82.4 | 85.9 | 86.6 | 88.7 | No linear change              | No quadratic change              | No change                        |
| Increasing daily physical activity  |            |      |      |      |      |      |      |      | 98.1 | 97.6 | 96.3 | No linear change              | Not available                    | No change                        |
| Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)  |            |      |      |      |      |      |      |      | 93.8 | 97.1 | 93.0 | No linear change              | Not available                    | No change                        |
| Using safety equipment for specific physical activities   |            |      |      |      |      |      |      |      | 88.9 | 90.9 | 86.3 | No linear change              | Not available                    | No change                        |
| Benefits of drinking water before, during, and after physical activity  |            |      |      |      |      |      |      |      | 94.9 | 95.5 | 96.3 | No linear change              | Not available                    | No change                        |

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

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

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|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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   |            |      |      |      |      |      |      |      | 71.0 | 71.7 | 73.4 | 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 |            |      |      |      |      |      |      |      | 20.1 | 21.0 | 27.0 | 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   |            |      |      |      |      |      |      |      | 31.4 | 40.7 | 35.7 | 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                        |            |      |      |      |      |      |      |      | 44.9 | 57.1 | 49.3 | No linear change              | Not available                    | No change                        |

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

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

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|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|   | 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  |            |      |      |      |      | 22.5 | 19.6 | 17.4 | 11.1 | 17.7 | 27.7 | No linear change              | Decreased, 2008-2014<br>Increased, 2014-2018 | Increased                        |
| Tobacco-use prevention  |            |      |      |      |      | 31.6 | 32.3 | 28.2 | 23.6 | 28.0 | 28.3 | No linear change              | No quadratic change                          | No change                        |
| Physical activity   |            |      |      |      |      | 48.1 | 44.6 | 42.5 | 38.5 | 41.8 | 37.7 | Decreased, 2008-2018          | No quadratic change                          | No change                        |
| Nutrition and healthy eating  |            |      |      |      |      | 43.5 | 42.4 | 39.8 | 39.3 | 43.9 | 38.2 | No linear change              | No quadratic change                          | No change                        |

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

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

# NEBRASKA

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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  |            |      |      |      |      | 35.3 | 30.9 | 30.4 | 26.5 | 27.9 | 31.7 | No linear change              | No quadratic change              | No change                        |
| Food allergies  |            |      |      |      |      |      |      |      | 30.1 | 37.3 | 33.4 | No linear change              | Not available                    | No change                        |
| Diabetes  |            |      |      |      |      |      |      |      | 19.3 | 23.6 | 24.6 | No linear change              | Not available                    | No change                        |
| Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)   |            |      |      |      |      |      |      |      | 60.7 | 60.2 | 59.8 | 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           |            |      |      |      |      |      |      |      | 50.1 | 47.9 | 47.7 | No linear change              | Not available                    | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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  |            | 43.1 | 34.8 | 37.7 | 49.1 | 45.8 | 28.5 | 36.3 | 27.2 | 20.1 | 32.0 | Decreased, 2000-2018          | No quadratic change                          | Increased                        |
| Asthma   |            |      |      |      | 57.4 | 48.8 | 37.4 | 41.9 | 37.5 | 30.6 | 40.8 | Decreased, 2006-2018          | Decreased, 2006-2010<br>No change, 2010-2018 | Increased                        |
| Chronic disease prevention   |            |      |      |      |      |      |      |      |      | 23.9 | 30.2 | No linear change              | Not available                                | No change                        |
| Emotional and mental health  |            | 23.8 | 22.2 | 19.9 | 27.1 | 30.4 | 24.2 | 27.4 | 26.1 | 33.6 | 48.5 | Increased, 2000-2018          | No change, 2000-2014<br>Increased, 2014-2018 | Increased                        |
| Epilepsy or seizure disorder   |            |      |      |      |      |      |      |      | 17.6 | 16.8 | 26.6 | Increased, 2014-2018          | Not available                                | Increased                        |
| Food allergies   |            |      |      |      |      |      |      |      | 21.1 | 27.7 | 33.9 | Increased, 2014-2018          | Not available                                | No change                        |

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

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

# NEBRASKA

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup> | 2016-2018 Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|  | 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   |            |      |      |      | 17.4 | 25.0 | 18.0 | 18.1 | 11.8 | 16.3 | 23.9 | No linear change           | No quadratic change           | No change                     |
| HIV prevention   |            | 30.3 | 24.8 | 21.8 | 29.5 | 28.2 | 20.9 | 23.9 | 16.0 | 13.7 | 20.7 | Decreased, 2000-2018       | No quadratic change           | Increased                     |
| Human sexuality  |            | 23.4 | 20.3 | 18.6 | 24.6 | 28.8 | 19.5 | 21.3 | 15.1 | 16.8 | 25.4 | No linear change           | No quadratic change           | Increased                     |
| Infectious disease prevention (e.g., flu prevention)   |            |      |      |      |      |      |      | 32.9 | 26.0 | 28.0 | 36.5 | No linear change           | Not available                 | No change                     |
| Injury prevention and safety   |            | 26.5 | 34.7 | 35.5 | 29.2 | 41.8 | 36.1 | 37.7 | 35.0 | 41.3 | 45.3 | Increased, 2000-2018       | No quadratic change           | No change                     |
| Nutrition and dietary behavior   |            | 27.3 | 22.9 | 22.5 | 30.3 | 37.7 | 32.2 | 34.4 | 28.8 | 25.7 | 34.5 | Increased, 2000-2018       | No quadratic change           | No change                     |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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  |            | 33.7 | 32.8 | 32.6 | 37.7 | 47.3 | 39.1 | 48.0 | 42.7 | 43.3 | 46.3 | Increased, 2000-2018          | No quadratic change                          | No change                        |
| Pregnancy prevention   |            | 18.5 | 15.7 | 15.6 | 23.0 | 27.1 | 21.3 | 19.7 | 11.5 | 15.8 | 19.6 | No linear change              | No quadratic change                          | No change                        |
| STD prevention   |            | 22.4 | 20.7 | 20.4 | 28.8 | 32.3 | 21.3 | 24.6 | 12.8 | 16.0 | 21.7 | Decreased, 2000-2018          | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                        |
| Suicide prevention   |            | 20.7 | 17.4 | 14.8 | 22.4 | 21.6 | 24.4 | 27.3 | 23.7 | 50.3 | 64.9 | Increased, 2000-2018          | Increased, 2000-2014<br>Increased, 2014-2018 | Increased                        |
| Tobacco-use prevention   |            | 27.2 | 28.8 | 25.1 | 27.7 | 32.1 | 19.4 | 20.5 | 14.1 | 15.8 | 27.5 | Decreased, 2000-2018          | No quadratic change                          | Increased                        |
| Violence prevention (e.g., bullying, fighting, dating violence prevention)   |            | 36.1 | 39.6 | 42.7 | 51.6 | 55.7 | 44.7 | 56.0 | 53.0 | 52.4 | 64.2 | Increased, 2000-2018          | No quadratic change                          | Increased                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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 with physical, medical, or cognitive disabilities  |            | 32.9 | 38.2 | 35.1 | 35.1 | 34.5 | 39.4 | 40.4 | 39.6 | 44.0 | 50.7 | Increased, 2000-2018          | No quadratic change                          | No change                        |
| Teaching students of various cultural backgrounds  |            | 40.5 | 37.1 | 30.6 | 30.6 | 33.4 | 29.3 | 36.6 | 29.0 | 32.9 | 40.1 | No linear change              | Decreased, 2000-2004<br>No change, 2004-2018 | No change                        |
| Teaching students with limited English proficiency   |            | 15.9 | 15.3 | 15.1 | 20.2 | 18.4 | 14.9 | 21.2 | 20.0 | 20.9 | 30.9 | Increased, 2000-2018          | No quadratic change                          | Increased                        |
| Teaching students of different sexual orientations or gender identities  |            |      |      |      |      |      | 10.4 | 7.5  | 8.6  | 11.8 | 23.5 | Increased, 2010-2018          | Not available                                | Increased                        |
| Using interactive teaching methods (e.g., role plays, cooperative group activities)  |            | 45.7 | 40.9 | 36.6 | 40.1 | 42.7 | 44.9 | 41.4 | 42.3 | 50.1 | 51.8 | Increased, 2000-2018          | Decreased, 2000-2004<br>Increased, 2004-2018 | No change                        |

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

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



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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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: |            |      |      |      |      |      |      |      |      |      |      |                               |  |                                  |
| Encouraging family or community involvement  |            | 29.1 | 31.0 | 26.3 | 29.1 | 30.4 | 28.8 | 32.4 | 29.4 | 32.6 | 42.9 | Increased, 2000-2018          | No change, 2000-2014<br>Increased, 2014-2018 | Increased                        |
| Teaching skills for behavior change  |            | 42.0 | 40.9 | 47.9 | 39.5 | 40.3 | 43.7 | 38.0 | 39.6 | 42.7 | 47.1 | No linear change              | No quadratic change                          | No change                        |
| Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)                 |            |      |      |      | 50.3 | 49.8 | 53.4 | 52.4 | 55.4 | 61.0 | 64.7 | Increased, 2006-2018          | No quadratic change                          | No change                        |
| Assessing or evaluating students in health education   |            |      |      |      | 21.4 | 26.8 | 25.6 | 27.5 | 24.4 | 33.3 | 35.2 | Increased, 2006-2018          | No quadratic change                          | No change                        |

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

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

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|   | 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   |            |      |      |      |      |      |      |      |      | 23.9 | 22.8 | No linear change              | Not available                    | No change                        |
| Creating a comfortable and safe learning environment for students receiving sexual health education   |            |      |      |      |      |      |      |      |      | 20.5 | 23.3 | No linear change              | Not available                    | No change                        |
| Connecting students to on-site or community-based sexual health services  |            |      |      |      |      |      |      |      |      | 12.4 | 18.2 | No linear change              | Not available                    | No change                        |
| Using a variety of effective instructional strategies to deliver sexual health education  |            |      |      |      |      |      |      |      |      | 18.2 | 23.9 | No linear change              | Not available                    | No change                        |
| Building student skills in HIV, other STD, and pregnancy prevention   |            |      |      |      |      |      |      |      |      | 18.3 | 21.0 | No linear change              | Not available                    | No change                        |

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

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

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|   | 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   |            |      |      |      |      |      |      |      |      | 18.3 | 23.5 | No linear change              | Not available                                | No change                        |
| Understanding current district or school board policies or curriculum guidance regarding sexual health education  |            |      |      |      |      |      |      |      |      | 23.8 | 23.4 | No linear change              | Not available                                | No change                        |
| 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   |            | 65.0 | 52.7 | 59.2 | 61.5 | 73.4 | 64.1 | 63.6 | 62.8 | 55.2 | 52.4 | No linear change              | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                        |
| Asthma  |            |      |      |      | 43.5 | 55.0 | 42.5 | 43.4 | 42.4 | 39.3 | 31.1 | Decreased, 2006-2018          | No quadratic change                          | No change                        |
| Chronic disease prevention (e.g., diabetes, obesity prevention)   |            |      |      |      |      |      |      |      |      | 49.1 | 47.1 | No linear change              | Not available                                | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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  |            | 51.6 | 48.8 | 53.3 | 55.6 | 72.4 | 59.9 | 56.9 | 60.0 | 58.3 | 62.1 | Increased, 2000-2018          | Increased, 2000-2008<br>No change, 2008-2018 | No change                        |
| Epilepsy or seizure disorder   |            |      |      |      |      |      |      |      | 38.2 | 37.2 | 32.6 | No linear change              | Not available                                | No change                        |
| Food allergies   |            |      |      |      |      |      |      |      | 45.8 | 40.5 | 38.1 | No linear change              | Not available                                | No change                        |
| Foodborne illness prevention   |            |      |      |      | 35.8 | 51.6 | 37.0 | 37.3 | 37.4 | 36.3 | 33.2 | Decreased, 2006-2018          | No quadratic change                          | No change                        |
| HIV prevention   |            | 55.1 | 46.9 | 51.9 | 54.1 | 66.7 | 48.4 | 43.3 | 48.6 | 43.9 | 37.6 | Decreased, 2000-2018          | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                        |
| Human sexuality  |            | 47.3 | 41.4 | 42.0 | 49.3 | 64.3 | 52.6 | 53.1 | 49.0 | 53.1 | 50.7 | Increased, 2000-2018          | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                        |
| Infectious disease prevention (e.g., flu prevention)   |            |      |      |      |      |      |      | 43.8 | 45.8 | 37.3 | 40.3 | No linear change              | Not available                                | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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   |            | 33.6 | 33.3 | 38.5 | 46.2 | 62.4 | 44.5 | 49.9 | 49.6 | 48.5 | 48.3 | Increased, 2000-2018          | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                        |
| Nutrition and dietary behavior   |            | 49.6 | 46.3 | 53.2 | 57.3 | 69.9 | 63.1 | 62.8 | 67.9 | 58.6 | 53.5 | Increased, 2000-2018          | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                        |
| Physical activity and fitness  |            | 45.9 | 47.0 | 49.1 | 53.8 | 67.4 | 59.8 | 60.4 | 62.9 | 53.0 | 58.5 | Increased, 2000-2018          | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                        |
| Pregnancy prevention   |            | 43.9 | 39.2 | 46.5 | 49.6 | 63.3 | 53.0 | 50.4 | 47.0 | 51.8 | 40.6 | No linear change              | Increased, 2000-2008<br>Decreased, 2008-2018 | Decreased                        |
| STD prevention   |            | 52.5 | 45.9 | 50.5 | 53.3 | 68.3 | 56.8 | 54.1 | 50.9 | 54.7 | 46.2 | No linear change              | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup>                | 2016-2018 Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|--|-------------------------------|
|  | 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   |            | 61.3 | 57.9 | 58.3 | 63.2 | 73.5 | 66.2 | 64.9 | 64.1 | 62.5 | 60.0 | No linear change           | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                     |
| Tobacco-use prevention   |            | 56.0 | 50.4 | 49.5 | 57.3 | 65.2 | 53.8 | 56.2 | 54.9 | 47.4 | 45.5 | No linear change           | Increased, 2000-2008<br>Decreased, 2008-2018 | No change                     |
| Violence prevention (e.g., bullying, fighting, dating violence prevention)   |            | 72.1 | 65.6 | 66.4 | 66.8 | 76.3 | 67.9 | 70.8 | 64.0 | 65.9 | 60.1 | Decreased, 2000-2018       | No quadratic change                          | No change                     |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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 physical, medical, or cognitive disabilities  |            | 48.5 | 46.0 | 50.0 | 49.8 | 55.0 | 51.0 | 59.0 | 52.4 | 53.7 | 51.1 | Increased, 2000-2018          | No quadratic change                          | No change                        |
| Teaching students of various cultural backgrounds  |            | 43.9 | 39.5 | 40.9 | 47.3 | 47.0 | 43.0 | 48.0 | 45.0 | 46.8 | 43.3 | No linear change              | No quadratic change                          | No change                        |
| Teaching students with limited English proficiency   |            | 34.9 | 33.1 | 39.5 | 38.0 | 42.2 | 34.9 | 41.7 | 41.0 | 39.6 | 36.3 | No linear change              | No quadratic change                          | No change                        |
| Teaching students of different sexual orientations or gender identities  |            |      |      |      |      |      | 37.3 | 42.5 | 42.3 | 48.4 | 46.9 | Increased, 2010-2018          | Not available                                | No change                        |
| Using interactive teaching methods (e.g., role plays, cooperative group activities)  |            | 44.5 | 41.1 | 45.6 | 44.7 | 58.8 | 49.1 | 54.7 | 48.9 | 46.5 | 50.5 | Increased, 2000-2018          | Increased, 2000-2008<br>No change, 2008-2018 | No change                        |

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

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

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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:           |            |      |      |      |      |      |      |      |      |      |      |                               |                                  |                                  |
| Encouraging family or community involvement  |            | 55.9 | 53.6 | 51.4 | 53.6 | 61.4 | 61.1 | 60.9 | 56.1 | 57.3 | 54.2 | No linear change              | No quadratic change              | No change                        |
| Teaching skills for behavior change  |            | 65.8 | 63.6 | 59.2 | 65.2 | 69.1 | 63.8 | 64.9 | 60.1 | 58.5 | 55.4 | Decreased, 2000-2018          | No quadratic change              | No change                        |
| Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management) |            |      |      |      | 64.6 | 65.5 | 58.7 | 57.7 | 51.5 | 53.0 | 52.3 | Decreased, 2006-2018          | No quadratic change              | No change                        |
| Assessing or evaluating students in health education   |            |      |      |      | 60.8 | 70.0 | 62.2 | 62.8 | 57.0 | 52.8 | 53.4 | Decreased, 2006-2018          | No quadratic change              | No change                        |

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

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



# NEBRASKA

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear Change <sup>1</sup> | Quadratic Change <sup>1</sup> | 2016-2018 Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------------|
|  | 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  |            |      |      |      |      |      |      |      |      | 53.2 | 41.4 | Decreased, 2016-2018       | Not available                 | Decreased                     |
| Creating a comfortable and safe learning environment for students receiving sexual health education  |            |      |      |      |      |      |      |      |      | 53.1 | 45.1 | No linear change           | Not available                 | No change                     |
| Connecting students to on-site or community-based sexual health services   |            |      |      |      |      |      |      |      |      | 48.9 | 41.5 | No linear change           | Not available                 | No change                     |
| Using a variety of effective instructional strategies to deliver sexual health education   |            |      |      |      |      |      |      |      |      | 60.9 | 52.7 | No linear change           | Not available                 | No change                     |

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

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

# NEBRASKA

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup> | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|----------------------------------|----------------------------------|
|  | 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  |            |      |      |      |      |      |      |      |      | 55.8 | 48.4 | No linear change              | Not available                    | No change                        |
| Assessing student knowledge and skills in sexual health education  |            |      |      |      |      |      |      |      |      | 53.0 | 50.1 | No linear change              | Not available                    | No change                        |
| Understanding current district or school board policies or curriculum guidance regarding sexual health education   |            |      |      |      |      |      |      |      |      | 50.7 | 43.6 | No linear change              | Not available                    | No change                        |

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

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

# NEBRASKA

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

|   | Prevalence |      |      |      |      |      |      |      |      |      |      |                               |  |                                  |
|---|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|   | 1998       | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 | 2014 | 2016 | 2018 | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
| 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)   | 27.6       | 40.9 | 39.1 | 43.1 | 41.2 | 52.4 | 48.6 | 48.9 | 51.2 | 54.0 | 51.6 | Increased, 1998-2018          | Increased, 1998-2002<br>Increased, 2002-2018 | No change                        |
| Physical education, kinesiology, exercise science or exercise physiology (c or e)   |            |      |      |      | 23.6 | 21.4 | 29.1 | 23.2 | 21.8 | 20.4 | 26.8 | 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)                                      |            |      |      |      | 26.4 | 17.6 | 16.3 | 18.0 | 15.6 | 14.5 | 14.3 | Decreased, 2006-2018          | No quadratic change                          | No change                        |
| Nursing or counseling (h or i)  | 15.5       | 4.9  | 13.1 | 8.2  | 4.4  | 5.2  | 3.0  | 4.3  | 4.9  | 3.9  | 3.0  | Decreased, 1998-2018          | No quadratic change                          | No change                        |
| Public health or other (j or l)   |            | 0.0  | 3.9  | 3.3  | 1.6  | 1.3  | 1.0  | 1.7  | 1.9  | 0.9  | 1.6  | No linear change              | †  | No change                        |

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

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

† Analysis cannot be conducted when prevalence estimates of 0% or 100% are present.

# NEBRASKA

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

|  | Prevalence |      |      |      |      |      |      |      |      |      |      | Linear<br>Change <sup>1</sup> | Quadratic<br>Change <sup>1</sup>             | 2016-2018<br>Change <sup>2</sup> |
|--|------------|------|------|------|------|------|------|------|------|------|------|-------------------------------|--|----------------------------------|
|  | 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 |            |      |      |      | 65.7 | 68.1 | 75.2 | 69.5 | 75.8 | 72.8 | 74.7 | 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   | 6.7        | 5.6  | 6.6  | 5.7  | 8.2  | 7.2  | 4.8  | 8.8  | 6.0  | 9.9  | 8.9  | No linear change              | No quadratic change                          | No change                        |
| 2 to 5 years   | 24.4       | 26.7 | 28.0 | 21.9 | 19.4 | 23.0 | 23.6 | 21.2 | 25.3 | 27.0 | 29.6 | No linear change              | No change, 1998-2012<br>No change, 2012-2018 | No change                        |
| 6 to 9 years   | 18.4       | 14.4 | 17.5 | 21.7 | 18.8 | 15.2 | 12.8 | 18.5 | 18.5 | 14.7 | 15.0 | No linear change              | No quadratic change                          | No change                        |
| 10 to 14 years   | 16.8       | 15.0 | 13.0 | 14.0 | 15.6 | 18.6 | 19.2 | 19.0 | 18.4 | 18.0 | 19.5 | Increased, 1998-2018          | No quadratic change                          | No change                        |
| 15 years or more   | 33.6       | 38.3 | 35.0 | 36.8 | 38.0 | 35.9 | 39.7 | 32.5 | 31.8 | 30.4 | 26.9 | Decreased, 1998-2018          | No change, 1998-2010<br>Decreased, 2010-2018 | No change                        |

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

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