



**Report on**

**House Memorial (HM) 127:**

**Study Health Education School  
Requirement**

**Submitted by:**  
**New Mexico Public Education Department**  
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## **House Memorial (HM) 127: Study Health Education School Requirement**

### **EXECUTIVE SUMMARY**

House Memorial (HM) 127 requested the Public Education Department (PED) to convene a working group to determine whether there is a need to include health education as a requirement for graduation for public schools. In addition, the working group was to consider creative alternatives for the delivery of health education content standards with benchmarks and performance standards (see Appendix A: HM 127). The working group was inclusive of representatives from PED, Department of Health (DOH), higher education institutions with health education teacher preparation programs, school superintendents, school health educators, school counselors, other educators and community organizations focused on school health issues and the legislative education study committee (see Appendix B: HM 127 Work Group).

During the 2009 Regular Legislative Session, Representative Mary Helen Garcia introduced House Bill (HB) 659 which proposed to amend that section of law dealing with graduation requirements (Section 22-13-1.1 NMSA 1978) to eliminate one-half (.5) elective unit and add one-half (.5) unit in health education as criteria for successful completion of the requirements of the New Mexico diploma of excellence required for graduation. HB 659 passed the House. When HB 659 was presented in the Senate Education Committee, it was recommended to study the need for health education as a graduation requirement and, if the need was determined, to recommend how the requirement should be enacted. HB 659 was tabled in the Senate Education Committee and Representative Mary Helen Garcia introduced HM 127.

PED convened a work group (see Appendix B: HM 127 Work Group) that met over the course of six months. The work group determined the need for health education as a graduation requirement by:

- Consulting with national organizations such as: U.S. Center for Disease Control and Prevention, Division of Adolescent and School Health and the National Association of State Boards of Education (see National Research and Information, Page 4).
- Reviewing research to determine the status of health education in other states (see Appendix C: Health Education Graduation Requirements by State).
- Reviewing the health status of students in New Mexico (see Student Health Status in New Mexico, page 5).
- Reviewing the status of health education in New Mexico public schools including the number of endorsed health educators in the state, the number of districts offering a course in health education and the current requirements for health education (see Appendix D: Health Education Teachers Assigned Public and Charter Schools as Reported in STARS).

- Developing and implementing surveys for:
  - Parents (see Appendix E: HM 127 Health Education Graduation Requirement Study – Parent Survey Results)
  - Students (see Appendix F: High School Health Education – Student Survey)
  - School Administrators (see Appendix G: HM 127 Administrator Survey Responses)
  - School Health Providers (see Appendix H: HM 127 Health Education Graduation Requirement Study – Results of the Survey of School Nurses, Social Workers, School Psychologist and School-Based Health Center Providers)
  - Post-Secondary Students (Appendix I: Results of the HM 127 Post-Secondary Health Education Survey)
- Reviewing recommendations related to health education from New Mexico forums and other memorials conducted as a result of the 2009 Regular Legislative Session (see Other Support for Health Education, page 9).
- Reviewing letters of support and resolutions from groups in New Mexico concerning health education as a graduation requirement (see Appendix J: Letters of Support).
- Reviewing research to determine the best practices in the delivery of health education (see Best Practices for the Delivery of Health Education, page 10).
- Discussing the impact of adding health education as a graduation requirement (see Impact on New Mexico Public Schools, page 12).

## **HM 127 RECOMMENDATION**

The HM 127 Work Group recommends:

**Amend that section of law dealing with graduation requirements (Section 22-13-1.1 NMSA, 1978) to eliminate one-half (.5) elective unit and add one-half (.5) unit in health education as criteria for successful completion of the requirements of the New Mexico diploma of excellence required for graduation.**

## **House Memorial (HM) 127: Study Health Education School Requirement**

### **BACKGROUND**

House Memorial (HM) 127 requested the Public Education Department (PED) to convene a working group to determine whether there is a need to include health education as a requirement for graduation for public schools. In addition, the working group was to consider creative alternatives for the delivery of health education content standards with benchmarks and performance standards (see Appendix A: HM 127). The working group was inclusive of representatives from PED, Department of Health (DOH), higher education institutions with health education teacher preparation programs, school superintendents, school health educators, school counselors, other educators and community organizations focused on school health issues and the legislative education study committee (see Appendix B: HM 127 Work Group).

During the 2009 Regular Legislative Session, Representative Mary Helen Garcia introduced House Bill (HB) 659 which proposed to amend that section of law that addresses graduation requirements (Section 22-13-1.1 NMSA 1978) to eliminate one-half (.5) elective unit and add one-half (.5) unit in health education as criteria for successful completion of the requirements of the New Mexico diploma of excellence required for graduation. HB 659 passed the House. When HB 659 was presented in the Senate Education Committee, it was recommended to study the need for health education as a graduation requirement and, if the need was determined, to recommend how the requirement should be enacted. HB 659 was tabled in the Senate Education Committee and Representative Mary Helen Garcia introduced HM 127.

For the purpose of conducting this study, the HM 127 Work Group focused on three guiding questions:

1. Should health education be a graduation requirement?
2. If so, should it be a half (.5) credit or full (1) credit?
3. How would the recommendation be implemented, if health educating becomes a graduation requirement (replace or add credit)?

## **NEED FOR HEALTH EDUCATION AS A GRADUATION REQUIREMENT**

### **National Research and Information**

The HM 127 Work Group consulted with national organizations such as the U.S. Center for Disease Control and Prevention, Division of Adolescent and School Health (CDC/DASH) and the National Association of State Boards of Education (NASBE) to determine national perspectives and trends concerning health education.

Bill Potts-Datema, Chief, Program Development and Services Branch, CDC/DASH, presented at a working group meeting. From the CDC perspective, health education is a critical requirement for a student's education and well-being. Mr. Potts-Datema indicated that there is a linkage between health and academic success as supported by current research. Promoting academic achievement is one of the four fundamental outcomes of modern school health programs. Scientific reviews have documented that school health program can have positive impacts on educational outcomes as well as on health risk behaviors and health outcomes. "New evaluation of health education research shows promise of having a positive impact on academic achievement as it has on health outcomes" (National Health Educating Standards, Achieving Health Literacy, Joint Statement on Health Education in Schools from the American Cancer Society, American Diabetic Association, & American Heart Association, Health Educator, 40(2), Fall, 2008).

In addition to outlining the impact of health education on academic success, Mr. Potts-Datema highlighted the need for teaching the National Health Education Standards [New Mexico's Health Education Content Standards with Benchmarks and Performance Standards (6.29.6 NMAC) are aligned to the National Health Education Standards]. Mr. Potts-Datema also indicated that when health education is integrated into existing courses, it is taught sporadically with a focus on health related knowledge with little to no attention given to skills required for the reduction of health risk behaviors. When health education is delivered as a stand alone course, taught by licensed health educators, it is the most effective way in increasing student knowledge, skills and attitudes and influencing positive health behaviors.

Many states have recognized the importance for health education and have implemented a health education requirement for graduation. The HM 127 Work Group reviewed information from the National Association of State Boards of Education (see Appendix C: Health Education Graduation Requirement by State). Over 50% of states require health education as a criterion for graduation. The requirement for health education in other states range from a 3.75 credits to .5 credit requirement. Currently New Mexico is identified as a state that does not have health education as a requirement for graduation.

## **Status of Health Education in New Mexico**

Currently Section 22-13-1.1 NMSA 1978 requires health education to be taught in the first, second and third grades; be one of the required programs in grades four through eight; and in ninth through 12th grades, requires instruction that meets academic content and performance standards be provided in health education. The requirement for health education may be accomplished by integrating health education content in several required class (e.g., teach about drugs in science, nutrition in physical education, etc.) or districts may meet the requirement for health education instruction at the secondary level by offering a stand-alone health education course. If taught as a stand-alone course then health education must be taught by a licensed PED teacher with an endorsement in health education.

According to the PED STARS 120<sup>th</sup> day 2008-2009 data collection, there are 236 health education teachers assigned to teach health education in 134 schools in 52 school districts throughout New Mexico (see Appendix D: Health Education Teachers Assigned Public and Charter Schools as Reported in STARS). Thirty seven districts reported not having health education teachers assigned to a health education course. Additionally, STARS data indicates that there are *1,600 individuals that hold a PED licensure endorsement in health education.*

## **Student Health Status in New Mexico**

In order to promote student health, combat risk, and improve student academic success, health education in schools is essential. According to the American Association of School Administrators [Dr. Sarah Jerome, AASA President and Superintendent, District 25, Arlington Heights, Illinois (2007)]: “Health of mind and body is the most basic and fundamental requirement before any other [educational] goal can be met.”

The Centers for Disease Control (CDC) has identified six health risk behaviors that contribute to increased morbidity and mortality in adults. These health risk behaviors, often established during childhood, include: tobacco use; unhealthy dietary behaviors; inadequate physical activity; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection; and behaviors that contribute to unintentional injuries and violence ([www.cdc.gov/HealthyYouth/yrbs.htm](http://www.cdc.gov/HealthyYouth/yrbs.htm)).

Concern over health risk behaviors of youth has justifiably grown in recent years as more risk-taking behaviors have been reported in children and young people. Documentation of risk factors in such governmental publications as Healthy People 2010 ([www.healthypeople.gov](http://www.healthypeople.gov)) have shown a rise in risk-taking behaviors.

The prevalence of risk-taking behaviors in New Mexico’s youth can be identified through the 2007 NM Youth Risk and Resiliency Survey (NMYRRS). The NMYRRS is a bi-annual youth risk and resiliency survey administered in New Mexico public schools grades 9-12.

According to the 2007 NMYRRS:

<b>Measure</b>	<b>Percent</b>	<b>Rank***</b>
Alcohol use before age 13	30.7%	1
Marijuana use before age 13	18.2%	1
In a physical fight**	37.1%	1
Skipped school because felt unsafe at school or on the way to or from school*	9.0%	1
Persistent feelings of sadness or hopelessness**	30.8%	4
Seriously considered attempting suicide**	19.3%	1
Suicide attempt**	14.3%	1
Current cigarette smoker*	24.2%	5

The 2007 NMYRRS shows a relationship between student academic success and health. Students who do not participate in risk behaviors are more likely to do better in school than students who are involved in health risk behaviors. According to the 2007 NMYRRS, academic success and other academic performance factors were closely related to risk behaviors. For example:

- Students who are not current\* drinkers are more likely to get good grades in school (mostly A's and B's) than students who are current drinkers (74.5% vs. 62.5%).
- Students who are not current drinkers are more likely to have plans to go to college or some other school after high school (81.7% vs. 70.5%).
- Students who are not current marijuana users are more likely to get good grades in school (mostly A's and B's) than students who are not current marijuana users (74.6% vs. 49.7%).
- Students who are not current marijuana users are more likely to have plans to go to college or some other school after high school (80.8% vs. 60.7%).
- Students who are not current\* cigarette smokers are more likely to get good grades in school (mostly A's and B's) than students who are not current cigarette smokers (74.9% vs. 51.4%).
- Students who are not current cigarette smokers are more likely to have plans to go to college or some other school after high school (82.8% vs. 57.3%).
- Students who were in a physical fight in the past 12 months were less likely to get good grades in school (mostly A's and B's) than students who are not in a physical fight (57.7% vs. 74.4%).
- Students who were in a physical fight in the past 12 months were less likely to have plans to go to college or some other school after high school (63.9% vs. 83.0%).
- Students who skipped school because they felt unsafe at school, or on the way to or from school, were less likely to get good grades in school (mostly A's and B's) than other students (56.3% vs. 69.2%).
- Students who skipped school because they felt unsafe at school, or on the way to or from school, were less likely to have plans to go to college or some other school after high school (54.1% vs. 77.4%).

- Students who had persistent feelings of sadness or hopelessness were less likely to get good grades in school (mostly A's and B's) than other students (58.7% vs. 72.1%).
- Students who had persistent feelings of sadness or hopelessness were less likely to have plans to go to college or some other school after high school (67.8% vs. 79.1%).
- Students who attempted suicide in the past 12 months were less likely to get good grades in school (mostly A's and B's) than other students (59.6% vs. 71.0%).
- Students who attempted suicide in the past 12 months were less likely to have plans to go to college or some other school after high school (59.6% vs. 80.0%).

\* in the past 30 days

\*\* In the past 12 months

\*\*\* Among 39 participating states

Health education is the content area that enables students to acquire the knowledge, skills and attitudes to achieve health. Students who have good health knowledge, skills and attitudes have better health status and as adults will be better prepared to contribute to the nation's economic competitiveness (Joint Committee on National Health Education Standards, 1997).

### **Public Opinion Regarding Health Education in New Mexico**

In order to determine the level of support in New Mexico for health education, the HM 127 Work Group developed and implemented surveys for 5 constituent groups: parents, students, school administrators, school health providers and students in post-secondary institutions.

#### **Parent Survey:**

Parents were the most represented of all groups surveyed about health education. Four hundred twenty seven (427) parents responded to the parent survey which was conducted across the state in both Spanish and English. The results of the Parent Survey (see Appendix E: HM 127 Health Education Graduation Requirement Study – Parent Survey Results) show overwhelming support (88.5%) for health education as a graduation requirement in New Mexico public schools. New Mexico results mirror national sentiment showing overwhelming parent support for health education. A 2009 survey conducted for the Alliance for a Healthier Generation found that 92% of parents consider “physical education and health education as important as English, math, and science instruction” ([www.HealthierGenerations.org](http://www.HealthierGenerations.org)).

**Seventy (70%) of the parents responding to the survey felt that the best option for health education graduation requirement implementation was to replace an elective requirement with health education.**

**Student Survey:**

Approximately 360 students were surveyed across the state of New Mexico (see Appendix F: HM 127 Health Education Graduation Requirement Study – Student Survey Results). Data was obtained from various venues including students who attended the Lt. Governor’s Graduation Summit, focus groups from youth forums and advisory committees and individual school districts who administered the survey in select classes.

**Three-fourths of all students surveyed (75.5%) indicated that a .5 health education credit should be required for graduation.** When asked why, responses included:

- *Because a lot of people want to know about health but may feel embarrassed to sign up for a class as an elective. –it would be a good idea if they made a health class as a requirement and think it would benefit many people.*
- *It is important for teens to learn about prevention of many diseases- it is very important for students to learn about prevention early in life that way they are not naïve about all the subjects in their health.*
- *Health is just as important as any other class.*

**School Administrators Survey:**

Although the HM 127 Work Group solicited administrator feed back at both the 2009 Coalition of School Administrators Conference in Albuquerque, New Mexico and the Southern New Mexico Education Regional Conference in Ruidoso, New Mexico, only 30 responses were received (see Appendix G: HM 127 HM 127 Health Education Graduation Requirement Study – Administrator Survey Results). The survey was completed by superintendents, other district level administrators and high school principals/assistant principals.

Of the school administrators who responded to the survey all 30 indicated that they currently have teachers with PED licensure endorsements to teach health education. When asked which option administrators felt was the best way for meeting the requirement for Health Education for all students, 13 indicated that the best option was how health education is currently being met (Health Education content is integrated into (at least 3) other required subjects or offered as a local graduation requirement); 8 indicated health education should be a state graduation requirement; and 3 felt the all high schools should be required to “offer” Health Education as a stand alone elective (see also **Impact on New Mexico Public Schools** section of this report).

**When asked if health education were to become a graduation requirement, 25 of the administer respondents indicated it should be a one half-credit (.5) unit.**

**School Health Providers Survey:**

The HM 127 Work Group developed and implemented a survey through Survey Monkey for school health providers in New Mexico. Survey respondents included school nurses, school counselors, school social workers, school psychologist and school-based health center providers (405 total respondents).

**Results of the survey indicated (see Appendix H: HM 127 Health Education Graduation Requirement Study – Results of the Survey of School Nurses, Social Workers, School Psychologist and School-Based Health Center Providers) overwhelming support for health education as a graduation requirement in New Mexico (96.9%).** When asked why, the majority indicated that health education would provide critical knowledge about health and is as important as other required courses.

**Post-Secondary Student Survey:**

Both the University of New Mexico and New Mexico State University administered the HM 127 post-secondary survey. 146 students responded to the post-secondary survey (see Appendix I: HM 127 Health Education Graduation Requirement Study – Post Secondary Health Education Survey).

**The majority (96%) of post-secondary students felt that all high school students should be required to take at least one health education class.**

Additionally, 59% would have been willing to give up a one semester long elective course to take a one semester long required health education course (19% were not sure). Some reasons given for these responses included:

- *Maybe I would have been more informed of choices I made.*
- *Because now-days people are very unhealthy. There's obesity, diabetes, pregnancy, more than before.*
- *If taught well and if it's focused on real life situations, it can prepare the student for situations in life they may go through.*

After review of the parents, students, school administrators, school health providers and students in post-secondary institutions surveys, the HM 127 Work Group recognized that there is widespread support in New Mexico for health education as a graduation requirement.

## OTHER SUPPORT FOR HEALTH EDUCATION

During the 2008 and 2009 Regular Sessions, several studies were requested concerning health topics. Although these studies did not focus directly on health education, the working groups/task forces of these studies provided recommendations for health education as a graduation requirement in New Mexico public schools. Studies included:

- Senate Bill 129 (2008 Legislative Session), sponsored by Senator Feldman, called for the creation of a Healthy New Mexico Task Force charged with developing recommendations for reducing overall demand of high-cost medical treatments of chronic disease in New Mexico.

### **Recommendations related to health education:**

- **Physical Activity:** *Creating a graduation requirement in health education.*
- **Healthy Eating:** *Making health education a requirement for high school graduation.*

- House Memorial 16 (2009 Regular Legislative Session): Adolescent Preventative Health and Well-Being, sponsored by Representative Chasey, requested that DOH and PED collaborate to assess the adequacy of preventive health and current practices and well-being of adolescents living in New Mexico.

### **Recommendation:**

- *Consider legislation establishing health education as a graduation requirement taught by PED-licensed health education instructors.*

- House Memorial 53 (2009 Regular Legislative Session): Prevention of Teen Dating Violence, sponsored by Representative Crook, requested PED and DOH convene a work group to study and develop recommendations regarding teen dating violence.

### **Recommendation:**

- *Ensure all students receive quality health education by making health education a graduation requirement taught by PED licensed health education instructors.*

- Senate Memorial 71 (2009 Regular Legislative Session): Evaluate Drug Policy Approaches, sponsored by Senator Bernadette Sanchez, requested the Health Policy Commission create a taskforce to evaluate New Mexico's current approaches to drug policy through the use of law enforcement, treatment, prevention and harm reduction and to develop strategies for effective change.

### **Recommendation:**

- **Prevention:** *Require health education with a strong substance abuse prevention component as a graduation requirement.*

- During the 2009 Regular Legislative Session, House Joint Memorial (HJM) 31 was introduced but did not pass. HJM 31 had requested the Children, Youth and Families Department (CYFD), PED, and DOH to conduct a joint study to determine the current status of bullying prevention efforts in the state. Although HJM 31 did NOT pass, CYFD, PED, and DOH agreed to go forward and conduct a study on bullying prevention.

**Recommendations related to health education:**

- **Ensure all students receive bullying and violence prevention education through quality health education by making health education a graduation requirement taught by PED licensed health education instructors.**
- The Campaign for Healthy Kids Task Force has developed a draft Action Plan for 2010-15. Early in 2009, The NM Healthier Weight Council decided that in order to have the most impact in efforts to combat obesity and overweight, the Campaign for Healthy Kids Task Force would focus their work on education, advocacy and policy for 2010-2011. The Task Force met in October and generated recommendations.

**Recommendations related to health education:**

- **Make health education a graduation requirement.**

In addition to examining the work of other 2009 Regular Legislative Session memorials, the HM 127 Work Group reviewed letters of support and resolutions from groups in New Mexico concerning health education as a graduation requirement (see Appendix J: Letters of Support).

## **BEST PRACTICES FOR THE DELIVERY OF HEALTH EDUCATION**

Currently, the literature is deficient in studies revealing best practice *for the delivery of health curriculum in primary, intermediate and secondary education settings*, although numerous best practice strategies for teaching can be applied when teaching health (i.e. Bloom’s taxonomy, Socratic teaching methods, cooperative learning strategies, addressing learning styles, constructivist learning theory, experiential learning, Gardner’s theory of multiple intelligences, etc.).

School health education is classroom instruction that addresses the physical, mental, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills; and is developmentally appropriate to each age level. It is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behavior.

Research highlights included:

- Nancy Murray, Deputy Director of the Center for Health Promotion and Prevention Research at the University of Texas, and her colleagues-completed a systematic review of the literature on coordinated school health programs and academic achievement in 2007. Murray and her research team found positive impacts on a variety of health related behaviors that indirectly influence school performance. Based on their review of existing studies, Murray and her team concluded that “School health programs hold promise for

improving academic outcomes for children. Many school health programs have demonstrated success in improving outcomes such as increased physical activity, improved nutrition, decreased substance use, decreased aggression, and decreased risky sexual behavior” (Nancy Murray, et.al., CSHP and Academic Achievement: A Systematic Review of the Literature, *Journal of School Health*, Vol 77, No 9, November, 2007).

- Health education has been correlated with improved academic performance. “New evaluation of health education research shows promise of having a positive impact on academic achievement as it has on health outcomes” (Joint Statement on Health Education in Schools from the American Cancer Society, American Diabetic Association, & American Heart Association, *Health Educator*, 40(2), Fall, 2008).
- One area of health education content in particular, social and emotional skill development, has demonstrated positive impact on academic performance in several studies. Students who are taught social and emotional skills, such as managing emotions, practicing empathy, conflict resolution, and cooperation are more positive and less anxious than students not participating in such programs. Eighty three percent (83%) of such programs produced academic gains such as better grades and higher test scores (Roger Weissburg, Collaborative for Academic, Social, and Emotional Learning, 2007; *Social Skills Programs Found to Yield Gains*, *EdWeek*, 12/19/2007; and Zins, JE, Weissburg, RP, Wang, MC & Walberg, HJ, *Building Academic Success on Social & Emotional Learning: What Does the Research Say?*, 2004).
- One of the strongest longitudinal studies that provides evidence that health education, plus supporting interventions, can make a difference in school achievement, health, and later life success is reported by Hawkins and Catalano, et. al. The Seattle Social Development Project describes a variety of health promoting and skill development activities for students, other programmatic interventions, involvement of parents and community, and professional development for teachers. In addition to evidence of better academic performance during the school years, a twenty year longitudinal study revealed a variety of positive health status indicators. Health education, taught by qualified teachers can make a positive difference in academic performance, behavior, and health status (Hawkins, D, Catalano, R, Kosterman, R, Abbott, R, & Hill, K, *Preventing Adolescent Health Risk Behaviors by Strengthening Protection During Childhood*, *Arch Pediatric Adolescent Medicine*, No. 3:226-234, 1999).
- Traditional school health education programs are very effective in increasing knowledge, somewhat effective in improving attitudes, and, with a few notable exceptions, generally ineffective in changing health practices (Bartlett, 1981).
- Cooperative learning/small group method was related to increased subject matter knowledge and more positive social relationships between students in a health education class setting (Sayegh, 1988).
- There are five effective elements of school health promotion in achieving behavioral changes addressing substance abuse, sexual behavior, and nutrition. The five elements are use of theory; addressing social influences, especially social norms; addressing cognitive-behavioral skills; training of facilitators; and instruction with multiple components (Peters, Kok, Dam, Buijs, & Paulussen, 2009).

*“Clearly, no knowledge is more critical than knowledge about health. Without it, no other life goal can be successfully achieved.”*

– Boyer, E.L., The Carnegie Foundation for the Advancement of Teaching

## **HM 127 RECOMMENDATION**

The HM 127 Work Group recommends:

**Amend that section of law that addresses graduation requirements (Section 22-13-1.1 NMSA 1978) to eliminate one-half (.5) elective unit and add one-half (.5) unit in health education as criteria for successful completion of the requirements of the New Mexico diploma of excellence required for graduation.**

## IMPACT ON NEW MEXICO PUBLIC SCHOOLS

While public opinion regarding health education in New Mexico appears to strongly support the addition of health education as a graduation requirement in New Mexico, there are possible challenges that may need to be addressed. The HM 127 Work Group conscientiously solicited both the advantages of implementing health education as a graduation requirement and the concerns were such implementation to take place. Below is a list of possible challenges to health education as a graduation requirement that the HM 127 Work Group discussed as well as possible solutions and/or comments concerning such challenges:

Challenges	Solutions
The health education requirement for graduation will be difficult to implement if the legislature prescribes the grade for delivery.	The HM 127 Work Group is recommending that health education become a graduation requirement. The Work Group is not recommending a prescribed specific high school grade for delivery of the content. This recommendation allows the local school district to determine the high school grade in which health education will be taught.
There may not be enough teachers with a PED health education endorsement to meet the requirement for health education statewide. Rural schools may have difficulty filling positions.	According to PED, STARS 120 <sup>th</sup> day 2008-2009 data collection, there are 236 health education teachers assigned to teach health education in 134 schools in 52 school districts throughout New Mexico (see Appendix D: Health Education Teachers Assigned Public and Charter Schools as Reported in STARS). While 37 districts reported not having health education teachers assigned to a health education course (as it is not currently a requirement), STARS data indicates that there are <b><i>1,600 individuals that hold a PED licensure endorsement in health education.</i></b>
There is a need for health educators to be prepared to teach “skills-based” health education curriculum.	The New Mexico Health Education Content Standards with Benchmarks and Performance Standards require “skill-based” curriculum. The teacher preparatory courses for health education must be aligned to these standards. In addition, the PED provides annual in-service training for teachers through the School Health Education Institute. The institute provides teachers with “skill-based” teaching techniques and lessons for health education.

<b>Challenges</b>	<b>Solutions</b>
<p>A low number of school administrators responded to HM 127 administrator surveys.</p>	<p>The HM 127 Work Group solicited administrator feed back at both the 2009 Coalition of School Administrators Conference in Albuquerque, New Mexico and the Southern New Mexico Education Regional Conference in Ruidoso, New Mexico. However, only 30 responses were received (see Appendix G: HM 127 Administrator Survey Responses). The survey was completed by superintendents, other district level administrators and high school principals/assistant principals.</p>
<p>Health education as a graduation requirement may be an unfunded or under-funded mandate.</p>	<p>The HM 127 Work Group is recommending that in order to reduce or eliminate a fiscal impact to local school districts, the requirement for health education would be a one-half (.5) required unit replacing a one-half (.5) elective unit. This would maintain the number of units currently being funded for graduation.</p>
<p>Removing a one-half (.5) unit elective will impact student choice.</p>	<p>Currently there are seven and one-half (.5) elective units. A one-half (.5) unit of health education would reduce the required elective units to seven, which is not a major impact on student choice. In addition, some school districts (such as Albuquerque Public Schools, Santa Fe Public Schools, among others) already have a local graduation requirement for health education. Adding health education as a statewide graduation requirement will have no impact on the districts currently requiring health education.</p>
<p>With the new requirements for at least 1 unit required for graduation to be an advanced placement or honors course, dual credit course or distance learning course, local flexibility is already reduced.</p>	<p>This new requirement for either advanced placement or honors course, dual credit or distance learning course can be met through health education. Health education is currently offered as an online course through IDEAL-NM. This course meets the content standards for health education.</p>

## CONCLUSION

The HM 127 Work Group was charged with determining whether there was a need to include health education as a requirement for graduation for public schools. Utilizing 1) member expertise, 2) national research and information, 3) student health status data in New Mexico, 4) public opinion regarding health education in New Mexico, 5) other support for health education, 6) best practices for the delivery of health education, and 7) the impact on New Mexico schools, the work group was able to identify the recurring themes of both the importance of health education and the need for health education as a graduation requirement in the state.

Research supporting the linkage between health and academic success and data clearly showing support for health education as graduation requirement solidified the decision of the HM 127 Work Group to recommend:

**Amend that section of law that addresses graduation requirements (Section 22-13-1.1 NMSA 1978) to eliminate one-half (.5) elective unit and add one-half unit (.5) in health education as criteria for successful completion of the requirements of the New Mexico diploma of excellence required for graduation.**

**“The health of the child is the power of the nation”.**

~U.S. Children’s Bureau and Women’s Committee of the Council of National Defense~  
Childrens Year, April, 1918 to April 1919

## **APPENDICES**

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Appendix A: HM 127

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Appendix F: HM 127 Health Education Graduation Requirement Study – Student Survey Results

Appendix G: HM 127 HM 127 Health Education Graduation Requirement Study – Administrator Survey Results

Appendix H: HM 127 Health Education Graduation Requirement Study – Results of the Survey of School Nurses, Social Workers, School Psychologist and School-Based Health Center Providers

Appendix I: HM 127 Health Education Graduation Requirement Study – Post Secondary Health Education Survey

Appendix J: Letters of Support

Appendix A

A MEMORIAL

REQUESTING THE PUBLIC EDUCATION DEPARTMENT TO CONVENE A WORKING GROUP TO DETERMINE WHETHER THERE IS A NEED TO INCLUDE HEALTH EDUCATION AS A REQUIREMENT FOR GRADUATION FROM PUBLIC SCHOOL.

WHEREAS, the genuine pursuit of excellence in education requires that school communities periodically examine and assess all aspects of their educational programs to identify ways in which existing policies, standards and competencies might be strengthened; and

WHEREAS, the public education department has established standards for excellence that set graduation expectations for public schools; and

WHEREAS, the standards for excellence establish the content standards with benchmarks in health education that are used by all public schools, charter schools and state-supported educational institutions to develop, deliver and assess health education curricula; and

WHEREAS, the content standards with benchmarks for health education were adopted by rule in March 1997, and the benchmarks and performance standards were revised in June 2007; and

WHEREAS, these content and performance standards are mandated for students in grades kindergarten through twelve;

and

WHEREAS, by law, all first, second and third grade classes are required to provide instruction in art, music and a language other than English, and instruction that meets content standards, benchmarks and performance standards in science, social studies, physical education and health education; and

WHEREAS, by law, all fourth and fifth grade classes are required to provide instruction in language arts, mathematics, science and social studies, including geography, and, as instructional time permits, to offer art, music, physical education, health and computer literacy; and

WHEREAS, by law, all seventh grade classes are required to provide instruction in English, with an emphasis on grammar and writing, communication skills or science, New Mexico history and geography, physical education and science; and

WHEREAS, the standards for excellence state that school health programs must provide opportunities for all students to develop healthy behaviors; and

WHEREAS, school districts are required to provide or make provisions for school health programs that address the health needs of students and staff; and

WHEREAS, school districts are required to provide health education, physical education, health services and school counseling, and may provide nutrition, staff wellness, family-

school-community partnerships, healthy environments and psychological services; and

WHEREAS, the standards for excellence allow for the requirements for health education to be integrated into existing and related courses or to be taught as stand-alone courses;

NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE STATE OF NEW MEXICO that the public education department be requested to convene a working group to determine whether there is a need to include health education as a requirement for graduation from public school; and

BE IT FURTHER RESOLVED that the working group include representation from the department of health, higher education institutions with health education teacher preparation programs, school superintendents, school health educators, school counselors, other educators and community organizations focused on school health issues and the legislative education study committee; and

BE IT FURTHER RESOLVED that the working group consider creative alternatives for the delivery of health education content standards with benchmarks and performance standards; and

BE IT FURTHER RESOLVED that the public education department report the working group's findings and

recommendations to the legislative education study committee  
by January 2010; and

BE IT FURTHER RESOLVED that copies of this memorial be  
transmitted to the secretary of public education, the  
secretary of health and the director of the legislative  
education study committee.

## Appendix B

### **HM 127 Work Group**

The HM 127 Work Group included, as per the memorial, representation from NMPED, NMDOH, higher education institutions with health education teacher preparation programs, school superintendents, school health educators, school counselors, other educators and community organizations focused on school health issues and the legislative education study committee.

#### **HM 127 Work Group**

Kristine M. Meurer, Ph.D., (**Committee Chair**)  
School and Family Support Bureau Director, NMPED

Lonnie Barraza, M.S. Ed.  
School and Family Support Bureau HIV Education Coordinator, NMPED

William Owen Blair, Ph.D.  
School and Family Support Bureau Assistant Director, NMPED

Roseanne Cochran, M.S.  
Rio Rancho Public Schools and NMSCA

Yolanda Cordova, MSW  
Office of School and Adolescent Health Director, NMDOH

Jim Farmer, MPH  
Office of School and Adolescent Health, Health Services Manager, NMDOH

Andrew Garrison, M.S., CPT  
Vice Chair, New Mexico Public Education Commission

Tita Gervers, M.A.  
Student Wellness Director, Santa Fe Public Schools

Bruce Gomez  
Taos Public Schools

Kris Gracey  
Health Educator, Albuquerque Public Schools

Joe Guillen  
Executive Director, New Mexico School Board Association

**HM 127 Work Group (continued)**

Amanda H. Hartman  
Director, NM Guardianship Project, Advocacy Inc.

Dean Hopper, M.A. Ed.  
School and Family Support Bureau Assistant Director, NMPED

Shawn Hrcir, Ph.D.  
Assistant Professor of Health Education, University of New Mexico

Danielle Johnston, M.A.  
Principal, Estancia High School, Estancia Municipal Schools

J. Vance Lee  
Principal, Lordsburg High School, Lordsburg Municipal Schools

Frances Ramirez-Maestas  
Director, New Mexico Legislative Education Study Committee

Laurie Mueller, B.S., RDH  
School and Family Support Bureau, Professional Development Coordinator, NMPED

Patsy Nelson, BSN, M.A.  
Consultant

Earl Nissen, Ph.D.  
Assistant Professor, Dona Ana Community College

Melvin Nusser  
Principal, Portales High School, Portales Municipal Schools

Laura Owen, M.Ed, NCC, NCSC  
APS Counseling Manager, Albuquerque Public Schools

Gene Parson, M.A.  
Principal, West Las Vegas High School, West Las Vegas Public Schools

Beth Pierson, M.Ed.  
Community Advocate

Dick Pool  
Superintendent, Silver Consolidated Schools

Sylvia Ruiz  
Executive Director, New Mexico Teen Pregnancy Coalition

**HM 127 Work Group (continued)**

Steven Sanchez, Ph.D.  
Associate Superintendent, Las Cruces Public Schools

Mercedes Sandoval  
President, New Mexico PTA

Joan Lamunyon Sanford  
Executive Director, New Mexico Religious Coalition for Reproductive Choice

Rick Scott, Ph.D.  
New Mexico Higher Education Department

Rhonda Sparks, RN, BSN  
Director of Health Services, Clovis Municipal Schools

Tom Sullivan  
Executive Director, New Mexico Coalition of School Administrators

Renee Paisano-Trujillo  
New Mexico Community Foundation

## Appendix C

### **HEALTH EDUCATION GRADUATION REQUIREMENTS BY STATE**

5 states require .5 credit in health education: NY, DE, HI, OH, TX

18 states require health education as follows:

DC – 1.5 credits in p.e. and h.e.

GA – 1 credit in health

Indiana – 1 credit health

KY – 1 credit in health

LA – 1 credit in health

Maine – 1 credit in health

MD – 1 credit in health

NH – credit in health ed.

NJ – 3.75 credits/year health/p.e./safety

NC – 1 credit each health and p.e.

NV – credit in health

PA – credit in health required for private school graduation only

OR – 1 credit health

UT – 1 credit health and p.e.

VA – 2 credits h.e. and p.e.

WA – 2 credits health and fitness

WI – 1 credit h.e.

WV – 1 credit health

3 states require health ed. or p.e.

AK – 1 credit in p.e. or h.e.

SD - .5 credit p.e. or health

ND – 1 credit in p.e., ½ of which MAY be in health

Idaho – 1 course in “positive health habits”

Nebraska – determined locally

Montana – 1 credit in “health enhancement” (combines h.e. and p.e.)

23 states do not have a health education graduation requirement: AL, AR, AZ, CA, CN CO, FL, IL, Iowa, KS, Mass., MI, Miss., MS, MO, NM, OK, PA (for public school students), RI, SC, TN, VT, WY

Information obtained from:

[http://www.nasbe.org/healthy\\_schools/hs/bytopics.php?topicid=1100&catExp](http://www.nasbe.org/healthy_schools/hs/bytopics.php?topicid=1100&catExp)

Appendix D

HEALTH EDUCATION TEACHERS ASSIGNED  
PUBLIC AND CHARTER SCHOOLS  
AS REPORTED IN STARS

120<sup>th</sup> day  
2008-2009

<u>District</u>	<u>Number of H.E. Teachers Assigned</u>	<u>Number of Schools</u>
Alamogordo	1	1
Albuquerque	118 (2 Distance Learning)	51
Animas	2 (1 Distance Learning)	1
Artesia	2 (1 Distance Learning)	2
Belen Con.	5 (1 Concurrent Enrollment)	2
Bernalillo	1	1
Bloomfield	1	1
Capitan	1	1
Central Con.	4	3
Chama Valley	1	1
Cimarron	5	4
Clayton	1	1
Clovis	2	1
Cobre	2	1
Deming	5 (1 Distance Learning)	3
Dexter	1 (1 Distance Learning)	1
Dulce	2	2
Estancia	2	2
Eunice	1	1
Farmington	4	2
Fort Sumner	2 (1 Distance Learning)	1
Gallup-McKinley Co.	2	2
Grants-Cibola Co.	3	2
Hatch Valley	1	1
Hobbs	5	2
Jal	1	1
Las Cruces	4	3
Los Alamos	3	2
Los Lunas	5 (1 Distance Education)	3
Loving	1	1

Mora	1	1
Moriarty-Edgewood	2	2
Pecos	2	1
Penasco	1	1
Pojoaque Valley	1	1
Quemado	1	1
Questa	1	1
Raton	2	2
Reserve	1	1
Rio Rancho	1	1
Roswell	6	2
Ruidoso	2	1
San Jon	1	1
Santa Fe	10 (3 Distance Learning)	5
Santa Rosa	1	1
Silver Con.	4	3
Socorro Con.	2	2
Taos	3	1
Tucumcari	1	1
Vaughn	1	1
West Las Vegas	3 (1 Concurrent Enrollment)	3
Zuni	2	1

52 Districts

236 H.E. Teachers Assigned

134 Schools

**HOUSE MEMORIAL 127 HEALTH EDUCATION GRADUATION REQUIREMENT STUDY**

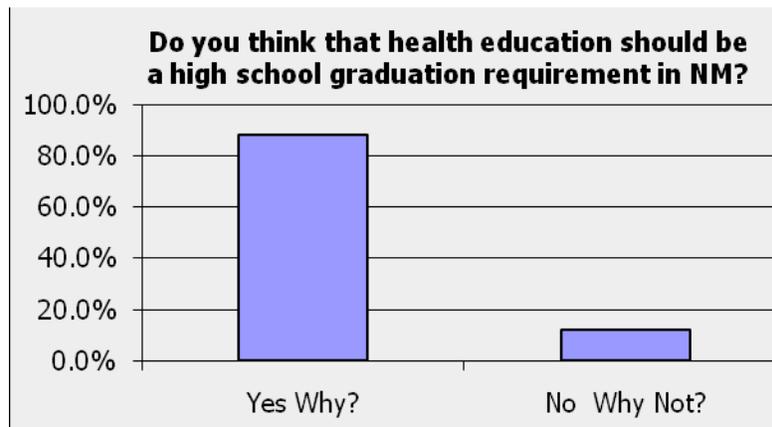
**PARENT SURVEY RESULTS**

**Question 1:**

<b>Does your high school have a health education credit as a graduation requirement?</b>		
<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes	28.6%	121
No	26.5%	112
Don't Know	44.9%	190
<i>answered question</i>		<b>423</b>

**Question 2:**

<b>Do you think that health education should be a high school graduation requirement in NM?</b>		
<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes Why?	88.5%	360
No Why Not?	12.0%	49
<i>answered question</i>		<b>407</b>
<i>skipped question</i>		<b>20</b>



**If yes, why?**

**Categories of responses:**

1. Health information is important; students are have unintentional ignorance of health issues; students need health knowledge for their health and development; when students are given health education, families receive it, too – 119 responses.

2. Health education promotes healthy lifestyles, responsibility, decision-making and is used daily in people's lives; health education provides important information about human sexuality; – 93 responses.
3. Parents lack knowledge or don't provide the information at home; students don't get the information anywhere else – 43 responses.
4. Poor youth health statistics and data show the need for health education – 35 responses.
5. Students need accurate information taught by a teacher with an endorsement in health education in the classroom; accurate information is better than getting misinformation from peers – 26 responses.
6. Health education provides information about prevention and especially about consequences of risky behaviors - 22 responses.
7. Health education supports students to be healthy so they can be educated and successful, including being a healthy workforce – 18 responses.
8. Health education is important to improve national and community health – 8 responses.
9. Health education needs to be taught throughout all years of a student's education; it is needed earlier than high school – 6 responses.
10. Health education should be integrated with other classes – 3 responses.

**If no, why?**

1. Provision of health education should be the responsibility of parents, based on their values; little trust of government values in providing health education – 11 responses.
2. Health education should be integrated with physical education and life skills education – 9 responses.
3. There are too many requirements already – 6 responses.
4. Students should have choice over what courses they take – 6 responses.
5. Health education should be covered yearly and taught earlier – 6 responses.
6. Health education is covered already – 5 responses.
7. There are more important subjects – 4 responses.
8. Students need accurate information – 1 response.
9. Health education is required already – 1 response.
10. Health education won't make a difference – 1 response.

**Question 3:**

**Currently, there are 24 credits required to graduate from NM public high schools; 7.5 of these are elective credits. Requirements are mandatory and electives are choices. If you want health education to be required for graduation, would you prefer to: (Please select one answer.)**

<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
Replace an elective with Health Education that would keep the school day the same with fewer elective choices.	70.0%	275
Add health education as a requirement that could make the school day longer.	19.8%	78
I do not think Health Education should be a graduation requirement.	10.2%	40
Other (please specify)		36
<b><i>answered question</i></b>		<b>393</b>
<b><i>skipped question</i></b>		<b>34</b>

**Other Comments:**

1. Our school requires it already – 5 responses.
2. It should be integrated with physical education – 5 responses.
3. It should be taught during science – 2 responses.
4. It should be taught earlier than high school – 1 response.
5. It should replace NM History – 1 response.
6. It should replace an elective as long as abstinence is taught – 1 response.

**Question 4:**

<b>Should health education be:</b>		
<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
A semester course?	50.4%	207
A year-long course?	38.9%	160
Not sure.	10.7%	44
<b><i>answered question</i></b>		<b>411</b>
<b><i>skipped question</i></b>		<b>16</b>

**Question 5:**

<b>What ideas do you have to offer health education in the school?</b>		
<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
Community partnerships	88.9%	304
Distance learning (courses online through the computer)	30.1%	103
Other (please specify)		89
	<b><i>answered question</i></b>	<b>342</b>
	<b><i>skipped question</i></b>	<b>85</b>

**Other:**

1. Use community resources, including public health nurses, School-Based Health Center staff, health programs provided by community-based organizations, community clinics, etc. – 23 responses.
2. Accurate information needs to be provided in the classroom by a teacher endorsed in health education – 18 responses.
3. Integrate health education with other courses, including physical education or science – 8 responses.
4. Provide health education through community service learning and work study opportunities – 7 responses.
5. Health education should be interactive and include testimonies, field trips, etc. – 6 responses.
6. Involve parents in the design of health education classes – 4 responses.
7. Provide health education earlier than high school – 4 responses.
8. Involve students through student research, peer mentoring and teaching, and group projects – 4 responses.
9. Provide health education through family consumer sciences/home economics – 2 responses.
10. Have the school nurse teach health education – 2 responses.
11. Teach health education through GRADS – 2 responses.
12. Make health education an honors course or a college dual credit course – 2 responses.
13. Pair health education as a ½ credit with the driver's education ½ credit – 1 response.
14. Return abstinence education classes that previously were funded in communities – 1 response.



# HM 127 Health Education Graduation Requirement Study

## Student Survey Results

*High School Health Education*

**Student Survey Nov 2009**

**YOUR VOICE COUNTS!**

**Comments captured are verbatim**

*Many of today's youth have concerns about their physical and emotional health.*

1. What do you think are the most common physical and emotional health concerns of today's youth?

- Weight issues (over weight/ eating disorders etc.) 175
- Substance abuse (alcohol/drugs - both prescription and illegal drugs) 176
- Depression and other mental illnesses 160
- Issues connected to sexual activity (pregnancy, contraception, sexually transmitted diseases, etc.) 191
- Other
  - Church 2
  - Being shot 4
  - Gangs 2
  - Peer Pressure 1
  - No parental guidance; parental or family disconnect 2
  - Bullying 1

2. Where do you get information about your physical and emotional concerns?

- School personnel such as nurses or counselors 95
- High school classes 42
- Parents 221
- Friends 219
- Health care professionals, such as doctors/nurses etc. 169
- Television 70
- Internet 127
- Other 14 (**Books and** marked but did not name where s/he received health info)
  - Family members (including siblings) 51
    - Magazines 1
    - Wal-Mart 4
    - K Mart 1
    - Mall 10
    - Gas Station 8
    - McDonalds 5
    - Library 4
    - Natural Helpers Program 1
    - Research myself 1
    - Books 1
    - Church 2
    - Youth counselors 1

*Some high schools in New Mexico require that students learn this information in a health class and require a .5 health credit to graduate. Other high schools integrate these health standards into a variety of classes thus do not require a specific .5 credit of health to graduate from high school.*

3. Does your high school have a .5 health credit as a graduation requirement?

- |                              |            |
|------------------------------|------------|
| <input type="checkbox"/> Yes | <u>247</u> |
| <input type="checkbox"/> No  | <u>61</u>  |
| Not Sure                     | <u>20</u>  |

4. Do you think that .5 health credit (it would be in place of .5 elective credit) should be a high school graduation requirement?

- Yes 272

Why?

- To learn about health/life
- Learn healthy habits
- Condom use
- Drugs
- Infections
- It's important
- Alcohol
- Know about STIs
- Know about eating right, drugs
- Prevent pregnancy
- Eating habits; food pyramid
- Anorexia
- Obesity
- Important to know about body; learn how stuff works
- Part of life
- How not to get killed by weed
- CPR
- You need to know about that stuff
- People need to know about the body
- They need to know what can be accepted
- Because not many people know about health risks, issues, etc.
- Our generations need to know the health in our lives.
- People need to be aware of physical and mental health concerns
- Because I think students already know a lot about health problems (NOTE: Yes, this was under the "Yes" column.)
- Yes, so we can likely know some stuff
- Yes, so when you feel sick, you know what to do
- Yes, that's what life's about
- Yes, so people know about their health

- Yes, because it's a good to know about health
- Yes, because it would help us learn more about sexual stuff
- Yes, because it is important to know about your body and it's health
- Yes, because it is important to learn about health
- Yes, because we take (need to) care more about our body and know about disease
- Yes, because you could have more credits to graduate
- Yes, we should all have this class
- Yes because we need to be aware of our physical and emotional concerns and so we can make them better and what to expect from them....
- Yes, because that way we have additional information about us
- Yes because students should know more about their health and about health issues.
- Yes, we need credits
- Yes, because that way everybody would know more things about health and that will be some kind of help to us
- Yes because we should be able to learn about our health and some colleges require it
- Yes because you are taking classes and they should give you credit.
- Yes, just in case you want to be a doctor or a nurse
- Yes, because it will get more education....
- Yes, because it will help you in life
- Yes, healthy life leads to more successful life
- Yes, so students can be in shape and they won't be over weight
- Yes, it is important for kids to know about the important health issues
- Yes, when it was explained, it would be a urgent/important issue on one's life
- Yes, so us students can be infected.....
- Yes so the student can be informed of important health concerns
- Yes, so you can know more about what is happening or may happen in your life
- Yes, not everyone has other sources....
- Yes, we all need to be education in this area
- Yes because the school should be teaching it
- Yes so the child would be more healthy
- Yes because it informs student with needs
- I think YES because everybody needs to know about their health
- Yes (not comment on why)
- Yes (not comment on why)
- Yes, cuz its good information to know
- Yes, so students will learn about this
- Yes, to better educate youth about themselves
- Yes, it is an important subject
- Yes, teens need health info and where to go for help if needed
- Yes, because we all have to learn about our health and helps to take care of ;your baby
- Yes, people need to learn about their body and health as a credit for this years seniors
- Yes, because it is good for you
- Yes (not comment on why)

- Yes, we need to know how to take care of ourselves
- Yes, I think it should because it is an important topic and covers information that should be known
- Yes, because everyone needs it!
- Students need to know this info
- People need to be more knowledgeable
- Sure, it is good to have
- It would help students a lot
- Students need to be aware of everything that ties into health (how does plan b work and is there such a thing as an abortion pill)
- So you can learn to be healthy
- Most people do not know correct information and they need the right information
- So correct information is known (sex education is very important to teach especially to high schools. That way they know the fact and myths are dispelled...good movie to watch: "if these walls could talk")
- Because a lot of people want to know about health but may feel embarrassed to sign up for a class as an elective. -it would be a good idea if they made a health class as a requirement and think it would benefit many people
- It is important for teens to learn about prevention of many diseases- it is very important for students to learn about prevention early in life that way they are not naïve about all the subjects in their health.
- Health is just as important as any other class
- Many kids need that information \_ many schools offer health classes but I believe a requirement to graduate. This information is important to know. I believe these classes should even start at a younger age, especially now that children are having sex without the full details.
- Health prevention is vital information
- Because health is very important to student success
- We need to be taught about our bodies, know how they work and the consequences
- Become more informed
- You should just be an extra class
- Because health should be required to teach youth
- Because it is good for you to know about health
- Yes, because it is good to know about health
- So they leave high school with some knowledge
- It would be good on your GPA
- So people can understand better about health- now a days, people as very younger should understand more about health to be aware of their actions.
- Cuz health is important
- So you know better in the real world
- Because not everyone knows about the human body works.
- People need to know about this \_ schools should be scared of teaching us about ways to protect ourselves...we decide to be sexually active, it is our right to know these things
- Everyone should be aware of STD and the whole baby thing
- People need to be aware of these things

- Because it is important
- Yes when the students graduate, they have common knowledge to risks outside in the lively world
- Because you could get more information
- It's good to know about health
- Yes, because you learn about health
- Because everyone should be aware of their health issues
- Because there might be less prego's
- Its ok for both ways because even thought if we don't get a class in health, we still learn about health thought over resources
- Yes, so we can learn more about health
- Yes, because we should be healthy all the time
- Because it will help you to learn new things
- Because by the time we are out of school, we would know some things
- I just think it will be better
- Because we should try harder to pass it
- So everyone learns the information in this class
- Because we need to learn healthy habits
- Because in a future, it can help us (2 times)
- I think we should learn everything we need to know
- So students can be more respectful
- Yes because it would teach students about health
- Because with help, there are more chances to graduate
- Yes, so we can learn everything we need to know
- So people can be informed on health issues
- I would want the teacher to talk sexual abuse because many woman are being raped these days so we want to know new to protect ourselves --Yes because there is so much to learn because us kids are abusing our body's and we have no idea how to prevent it
- People need to know about their health
- Because it is good information
- So people are informed on their health
- It is important for teens to recognize health factors
- Because everyone deserves to know about health
- You need to be healthy
- Because it is really is important to learn about the stuff we learn in health
- Health should be spread out in variety of classes
- It is important to know health, so you can be healthy
- It helps you
- We only take it for one semester
- You learn a lot of valuable skills in health that they don't teach in other classes
- Some of the information can be helpful to certain students
- Because it opens the eyes of youth to mention physical and emotional health
- It is easier to learn when it is one class and it really helps
- It is important to know our bodies and minds
- Everyone needs to do, so why not get a credit?
- Because it is a class you take in school

- Because it is important to know this stuff
- Gives you facts and reality
- Health is another key subject and is still an important subject to learn
- It's a good credit
- There is a lot of value in this class
- So you are around of your surroundings
- Because we need to learn more about different health issues
- It is good to learn about your health
- Because ignorance isn't bliss but danger
- Because some people are too stupid
- It teaches us about important things
- Can help people out a lot
- You need to know how to make good decisions
- We are for sure going to learn something- our health book jumps from suicide into abuse. Both are very dismal topics. After learning all this, I find myself a little less....happy. you should purchase a book that has the more depressing topics spread out
- Both physical and emotional health are important in everyone's lives, so people should have better knowledge about them
- Because we need to learn about it
- Health is an important subject
- Because it teaches us things we didn't know and keep us safe like helps us protect ourselves r from assault so on...
- Because it is an easy credit to get
- It's important stuff
- Because you should pass with good grades
- It is important to know about your health
- Because it helps to our knowledge
- It is an important part of our lives.

□ **No**      88

Why not? .

- Doesn't change anything
- Common sense
- Some people don't want to know
- Some parents don't want it to be taught
- Already know it; already learned in 8<sup>th</sup> grade
- You already know your body
- I don't know
- Some people don't like health
- Won't listen
- Won't care
- Waste of time
- Don't need health if work in bank
- No for most part I would say no because other stuff could be done like being in sports language arts, that 100% will help us in the future.
- No because we need electives depending on what we want to study
- No because there is more important things that we have to learn

- No because what does that have to do with anything, meaning education?
- No because there is not that many health classes
- No we should require a full credit since it is an important subject
- No, because it raises too many memories.
- No I personally don't think that think affect your graduation.
- No because it's against some peoples beliefs
- No people makes their own choices in life and have to deal with the consequences
- No because other people should let other people do what they want
- It is not a needed class
- Because the student's parents might chose to not let them
- It should be extra credit because it is easier
- No, because there will be a lot of classes
- No because you don't need to have a health credit
- Because some people don't want to learn that
- No. because you don't need them to graduate
- No because we already have other classes to worry about
- I don't think it is that important
- Because you have a nurse to come into the building who you can count on
- Because most of it is common sense
- Rush over class
- Class has very little purpose to me-would rather have a 3<sup>rd</sup> elective
- Because we know all the stuff we are learning and people just choose not to do it
- Because it is stupid and a waste of time because we learned it in 7<sup>th</sup> year.
- Some people like electives a lot
- I don't feel as if I'm learning anything new
- Because health is boring
- I think we are going to learn about it anyways so we don't need to have a health class
- It is a lot of extra work plus we have taken health in mid school
- 

5. Additional comments:

- Health needs to be a full time class. Health could educate students on physical, mental and emotional stressors today. Ignorance may be bliss but our students need to know and understand their health.
- I would like to know more about this stuff
- About the requirement, I think students could be taught more because I learned more about health in my A&P instead of actual class.
- Health education in the class room is important because if you are ignorant, you lose

EXTRA QUESTION ON FOCUS GROUP SURVEY: If you were to design your own health education class for a 9<sup>th</sup> grade class, what would be the most important issues you would want the teacher to address?

- Sex
- Drugs/pot
- Violence
- Suicide

- Alcohol/drinking
- Sports/sports injuries
- Depression
- Nutrition
- Anger issues
- Smoking/cigarettes
- Drama
- Relationships
- Weight/fat/burgers
- Sleep
- Transition to HS from MS
- STIs
- Anatomy
- Exotic infections
- Body health
- Learn all the plants of the world
- Surgery
- Herbal mixtures
- Pregnancy
- Prevention issues
- Condoms
- Mental issues/emotional issues
- Diseases
- What to do during nuclear holocaust
- Radiation effects
- Cancer
- Diabetes
- Kidney problems
- Home issues (abuse)
- Clean shot wounds (ah, not inoculations but bullets)
- Seizures
- Zit care
- Relationships
- Peer pressure
- Lymphona
- Bulimia
- Body parts, body functions, body fluids

**Hard copies received:**

The first draft survey must have been sent to two groups and the question (design your own health education) was not included.

Appendix G

HM 127  
Administrator Survey  
Results

1. How is the requirement for Health Education met at your high school(s)? (Check all that apply)

11 \_\_\_\_\_ Health Education is a local graduation requirement – a separate class taught by an endorsed health education teacher

18 \_\_\_\_\_ The Health Education Content Standards are integrated into other required courses (please explain what other required courses

6 \_\_\_\_\_ PE

1 \_\_\_\_\_ Home Economics

1 \_\_\_\_\_ Seminar

1 \_\_\_\_\_ PE by certified Health Educator

1 \_\_\_\_\_ Science

5 \_\_\_\_\_ Health Education is offered as an elective course (please explain how all students receive the required standards)

We have all freshmen take it 1 semester and NM History 1 semester

Two ½ credits offered

Science courses, nursing, EMT courses for dual credit

2. Do you currently have teachers endorsed in Health Education in your school(s)?

30 \_\_\_\_\_ Yes

\_\_\_\_\_ No

3. If Health Education became a state graduation requirement, what barriers would you face to implement this requirement?

Increased graduation requirements

None

Time in the schedule

Availability of endorsed teachers

Building the schedule

Fitting it into an already tight schedule with limited staff

Need money to have additional teachers

There are small schools all over the state

I would have to find, again, a health education endorsed teacher for each school  
There are very few teachers to cover all required content  
Though we have distance learning access, this method is not appropriate for >50% of our students  
Another credit would make our requirements 27 credits  
Certified staff  
Paying for it  
None – just have to change board policy  
We are a small, rural school with a limited staff size – many teach more than 1 subject – as of now we require 1 semester of Health and the 2<sup>nd</sup> semester is devoted to NM History – both for freshmen – a full year health requirement would be more challenging but could be done if the other semester could be “finished” in PE?  
Fitting this requirement in with the other mandates  
When and where  
Scheduling  
Competing with electives  
Major problem getting funding for additional FTE  
Teachers with Health Education credential  
License  
½ credit would be no problem  
Schedule, credit needs increased or competition between electives, additional staff  
Time in schedule, loss of electives, funding for staff, testing ramifications  
We are taking all electives away – every period is taken with mandates  
None  
We are currently facing many budget concerns and staffing this position(s) is becoming difficult  
Scheduling too tight – too many requirements – not enough flexibility  
Funding for FTE/reducing opportunity for students to take other electives

4. If Health Education became a graduation requirement, should it be a ½ or 1 unit?

25\_\_\_\_\_ ½ unit

3\_\_\_\_\_ 1 unit

Should not be require

Must be due to dual credit agreements

However, you have to offer another ½ credit course for the other semester

5. If Health Education became a graduation requirement how would you prefer this to happen? (number in order of priority #1 most acceptable #4 acceptable):

\_\_\_\_\_ Replace it with an elective requirement

6 priority #1 (most Acceptable)

4 priority #2

1 priority #3

2 priority #4 (acceptable)

3 yes

\_\_\_\_\_ Add another graduation requirement

2 priority #1 (most Acceptable)

3 priority #2

4 priority #3

4 priority #4 (acceptable)

1 yes

\_\_\_\_\_ Replace Health Education with another graduation requirement

2 priority #1 (most Acceptable)

3 priority #2

3 priority #3

4 priority #4 (acceptable)

2 yes

3\_\_\_\_\_ Which graduation requirement would it replace?

1\_\_\_\_\_ ½ semester

2\_\_\_\_\_ NM History

1\_\_\_\_\_ Advanced Placement

1\_\_\_\_\_ Honors

1\_\_\_\_\_ .5 of PE

1\_\_\_\_\_ Communication skills

4\_\_\_\_\_ Other

---

Keep imbedded

Add graduation requirement and eliminate an elective

We have enough graduation requirements right now. No more

Local decision

6. Which option do you believe is the best way for meeting the requirement for Health Education for all students?

8\_\_\_\_\_ Health Education class as a state graduation requirement

13\_\_\_\_\_ How Health Education is currently being met: Health Education content is integrated into (at least 3) other required subjects or offered as a local graduation requirement

3\_\_\_\_\_Require all high schools to “offer” Health Education as a stand alone elective (please explain how all students would receive this requirement)

I think the “offer” works for Drivers Education  
Incorporate through current science and PE  
Local board choice

7. What impact do you perceive Health Education as a graduation requirement will have on your district/school(s)?

None as long as we have a certified teacher  
Some parents not in favor  
Narrows student electives  
None at this time  
See barriers in #3  
Takes away from other required courses  
Scheduling  
Negative  
Continuous requirements  
Parents always controversy about content  
Cost and time  
Kids understand the importance of health education  
Money  
We already require ½ year  
Will need to purchase up to date materials for more students  
Scheduling/time issue  
It could be positive and effect academics in a good way  
It will knock out an elective which would be bad  
Funding issue, FTE  
Wellness  
Financial impact is great  
It will cause schools to spend money on new instructional materials  
Cost increase  
Stress funding sources, take away some other electives, force district to hire more staff  
Eliminate an elective – possibly add a teacher  
None, we do it now  
One more mandate to be funded

We already have too many mandates – this would be one too many more  
In this economy, all ways would be difficult

8. What impact do you perceive Health Education as a graduation requirement will have on your teachers of elective classes?

See barriers in #3

Take away a PE option

Will not affect us

None

None at this time

None

Would foster increased competition for students among electives

Some electives would no longer be offered

Reduce elective offerings

Something will be dropped

See previous #

We are small – so it will help secure this course as it some times gets on the “cut” list

None if it can be integrated and funded

Hopefully none

Very negative

Would hurt teacher loads for 9-12 (Choir, FFA, BPA, Foreign language, etc.)

We may be able to handle another elective

Minimal

Finding certified staff

It will give them more preps or replace other electives

The number of students taking electives will be reduced

Have to cut program offerings or increase credit requirements

Hurt other elective courses, particularly the fine arts

Maybe lose an art or music teacher

None

Scheduling is already tight

Major impact – electives would be reduced

9. What impact do you perceive Health Education as a graduation requirement will have on your students?

Highly variable impact dependent on teacher quality, fidelity of assignment with standards

It will be of great benefit to students

See barriers in #3

Take away an elective to meet career goals

Will be very positive for our students

I think it gives it the importance it should get

None

A positive impact  
They will miss the other elective  
Extremely beneficial to making better life choices (with knowledge to back up choices)  
in the future  
Seen as yet another course to take  
Very positive  
They will look at it as just another requirement to take  
Not allow them to participate in multiple 4-year (9-12) programs  
Will help students with health issues and correct knowledge  
Increase knowledge of their own wellness  
Increase their overall awareness  
Hopefully better exercise and eating habits  
Any health education is important  
Cost, time, qualified staff, funding – lot to consider  
Their parents will be angry about more requirements  
We don't have time to do what is already required  
Ensure every student takes a stand alone class  
Good requirement  
A positive requirement  
Scheduling is already tight  
I believe it would be unfavorable

10. Additional Comments for the Memorial Work Group to consider:

Already have 28 required credits in our district  
I really believe it is a waste of valuable instructional time  
I do not see health education transferring into any modified student health/behavior  
choices or behaviors  
It makes more sense to have health education integrated into other required courses  
This makes the learning contextual and that makes much more sense  
Consider national health standards  
Be willing to “cut” something  
Consider issues of abstinence, birth control, etc.  
Be realistic but helpful with issues  
Please leave us some local control

This survey completed by:

12 Superintendent

6 Other District Administrator (1 Assist Supt Instruction)

10 high school Principal (includes 2 Assist Principal)

2 other (did not identify title)

Appendix H

HOUSE MEMORIAL 127 HEALTH EDUCATION GRADUATION REQUIREMENT STUDY

RESULTS OF SURVEY OF SCHOOL NURSES, COUNSELORS, SOCIAL WORKERS, PSYCHOLOGISTS, AND SCHOOL-BASED HEALTH CENTER PROVIDERS

Question 1:

My role in school-based health services is:		
Answer Options	Response Percent	Response Count
School Nurse	47.3%	186
School Counselor	27.5%	108
School Social Worker	15.0%	59
School Psychologist	1.0%	4
School –Based Health Center Provider	9.2%	36
<i>answered question</i>		<b>393</b>
<i>skipped question</i>		<b>12</b>

Question 2:

Does the high school in which you provide services have a health education credit as a graduation requirement?		
Answer Options	Response Percent	Response Count
Yes	34.4%	134
No	22.4%	87
Don't Know	43.2%	168
<i>answered question</i>		<b>389</b>
<i>skipped question</i>		<b>16</b>

Question 3:

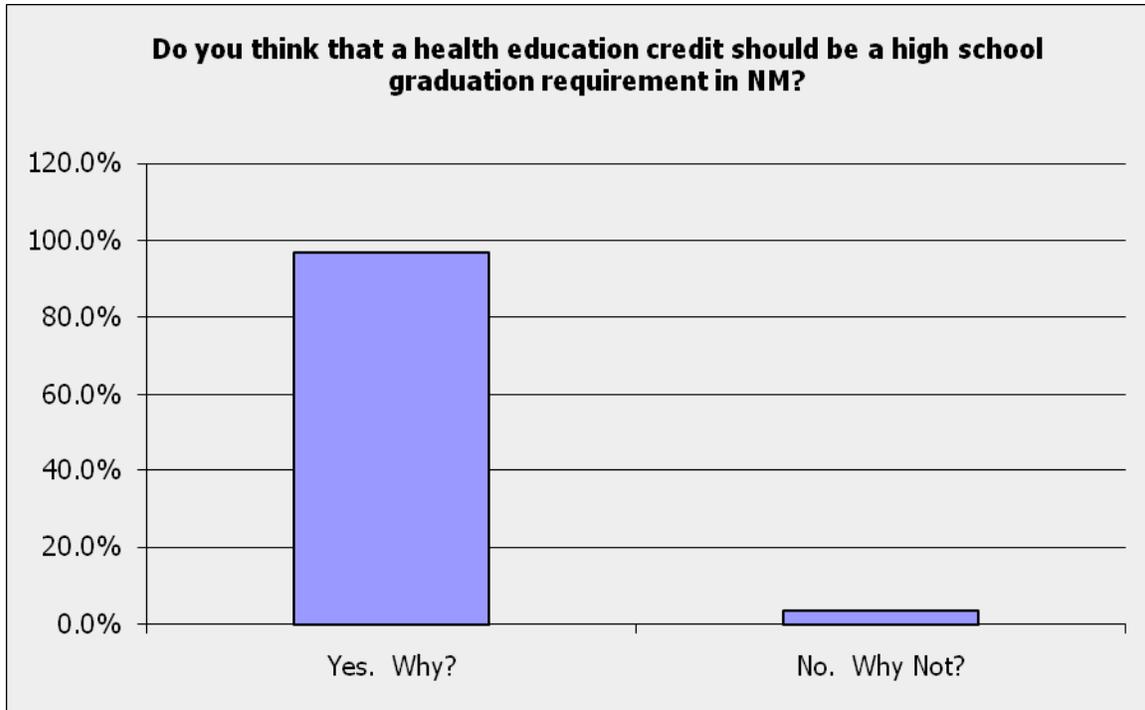
Does the school district in which you provide services have an approved health education curriculum?		
Answer Options	Response Percent	Response Count
Yes	51.2%	206
No	9.7%	39
Don't Know	39.1%	157
<i>answered question</i>		<b>402</b>
<i>skipped question</i>		<b>3</b>

Question 4:

Does the District's approved health education curriculum meet all of the health education standards with benchmarks and performance standards?		
Answer Options	Response Percent	Response Count
Yes	27.3%	109
No	1.8%	7
District does not have an approved curriculum	8.8%	35
Don't Know	62.2%	248
<i>answered question</i>		<b>399</b>
<i>skipped question</i>		<b>6</b>

**Question 5:**

<b>Do you think that a health education credit should be a high school graduation requirement in NM?</b>		
<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes. Why?	96.9%	374
No. Why Not?	3.6%	14
<i>answered question</i>		<b>386</b>
<i>skipped question</i>		<b>19</b>



**If yes, why?**

**Categories of responses:**

1. Provides critical knowledge, including prevention and media literacy, and is as important as other required courses – 157 responses
2. Promotes life skills, development, decision-making, education, responsibility, and self-awareness including educated consumers of healthcare and a healthy workforce – 133 responses.
3. Ensures accuracy, completeness and consistency of what is taught and that it will be taught by a teacher endorsed in health education – 41 responses.
4. Youth health data support the need for required health education – 37 responses.
5. This is the only place, including at home, that many students will receive health education – 30 responses.
6. Should be provided earlier – 2 responses.

**If no, why not?**

**Responses:**

1. Parents have responsibility to educate their kids.
2. It depends on what type of health education you are talking about. What if the graduate is not going into the health department?
3. No, but I think the schools should address health concerns, with students including more drug awareness and sex education, including STD, and birth control starting in middle school 6<sup>th</sup> grade.
4. To help prevent the spread of disease.
5. Not really sure, as so much depends on who is teaching the class and what the focus is.
6. By the time the student has reached high school classes have been taught for 8 years in various forms. The required biology classes also teach a human body/nutrition section. High school is stressful enough without taking away more electives.
7. Do think this should be integrated. Not sure of the credit thing.
8. They can take health in college.
9. I think it should be the other half of the current required half credit of NM history – thus creating a whole credit, NOT an additional requirement.

**Question 6:**

<b>Currently, there are 24 credits required to graduate from NM public high schools; 7.5 of these are elective credits. How do you think the credit should be required? (Please select one answer.)</b>		
<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
It should replace two (2) .5 elective credits so that it is a 1.0 credit. (This would decrease the number of elective credits to 6.5 but would not change the total number of credits required for graduation.)	49.7%	197
It should be added as a .5 required credit. (This would increase the total number of credits required for graduation to 24.5.)	25.0%	99
It should be added as a 1.0 required credit. (This would increase the total number of credits required for graduation to 25.)	21.2%	84
I don't think health education should be required for graduation.	4.0%	16
<b><i>answered question</i></b>		<b>396</b>
<b><i>skipped question</i></b>		<b>9</b>

### Question 7:

What creative ideas do you have for delivering health education content standards with benchmarks and performance standards as described above?	
Answer Options	Response Count
	186
<i>answered question</i>	<b>186</b>
<i>skipped question</i>	<b>219</b>

### Categories of Responses:

1. Use engaging and varied delivery methods, including role modeling, interactive/hands-on, online, research by students, videos, games – 41 responses.
2. Use community resources, including school nurses, SBHC staff, public health and other health experts in the community – 37 responses.
3. Include many different health topics; respondents suggested a number of specific topics – 21 responses.
4. Ensure a standardized curriculum is taught by a teacher endorsed in health education; accurate information must be provided – 20 responses.
5. Integrate health education with other classes, including PE – 18 responses.
6. Involve students in the design and delivery of health education – 4 responses.
7. Teach health education earlier than high school – 4 responses.

Appendix I

HM 127  
Post-Secondary Health Education Survey  
New Mexico State University Results

Please select the answer that most closely matches your response.

1. In what year of college are you currently enrolled?

Freshman	40
Sophomore	25
Junior	5
Senior	1

Beyond  
Currently attending high school  
I'm not sure how I am classified; this is my 2<sup>nd</sup> year but 1<sup>st</sup> year as a full time student.

2. What is your age?

16	3
17	2
18	20
19	15
20	9
21	3
22	3
23	1
24	2
25	1
26	1

28	2
29	2
31	1
33	1
34	1
38	1
39	1
40	1
42	2
46	1
51	1
57	1

3. What is your gender?

Male	21
Female	54

4. Did you attend public high school, private high school, or were you home schooled?

Public high school	71
Private high school	
Home schooled	1

A combination of the above (explain in the space provided: )  
GED  
My 5 and 6 grade years I went to private school. It was easier for my parents because my siblings were all going & I was the only one not going to private. They put us in to get ahead of public schools.

5. Did you graduate from high school or did you earn a GED?

Graduated from high school	67
Earned a GED	3

Not yet (dual credit student), still currently in high school Public school and earned a GED Currently in high school.
--

6. If you earned a GED, what was the last year of high school you completed?

Freshman	1
Sophomore	1
Junior	1
Senior	
Did not attend high school	1

7. What is the name of the high school (or high schools) you attended, and where are they located (city and state)?

Name of high schools(s)	City	State	
Alamogordo High School	Alamogordo	New Mexico	
Andres High School	El Paso	Texas	
Animas High School	Animas	New Mexico	
Anthony High School	Anthony	Texas	
Gadsden High School/Canutillo High School	Gadsden/El Paseo	New Mexico/Texas	
Austin High School	El Paso	Texas	
Canutillo High School	El Paso	Texas	<b>2</b>
Canutillo High School/Sachse High School	El Paso/Dallas	Texas	
Caprock High School/Gadsden High School	Amarillo/Anthony	Texas/New Mexico	
Chaparral High School	Chaparral	New Mexico	<b>4</b>
Cheyenne High School/Pahrump Valley High School	Las Vegas/Pahrump	Nevada	
Coronado High School	El Paso	Texas	<b>2</b>
C-School/Franklin High School	El Paso	Texas	
Deming High School	Deming	New Mexico	<b>3</b>
Franklin High School	El Paso	Texas	
Gadsden High School	Anthony	New Mexico	<b>27</b>
Gadsden High School/Ysleta High School	Anthony/El Paso	New Mexico/Texas	
Highland High School	Albuquerque	New Mexico	
Home schooled			
Irvin High School/Andress High School/Gadsden High School	El Paso/Anthony	Texas/New Mexico	

Irvin High School/Gadsden High School	El Paso/Anthony	Texas/New Mexico	
Las Cruces High School	Las Cruces	New Mexico	<b>3</b>
Lordsburg High School	Lordsburg	New Mexico	<b>2</b>
Los Alamos High School	Los Alamos	New Mexico	
Mayfield High School	Las Cruces	New Mexico	<b>2</b>
Natrona County High	Casper	Wyoming	
Onate High School	Las Cruces	New Mexico	<b>2</b>
Poly High School	Riverside		
Rio Rancho High School	Rio Rancho	New Mexico	
Robertson High School	Las Vegas	New Mexico	
Ruidoso High School/Mayfield High School	Ruidoso/Las Cruces	New Mexico	
San Andres High School	Mesilla Park	New Mexico	
San Simon High School/Animas High School	San Simon/Animas	Arizona/New Mexico	
Santa Teresa High School			
South Pointe High School	Phoenix	Arizona	
Walkersville High School	Walkersville	MD	

8. Did you take a health course in high school?

Yes	36
No (If no, go to number 15)	37
Don't remember	

9. What was the title of the health course(s) you took in high school?

The specific title(s) of the course was: Life Skills (5) Anatomy/Physiology Honors Health Education Anatomy/Physiology/Health Education General Health Food handler's course Health Occupation Education/Honors Anatomy & Physiology I & II Health (5) Personal health and wellness/Medical Terminology Anatomy & Physiology Community health Biology Sex Ed. Child development (2) Health Anatomy/Certified Nurses Assistant	
Not sure what the title was	14

10. Was it a required course?

Yes	20
No	12
Not sure	4

11. What topics do you remember learning about in your high school health class(es)?

About SIDS, health, life.  
 Anatomy: Parts & systems of the human body and diseases. Health: Reproductive system, eating habits, diseases.  
 All the syndromes; things that prevent it; how to eat right.  
 Anatomy: Human body, disease; Health: Reproductive system, eating habits.  
 Sexual education and drug abuse  
 Sexual Education and drug abuse  
 I remember learning about a lot of diseases.  
 Lifeskills  
 Cleanliness while handling food.  
 Basic nursing care.  
 Sexual transmitted disease, FAS, Health issues  
 Nutrition, STD's, AIDS, drugs, sexually active teenagers & pregnancy. Marriage, boyfriend & girlfriend relationships & how to use safe sex if you're sexually active & what happens.  
 How people behave in society, what causes some people to act how they do, medical terms and what they pertain to, etc.  
 Sex and birth  
 Healthy foods, not consume drugs, no smoking, learn about the body.  
 Anatomy of the body.  
 Digestive system/Respiratory system  
 Nutrition/What to do in an emergency/the heart/how to stay healthy  
 Sex education.  
 Sex Education  
 Don't remember  
 About sex protection, STD, HIV  
 About sex and about the disease out there.  
 Child development, pregnancy, STDs  
 Sex, different types of diseases, the result in doing drugs.  
 Proper diet/care for body with exercise/human anatomy/sex education.  
 Peer pressure/teen violence/date rape.  
 Sex education, contraception's, about pregnancy & birth, STD's and also abstinence.  
 Teen pregnancy and sexually transmitted diseases.  
 Sexually transmitted diseases/not to use drugs/pregnancy.  
 Very little about pregnancy, the growing body.  
 CPR  
 I really cannot remember any.  
 Personal health, STD's, how to care for a patient, CPR, and Alzheimer's disease.

12. What skills or knowledge did you gain from your high school health classes that were particularly helpful?

I learn that abstinence is a very important thing.  
 Anatomy for sure because it taught a lot about the body and its functions. Where as health was just an overview.  
 Knowing that everything does affect your body some way or another.  
 I gained more knowledge about the human body which helped me learn also more about myself.  
 Not really anything because the teacher didn't care and didn't teach it right.  
 NA  
 The class taught me how to live my life in a more healthier way.  
 Stability  
 I learned to wash my hands very often.  
 CAN State Certification.  
 Knowing more about STD  
 I guess everyone did what they wanted anyway it was just an easy A for a class.  
 Helped me deal with how society acts. Certain medical problems are already familiar to me and help with current classes.  
 I really don't remember.  
 Learning parts of our body and how harmful drugs can be.  
 That I learned medical terms.  
 How to eat healthy and stay healthy.  
 To have safe sex and use protection.  
 Parenting  
 Have protective sex.  
 Be careful with STDs  
 Being aware of stuff.  
 All was very important.  
 Knowing that I wasn't alone with questions I had.  
 About contraception's, STD's and abstinence.  
 Learned about different diseases and how they can harm you. Being a teen parent isn't as easy.  
 Learned more about STD's, not to use drugs and how to prepare myself for parenting.  
 I didn't hang on to much knowledge, they needed to show more situations through videos or pictures to make an impact.  
 Cannot remember anything from health.  
 CNA skills and proper body mechanics.

13. Were there any topics that were not taught that you think should have been included in your high school health course?

Yes	6
List any topics you feel should be taught or addressed in high school health classes:	
Sex	
Credit and how it affects you, wills if you die, the affect of different partners a parent can have and how it affects the child they have.	
FAS	

Maybe they should start a child development class for girls who are pregnant and their problems. Disabilities and what causes them. Sexual protection.	
No	9
Not sure	17
But I think & feel children (kids) should be taught consequences of good & bad choices that they make. Regardless of it being a sexual act or relationships act & especially a baby. Especially what happens to ones life if they had or get an STD, had a baby & how they need to be responsible & the consequences of bad health for all involved in a pregnancy.	

14. Did you feel the health course(s) you took in high school was a worthwhile class?

Yes	25
<p>Why? Please explain your answer:</p> <p>Because I learned a lot of things.</p> <p>Taking these courses taught me more about the human body &amp; helped prepare me for my major. I learned how to take care of myself.</p> <p>I'm going into the medical field so it helped get me ready for some college courses.</p> <p>I was taught how to live healthier.</p> <p>I learned a lot and was able to work in the health field and learn what it takes to be a good nurse &amp; how much you impact someone's life.</p> <p>It taught you more about topics that are important.</p> <p>I am more open minded and can recognize certain illnesses.</p> <p>I learned more about the human body.</p> <p>Because we learned something back then but have now forgotten a lot.</p> <p>They explain a lot of things that affects you and your body.</p> <p>It gave me a better knowledge of the human body.</p> <p>I learned a lot of things that have helped me now.</p> <p>Learn a lot.</p> <p>It made me more aware of the consequences of sex.</p> <p>Teachers you about sex, pregnancy &amp; STDs.</p> <p>I learn about different stuff.</p> <p>Very important for basic understanding of body.</p> <p>I knew I wasn't the only one who had questions or concerns.</p> <p>Because it had taught me things that I did not know about.</p> <p>Gave me a wider view to what is out there in the world and in college.</p> <p>Learned new things.</p> <p>Great exposure to the health profession.</p>	
No	5
<p>Why not? Please explain your answer:</p> <p>Because the teacher didn't care and she wasn't a good teacher.</p> <p>The teacher was not educated herself about the subjects.</p> <p>It was a blow off course &amp; wasn't taken seriously &amp; they had PE coaches teaching these classes. I thought an educated person should teach the course.</p> <p>I think they should have expressed more about why not to have sex and the consequences of having sex.</p> <p>It just touched base on some stuff but I think they needed to exaggerate on some topics.</p>	
Not sure	4

15. Do you think all high school students should be required to take at least one health education class?

Yes	68
<p>Why? Please explain your answer:</p> <p>For them to know more stuff about life.</p> <p>It would help us understand more the concepts of health in every way.</p> <p>Knowing about your body is general its important to me and I think everyone should have this knowledge.</p> <p>So that students can acquire the basic knowledge about how our bodies are formed.</p> <p>To inform them about health risk.</p> <p>Because that is the reason for many teenage issues, they don't know what they're getting into.</p> <p>Preg rate up SIDS</p> <p>Reduce pregnancy and spread knowledge of recent occurrence.</p> <p>Everyone should be taught more about health and how to take care of themselves better.</p> <p>Everyone should know how humans are formed.</p> <p>It's important to at least learn about the basics of the body.</p> <p>Because they need to know the importance and significance of it.</p> <p>It's important to learn.</p> <p>Teenagers need to be more aware of their body, how to take care of it, and how to prevent illness/disease.</p> <p>Because it is important to know about your own body and health.</p> <p>To know more about being healthy.</p> <p>People need to know how the body works and about sex.</p> <p>Helps to be more informed.</p> <p>To get a better and more rounded idea of life.</p> <p>Cleanliness</p> <p>If taught well &amp; if its focused on real life situations it can prepare the student for situations in life that they may go through.</p> <p>It would probably prevent births or make healthier babies.</p> <p>People need to know about health.</p> <p>I think teenagers should be aware of what causes babies and the effects of drugs and alcohol and no neonatal care.</p> <p>I think it's an important subject to now.</p> <p>It will teach tem how to live a healthier life and take care of their family.</p> <p>I did it and it helped me.</p> <p>Because that way they know what can happen if they do on top of that way we can prevent having kids with all these defects.</p> <p>So students can be informed and make good choices.</p> <p>Because it would be good for them to learn about health.</p> <p>That way they can be aware of all the dangerous diseases that are out there.</p> <p>Because it would make you think</p> <p>Health education class will help students better understand their health and allows them to see the consequences of their action, like drinking or getting pregnant.</p> <p>So they know how complex the human organs are.</p> <p>It will benefit them and prepare them for college.</p>	

Education can only help (more awareness). So we'll know something about it. Where else will they learn about health? Kids should be educated on the effects of drugs. To know more about the human body. Yes, so they can learn more about the development of people & to be educated about sex. Because it can help on the decisions they do. Due to my experience, it helps you understand about sexually transmitted diseases and other. To be educated about their bodies and how they are developed. More info the better. To get more informed about your health. So they won't be parents at a young age. It will help them become more aware of it, not just to see it as fun. They might not know much of it. It would help them take care of their health. Because they will have knowledge. More knowledge. For better understanding of our development. Get educated. Awareness is good. You need to know the best way to care for yourself & those around you. This is the perfect time to be aware of one's body and the cure that would behoove you. I think it would help a lot of students know more about health. Because it is something everyone should know about, it's what happening in society today. Because they need to know the risks that are out in the world. Many need to know about pregnancy. I enjoy learning about the body. Because now days people are very unhealthy. There's obesity, diabetes, pregnancy, more than before. Get educated. They will become more responsible concerning their health. To explain how many actions can have consequences on health. So people won't be ignorant.	
No	
Why not? Please explain your answer:	
Not sure	5
Depends, only if an educated person is going to teach the class.	

16. If a one semester health education course was NOT a requirement for you in high school, would you have been willing to give up a one semester long elective course to take a one semester long required health education course?

Yes	50
Why? Please explain your answer:  Because by doing that I would learn a lot of things that I didn't know. Cause I want to be a nurse so everything that has to do with health interests me.	

I knew that I wanted to be in the health field so I would try to help myself by taking classes in high school to help me in college.

Before taking CIP110 I never thought about it but now I think is so important, it is necessary to have that knowledge.

You learn so much.

Why not?

Preg rate up SIDS

Things like that interest me.

Because of going into the medical field all health classes would of helped, and I also love learning about the human body.

Because I would want to know all about it and it would be very helpful to me.

Classes that deal with human health interest me and make me feel more aware.

Yes, because it would benefit me.

Because it's interesting and teaches me things about my body and what's good for me.

If I didn't know about the consequences of sex I would want to know because a lot of parents haven't explained it to their children.

Would be a good experience.

Just would.

It would have taught me to be healthy.

I enjoyed my health class and it gave me knowledge that I wouldn't have learned otherwise. It also helped me on my career path.

I've already learned so much in this class.

It's interesting.

I take my health very seriously.

Maybe I would have been more informed of choices I made.

I already did give it up and I would do it again, because it helped me with my life.

I think it's important to learn about all these kinds of health problems and syndromes to avoid making one.

It would have been interesting.

It wouldn't hurt to know more about the human health.

I have always been interested in the health field and it would have helped me learn a lot more.

Parents don't talk to their teens. I think a school environment is better than a locker room.

Because it's interesting.

I was always curious about health.

I like what they show me.

Yes cause I think it is important for all young adults to learn about health & sex education as well.

Because it's really interesting.

This course will help you through life and making the right decisions.

Because I have always been interested in physical and mental development.

To get more educated.

So we can learn about STDs and HIV.

I would of liked to learn more back then.

I think we should all learn from these classes.

Interested in health.

It's interesting.

A very important subject to know about.

<p>Because I enjoyed learning the different topics in my health course.          To better understand the risks and dangers about health.          It took me too long to understand what being healthy means.          Interesting topics.          To educate myself on good health.          To teach other people.</p>	
No	8
<p>Why not? Please explain your answer:          When you're that age you don't think about that stuff.          It was not stressed enough like the other main subjects (math, English)          When were teenagers we think of fun &amp; games not health.          I liked my electives.          I could always get a course in college.          Probably not worth a whole year I don't believe.          Too lazy.          Probably not at high school age. What needs to happen is something that inspires the students that makes it seem easy or better yet something that they will get out of it that they can not get somewhere else (know of tabooish)</p>	
Not sure	12

17. Do you think there are benefits that result from taking a health education course in high school?

Yes	46
<p>Please list any benefits you think result from taking a health education course in high school:          You get prepare for life, makes you think twice about things in life.          We would know more about everything. I think there would be less young people/women getting pregnant and consuming ATOD.          Knowing basic health is good to know more advanced classes should be by preface to help individuals out with their future plans.          Students would be more aware about pregnancy, substance abuse effects on babies, students get very good knowledge about taking care of their bodies and make others aware of what they know even their own parents.          Hopefully they will stop and think. Be aware of consequences.          People would know how to take care of themselves better, be more aware of health risk, to learn what's good and what's bad to do to your body in certain situations.          I believe that there are more benefits if your interest lean more toward going in the medical field career.          How to eat right; how to exercise, sex ed; and how drug &amp; alcohol abuse hurts you.          Be educated more about sex the right way, know about the human body, and get educated on being healthy.          Becoming more aware and making better decisions.          Teach all kids skills to deal, identify, and process stress, emotions, feelings. Teach how actions develop a child's outcome. Small glimpse on how life starts, community w grads program.          Learn how to care for yourself-health wise, gives you a better insight in life of what "bad" health or life choices can affect your life.          Learn more about yourself, learn why others function the way they do.          Knowledge, you more caution about what you do and know what drugs can do.</p>	

Maybe more teenage girls & boys will understand the risks of sex, drugs and alcohol.  
 If you ever get sick you may know how to take care of yourself.  
 You learn about child development so people can prevent any problems if they have a baby.  
 Prevent making wrong health decisions, understand problems with yourself or others, and help take care of people with bad health.  
 Wait to have sex, learn about causes to defects, and learn all different kinds of syndromes and mental retardation.  
 Some benefits you gain is you get information of what is inside your body and how to take care of it.  
 Better understanding of the body, the effects ATOD's and other negative stimuli can have on the body.  
 Teens need to be educated in the wrongs and rights of health.  
 Learn about the field.  
 Know what to do in any health situation, expand your knowledge about health.  
 Better knowledge.  
 You could prevent several things.  
 You learn about your body and proper ways to care for it. Plus if you have a sex ed. class it may help prevent teen pregnancy among schools or at least help lower teen pregnancy in schools.  
 More knowledge.  
 When your younger you don't really take care of your self? consequences.  
 Just being educated on it.  
 Making the right decisions.  
 It may reduce teen pregnancies.  
 We get educated.  
 Teenagers need to be more aware.  
 The opportunity to create a better healthier life.  
 STD's education was very helpful, contraception's.  
 Better knowledge in life/health courses.  
 Better knowledge of health-more educated.  
 Making kids aware of how drugs, alcohol, and smoking can affect your body and maybe reduce pregnancies by making girls see the affects of having a baby.  
 You involve more physical activity in your daily routine. You recognize your stressors and walk with them. You get to learn about the healthy way to eat, and how you can live longer lives. We need to learn this at a young age to practice the good habits longer.  
 Well informed when it comes to basic health questions.  
 Better immune system, and better physical fitness, healthy food consumption.  
 Learning about ways to prevent diseases.  
 Benefits students that plan to have a career in health.

No	1
Not sure	10
Only if an educated person would teach the class.	

HM 127  
Post-Secondary Health Education Survey  
University of New Mexico Results

Please select the answer that most closely matches your response, or write your answer in the space provided.

1. In what year of college are you currently enrolled?

Freshman	23
Sophomore	18
Junior	21
Senior	13

2. What is your major area of study?

Accounting	1
Art History	1
Athletic Training	6
Biology	7
Business	12
Chemistry	2
Child development	1
Criminology	1
Education	1
Exercise Science	2
Family Studies	2
Health	4
Marketing	3
Nursing	4

Nutrition	2
Personal Training	1
Pharmacy	2
Physical Education	1
Physical Therapy	4
Physician	1
Political Science	2
Psychology	3
Radiology	2
Science mortuary	1
Something doctor related	2
Undecided	4
University Studies	2

3. What is your age?

17	1
18	15
19	18
20	18
21	10
22	6
23	2
24	1
26	1
28	1
34	1
60	1

4. What is your gender?

Male	31
Female	44

5. What is your ethnicity?

African American/Black	7
American Indian	3
Asian/Pacific Islander	1
Hispanic	31
White/Non-Hispanic	27
International	1
African American/Black & White/Non-Hispanic	1
African American/Black & American Indian	1
American Indian & Hispanic	1
Hispanic & White	2

6. Did you attend public high school, private high school, or were you home schooled?

Public high school	64
Private high school	8
Home schooled	

A combination of the above (explain in the space provided: )

3 different school's (public, private and home schooled)

Public high school and charter school.

Santa Fe Indian Boarding School

7. Did you graduate from high school or did you earn a GED?

Graduated from high school	74
Earned a GED	1

8. If you earned a GED, what was the last year of high school you completed?

Freshman	
Sophomore	1
Junior	
Senior	
Did not attend high school	

9. What is the name of the high school (or high schools) you attended, and where are they located (city and state)?

<b>Name of high schools(s)</b>	<b>City</b>	<b>State</b>	<b>#</b>
Alamogordo High School	Alamogordo	New Mexico	2
Albuquerque Academy	Albuquerque	New Mexico	1
Albuquerque High School	Albuquerque	New Mexico	2
Arvada West High School	Arvada	Colorado	1
Belen High School	Belen	New Mexico	1
Bernalillo High School/Del Norte High School	Bernalillo/Albuquerque	New Mexico	1
Cesar E. Chavez High School	Houston	Texas	1
Cibola High School	Albuquerque	New Mexico	6
Clovis Christian School	Clovis	New Mexico	1
Crownpoint High School	Crownpoint	New Mexico	1
Del Valle High School/Harmony High School	Austin/Cincinnati	Texas/Ohio	1
Dunbar High School	Washington	D.C.	1
Eaton High School	West Alexandra	Ohio	1
Eldorado High School	Albuquerque	New Mexico	1
Farmington High School	Farmington	New Mexico	2
Frank W. Cox High School/Rio Rancho High School	Virginia Beach/Rio Rancho	Virginia/New Mexico	1
Gallup High School	Gallup	New Mexico	2
Grants High School	Grants	New Mexico	1
Highland High School	Albuquerque	New Mexico	2
La Cueva High School	Albuquerque	New Mexico	6
Laguna-Acoma High School	Casa Blanca	New Mexico	1
Lakewood High School	Lakewood	California	1
Las Cruces High School	Las Cruces	New Mexico	1
Los Alamos High School	Los Alamos	New Mexico	1
Los Lunas High School	Los Lunas	New Mexico	3
Los Lunas High School/Home Schooled/Public Academy for Performing Arts	Los Lunas/Albuquerque	New Mexico	1
Manzano High School	Albuquerque	New Mexico	3
North High School	Denver	Colorado	1
Pojoaque Valley High School	Pojoaque	New Mexico	1
Public Academy for Performing Arts	Albuquerque	New Mexico	1
Rio Grande High School	Albuquerque	New Mexico	2
Rio Rancho High School	Rio Rancho	New Mexico	4
Robertson High School	Las Vegas	New Mexico	2
Sandia High School	Albuquerque	New Mexico	3
Santa Fe High School/Temple High School	Santa Fe/Temple	New Mexico/Texas	1

Santa Fe Indian School	Santa Fe	New Mexico	<b>1</b>
Santa Teresa High School	Santa Teresa	New Mexico	<b>1</b>
St. Michaels High School	Santa Fe	New Mexico	<b>1</b>
St. Pius X High School	Albuquerque	New Mexico	<b>3</b>
Taos Christian Academy	Taos	New Mexico	<b>1</b>
Taos High School	Taos	New Mexico	<b>2</b>
Valley High School	Albuquerque	New Mexico	<b>1</b>
West Las Vegas High School	Las Vegas	New Mexico	<b>1</b>
West Mesa High School	Albuquerque	New Mexico	<b>3</b>

10. Did you take a health course in high school?

Yes	58
No (If no, go to number 15)	12
Not sure (If not sure, go to number 15)	5

11. What was the title of the health course(s) you took in high school?

The specific title(s) of the course was:	
Health Education <b>30</b> Anatomy, Athletic Training Health Management Health and psychology Anatomy & physiology/health/weight training/P.E.	
Not sure what the title was	23

12. Was it a required course for graduation?

Yes	50
No	4
Not sure	5

13. What topics do you remember learning about in your high school health class(es)?

<p>Abortion Alcohol abuse Alcohol prevention Anatomy of sexual reproduction system, different emotional problems, harassment Anorexia &amp; stress Basic Health Issues/Problems, human anatomy, sports/health related topics Birth control, eating well/diets Birthing process, how to manage your own health, how to deal with good and bad decisions, the food pyramid, human sexuality, family issues, stress related issues, and all of the key terms in health Bones <b>2</b> Community service <b>2</b> Contraception CPR <b>9</b></p>
--

## Diseases

Diseases not sexually related, and we learned about how to stay active and maintain a healthy diet and weight

Drug and alcohol abuse, diseases and sickness, nutrition, genetics

## Drugs **12**

Eating disorders, suicide

Eating habits, exercise

Emotional self, physical self

Everything Prego

General health

## Health **2**

Health diseases, mental illnesses, etc

Healthy choices, alcohol, substance abuse, smoking, stress

Heimlich maneuver

How the body functions properly, alcohol & the effects on the mind & body

How the body works and eating healthy

I don't remember much

I remember talking about personal health stuff like exercising & eating

Just the basic stuff about the penis, vagina, sex, condoms

Life planning

Male & female anatomy, contraception, communication skills, staying healthy, eating disorders, exercise

Mental

Mental Health, dietary information, alcohol & tobacco

Muscle structure, skeletal structure, what the human body is composed of, disease prevention, first aid treatments, energy origin, how organ systems work together, etc.

## Muscles **3**

## Nutrition **9**

Personal health topics including sexual activity, physical activity, healthy diets, how to boost immune system and stop disease, effect of alcohol and tobacco on body

## Pregnancy **4**

Protection

Reproductive system, emotional health (stress, depression), staying healthy, physically (eating healthy exercise)

Safe sex methods

## Sex Education **33**

Sex education; it was only a ½ year course, some nutrition/against smoking & drinking

Stages of puberty, mental & emotional health

## STD's **12**

STI's, lifestyle habits & depression

STI's and contraception(s)

STI's, birth control methods, decision making

Suicide, depression, etc

The parts, sex health, smoking & drinking

The physiology of the human sex organs and how they work

They went over basic nutrition, basic sexual health, etc. it was a basic class, since it was offered to freshmen

14. What skills or knowledge did you gain from your high school health class(es) that were particularly helpful?

Contraception

I learned a lot of how the body works and I am very interested in that so it was helpful.

How to eat healthy and exercise.

I know more about Health and how to perform CPR on every age.

More knowledgeable or special health issues.

How to keep muscle from dying off and to improve them.

I learned a lot about drugs in that class cause my class had a lot of overdosed students that died.

Sex Ed

Not to have sex before marriage.

Basically on how to make good choices for myself and how to avoid destructive situations. The human sexuality section as well, helping me avoid STD's, AIDS, etc.

I learned more about my general health and all the things to stay away from. I also learned more about my body.

None. It was not helpful. Sat around and talked. Easy A class few test or knowledge given.

I learned how to choose more healthier foods since I was an athlete in high school for energy. I learned the different body parts & functions, also how to use safe sex practices (contraception) learned about illness & disease, prevention.

Male & Female anatomy.

I gained knowledge in learning CPR to assist in saving a life, also in my Psychology class illnesses, or disease and how to prevent them or treat.

We learned information on sexual education. I think it benefits the people that are really wanting to listen. Also the risks & dangers of underage drinking/drug abuse.

I think the stress management is what helped me the most.

I really don't remember a lot because it was a while ago but I do know that the pictures of the STD's really scared me.

Nothing notable.

CPR certification

Not much and it was horrible. It was not helpful at all.

General information on how things work and how they happened.

None really

I know how to perform CPR. I know about drugs & what they can do. I know about STD's & pregnancy.

I thought I learned a lot of specifics regarding sexual content that I was before, unaware of.

The body such as bones and muscle.

All of it was pretty useful.

Nutritional

CPR

How to put a condom, checking for lumps in breast & testes.

Everything was very basic I don't remember learning anything I didn't know.

It was online, so I really learned how to click a mouse well.

Using protection during intercourse & understanding my body.

Healthy diet plan & exercise

I think it has to be, I learned more of myself. We really focused on figuring ourselves out.

Importance of exercise & a healthy diet.

Most of it, it would have been better if it went into more detail.  
 How to prevent becoming pregnant.  
 The sexual education talk and STD prevention.  
 Sex education, drug & alcohol prevention.  
 Not really anything, I knew most of that.  
 How to do CPR  
 Gave me a better understanding of the human body and how it works.  
 Eating healthy probably was the most helpful.  
 I don't remember  
 It was helpful to learn things early freshman year. Sexual education was important in education about STD's & birth control and their importance.  
 Male & female anatomy, STD & contraception, community service, communication skills, straying healthy, eating disorders, exercise

15. Were there any topics that were not taught that you think should have been included in your high school health course?

Yes	21
<p>List any topics you feel should be taught or addressed in high school health classes:</p> <p>Use and abuse of drugs.            Abortion, because we were a Catholic high school we did not believe in learning sex education.            STI's            Sex Ed, too many pregnant teens in high school            Stress management techniques, how to speak to others with a positive outcome. Actually how the body works.            Eating disorders, body image, self-esteem.            Stress management. Actual life planning &amp; helping of it.            More about STD's (aka STI)            Everything being taught in this class should be taught to high school students.            That if you do get pregnant young that it doesn't mean you are a failure. I think the wrong message is getting out that you can't do it young and you can with support.            Being a teen parent. I believe everyone should see it first hand.            Sexual education, STD's and prevention, kinds of birth control and where to get them, nutrition.            I think they should show pictures of diseased genitals instead of just talking about them briefly.            Contraception, abortion            More in depth about the negatives of having sex without condoms; STI's/infections.            Basic sexual education, birth control, prevention of STD's            Pregnancy, how sex is gradually progressing toward younger generations &amp; time frames of maturation.            Sex Ed., abortions, health            Abortion, mental health            Definitely contraception!            Sexual education, protective methods, STD awareness.            STD, prevention, birth control options.            Birth control, abortion, social problems, etc.            First Aide, childbirth, contraception, abortion</p>	

More about contraception's and STI's	
Homosexuality acceptance	
I think it should have been more detailed and had more information about sexual things so that people could get more out of it. Also, should have been taught when people were more mature.	
More nutrition/benefits of exercise.	
Sex education	
No	11
Not sure	31

16. Did you feel the health course(s) you took in high school was a worthwhile class?

Yes	42
Why? Please explain your answer:	
<p>Helps to understand ourselves and bodies.</p> <p>It is important to know how your body works to take care of it.</p> <p>It allowed me to gain a better, broad understanding of health.</p> <p>Health class helped me learn the importance of your body and how to take care of it.</p> <p>I know more about how to stay healthier.</p> <p>The teachers and also Health Education was one of my favorite subjects and still is.</p> <p>You took health your freshmen year it helped to learn about his at a younger age.</p> <p>It was a head start, before taking college health classes.</p> <p>I was first learning about myself and it helped me cope with the changes and emotions in my body.</p> <p>I felt this class was worthwhile because I learned more about myself &amp; how to take care of myself.</p> <p>They reinforced what my parents taught me.</p> <p>I am well prepared &amp; know the success truth &amp; consequences about keeping your body healthy.</p> <p>Students need to know before they get pregnant.</p> <p>They taught the fundamentals what everyone should know at the age I was at.</p> <p>It teaches you about things that are gonna benefit you throughout your life.</p> <p>Very helpful because that's when kids start having sex and should know &amp; learn info about it.</p> <p>You can never go wrong when you are learning about how to better your health and make good decisions.</p> <p>You learn new things every time and the things you learn are good for your health.</p> <p>It educated me on subjects that weren't taught on a regular basis.</p> <p>Some kids don't get sex education at home.</p> <p>It gave me basic knowledge that was useful for the future.</p> <p>It opens your mind to areas people don't really think twice about.</p> <p>It was informative and fun. There were guest speakers and ways to better understand what we were learning.</p> <p>Made me more aware &amp; comfortable about sex.</p> <p>Yes, because it informed me on things I may need to know.</p> <p>Basic knowledge of how to take care of yourself.</p> <p>Everyone needs to know this stuff but few people actually do; it should become common knowledge!</p> <p>It prevented me from making mistakes.</p> <p>My teacher was amazing. The other teacher was not so inviting or cared about their job.</p>	

That's when most people start being sexually active.  
 Gave pointers about sexuality.  
 It is important for kids to learn early on about how to stay healthy both personally (physically) & sexually.  
 It gave me an idea on what was going on with health and taking care of my body.  
 Now that I know how to do CPR I could save a life.  
 It made me want to take a course in health.  
 It helped me out on my eating habits.  
 It taught me how to better my health, before any other health class I took.  
 We need to do community service and I enjoyed doing that.  
 I thought it helped to prepare me for sexual responsibilities.  
 Its information I think everyone should know.

No	17
----	----

Why not? Please explain your answer:

They didn't explain things clearly or didn't go over certain things.  
 I mostly learned that at home.  
 We didn't really do anything. We did bake a few times though.  
 No, because the instructor was not very good.  
 Instructor did not discuss any topics relevant to teenage life and health.  
 I think even before high schools o there already is a basic of knowledge.  
 I know what they were teaching.  
 I don't think most of my high school classes were worthwhile.  
 It was not challenging.  
 They would beat around the bush on some things.  
 Since it was high school certain methods (sex) were not talked about as much.  
 It was online!  
 Did not go over basic essentials.  
 The teacher who taught it was not very helpful.  
 I took it in 5<sup>th</sup> grade & 7<sup>th</sup> then in 9<sup>th</sup> things don't really change much after 2 years especially when same topics are taught over & over.  
 I didn't lean much.

Not sure	11
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I didn't take one in high school  
 It was very basic and most of the information was the same from the health course in middle school.  
 I learned some but most information wasn't in depth enough.  
 No classes available during my schedule but would have been beneficial.

17. Do you think all high school students should be required to take at least one health education class before graduating?

Yes	72
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Why? Please explain your answer:

They are becoming sexually active adults and need to know how to be safe.  
 Helps to understand ourselves and bodies.  
 Health is an extremely important part of overall wellness.

So that you are aware of some health precautions and such.  
It helps them know more about themselves and how to stay healthy.  
It will help them in the future.  
It helps educate them about their health.  
It prepares them on how to take care of themselves for anything to come.  
Just in case students don't have an idea what most things are.  
Everyone should learn something about living a healthy lifestyle.  
It helps people.  
It helps student understand different aspects of health better.  
To become more aware about their own health & to help protect themselves.  
Health is an important aspect in life.  
Basic knowledge is a good thing for college.  
It helps students come to terms with physical, emotional changes in their lives.  
It's important for students to know more about their bodies and all the risks and dangers out there to stay away from.  
They need to be aware of potential risks they may face in the course of their life & how to deal w/those situations.  
It's helpful. You can make better choices if you have a better understanding.  
Educate them on what they don't know & help them towards their future.  
Sex is a serious topic & can be life changing.  
Everything taught in this class affects everyone-it would be nice to be aware of and know how to handle problems that arise.  
They need to know things that they think they understand and really don't.  
Every student needs to know about health education.  
Kids start having sex and need to know the pros & cons about it as well as birth control.  
To learn more about healthy decisions and the consequences of unhealthy ones.  
They will be more aware of what is out there even if they don't want it.  
It provides necessary information on subjects not a lot of people like to teach.  
If worthwhile topics-such as how to prevent pregnancies and STD's were taught...then hopefully we could reach out to some teenagers and prevent STD's from spreading and stop unwanted pregnancies.  
Unfortunately abstinence is not going to happen and they need sex education to learn about their bodies.  
We gain always gain more knowledge. Will help with problems in high school years.  
All people should have a general knowledge about health.  
Health is an important factor of everyone's lives, but very little attention is given to it, especially in public schools.  
It's important because they will be more prepared for it at that time. Hopefully less pregnant kids.  
It helps  
It helps them to know what is out there and what to expect. Things they could get sick from, sex topics, etc.  
STI's, violence & teen pregnancy is increasing.  
It would help out our teens in teaching them about their health and help them later on in life.  
It makes you aware of health and you learn things about it also.  
It is useful when it is taught correctly.  
So they have some knowledge.

<p>We need to understand our bodies in order to take care of ourselves.  Health education is something every high school student should graduate knowing.  I think it's important to know basics of sex education before reaching college.  Students especially those who are in high school are curious about sex. Certain classes should be taught to help aware student who want to become sexually active.  We cannot have people going through life not knowing basic nutrition &amp; sex education. It's why everyone is fat and why everyone gets abortions. People need to learn about sex from educators <u>not</u> the media.  It gives teen knowledge about real life situations and offers options to different situations.  Ignorance is not bliss. It's better to know.  Learning about sex, bodies, genders, etc. is helpful for the learner.  Know more, live longer, healthier life.  Some schools outside the heights make kids have a pretend child and in low income areas I think that is a good idea for everyone.  It gives at least one more area of study kids may be interested in.  So they know the risks and what protection is out there. They would also know what services are helpful.  It would be beneficial to help them become more aware of themselves.  Parents not always feel comfortable talking about sex. Teen are entitled to have knowledge about safe sex.  Education is power.  Nutritional/sex education is useful to a college student.  Be ready for college programs.  It's important to know how to be healthy.  Again, because it is important for kids to learn early on to learn healthy lifestyles.  It would help them see the importance of being healthy and smart.  It helps them gain knowledge that can make living better.  It's very informational &amp; will help you understand yourself &amp; your body.  Without our health we cannot function.  To teach people about the dangers of drugs and how to be healthy.  They need to get as much information on sex education as possible before college.  To be educated about both contraception &amp; abstinence.  It was helpful.  We need to know about being healthy.  It helps students see what's more to come &amp; expect. If they can't talk about it they can learn without talking.</p>	
No	
Why not? Please explain your answer:	
Not sure	2
Yes & no. Some high school students are down right stupid and do things that have negative consequences, so maybe some subjects would enlighten them.	

18. If a one semester health education course was NOT a requirement for you in high school, would you have been willing to give up a one semester long elective course to take a one semester long required health education course?

Yes	37
<p>Why? Please explain your answer:</p> <p>So I could educate myself and learn safety.  It's interesting to me.  I liked to know the different things for our health. It could really help.  I would like to know about the body and how things work.  I would enjoy learning about my body and other things.  Health Education is one my favorite classes to take.  I feel that it is important &amp; should be required.  Health classes are the most interesting classes to me and my major.  To better myself as a responsible &amp; rational person.  It's very helpful in high school you're still developing who you are and a health class would be beneficial.  I am always or have been curious about the body in general.  These issues affect everyone!  I think that it is worth learning or re-learning something new or old.  Easy course, it teaches many valuable things, I think it's interesting.  I would have liked to know more about birth control practices as well as STD's.  They teach you things you don' know and things that can help you.  I think the material is interesting.  Personally, it's something I'm interested in and love to learn about so I wouldn't mind giving up something fun for something really important.  Depending on the teacher I think it could be a very interesting class.  I like health classes...they are fun.  It is not a hard topic to learn I think, the other electives you would be giving up would just be something like art or cooking and that's ok.  I think it's important to learn about health.  It's what I'm interested in.  I'm very interested in knowing enough about sex ed so when people come to me for advice I can give them correct &amp; helpful information.  It is needed-there is a lot of knowledge that one can walk away with.  Health class provides us with knowledge we can apply to our real life.  I need to know health aspects early in age.  It's very informative and in high school, you're coming out of your middle school awkward years; it's a way to learn yourself.  I think it is very interesting and important.  It's worthwhile.  I am curious about a lot of thing in health.  I did that my senior year in high school.  It's good information to know.  I enjoy learning about it.</p>	
No	15
<p>Why not? Please explain your answer:</p> <p>I was concerned about meeting all my requirements 1<sup>st</sup>.  It was better with just one course.  I have take health education since 6 grade.</p>	

<p>Electives are much easier.  I think I would learn about the things needed else where.  It was required but if it hadn't been I wouldn't have given up a fun class for it.  It wouldn't, in my eyes, pertain to me. "This won't happen to me" attitude.  Since I already took it in middle school I would not have any motivation to take the class again.  I was taught &amp; I learned on my own.  My elective classes were fun &amp; easy.  Too long, I kind of feel its all basic knowledge like of course you don't do healthy things you will be unhealthy. I like its not that I don't enjoy it, I'm just more of a psychological health fan.  Elective are good too, and health education is very important.  I probably would have taken an actual elective.  I had to get my other requirements filled.</p>	
Not sure	16
If it was a <u>quality</u> class I would be willing to take it	

19. Do you think there are benefits that result from taking a health education course in high school?

Yes	65
<p>Please list any benefits you think result from taking a health education course in high school:</p> <p>Low teen birthrates, safe sex practices, lower STI transmissions, lower (maybe) sexually involvement.  It helps you make better decisions.  You understand how to reach wellness and live a healthier lifestyle.  Diet or food examples like what is good or bad, sexual things like protection and things.  Get to know your body and how it works and how also you can help others stay health.  Knowledge about health issues.  Prepares you for sex, bad things about smoking.  Aware students of health &amp; its risks.  Information becoming more aware.  Knowledge  Less teen pregnancy  You learn about physical and emotional charges. Good eating and exercise habits.  Knowledge about your body, drugs and alcohol, healthy foods and taking care of yourself-nutrition.  Prevention of serious risks knowledge that can be applied to practical life situations.  Was an athlete, being native (obesity is most common)  You learn knowledge of STI, pregnancy, male &amp; female body that a very beneficial for life.  Knowledge about life in general-contraception-stress-abortion-would be beneficial to know <u>before</u> &amp; not after-I can't believe how much I am learning-people take so much for granted-you need to be taught and education before is best.  Better focus in school, becoming more mature.  Teaches you things that you may not have known about or considered.  You won't get pregnant or at least know how to prevent it. You are aware of STD's and how you get them. You can teach other people.  Healthier decisions for yourself and others.  It can tell you about diseases you can get from unprotected sex. It can tell you what you should</p>	

eat so you have a strong immune system.

Raised level of comfort w/ topics, pregnancy prevention, STD prevention-informed teenage population as well as students being able to know that they can have someone who can answer their questions.

CPR-1<sup>st</sup> Aid-more trained first responders in the community. Sex ed-more contraceptives being used, safer sex.

You do learn about some resources.

Prevention of unwanted pregnancy or STI's.

Knowledge of body & sex for most.

Gain knowledge; fun; educational; things & subjects people should know.

It makes students better informed about themselves and how the decisions they make affect their lives.

Learn how to prevent pregnancy, STD's, and how the body works.

It gets you better prepared for the future. Health is a topic I think everyone should be somewhat informed about.

Smarter & more knowledgeable about sex.

Knowledge on a health life.

Knowing my body better. Having a better understanding how the body and parts of the body function.

You get a greater knowledge of your body.

Learning more about STD's, stress and the long term affects.

Not many people were exposed to or taught proper health by their guardians.

Review on knowledge, sex ed is particularly important for high school students.

More knowledge = less likely for teenage pregnancy.

Awareness in ones health dealing with sex, protection, emotional & mental health, taking care of your body.

Kids learn the facts about sex instead of the abstinence taught by parents & churches so that when they do have sex (and they will) they are educated and safe.

Knowledge/less pregnancies/birth control/importance of safe sex (ie. no STD's)

Smarter, safer

Preventing STI's and teen pregnancy.

Lower teen pregnancy, better eating habits, lower diseases and sicknesses.

Knowledge of safe sex, prevention methods, how to handle certain situations.

Basic understanding of health related issues.

Birth control usage, STD awareness

More open about asking questions, introduced to what STD's are & how to prevent.

Contraception

Suicide prevention, sex education

Learn risks of drugs & alcohol. Learn safe sex practices (prevention of STD's). Learn how to make a healthy lifestyle.

You learn that treating your body good is a good thing and also it gives you an idea on what being healthy is.

Benefits life and helps people form healthy habits or at least gain knowledge of how to.

Understanding yourself & others, possibly saving a life.

It taught me a lot on how my own body works everyday movement.

Learn different things about different areas.

Prepares people.

Knowledge of diseases and maintaining health. Education & reach out to sources	
No	1
Not sure	7

20. Did you take and complete any health courses in college?

Yes	43
Please name the course(s):	
<p>HED171 <b>9</b>  HED 212 <b>3</b>  Health Education <b>2</b>  Personal Health Management <b>6</b>  Athletic Training, Personal Health Management, Medical Terminology, Human Sexuality  Firs Aid <b>3</b>  EMT-Basic Nutrition  The 3 courses you taught this summer &amp; this course-  Nutrition <b>4</b>  Health Management <b>3</b>  Fundamentals of Human Sexuality <b>11</b>  Drug awareness  HED 105 and CPR class  Pathophysiology 1 &amp; 2 (study of diseases)  Health 220 <b>1</b>  Sex education <b>2</b></p>	
No	20
Not yet	3

21. Was the health education course(s) you took in college required for your major or minor area?

Yes	21
No	27
Not Sure	16

22. What topics do you remember learning about in your college health course(s)?

<p>Please list them:</p> <p>What we have been over so far. Birth control, birthing, breast feeding, abortion.  Sex  Pregnancy, wellness  Stress management  Safer behavior, sexuality, abortion.  Abortion, drugs  STI's, birth control, birthing process  Health issues, sex education injury prevention, nutrition, illnesses</p>
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Anatomy, Contraception, STD's, Birth

This is my first semester of health, but I am trying to figure out my major.

Cardiac arrest, heat stroke, alcohol poisoning, wound care.

Sex education, cooking, cutting out ads & coupons.

Just living & maintaining a healthy lifestyle.

STD's, Human Nutrition, pregnancy, etc.

Drugs-personal safety-health issues

Safe sex, pregnancy, birth, sexual relations.

Stress management, abortion, contraception

Stress, abortion, relationships, physiology of sexual response.

Stress management, sexual reproduction/arousal, healthy relationships.

Healthy tips on how to eat & reduce stress. Safe option on sex, abortion & the development of a baby.

Birth control, abortion, sex ed.

Pregnancy prevention, STD prevention, abortion, contraception, health (as a whole)

It seems like all we ever talk about is STD's, contraceptives, and first aid.

Mental development, physiological development

Drugs and debating really

Everything because I am in it now.

Sexual Health

Conception, contraception, STD's

STD's, sex topics

Contraception, STI's, pregnancy, social influences, statistics, history.

Sex, abortions, CPR, healthy food, working out, and staying fit.

Still learning.

Stress management, sex, abortion, target behavior.

Different vitamins our bodies need & how much prevention of certain diseases.

Anatomy, theories, sexual development sexual arousal stages.

Now we are talking about different theories. We talked about the anatomy on both sexes, sexual health, sexual development in both sexes myths & facts about sex.

Human sexuality-basic human sexual anatomy, contraception safe sex, etc.

Birth control options, STD's, autonomy, bodys reaction to situations, nutrition, stress management, pregnancies.

Abortion, sex ed, personal health management.

STD's contraception methods

What STI's are out in the world, what contraception's to use, parts of the penis and vagina.

Organism, STD

Sexuality things about the body.

Depression, coping with stress, pregnancy, and sex.

We spoke about various benefits of vitamins, foods, just about a little of everything that deals with nutrition.

Mental wellness, physical wellness, emotion wellness, etc. Pregnancy, abortion, birth, sex.

Sex, body parts, pregnancy, stress

Contraceptives, sex education, human anatomy, reproductive systems, reproduction, staying healthy, stress management.

What foods to eat, benefits of foods...

STD, stress, sexual health, dietary health, communication builders

Nutrition, mental health, physical, sex
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23. Were there any topics that were not taught that you think should have been included in your college health course?

Yes	3
List any topics you feel should be taught or addressed in college health classes:  How to help someone cope w/ rape. We should talk about basic care for common illnesses like colds, flu, fevers, rashes, bug bites and etc. Still learning Homosexuality acceptance	
No	28
Not Sure	26

24. Do you think all college students should be required to take at least one semester of health education?

Yes	43
Why? Please explain your answer:  So they can understand about safe sex and healthy things they can do. The Health class benefits everyone. Because it was everyone is worried about in the __. Because in college its really important for students to learn how to be healthy & around certain risks/situations that can occur. Help prevent STI's & unwanted pregnancies Health is important, it affects everyone's life. Because a lot of changes are going on in student's lives, and health helps them adjust to these changes. Without your health, you have nothing. Many people do not know all they should about their bodies and health. It's important to understand how to take care of yourself in order to live a healthy, long life. Awareness! It's so important. I found it helpful and I'm sure others do too. To educate them in what they may not already know. If not taken in high school then they should. Knowledge before not after. Again, it's beneficial to everyone. To help them refresh their memory of Health Education. People tend to change lifestyles when they go to college. Knowing how to make good choices is good for anyone. Because college students can be more at risk to get a disease. The more information students receive the better they can protect themselves. When in high school the law prohibits some topics from being addressed & not everyone in high school is mature enough to handle it.	

Because it is very informational and crucial for sexual development and being smart.  
 They require all sorts of other bullshit, why not something that can be useful.  
 Just teaches them a healthy life.  
 Because in college there are greater health risks.  
 Again people aren't provided with proper health education. This is also the time they are more reckless with their bodies.  
 Students will benefit from everything that is being discussed.  
 To come into the world as a college graduate and not know basic health topics would be completely ridiculous. They make you learn about ancient civilizations & calculus why not teach them about something they will actually need to know about in life (like sex & nutrition).  
 Only because health courses are insightful and help ones everyday life.  
 Same as high school.  
 Their lives would be better off. Everyone should know some type of first aide & CPR.  
 So they can learn to be safe.  
 To help give them a better understanding about sex.  
 It's extremely important to know what your body does and how to keep it working correctly.  
 Health is very important and taking a higher health course opens up new information.  
 I think college is the most stressful time for most people this is when their health habits change dramatically.  
 It is important to know this stuff.  
 So they could know their own bodies.  
 I have already learned a lot of new things about different topics. I think people should also learn about these topics.  
 I found my class fun & interesting and have learned things that will be beneficial to me & my health in the future. I actually care to remember things from my health classes.  
 It's good information to know.  
 There are many misconceptions on many areas of health.  
 It's beneficial you learn something new & how to be healthy.

No	14
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Why not? Please explain your answer:

They are adults and know how/where to get the info.  
 Most high schools require it, so colleges don't need to.  
 Because they might be uncomfortable or they are majoring in something that don't need that.  
 It's their choice what they pay for.  
 I do think it is important but if students don't want to take I don't think they should have to.  
 It should be required in high school college students should know this stuff and only have to study it if they want to.  
 It should be recommended though.  
 Because in college it is about making choices on your future & what classes you want to take.  
 Health is more of an elective and you shouldn't be told to take it in college.  
 May have taken it in high school?  
 Because it may not be for some people and don't need it for what they want to do.  
 Health education should have already been taken in at least high school if not middle school too.  
 Health education should be optional for the students in college.  
 Because you can't require people to pay for something they don't want.  
 It's their decision on what to take and not take.

No, I just don't think it would go over well. Some people are here to study the earth/stars stuff not pertaining to anything health requiring a subject that had no relevancy to degree study might not go so well.

Not Sure	16
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To each his own.

25. If you answered yes to number 20, what one health education course do you think college students should be required to take? If you answered no, go to question 24.

I really don't know.

Health Education & Human Sexuality

Personal Health Mang.

Basic sex education.

This one is a great starter.

Personal health management

Nutrition

All college students should be required to take Personal Health Management because the scope of topics is so broad and affects everyone!

Personal Health Management

Health Education 171 xx

Any health class that makes them aware of what is out there.

Personally, I really enjoyed Human Sexuality.

If it were required in college it should be Personal Health Management.

Fundamental of human sexuality

Some basic health and wellness class.

Health management or human sexuality

Human sexuality

Human sexuality & nutrition

A basic health education class, which goes over many aspects.

Fundamentals of human sexuality

A basic sexual development

Human sexuality, especially when we talk about the anatomy and also about childbirth.

I believe this class is a good one (mental health management) or some form of nutrition, or a stress management class would all be beneficial.

Personal Health Management. It has been a great class so far.

Either this one or a nutrition course.

26. Overall, did you feel the health education course(s) you took in college was/were worthwhile?

Yes	57
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Why? Please explain your answer:

I am more aware of my body and sex.

I am gaining a better understanding of wellness and health.

It let me understand more about my health and safe sex.

I am learning a lot more than I did in high school.

So far I have learned a lot that I did not know that will benefit me now & in the future.

I learned a lot of valuable info that I can relay to my own kids.  
Learned a lot of information, and reviewed a lot of old information.  
Valuable info on protecting yourself.  
It is giving me the opportunity to see things in a new way and not take life so seriously.  
Taught helpful techniques of life.  
Learning something new & exciting everyday.  
It was very knowledgeable for life.  
These are issues we deal with in real life-knowing what to expect and where to get help if needed is essential.  
Informative in my daily life.  
I learn something new every time I come to class.  
Is helping me deal with stress informing me about all birth control methods.  
I've learned a lot more about the human body and how it works mentally, emotionally, and physically.  
There are always new discoveries that you learn.  
It taught me a lot of things that I would've never known.  
New information.  
Honestly they were/are easy A's and fun and interesting.  
Learned more & became more comfortable talk about things society looks down upon.  
This has opened my eyes to a lot of new things.  
My current fundamental of human sexuality teacher knows what one talking about.  
It taught me things I did not know that I feel are helpful in my everyday life.  
Interesting and relevant information.  
I am learning a lot.  
Very helpful.  
It helped me in a real live event.  
From what I have learned so far it is very helpful.  
I learned a lot of new stuff I did not know.  
The class has a lot of interesting information.  
I've learned so much and I would like to keep learning.  
I am learning new things that I did not know about every day. It is very beneficial.  
I learned a lot. I never knew & was embarrassed to ask.  
Can be helpful in future.  
So far I've learned a lot in my classes!  
It is an easy A.  
Learned a lot  
We went into more depth about sexual health.  
Good wellness info.  
It taught me that being healthy is important.  
Especially this one! I love this class and I have learned how to make life more enjoyable. The teacher really inspires me.  
So far I have learned a lot.  
It's going to help me out in the long run.  
I learned a lot that will actually use in the future.  
Learned more in depth.  
Better understanding of nutrition.  
Fun & effective.

I learned a general idea about health→may continue.	
No	
Why not? Please explain your answer:	
Not Sure	7

27. What benefits, if any, do you think may result from taking a health education course in college?

<p>College students can pass knowledge on to younger siblings or younger peers.  Learn more about health.  You are better informed on the topics of health and wellness.  Awareness of health issues.  Helped me with my just started sex life and how to be safe.  Your maturity level is high and one might benefit from the concepts learned from taking this course. Some take this course because they want to learn more about HEALTH!  Learning more about health  Be very informative for college students especially since being in college can be a stressful time.  More awareness, learn how your body works &amp; responds, to certain, learn what it takes to live a long &amp; normal life.  Reduce risks for STD's &amp; unwanted pregnancy.  I believe it would result in a happier way of life. Less stress, good habits, safe decision processes etc.  Longer life, better feelings about yourself and knowledge about your health &amp; bodies.  Lower stress levels, better understanding of who you are as a person &amp; ways to cope w/ life.  Healthier lifestyle. Knowing what to avoid (harmful substances)  These are issues we deal with in real life-knowing what to expect and where to get help if needed is essential, better self awareness!  I can live a healthier, better life, also learn what is good and bad for my child.  Educates you, makes you think twice.  Birth control methods, less stress, how to deal with my girlfriends.  A better understanding of the human body and mind.  You are just more careful of what to do and what to eat in order to be healthy.  It makes you more aware of certain health related issues and that is always beneficial.  Knowledge, knowledge, knowledge!  Its knowledge you take home with you and facts you can share with friends &amp; family.  Open your mind.  Being able to help talk to people in different health related issues.  Students learn a whole lot more about overall sex and everything to do with it better.  Gain knowledge.  Better informed and healthier people.  A lot of people become sexually active in college &amp; it's important to know how to prevent pregnancy, STD's, etc.  Gives us a wide variey of material to learn about.  Safe sex, knowledge on the present infection out there, and just keeping yourself healthy.  You will understand a lot more about health. You will also be aware of good and bad things that happen to your health.  You learn how to deal with stress which is huge in college life.  It's more in depth about the subjects so you get more out of it and for the future will know more</p>
--

about health.

How to handle to cope with stress the damage bad lifestyle habits have on our bodies, contraception.

Knowledge is power and the topics taught in health classes you can use the rest of your life.

Better perspective in sex.

Stress management, more knowledge, and new ways to be safe.

Same as high school.

Healthier life.

You're more open to things and you're not shielded from certain things.

Better knowledge of sexual topics. Facts not biased opinions.

To adequately stimulate the clitoris.

You would become more aware about health and it's education.

Being able to pass the knowledge to others.

More education.

None

Just more focus at least in here its same topics but different perspectives of teaching different facts are taught.

You learn more information and refresh your memory on old information.

I know more about being healthy and making smart choices for myself.

Mother's will be more aware of how to handle situations throughout pregnancy. People learn to manage their stress better & it's very informational.

I have been able to manage my own self way better now.

Better lifestyle, practice of health habits.

You learn about different subjects.

Keeping myself healthier in many ways throughout my life.

Better understanding & knowledge.

Change peoples' attitudes on a lot of subjects.

Knowledge of staying healthy to a longer life & knowledge to share with others.

Benefits oneself physically & mentally (may help relieve stress).

28. What skills or knowledge did you gain from taking a health course or courses in college that you have found to be particularly helpful?

Everything

Knowing about giving birth.

Diet habits and relaxation techniques.

I am better prepared in different situations that I can come across with.

I am now more aware of contraception and stress management.

About birth control and the ovulation period.

So far stress management has really helped me.

The development of the human body, & birthing process. Since I have kids now I kinda know what they are going through & I know what my wife had to go through.

How to protect against unwanted pregnancy.

Everything is helpful one way or another.

From this class alone, I have already learned so much about my health and how to take better care of myself.

Meditation, thinking it's not all about me.

How to better prepare for life ahead.  
Nutrition, First Aid, CPR  
All of them affect my life-or someone I know.  
I learned to manage my time and learn ways to relax.  
Just learning about new things.  
Managing my stress.  
Stress management.  
Ways of reducing stress.  
Prevention and keeping yourself safe.  
CPR & First Aid Certification  
The whole baby situation and the myths of how a female may get pregnant-precome, pulling out.  
Pregnancy & STD's  
Sexual content, STI's, pregnancy, etc.  
Wear condoms to practice safe sex, the health food that's good for your body, and stress management.  
Stress management.  
When your having a baby, target behavior, and not to sweat the small stuff.  
Knowing that having a good sex life can be beneficial to both sexes.  
Managing stress.  
Caring for others and self.  
Health management, contraception, childbirth  
That an abortion only takes 10 minutes.  
Where to locate services such as planned parenthood.  
A better understanding about the history of sex.  
Making more healthy, smart choices for myself.  
I enjoy life more and am learning how to deal with stress, eat better, etc.  
Controlling my emotions and staying on task as well as believing in myself.  
I learned about pregnancy and what you can do to prevent it.  
Learned about how to better my living and how I can live healthy the rest of my life.  
Child birth & what to be prepared for, learning how to take care of myself, spiritually, physically & emotionally.  
The benefits of knowing healthy responsibilities.  
Communication builders & banners!  
Manage stress & physical fitness.

29. If you took a health course in high school AND you took a health course(s) in college, how do you think the courses compare? Specifically, how were they alike and how were they different?

Alike:

They go over the same things; it helps me remember what I already know.  
Same subject for the most part.  
Learned a lot of general.  
Overall HED 171 & high school health had same concepts.  
Same topic  
The information and text.  
You get the basic knowledge that will follow you through life. You learn how to cope with

situations.  
Basically same information.  
Both included sex ed.  
They both touch on similar topics.  
Taught safe sex usage, STD's, pregnancy  
Some topics are the same.  
They both taught the importance of being safe with sexual activities.  
Not at all.  
Sex Ed is drilled into the student's heads. The main focus is always STD's & contraception.  
Go over same basic ideas.  
Talk about similar things.  
They are the same kind of topics for the most part.  
Same mind-set  
You learn about the body and things that affect the body.  
They were alike because we went over a lot every thing the same.  
Cover basics.  
Both talk about sexual development puberty.  
Same topics  
Some of the same aspects.  
Not alike.  
Went over the same topic.  
Pretty similar, except the abortion topic.  
They both talk about making better more healthy choices.  
Went over a lot of the same topics.  
My course in college had to do with self health as well as in high school.  
Both talked about health.  
Both clarify misconceptions.  
Generally similar topics.

Different:

More information is given to use in college.  
It's with a more mature crowd.  
College: more information High School: no much  
Teaching methods  
You gain more knowledge in college because you are older and you are more likely to take into consideration the information you learned as opposed to in high school.  
College class-more detailed.  
College course pertained to me more. College was a little more personable.  
College gives more in depth.  
Went into detail in college.  
College taught more in depth about birth control & pregnancy.  
Students are mature about topics students understand a little better.  
College cause had more emphasis on sex.  
More useful information in college especially about issues that pertain to us right now.  
College is more fun because its more graphic and open-people share. Also, it's more in depth, specific studies.  
Students are interested. Instructor is more helpful. Instructor is more informative. Learned more.

College is much more in depth.  
 College is more detailed.  
 The college course was more in depth & more educational & everyone acted grown up vs. my high school course.  
 High school is a more strict style college gets deeper into the topics & its easier to talk about things.  
 More detail, wider range.  
 College goes into more detail and covers more subjects.  
 College one is way better taught and more to the point.  
 They were different because the college course was more in depth.  
 Health in college is more in depth.  
 High school health was more focused on mental & emotional health, college health talks more about the fundamentals of sex.  
 College is better/more open & less afraid.  
 College covered a lot more than high school.  
 Unbiased helpful information in college. High school taught abstinence.  
 College more in depth which allowed for more questions to be answered.  
 College is more detailed.  
 Totally different! This one is way more detailed in college, more worthwhile.  
 College courses are more in depth the class is more mature people are more willing to answer questions.  
 My high school course mostly focused on knowing how the body worked.  
 College goes into more detail. I think while high school just gives you the heads up.  
 High school was not as interesting, it really didn't matter at the time, now that I am a little older I see the importance of health education.  
 High school was broad & covered many areas, college is more specific to certain subjects.  
 College goes more into detail.

Not Sure	9
Not Applicable	17

Taking health class right now, this semester) I took them so long ago it's hard to say-now days they are more open about what is discussed.  
 The course I am taking is specifically on Human Sexuality and is not a basic health education class.  
 Didn't take one in high school.

30. If you took a health course in high school AND you took a health course in college, was the high school health course more helpful than the college health course, or was the college course more helpful than the high school course?

The high school course was more helpful than the college course  
 Please explain why you think so:  
 College way more helpful because discussed more topics with maturity.  
 In college my health course has been more useful, because I am older, I understand the topics more and I am able to use the skills learned in every day life.  
 High school was of course helpful but I think college is more helpful.  
 College-more open.  
 They are both helpful.

The college course more helpful than the high school course  
Please explain why you think so:

Because in college you go more into detail.

Because I am older and more aware of what I'm learning.

There was more info given to us.

It's more detailed.

In high school I was a kid & I didn't care much. I'm taking this course now because I want to & I want to learn.

Both helped in the long run because in high school I was going through a lot of personal changes and it helped me cope with these issues and in college I was actually able to apply the skills and use them.

It was more personable.

Goes more into detail.

College-more open.

More specific and in depth.

I've learned far more things in the college course. The professor is willing to talk more in depth.

Goes more in depth.

It went into more detail.

Information that applies to situation now.

Instructor was better and the atmosphere was more comfortable.

It gave much more information that will be helpful in the future.

Detailed, elaborate, hands on.

College health course more helpful, because more information is given.

It is interesting to me and I want to learn it.

It explained a lot more for each subject.

More in depth and I am more comfortable talking about it.

College course is not afraid to answer and tackle the hard, embarrassing questions that we as students all wonder about.

A more adult like environment.

I learned more, in greater detail, and enjoyed while learning.

I would say this because it went into more of a discussion.

Able to relate my situation more & more in depth.

There is more information and people are more open.

Both helpful.

They give you more details & go in depth. I feel you learn more.

It goes into more detail that I can relay to.

This class gets more in depth on topics.

I actually cared to learn the information in college!

The college went more in depth.

It's more specific and we're more mature.

The high school course and college course were equally helpful  
Please explain why you think so:

They both taught me information I didn't know.

They both helped in having a better understanding and keep me on my feet wanting to learn more.

Both helpful.	
Not sure	9
Not applicable	15
Have not completed college health course yet	

31. Read the following list of instructional methods. Choose 5 you consider to be MOST helpful in your learning of health education concept and skills. Put a check mark next to ONLY those five.

Lecture	25
Power Point Presentations	50
Whole Group Discussion	29
Small Group Discussion	42
Demonstrations of Health Related Skills	11
Personal Disclosure by Your Instructor (the sharing of personal experiences to explain or enhance your understanding of health related concepts)	27
Role Plays	4
Case Studies	4
Debates	9
Guest Speakers	37
Field Trips	13
Research Projects	8
Small Group Collaborative Learning Activities (assignments done cooperatively in small groups)	14
Games	15
Peer-Teaching (any type of instruction led by students)	1
Movies	29
Completion of Self Assessments (example: surveys of specific health habits such as drinking, smoking, eating, stress levels, etc.)	11
Self Reflection Activities (example: journaling, brainstorming health habits, reflecting on personal health habits, etc.)	
Clickers (computer assisted learning)	5
Other Instruction methods (please list in the space below):	



December 1, 2009

Kristine M. Meurer, Ph.D.  
Director, School and Family Support Bureau  
New Mexico Public Education Department  
CNM Workforce Training Center  
5600 Eagle Rock Ave. NE, Room 201  
Albuquerque, NM 87113

Dear Dr. Meurer:

On behalf of Save the Children, I would like to express our support for the House Memorial (HM) 127 Health Education School Requirement proposed by the New Mexico Public Education Department to make health education a requirement for high school students before they receive a graduate diploma.

According to the Trust for America's 2009 report, nearly one third (32.7 percent) of children and adolescents, ages 10-17 years, and 60.2 percent of adults in New Mexico are overweight or obese. New Mexico has made progress by adding a requirement for students entering the ninth grade to take one unit of physical education starting in the 2009-2010 school year. However, a health education curriculum that requires students to learn about health lifestyle principles including healthy eating, physical activity and reducing sedentary screen time, taught by a licensed health educator, will be an effective way to increase students' knowledge and shape their behaviors to promote energy balance and a healthy weight.

Save the Children is the leading nonprofit independent organization creating lasting change for children in need in the United States and around the world. In the United States, we concentrate our programs on promoting early childhood development, improving rural children's literacy skills, and enhancing children's access to physical activity and healthy snacks every day. Our programs benefit over 50,000 children in areas of persistent rural poverty in 14 states including children at rural elementary schools in several New Mexico counties. We strongly endorse the inclusion of health education and healthy lifestyle curricula in elementary, middle and high schools to ensure that children can become healthy adolescents and young adults.

Sincerely,

A handwritten signature in black ink that reads "Vivica Kraak".

Vivica Kraak, M.S., R.D.  
Nutrition and Physical Activity Advisor  
U.S. Programs, Save the Children

2000 L Street, NW, Suite 500  
Washington, DC 20036  
Phone: (202) 640-6624  
Fax: (202) 640-6950  
[www.savethechildren.org](http://www.savethechildren.org)

**Creating real and lasting change**

# NMCPAG

**NEW MEXICO COMMUNITY  
PLANNING & ACTION GROUP**



**ACTION  
EQUALS  
LIFE**

**c/o HIV Prevention Program, New Mexico Department of Health (NMDOH)  
1190 S. St Francis Drive, Suite S-1300, Santa Fe, NM 87502**

<p><b>Art Salazar</b> <b>NMDOH Co-Chair</b> <i>(HIV Health Educator NMDOH Region 1 &amp; 3, Albuquerque) (505) 841-4164</i></p>	<p><b>Stella Martin</b> <b>Community Co-Chair</b> <i>(Health Educator Navajo AIDS Network, Gallup) (505) 863-9929</i></p>	<p><b>Martin Walker</b> <b>Person with HIV (PLWH/A) Co-Chair</b> <i>(Adult Health Services Program Manager Santa Fe Mountain Center, Santa Fe) (505) 983-6158 x26</i></p>
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October 25, 2009

Governor Bill Richardson  
490 Old Santa Fe Trail  
Room 400  
Santa Fe, NM 87501

Dear Governor Richardson,

The New Mexico HIV Prevention Community Planning and Action Group (NMCPAG) wishes to voice its support of House Memorial 127, introduced by Mary Helen Garcia. This memorial requests that the Legislative Education Study Committee convene a task force to determine whether the need exists to include health education as a requirement for graduation from public schools. The task force has met several times and will report its findings to the LESC by January 2010.

Presently, per district, health education is being delivered differently. Some schools have a semester-long health class requirement whereas others do not, and some have no requirement that teachers have an endorsement in health education. We support this memorial as an effort to ensure that all health education is offered proficiently and correctly with evidence based information for all youth within the public school system.

There is strong support that health education improves academic success and the New Mexico Public Education Department requires that all students be taught health education with content standards that include benchmarks and performance standards. A comprehensive health education curriculum would include a variety of topics including HIV/AIDS, and would be a place where our youth will receive evidenced-based health information.

The NMCPAG reached consensus at our October 9<sup>th</sup>, 2009 statewide meeting in support of House Memorial 127. We strongly believe that through evidence based education and prevention we can stop the spread of HIV/AIDS. So we encourage you to support House Memorial 127 for the overall health of New Mexican youth and their educational endeavors.

Sincerely,



**New Mexico  
Governor's HIV / AIDS Policy Commission  
(GAPC)**



October 15, 2009

Governor Bill Richardson  
490 Old Santa Fe Trail  
Room 400  
Santa Fe, NM 87501

Dear Governor Richardson:

I am writing you on behalf of your HIV/AIDS Commission. We are asking you to support House Memorial 127, introduced by Mary Helen Garcia. This memorial requests that the Legislative Education Study Committee convene a task force to determine whether the need exists to include health education as a requirement for graduation from public schools. The task force has met several times and will report its findings to the LESC by January 2010.

Currently, health education is delivered differently from school district to school district in New Mexico. Some districts require students to earn graduate credits from a health class taught by a teacher that has an endorsement in health education. Others integrate health education into a variety of classes and do not require a specific health education class to graduate, and do not require that a teacher have an endorsement in health education.

There is strong support that health education improves academic success and the New Mexico Public Education Department requires that all students be taught health education with content standards that include benchmarks and performance standards. A comprehensive health education curriculum would include a variety of topics including HIV/AIDS, and would be a place where our youth will receive evidenced-based health information.

The HIV/AIDS Commission believes that education is one of the best ways to combat the spread of HIV/AIDS and encourages you to support health education as a graduation credit. If you have any questions, feel free to contact me at Southwest C.A.R.E Center. My direct dial number is 505-216-0326. Thank you for your time and consideration.

Sincerely,

Michael R. Morgan  
GAPC Chair

## **RESOLUTION SUPPORTING HEALTH EDUCATION AS A GRADUATION REQUIREMENT IN NEW MEXICO PUBLIC SCHOOLS**

**WHEREAS,** health education in schools is essential to enable students to acquire the knowledge, skills and attitudes to make positive health decisions;

**WHEREAS,** those who have the knowledge, skills and attitudes have better health status and as adults, will be prepared to contribute to the nation's economic competitiveness by:

Working more effectively

Missing fewer days from work due to injury or illness

Using fewer medical services due to healthy behaviors and delayed onset of diseases;

**WHEREAS,** youth in the juvenile justice system are more likely to partake in high risk behaviors such as alcohol and drug use/abuse, engage in risky sexual behavior and engage in behaviors associated with violence;

**WHEREAS,** high school results of the 2007 New Mexico Youth Risk and Resiliency Survey (YRRS) show that New Mexico high school students had among the highest rates in the nation for drug use, suicide ideation and behaviors associated with violence;

**WHEREAS,** leading national education organizations and the New Mexico 2007 YRRS indicate that there is a relationship between student health behaviors and academic achievement, i.e. students who partake in risk behaviors report receiving poor grades in school more often than students who do not partake in risk behaviors;

**WHEREAS,** health education is required to be taught in New Mexico public schools, however, health education may be integrated into existing courses rather than taught as a stand alone course;

**WHEREAS,** when health education is integrated into existing courses, it is taught sporadically with a focus on health related

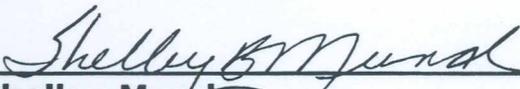
knowledge with little to no attention given to skills required for the reduction of health risk behaviors;

**WHEREAS**, health education delivered as a stand alone course, taught by licensed health educators, is the most effective way to increase student knowledge, skills and attitudes, as well as influence positive health behaviors;

**THEREFORE**, the commissioners of the Public Legal Education Commission of the State Bar of New Mexico, and upon consideration of all of the above, hereby **RESOLVES TO ACKNOWLEDGE** the importance of health education as a graduation requirement for all New Mexico students and **REQUESTS** that the New Mexico Legislature add health education to the Graduation Requirements section in the Public School Code.

**SO RESOLVED:**

  
\_\_\_\_\_  
**Craig A. Orraj**  
Co-Chair, Public Legal Education Commission

  
\_\_\_\_\_  
**Shelley Mund**  
Co-Chair, Public Legal Education Commission

**DATE:** December 22, 2009

This resolution is the action of the Public Legal Education Commission and does not represent the view or action of the State Bar of New Mexico.