

VIRGINIA

2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
<b>School Health Coordination</b>															
Percentage of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:															
Physical education and physical activity											48.7	55.9	No linear change	Not available	No change
Nutrition						47.7	43.5	39.2	41.5	34.8	42.4	49.7	No linear change	Decreased, 2008-2016 Increased, 2016-2020	No change
Tobacco-use prevention						43.8	40.8	33.9	37.9	32.8	41.3	47.7	No linear change	Decreased, 2008-2016 Increased, 2016-2020	No change
Chronic health conditions (e.g., asthma, food allergies)											30.1	38.2	Increased, 2018-2020	Not available	Increased
Unintentional injury and violence prevention (safety)							38.2	34.9	35.9	27.2	35.8	40.5	No linear change	Decreased, 2010-2016 Increased, 2016-2020	No change
Sexual health, including HIV, other STD, and pregnancy prevention											35.7	37.7	No linear change	Not available	No change

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

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

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:															
Health education						39.3	28.2	25.9	16.9	18.1	23.8	Decreased, 2010-2020	Decreased, 2010-2016 No change, 2016-2020	No change	
Physical education									27.6	18.2	18.1	23.9	No linear change	Not available	No change
Physical activity									25.1	14.5	18.5	17.4	No linear change	Not available	No change
School meal programs									19.7	9.7	13.6	15.8	No linear change	Not available	No change
Foods and beverages available at school outside the school meal programs									16.8	6.2	11.1	12.4	No linear change	Not available	No change
Health services						27.9	18.4	22.7	10.2	15.5	24.1	Decreased, 2010-2020	Decreased, 2010-2016 Increased, 2016-2020	Increased	
Counseling, psychological, and social services										32.7	31.2	59.4	Increased, 2016-2020	Not available	Increased
Physical environment										29.9	35.2	43.6	Increased, 2016-2020	Not available	No change

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:															
Social and emotional climate										53.9	58.9	75.8	Increased, 2016-2020	Not available	Increased
Family engagement										50.4	51.5	67.9	Increased, 2016-2020	Not available	Increased
Community involvement										51.1	51.6	66.2	Increased, 2016-2020	Not available	Increased
Employee wellness										17.5	23.0	39.5	Increased, 2016-2020	Not available	Increased
Percentage of schools that reviewed health and safety data as part of school's improvement planning process*								52.0	52.6	51.4	52.3	54.2	No linear change	Not available	No change
Percentage of schools that did the following activities:															
Reviewed district's local wellness policy											83.5	79.1	No linear change	Not available	No change
Helped revise district's local wellness policy											42.0	38.1	No linear change	Not available	No change

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

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that did the following activities:																	
Communicated to school staff about district's local wellness policy											75.8	71.4	No linear change	Not available	No change		
Communicated to parents and families about district's local wellness policy											61.9	57.4	No linear change	Not available	No change		
Communicated to students about district's local wellness policy											61.1	60.0	No linear change	Not available	No change		
Measured school's compliance with district's local wellness policy											52.9	47.4	No linear change	Not available	No change		
Developed an action plan that describes steps to meet requirements of district's local wellness policy											43.2	32.9	Decreased, 2018-2020	Not available	Decreased		
Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities						91.5	89.3	91.5	91.7	88.5	88.5	87.9	No linear change	No quadratic change	No change		

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that have one or more than one group (e.g., a school health council, committee, team) that offers guidance on the development of policies or coordinates activities on health topics					49.3	64.0	58.3	60.9	50.8	51.2	49.0	55.7	No linear change	No quadratic change	No change	
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*																
Identified student health needs based on a review of relevant data								76.9	76.2	72.1	75.6	80.6	No linear change	Not available	No change	
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team								71.5	69.6	61.8	66.7	72.4	No linear change	Not available	No change	
Sought funding or leveraged resources to support health and safety priorities for students and staff								47.6	52.9	46.2	49.9	60.0	No linear change	Not available	No change	

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

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*																	
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members								82.1	80.7	81.9	75.7	85.0	No linear change	Not available	No change		
Reviewed health-related curricula or instructional materials								76.5	82.5	76.8	80.2	85.9	No linear change	Not available	No change		

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

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
<b>Sexual Orientation</b>																
Percentage of schools that have a student-led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity						24.5	25.8	29.2	29.3	31.7	39.4	44.5	Increased, 2008-2020	No quadratic change	No change	
Percentage of schools that engage in the following LGBTQ youth-related practices:																
Identify "safe spaces" (e.g., a counselor's office, designated classroom, or student organization) where LGBTQ youth can receive support from administrators, teachers, or other school staff							53.8	52.7	58.3	68.2	81.0	86.2	Increased, 2010-2020	No change, 2010-2014 Increased, 2014-2020	No change	
Prohibit harassment based on a student's perceived or actual sexual orientation or gender identity							89.4	86.5	88.9	96.3	97.3	97.1	Increased, 2010-2020	No quadratic change	No change	
Encourage staff to attend professional development on safe and supportive school environments for all students, regardless of sexual orientation or gender identity							60.0	51.7	51.1	62.3	67.3	83.5	Increased, 2010-2020	Decreased, 2010-2014 Increased, 2014-2020	Increased	

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that engage in the following LGBTQ youth-related practices:																	
Facilitate access to providers not on school property who have experience in providing health services, including HIV/STD testing and counseling, to LGBTQ youth							38.8	37.7	42.7	41.6	47.8	48.9	Increased, 2010-2020	No quadratic change	No change		
Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth							42.4	39.7	39.7	50.2	56.5	62.5	Increased, 2010-2020	No change, 2010-2014 Increased, 2014-2020	No change		
LGBTQ. Percentage of schools that implement practices that meet the needs of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth							3.4	3.8	7.6	7.2	15.3	12.6	Increased, 2010-2020	No quadratic change	No change		

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
<b>Bullying and Sexual Harassment</b>															
Percentage of schools in which all staff received professional development on preventing, identifying, and responding to student bullying and sexual harassment, including electronic aggression									82.4	82.2	76.3	86.8	No linear change	Not available	Increased
Percentage of schools that have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression									91.9	92.6	91.9	94.4	No linear change	Not available	No change
Percentage of schools that use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression									91.6	94.2	95.1	94.7	No linear change	Not available	No change

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				2020
<b>Required Physical Education</b>															
Percentage of schools that taught required physical education in the following grades:*															
6th grade					100.0	97.3	97.7	100.0	96.3	96.8	98.4	100.0	No linear change	†	No change
7th grade					98.3	95.8	98.4	100.0	95.9	97.0	98.6	99.3	No linear change	†	No change
8th grade					84.7	90.1	91.6	91.6	83.3	83.6	86.3	93.5	No linear change	No quadratic change	No change
9th grade					100.0	100.0	98.7	99.2	99.1	99.1	99.2	99.2	No linear change	†	No change
10th grade					99.1	100.0	98.0	98.5	98.2	99.1	99.2	99.2	No linear change	†	No change
11th grade					6.8	7.8	7.6	7.1	15.2	7.7	11.2	10.0	No linear change	No quadratic change	No change
12th grade					6.8	7.1	6.2	7.0	14.4	8.7	10.0	9.1	No linear change	No quadratic change	No change

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

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

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
<b>Physical Education and Physical Activity</b>															
Percentage of schools in which physical education teachers or specialists received professional development on physical education or physical activity during the past year									92.1	90.8	92.0	93.1	No linear change	Not available	No change
Percentage of schools in which students participate in physical activity in classrooms during the school day outside of physical education							32.1	25.3	37.8	40.9	51.1		Increased, 2012-2020	Not available	Increased
Percentage of schools that offer interscholastic sports to students							75.8	84.0	75.8	76.2	76.9		No linear change	Not available	No change

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that offer opportunities for students to participate in physical activity through organized physical activities or access to facilities or equipment for physical activity during the following times:															
Before the school day									23.6	24.2	30.8	32.1	Increased, 2014-2020	Not available	No change
After the school day											80.5	84.0	No linear change	Not available	No change
Percentage of schools that have a joint use agreement for shared use of the following school or community facilities:															
Physical activity facilities								83.0	80.9	69.6	74.2	79.4	No linear change	Not available	No change
Kitchen facilities and equipment											22.4	18.0	No linear change	Not available	No change

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
<b>Tobacco-Use Prevention Policies</b>															
Percentage of schools that have adopted a policy prohibiting tobacco use			99.2		98.9	96.8	97.5	96.3	97.9	97.6	98.1	95.4	Decreased, 2002-2020	No quadratic change	No change
Percentage of schools that follow a policy that mandates a “tobacco-free environment”			34.1		0.0	53.3	54.3	52.3	62.8	61.5	61.8	72.4	Increased, 2002-2020	†	Increased
Percentage of schools that follow a policy that mandates a “tobacco-free environment” including prohibiting electronic vapor products										59.2	61.1	72.3	Increased, 2016-2020	Not available	Increased

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
<b>Nutrition-Related Policies and Practices</b>																
Percentage of schools that always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered						35.1	37.2	32.8	37.8	32.9	30.2	37.4	No linear change	No quadratic change	No change	
Percentage of schools in which students can purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar			81.0		80.2	78.8	72.5	66.3	67.8	61.1	65.0	59.1	Decreased, 2002-2020	No quadratic change	No change	
Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:																
Chocolate candy			55.4		47.2	28.7	24.9	25.8	20.5	12.3	13.8	12.6	Decreased, 2002-2020	No quadratic change	No change	
Other kinds of candy			58.1		51.5	36.5	33.4	30.9	26.2	16.0	16.7	19.4	Decreased, 2002-2020	No quadratic change	No change	
Salty snacks that are not low in fat (e.g., regular potato chips)			69.4		60.0	40.4	34.5	38.1	29.1	20.2	24.0	22.0	Decreased, 2002-2020	Decreased, 2002-2016 No change, 2016-2020	No change	
Low sodium or “no added salt” pretzels, crackers, or chips										49.3	47.3	49.9	45.2	No linear change	Not available	No change

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:																	
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat						43.6	38.5	36.7	30.4	22.3	20.7	24.7	Decreased, 2008-2020	No quadratic change	No change		
Ice cream or frozen yogurt that is not low in fat						27.8	24.6	22.3	18.3	13.6	12.7	16.2	Decreased, 2008-2020	No quadratic change	No change		
2% or whole milk (plain or flavored)					47.2	46.8	38.0	32.4	28.1	23.0	25.0	22.5	Decreased, 2006-2020	No quadratic change	No change		
Nonfat or 1% (low-fat) milk (plain)									36.4	31.6	34.3	29.9	No linear change	Not available	No change		
Water ices or frozen slushes that do not contain juice						17.6	14.1	13.2	14.7	11.6	12.3	10.8	Decreased, 2008-2020	No quadratic change	No change		
Soda pop or fruit drinks that are not 100% juice					62.4	45.4	37.1	34.8	28.5	32.2	30.7	22.7	Decreased, 2006-2020	Decreased, 2006-2010 Decreased, 2010-2020	Decreased		
Sports drinks (e.g., Gatorade)					67.0	56.5	46.1	42.5	44.2	36.2	36.8	37.5	Decreased, 2006-2020	Decreased, 2006-2010 Decreased, 2010-2020	No change		

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:																	
Energy drinks (e.g., Red Bull, Monster)									3.7	2.4	3.8	2.4	No linear change	Not available	No change		
Plain water, with or without carbonation											59.5	55.3	No linear change	Not available	No change		
Calorie-free, flavored water, with or without carbonation											38.1	30.5	No linear change	Not available	No change		
100% fruit or vegetable juice									48.5	39.4	39.5	35.7	Decreased, 2014-2020	Not available	No change		
Foods or beverages containing caffeine						34.0	27.6	24.2	20.5	20.5	18.3	19.0	Decreased, 2008-2020	No quadratic change	No change		
Fruits (not fruit juice)						34.5	30.9	30.6	31.3	25.5	28.4	27.7	Decreased, 2008-2020	No quadratic change	No change		
Non-fried vegetables (not vegetable juice)						29.1	25.2	24.1	26.3	20.5	20.5	22.4	Decreased, 2008-2020	No quadratic change	No change		
Percentage of schools that do not sell less healthy foods and beverages (soda pop or fruit drinks, sports drinks, baked goods, salty snacks, candy)			21.0		21.0	30.1	37.2	43.3	45.0	51.2	45.8	49.7	Increased, 2002-2020	Increased, 2002-2012 No change, 2012-2020	No change		

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that have done any of the following during the current school year:																
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages						9.9	4.9	8.4	14.3	9.7	10.9	16.1	Increased, 2008-2020	No quadratic change	No change	
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating						49.4	44.8	48.4	43.8	38.9	36.4	35.5	Decreased, 2008-2020	No quadratic change	No change	
Provided information to students or families on the nutrition and caloric content of foods available						58.7	58.5	64.5	60.9	62.5	57.4	64.7	No linear change	No quadratic change	No change	
Conducted taste tests to determine food preferences for nutritious items						20.5	28.3	33.1	30.9	31.2	34.5	25.6	No linear change	Increased, 2008-2012 No change, 2012-2020	Decreased	
Served locally or regionally grown foods in the cafeteria or classrooms								46.0	47.5	44.6	43.5	39.6	No linear change	Not available	No change	
Planted a school food or vegetable garden								18.1	29.7	32.1	36.1	27.4	Increased, 2012-2020	Not available	Decreased	
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access								82.3	85.6	83.0	88.3	76.0	No linear change	Not available	Decreased	

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that have done any of the following during the current school year:																
Used attractive displays for fruits and vegetables in the cafeteria							72.3	72.5	70.1	72.1	65.9	No linear change	Not available	No change		
Offered a self-serve salad bar to students							23.6	25.7	24.0	21.9	17.3	Decreased, 2012-2020	Not available	No change		
Encouraged students to drink plain water								76.6	78.0	75.9	83.7	No linear change	Not available	Increased		
Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance								22.5	23.3	26.0	32.2	Increased, 2014-2020	Not available	No change		
Prohibited less nutritious foods and beverages (e.g. candy, baked goods) from being sold for fundraising purposes								26.0	35.9	31.8	33.4	No linear change	Not available	No change		

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:																	
In school buildings						67.4	68.0	66.5	71.2	67.7	68.7	65.8	No linear change	No quadratic change	No change		
On school grounds including on the outside of the school building, on playing fields, or other areas of the campus						58.1	54.8	53.8	58.5	61.4	59.8	55.2	No linear change	No quadratic change	No change		
On school buses or other vehicles used to transport students						75.5	78.3	77.1	75.2	70.9	71.4	70.2	Decreased, 2008-2020	No quadratic change	No change		
In school publications (e.g., newsletters, newspapers, web sites, other school publications)						64.3	60.1	58.7	66.5	59.1	57.6	61.5	No linear change	No quadratic change	No change		
In curricula or other educational materials (including assignment books, school supplies, book covers, and electronic media)									68.7	62.6	62.8	64.4	No linear change	Not available	No change		

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

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

VIRGINIA

2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that permit students to have a drinking water bottle with them in either all locations or certain locations during the school day							91.0	91.8	95.1	95.1	97.1	Increased, 2012-2020	Not available	No change	
Percentage of schools that offer a free source of drinking water in the following locations:*															
Cafeteria during breakfast								95.9	91.6	95.3	96.6	No linear change	Not available	No change	
Cafeteria during lunch								95.9	93.2	95.7	97.1	No linear change	Not available	No change	
Gymnasium or other indoor physical activity facilities								96.5	97.5	96.5	94.5	No linear change	Not available	No change	
Outdoor physical activity facilities and sports fields								64.9	58.1	65.1	71.1	No linear change	Not available	No change	
Hallways throughout the school								99.6	99.2	100.0	98.8	No linear change	Not available	No change	

\* Among schools with that location.

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
<b>Health Services</b>															
Percentage of schools that have a full-time registered nurse who provides health services to students						66.6	74.2	78.2	84.6	81.8	81.7	88.1	Increased, 2008-2020	No quadratic change	Increased
Percentage of schools that have a part-time registered nurse who provides health services to students										26.2	23.6	24.4	No linear change	Not available	No change
Percentage of schools that have a school-based health center that offers health services to students										18.6	22.8	21.2	No linear change	Not available	No change
Percentage of schools that provide the following services to students:															
HIV testing								2.2	2.4	0.0	0.4	0.7	Decreased, 2012-2020	Not available	No change
HIV treatment									2.7	0.4	1.2	1.1	No linear change	Not available	No change
STD testing									2.4	0.9	0.4	0.7	No linear change	Not available	No change
STD treatment									3.5	0.9	0.4	0.7	Decreased, 2014-2020	Not available	No change
Pregnancy testing								2.6	3.1	0.9	0.8	0.0	Decreased, 2012-2020	Not available	No change

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that provide the following services to students:																	
Provision of condoms								1.5	2.0	0.9	0.4	0.7	No linear change	Not available	No change		
Provision of condom-compatible lubricants (i.e., water- or silicone-based)									2.0	0.4	0.0	0.0	Decreased, 2014-2020	Not available	¶		
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])							0.3	2.0	0.9	0.0	1.2	No linear change	Not available	No change			
Prenatal care							2.2	4.7	0.9	1.2	1.6	No linear change	Not available	No change			
Human papillomavirus (HPV) vaccine administration							1.3	2.7	0.8	1.9	0.9	No linear change	Not available	No change			
Assessment for alcohol or other drug use, abuse, or dependency											21.6	18.1	No linear change	Not available	No change		
Daily medication administration for students with chronic health conditions (e.g., asthma, diabetes)											91.1	94.3	No linear change	Not available	No change		

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

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

¶ Analysis cannot be conducted when response rates are 100% for a census or 2018 and 2020 prevalence estimates are both 0% or 100%.

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that provide the following services to students:															
Stock rescue or “as needed” medication for any student experiencing a health emergency (e.g., asthma episode, severe allergic reaction)											88.7	84.5	No linear change	Not available	No change
Case management for students with chronic health conditions (e.g., asthma, diabetes)											83.8	82.8	No linear change	Not available	No change
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:															
HIV testing							44.4	43.2	22.7	24.3	20.4	Decreased, 2012-2020	Not available	No change	
HIV treatment								40.8	28.4	29.3	25.3	Decreased, 2014-2020	Not available	No change	
nPEP (non-occupational post-exposure prophylaxis for HIV--a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive)									27.7	26.5	23.0	No linear change	Not available	No change	

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:																	
STD testing									44.3	23.4	24.9	21.6	Decreased, 2014-2020	Not available	No change		
STD treatment									43.1	22.5	24.5	19.8	Decreased, 2014-2020	Not available	No change		
Pregnancy testing							48.9	47.7	23.3	26.4	21.9	Decreased, 2012-2020	Not available	No change			
Provision of condoms							31.4	33.1	19.6	18.8	16.6	Decreased, 2012-2020	Not available	No change			
Provision of condom-compatible lubricants (i.e., water- or silicone-based)									31.6	18.7	17.3	15.5	Decreased, 2014-2020	Not available	No change		
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])							32.3	35.1	20.7	18.5	17.0	Decreased, 2012-2020	Not available	No change			
Prenatal care							47.0	44.5	23.2	24.5	20.7	Decreased, 2012-2020	Not available	No change			

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

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



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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:																
Human papillomavirus (HPV) vaccine administration							41.8	43.1	30.0	31.8	28.9		Decreased, 2012-2020	Not available	No change	
Alcohol or other drug abuse treatment											49.4	47.0	No linear change	Not available	No change	
Percentage of schools that have a protocol that ensures students with a chronic condition that may require daily or emergency management (e.g., asthma, diabetes, food allergies) are enrolled in private, state, or federally funded insurance programs if eligible								70.2	64.0	64.7	67.5		No linear change	Not available	No change	

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that routinely use school records to identify and track students with a current diagnosis of the following chronic conditions:															
Asthma									98.8	98.3	98.5	98.4	No linear change	Not available	No change
Food allergies									98.4	98.7	98.0	97.6	No linear change	Not available	No change
Diabetes									98.8	98.7	98.4	97.5	No linear change	Not available	No change
Epilepsy or seizure disorder									98.1	98.3	98.5	97.6	No linear change	Not available	No change
Obesity									45.8	36.2	35.9	34.3	Decreased, 2014-2020	Not available	No change
Hypertension/high blood pressure									79.9	73.5	72.0	66.7	Decreased, 2014-2020	Not available	No change
Oral health condition (e.g., abscess, tooth decay)											45.6	45.2	No linear change	Not available	No change

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have the following chronic conditions:																	
Asthma									56.0	38.8	44.9	43.6	Decreased, 2014-2020	Not available	No change		
Food allergies									56.4	37.5	43.9	40.7	Decreased, 2014-2020	Not available	No change		
Diabetes									56.9	37.7	44.5	42.8	Decreased, 2014-2020	Not available	No change		
Epilepsy or seizure disorder									56.9	37.6	44.3	42.9	Decreased, 2014-2020	Not available	No change		
Obesity									44.1	27.0	32.6	31.8	Decreased, 2014-2020	Not available	No change		
Hypertension/high blood pressure									52.7	35.0	41.5	40.0	Decreased, 2014-2020	Not available	No change		
Oral health condition (e.g., abscess, tooth decay)											42.5	43.5	No linear change	Not available	No change		

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:																
School does not provide any sexual or reproductive health services										88.5	88.6	86.6	No linear change	Not available	No change	
Parental consent is required before any sexual or reproductive health services are provided										9.8	8.2	8.5	No linear change	Not available	No change	
Parental consent is not required for sexual or reproductive health services and parents are provided with information about services provided only upon request										0.4	0.4	2.1	No linear change	Not available	No change	
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the service provided										0.4	0.0	1.2	No linear change	Not available	No change	

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:																		
Parental consent is not required for sexual or reproductive health services, but parents are notified about all services provided													0.9	2.0	1.3	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services and parents are not notified about any services provided													0.0	0.8	0.4	No linear change	Not available	No change
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:																		
School does not refer any sexual or reproductive health services													71.1	69.6	71.8	No linear change	Not available	No change
Parental consent is required before any sexual or reproductive health services are referred													16.6	19.4	13.8	No linear change	Not available	No change

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:																
Parental consent is not required for sexual or reproductive health services and parents are provided with information about referrals provided only upon request										4.5	2.3	3.9	No linear change	Not available	No change	
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the referral provided										3.4	3.7	6.2	No linear change	Not available	No change	
Parental consent is not required for sexual or reproductive health services, but parents are notified about all referrals provided										0.5	2.3	2.0	No linear change	Not available	No change	
Parental consent is not required for sexual or reproductive health services and parents are not notified about any referrals provided										3.9	2.7	2.3	No linear change	Not available	No change	

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
<b>Family and Community Involvement</b>															
Percentage of schools that have done any of the following activities during the current school year:															
Provided parents with information about how to monitor their teen									57.4	53.0	51.6	46.2	Decreased, 2014-2020	Not available	No change
Involved parents as school volunteers in the delivery of health education activities and services									27.4	15.9	17.9	15.2	Decreased, 2014-2020	Not available	No change
Linked parents and families to health services and programs in the community									79.8	70.4	75.6	71.9	No linear change	Not available	No change
Provided disease-specific education for parents and families of students with chronic health conditions (e.g., asthma, diabetes)											40.7	42.9	No linear change	Not available	No change
Percentage of schools in which students' families helped develop or implement policies and programs related to school health during the past two years									39.3	28.3	28.3	30.6	No linear change	Not available	No change

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
<b>Required Health Education</b>															
Percentage of schools in which students take only one required health education course	11.1	14.3	11.5		12.5	11.5	13.5	12.1	13.3	10.4	9.0	8.3	No linear change	No quadratic change	No change
Percentage of schools in which students take two or more required health education courses	63.7	67.3	70.9		68.4	77.9	78.7	82.6	78.4	79.0	83.4	85.0	Increased, 1998-2020	No quadratic change	No change
Percentage of schools that taught a required health education course in the following grades:*															
6th grade	54.1	61.8	64.0		57.4	72.3	74.5	79.9	71.7	70.3	79.3	76.2	Increased, 1998-2020	No quadratic change	No change
7th grade	57.6	65.8	65.0		61.2	77.5	77.9	82.2	73.6	72.0	81.5	78.3	Increased, 1998-2020	No quadratic change	No change
8th grade	60.9	60.6	62.0		56.3	73.7	72.6	78.4	66.6	60.0	76.5	73.1	Increased, 1998-2020	No quadratic change	No change

\* The 2008-2020 results published here may differ slightly from the 2008-2020 results published in site reports. This is because the site reports excluded data from schools that do not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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

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



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2020 School Health Profiles Report  
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that taught a required health education course in the following grades:*															
9th grade	61.3	65.9	69.1		68.4	78.6	82.7	89.0	82.5	77.5	83.2	83.7	Increased, 1998-2020	No quadratic change	No change
10th grade	55.1	61.6	63.5		63.3	69.3	74.5	79.2	73.3	69.7	75.0	79.6	Increased, 1998-2020	No quadratic change	No change
11th grade	5.4	6.5	5.1		2.8	2.0	2.4	2.7	4.5	2.3	3.6	9.0	No linear change	Decreased, 1998-2010 Increased, 2010-2020	No change
12th grade	5.4	5.1	5.1		2.0	1.4	2.4	0.8	3.7	2.3	3.6	9.0	No linear change	Decreased, 1998-2012 Increased, 2012-2020	No change
Among schools that required a health education course, percentage that required students who fail the course to repeat it					48.3	38.1	42.7	41.0	44.9	41.8	48.4	54.8	Increased, 2006-2020	No change, 2006-2016 Increased, 2016-2020	No change

\* The 2008-2020 results published here may differ slightly from the 2008-2020 results published in site reports. This is because the site reports excluded data from schools that do not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which those who teach health education are provided with the following materials:															
Goals, objectives, and expected outcomes for health education						96.5	93.6	94.3	92.0	86.3	92.7	98.6	No linear change	Decreased, 2008-2016 Increased, 2016-2020	Increased
A chart describing the annual scope and sequence of instruction for health education						70.0	72.5	73.2	74.3	63.0	73.9	82.4	No linear change	No change, 2008-2016 Increased, 2016-2020	Increased
Plans for how to assess student performance in health education						71.8	70.4	71.9	72.2	60.9	70.8	81.6	No linear change	Decreased, 2008-2016 Increased, 2016-2020	Increased
A written health education curriculum						88.6	88.9	84.1	84.3	82.0	80.7	89.6	No linear change	Decreased, 2008-2016 Increased, 2016-2020	Increased

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the health education curriculum addresses the following skills:															
Comprehending concepts related to health promotion and disease prevention to enhance health						96.0	95.2	95.9	93.3	91.0	93.5	97.1	No linear change	Decreased, 2008-2016 Increased, 2016-2020	No change
Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors						94.8	94.9	96.6	93.8	90.2	93.0	95.8	No linear change	No quadratic change	No change
Accessing valid information and products and services to enhance health						90.2	88.9	89.6	89.8	84.8	87.1	94.7	No linear change	No change, 2008-2016 Increased, 2016-2020	Increased
Using interpersonal communication skills to enhance health and avoid or reduce health risks						94.3	92.0	96.5	94.9	90.0	92.2	95.5	No linear change	No quadratic change	No change
Using decision-making skills to enhance health						96.6	95.5	97.6	96.1	93.6	94.2	94.7	No linear change	No quadratic change	No change
Using goal-setting skills to enhance health						95.4	93.4	96.6	94.5	92.9	93.0	94.1	No linear change	No quadratic change	No change

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the health education curriculum addresses the following skills:																
Practicing health-enhancing behaviors to avoid or reduce risks						96.9	94.8	97.6	95.3	92.7	92.6	94.7	Decreased, 2008-2020	No quadratic change	No change	
Advocating for personal, family, and community health						93.0	93.8	93.8	92.1	87.7	91.5	94.1	No linear change	No quadratic change	No change	
Percentage of schools in which those who teach sexual health education are provided with the following materials:																
A written health education curriculum that includes objectives and content addressing sexual health education										91.8	86.0	86.6	90.1	No linear change	Not available	No change
Strategies that are age-appropriate, relevant, and actively engage students in learning										85.6	78.6	83.8	89.9	No linear change	Not available	No change
Methods to assess student knowledge and skills related to sexual health education										72.5	66.1	73.0	77.6	No linear change	Not available	No change

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth						13.2	9.4	17.9	27.9	42.9	46.1		Increased, 2010-2020	No quadratic change	No change
Percentage of schools in which health education instruction is required in any of grades 6 through 12						92.8	94.4	88.4	89.3	96.0	94.6		No linear change	Decreased, 2010-2016 No change, 2016-2020	No change
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:															
Alcohol- or other drug-use prevention						97.7	97.7	95.9	91.8	92.9	95.0	92.3	Decreased, 2008-2020	No quadratic change	No change
Asthma						58.6	69.0	59.5	66.8	60.3	65.4	64.2	No linear change	No quadratic change	No change
Chronic disease prevention										89.0	90.4	89.1	No linear change	Not available	No change
Emotional and mental health						94.6	91.4	91.8	87.9	88.3	92.0	93.2	No linear change	Decreased, 2008-2014 Increased, 2014-2020	No change
Epilepsy or seizure disorder									49.6	42.3	49.6	52.4	No linear change	Not available	No change

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

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

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2020 School Health Profiles Report  
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:																
Food allergies									69.3	66.5	76.0	76.0	No linear change	Not available	No change	
Foodborne illness prevention						77.6	78.7	74.1	69.0	74.0	70.1	71.9	Decreased, 2008-2020	No quadratic change	No change	
Human immunodeficiency virus (HIV) prevention						91.9	91.3	89.9	85.0	84.5	86.1	73.5	Decreased, 2008-2020	No quadratic change	Decreased	
Human sexuality						87.1	84.7	83.1	81.3	75.1	74.5	69.8	Decreased, 2008-2020	No quadratic change	No change	
Infectious disease prevention (e.g., influenza [flu] prevention)								86.7	86.4	84.9	88.2	89.1	No linear change	Not available	No change	
Injury prevention and safety						95.7	94.6	91.4	90.7	90.2	90.8	90.2	Decreased, 2008-2020	No quadratic change	No change	
Nutrition and dietary behavior						96.4	98.2	96.8	94.8	94.2	96.8	95.7	No linear change	No quadratic change	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:																
Physical activity and fitness						99.0	98.8	96.9	97.6	97.1	97.6	97.5	No linear change	No quadratic change	No change	
Pregnancy prevention						84.4	84.6	85.9	78.1	79.0	80.9	73.6	Decreased, 2008-2020	No quadratic change	No change	
Sexually transmitted disease (STD) prevention						89.4	89.5	89.3	83.7	85.8	85.3	79.4	Decreased, 2008-2020	No quadratic change	No change	
Suicide prevention						73.8	73.4	72.3	71.1	70.7	74.0	79.7	No linear change	No change, 2008-2016 Increased, 2016-2020	No change	
Tobacco-use prevention						96.8	96.8	95.7	92.8	93.7	94.6	90.9	Decreased, 2008-2020	No quadratic change	No change	
Violence prevention (e.g., bullying, fighting, dating violence prevention)						91.4	95.2	94.5	93.0	92.3	93.9	93.5	No linear change	No quadratic change	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:																	
Identifying tobacco products and the harmful substances they contain						93.9	95.3	94.0	90.8	85.3	92.1	88.5	Decreased, 2008-2020	No quadratic change	No change		
Identifying short- and long-term health consequences of tobacco product use						94.2	95.6	94.7	91.6	87.5	92.5	88.5	Decreased, 2008-2020	No quadratic change	No change		
Identifying social, economic, and cosmetic consequences of tobacco product use						91.9	92.2	90.9	88.2	83.9	86.7	84.7	Decreased, 2008-2020	No quadratic change	No change		
Understanding the addictive nature of nicotine						93.2	94.8	92.0	88.5	84.7	91.8	87.6	Decreased, 2008-2020	No quadratic change	No change		
Effects of nicotine on the adolescent brain										82.1	87.3	86.1	No linear change	Not available	No change		
Effects of tobacco product use on athletic performance						90.2	90.1	91.3	83.8	81.9	86.7	84.4	Decreased, 2008-2020	No quadratic change	No change		
Effects of second-hand smoke and benefits of a smoke-free environment						92.9	94.1	93.7	89.9	85.1	89.5	87.6	Decreased, 2008-2020	No quadratic change	No change		

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:																
Understanding the social influences on tobacco product use, including media, family, peers and culture						93.9	93.6	93.7	86.5	85.6	88.5	88.1	Decreased, 2008-2020	No quadratic change	No change	
Identifying reasons why students do and do not use tobacco products						92.3	93.6	92.4	86.5	85.6	91.6	89.3	Decreased, 2008-2020	No quadratic change	No change	
Making accurate assessments of how many peers use tobacco products						80.9	73.8	78.4	71.2	68.8	74.0	77.1	No linear change	Decreased, 2008-2016 No change, 2016-2020	No change	
Using interpersonal communication skills to avoid tobacco product use (e.g., refusal skills, assertiveness)						91.0	90.8	92.6	86.5	82.8	87.3	88.1	Decreased, 2008-2020	No quadratic change	No change	
Using goal-setting and decision-making skills related to not using tobacco products						88.2	89.4	88.8	84.2	80.7	85.6	86.9	No linear change	No quadratic change	No change	
Finding valid information and services related to tobacco-use prevention and cessation						82.3	82.4	83.4	72.4	69.6	83.0	78.8	No linear change	Decreased, 2008-2016 Increased, 2016-2020	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:																	
Supporting others who abstain from or want to quit using tobacco products						79.8	81.6	82.8	75.2	68.6	78.4	78.4	No linear change	No quadratic change	No change		
Identifying harmful effects of tobacco product use on fetal development						86.0	85.3	87.0	81.2	75.6	78.2	75.5	Decreased, 2008-2020	No quadratic change	No change		
Relationship between using tobacco products and alcohol or other drugs									86.9	85.0	88.9	87.9	No linear change	Not available	No change		
How addiction to tobacco product use can be treated									78.2	75.2	85.0	83.8	Increased, 2014-2020	Not available	No change		
Understanding school policies and community laws related to the sale and use of tobacco products									83.6	80.1	87.2	85.1	No linear change	Not available	No change		
Benefits of tobacco product cessation programs									66.1	60.8	70.8	68.1	No linear change	Not available	No change		
Percentage of schools that taught all 19 tobacco-use prevention topics during the current school year											55.6	60.4	No linear change	Not available	No change		

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

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

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### 2020 School Health Profiles Report Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:																	
How HIV and other STDs are transmitted						86.8	84.5	82.9	78.9	84.0	81.6	62.7	Decreased, 2008-2020	No quadratic change	Decreased		
Health consequences of HIV, other STDs, and pregnancy						84.5	82.2	83.2	79.6	83.2	82.5	62.7	Decreased, 2008-2020	No quadratic change	Decreased		
The benefits of being sexually abstinent						87.3	85.2	82.3	81.6	84.8	83.3	31.4	Decreased, 2008-2020	No change, 2008-2016 Decreased, 2016-2020	Decreased		
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy						73.7	71.6	73.1	66.0	72.2	74.5	27.3	Decreased, 2008-2020	No change, 2008-2016 Decreased, 2016-2020	Decreased		
The influences of family, peers, media, technology, and other factors on sexual risk behaviors									76.4	82.2	83.2	48.7	Decreased, 2014-2020	Not available	Decreased		
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						80.7	77.5	76.2	70.7	77.6	78.5	46.0	Decreased, 2008-2020	No quadratic change	Decreased		

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

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

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2020 School Health Profiles Report  
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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:																	
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						81.6	78.6	77.5	75.0	76.9	77.5	72.7	No linear change	No quadratic change	No change		
Influencing and supporting others to avoid or reduce sexual risk behaviors									70.0	76.6	78.9	53.1	No linear change	Not available	Decreased		
Efficacy of condoms, that is, how well condoms work and do not work							53.1	55.8	51.8	52.6	54.9	52.2	No linear change	No quadratic change	No change		
The importance of using condoms consistently and correctly							35.5	43.9	38.7	41.0	43.5	53.7	Increased, 2010-2020	No quadratic change	No change		
How to obtain condoms							22.0	24.9	27.2	27.9	33.1	62.7	Increased, 2010-2020	No change, 2010-2016 Increased, 2016-2020	Increased		
How to correctly use a condom							17.4	20.2	26.5	23.0	27.1	32.2	Increased, 2010-2020	No quadratic change	No change		
Methods of contraception other than condoms										45.7	57.2	66.0	Increased, 2016-2020	Not available	No change		

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:																	
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy							36.3	37.3	42.7	43.5	47.8		No linear change	Not available	No change		
How to create and sustain healthy and respectful relationships							78.7	78.5	81.6	79.6	66.6		No linear change	Not available	No change		
The importance of limiting the number of sexual partners								64.4	67.7	62.8	59.2		No linear change	Not available	No change		
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health								59.3	66.1	63.6	69.1		No linear change	Not available	No change		
The relationship between alcohol and other drug use and sexual risk behaviors										74.9	41.0		Decreased, 2018-2020	Not available	Decreased		

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																	
How HIV and other STDs are transmitted						93.5	93.4	92.6	93.2	92.1	80.6	Decreased, 2010-2020	No quadratic change	No change			
Health consequences of HIV, other STDs, and pregnancy						90.4	93.3	92.6	93.2	90.9	78.4	Decreased, 2010-2020	No change, 2010-2016 Decreased, 2016-2020	No change			
The benefits of being sexually abstinent						95.1	92.3	94.1	91.8	93.2	93.0	53.3	Decreased, 2008-2020	No change, 2008-2016 Decreased, 2016-2020	Decreased		
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy						87.7	89.1	91.1	86.7	87.6	89.6	49.6	Decreased, 2008-2020	No change, 2008-2012 Decreased, 2012-2020	Decreased		
The influences of family, peers, media, technology, and other factors on sexual risk behaviors									91.1	91.1	90.9	70.7	Decreased, 2014-2020	Not available	Decreased		
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						83.6	86.8	93.3	90.8	89.7	89.7	69.0	No linear change	Increased, 2008-2012 Decreased, 2012-2020	Decreased		

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																	
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy						89.0	87.3	90.9	89.9	87.6	88.5	82.9	No linear change	No quadratic change	No change		
Influencing and supporting others to avoid or reduce sexual risk behaviors										86.3	87.6	87.0	65.1	Decreased, 2014-2020	Not available	Decreased	
Efficacy of condoms, that is, how well condoms work and do not work						77.8	72.7	74.2	76.4	78.0	79.9	71.3	No linear change	No quadratic change	No change		
The importance of using condoms consistently and correctly						69.2	65.2	66.9	70.8	71.6	72.9	66.6	No linear change	No quadratic change	No change		
How to obtain condoms						57.9	52.4	57.0	54.7	51.2	59.8	73.5	No linear change	No change, 2008-2016 Increased, 2016-2020	No change		
How to correctly use a condom						46.0	53.1	49.1	49.9	47.8	55.8		No linear change	No quadratic change	No change		
Methods of contraception other than condoms										75.4	76.5	78.0	No linear change	Not available	No change		

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																	
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy							61.8	73.4	72.4	75.3	65.0		No linear change	Not available	No change		
How to create and sustain healthy and respectful relationships							92.2	91.5	93.0	93.0	78.8		Decreased, 2012-2020	Not available	Decreased		
The importance of limiting the number of sexual partners								87.0	86.6	87.3	75.2		No linear change	Not available	No change		
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health								87.5	88.2	88.4	75.2		No linear change	Not available	No change		
The relationship between alcohol and other drug use and sexual risk behaviors										91.9	62.8		Decreased, 2018-2020	Not available	Decreased		

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

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



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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year:																
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									65.3	73.5	72.4	56.0	No linear change	Not available	Decreased	
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									66.0	74.3	67.8	55.4	No linear change	Not available	No change	
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									56.9	56.5	62.1	49.3	No linear change	Not available	No change	
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									62.2	70.5	70.7	60.0	No linear change	Not available	No change	
Use decision-making skills to prevent HIV, other STDs, and pregnancy									64.1	72.6	68.9	56.5	No linear change	Not available	No change	
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them									69.5	71.6	65.9	60.0	No linear change	Not available	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year:															
Influence and support others to avoid or reduce sexual risk behaviors									60.5	68.7	64.9	56.5	No linear change	Not available	No change
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:															
Comprehend concepts important to prevent HIV, other STDs, and pregnancy									88.1	89.8	88.0	77.7	No linear change	Not available	No change
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors									87.4	82.9	81.1	70.1	Decreased, 2014-2020	Not available	No change
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy									84.7	80.0	75.3	74.4	No linear change	Not available	No change

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																
Use interpersonal communication skills to avoid or reduce sexual risk behaviors									87.3	86.1	84.6	76.2	No linear change	Not available	No change	
Use decision-making skills to prevent HIV, other STDs, and pregnancy									87.9	86.9	89.1	76.7	No linear change	Not available	No change	
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them									85.5	80.7	86.6	73.9	No linear change	Not available	No change	
Influence and support others to avoid or reduce sexual risk behaviors									82.7	85.0	81.3	71.0	No linear change	Not available	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																
Benefits of healthy eating						94.8	96.8	95.5	94.0	90.5	95.1	94.2	No linear change	No quadratic change	No change	
Benefits of drinking plenty of water									94.4	90.9	95.9	94.9	No linear change	Not available	No change	
Benefits of eating breakfast every day										90.9	95.5	92.8	No linear change	Not available	No change	
Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate)									90.1	86.7	91.1	90.9	No linear change	Not available	No change	
Using food labels						89.4	93.7	93.4	89.7	87.6	90.8	93.0	No linear change	No quadratic change	No change	
Differentiating between nutritious and non-nutritious beverages									89.4	87.2	92.4	92.8	No linear change	Not available	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																
Balancing food intake and physical activity						93.2	96.2	94.8	92.1	89.5	95.2	93.6	No linear change	No quadratic change	No change	
Eating more fruits, vegetables, and whole grain products						92.9	95.4	94.8	91.6	89.2	94.0	92.8	No linear change	No quadratic change	No change	
Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)						92.3	93.7	93.8	88.6	86.5	91.9	92.3	No linear change	No quadratic change	No change	
Choosing foods, snacks, and beverages that are low in added sugars										90.1	86.5	92.4	93.6	No linear change	Not available	No change
Choosing foods and snacks that are low in sodium										85.1	84.9	91.2	91.3	Increased, 2014-2020	Not available	No change
Eating a variety of foods that are high in calcium										84.3	81.4	88.3	89.8	No linear change	Not available	No change
Eating a variety of foods that are high in iron										78.5	75.3	82.4	89.0	Increased, 2014-2020	Not available	No change

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

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

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Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																
Food safety						85.7	85.3	87.5	79.8	78.1	84.1	86.4	No linear change	No quadratic change	No change	
Preparing healthy meals and snacks						85.8	91.3	93.0	86.3	82.7	85.2	88.3	No linear change	No quadratic change	No change	
Risks of unhealthy weight control practices						91.3	93.9	92.3	88.9	84.9	87.3	89.6	Decreased, 2008-2020	No quadratic change	No change	
Accepting body size differences						84.4	87.4	91.3	85.4	82.3	88.0	87.7	No linear change	No quadratic change	No change	
Signs, symptoms, and treatment for eating disorders						86.1	87.6	86.6	81.2	79.7	85.8	85.1	No linear change	No quadratic change	No change	
Relationship between diet and chronic diseases									81.2	80.6	84.1	88.1	No linear change	Not available	No change	
Assessing body mass index (BMI)									76.1	72.8	76.1	80.3	No linear change	Not available	No change	
The influence of the media on dietary behaviors											87.7	88.4	No linear change	Not available	No change	
Food production, including how food is grown, harvested, processed, packaged, and transported											71.8	75.5	No linear change	Not available	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that taught all 22 nutrition and dietary behavior topics during the current school year											57.1	65.2	No linear change	Not available	No change	
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:																
Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease									94.0	93.5	96.0	94.5	No linear change	Not available	No change	
Mental and social benefits of physical activity									94.0	93.5	96.4	95.1	No linear change	Not available	No change	
Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)						97.5	95.9	96.2	96.4	95.0	97.6	95.9	No linear change	No quadratic change	No change	
Phases of a workout (i.e., warm-up, workout, cool down)						97.4	96.2	94.8	95.2	93.8	97.6	95.7	No linear change	No quadratic change	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:																	
Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity									90.9	92.2	94.9	95.1	No linear change	Not available	No change		
Decreasing sedentary activities (e.g., television viewing)						95.8	95.9	95.2	94.1	93.1	95.6	95.1	No linear change	No quadratic change	No change		
Preventing injury during physical activity						95.1	94.5	92.9	94.0	93.8	95.5	95.3	No linear change	No quadratic change	No change		
Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)						89.3	92.9	86.2	87.6	84.8	88.5	91.6	No linear change	Decreased, 2008-2016 Increased, 2016-2020	No change		
Dangers of using performance-enhancing drugs (e.g., steroids)						89.2	88.0	87.2	81.6	80.7	78.2	84.0	Decreased, 2008-2020	No quadratic change	No change		
Increasing daily physical activity										96.8	95.0	97.2	95.9	No linear change	Not available	No change	

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

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



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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:																
Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)									94.9	94.5	96.0	96.8	No linear change	Not available	No change	
Using safety equipment for specific physical activities									90.6	90.1	95.2	90.4	No linear change	Not available	No change	
Benefits of drinking water before, during, and after physical activity									95.6	94.5	95.9	95.9	No linear change	Not available	No change	
Percentage of schools that taught all 13 physical activity topics during the current school year									73.4	68.8	73.6	80.4	No linear change	Not available	No change	
SHE_PM_1807_2: Percentage of schools that assess the ability of students to do 7 skills in a required course taught during grades 6, 7, or 8 and during grades 9, 10, 11, or 12									39.2	44.0	46.3	32.2	No linear change	Not available	Decreased	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
SHS_PM_1807_4: Percentage of schools that taught all 3 of the SHS topics in grades 9, 10, 11, or 12									28.8	22.7	24.9	18.5	Decreased, 2014-2020	Not available	No change
SSE_PM_1807_1: Percentage of schools in which school staff received professional development on classroom management techniques					62.8	63.8	69.0	60.9	64.2	60.3	70.0	72.3	No linear change	No quadratic change	No change

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
<b>Collaboration</b>															
Percentage of schools in which health education staff worked with the following groups on health education activities during the current school year:															
Physical education staff	83.5	87.9		88.7	93.0	93.4	90.6	93.7	87.7	92.3	91.5	Increased, 2000-2020	Increased, 2000-2008 No change, 2008-2020	No change	
Health services staff (e.g., nurses)	74.0	73.9		77.2	86.2	82.0	82.7	80.9	68.8	78.3	72.6	No linear change	Increased, 2000-2008 Decreased, 2008-2020	No change	
Mental health or social services staff (e.g., psychologists, counselors, social workers)	50.3	53.5		56.7	67.7	67.5	63.7	68.7	57.2	69.8	76.5	Increased, 2000-2020	No quadratic change	No change	
Nutrition or food service staff	15.8	20.4		31.7	43.9	40.5	41.2	35.5	27.9	34.8	41.0	Increased, 2000-2020	Increased, 2000-2008 Decreased, 2008-2020	No change	
School health council, committee, or team						43.0	41.6	35.2	30.6	52.3	56.9	Increased, 2010-2020	Decreased, 2010-2016 Increased, 2016-2020	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:															
HIV, STD, or pregnancy prevention						28.9	30.0	21.8	26.5	22.9	28.1	30.1	No linear change	No quadratic change	No change
Tobacco-use prevention						32.9	32.0	28.1	29.4	25.4	34.0	37.7	No linear change	Decreased, 2008-2016 Increased, 2016-2020	No change
Alcohol- or other drug-use prevention										26.8	34.4	35.5	No linear change	Not available	No change
Physical activity						53.9	55.7	51.4	52.2	44.2	49.9	56.7	No linear change	No quadratic change	No change
Nutrition and healthy eating						47.5	48.4	45.1	50.4	39.9	45.3	55.7	No linear change	No quadratic change	No change

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:															
Asthma						20.2	25.1	22.1	26.2	23.9	31.5	34.9	Increased, 2008-2020	No quadratic change	No change
Food allergies									34.4	33.5	37.7	39.6	No linear change	Not available	No change
Diabetes									28.3	26.6	26.9	35.4	No linear change	Not available	No change
Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)									69.7	60.1	63.7	65.5	No linear change	Not available	No change
Percentage of schools in which teachers have given students health education homework assignments or activities to do at home with their parents during the current school year									59.9	57.1	56.5	58.8	No linear change	Not available	No change

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
<b>Professional Development</b>															
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:															
Alcohol- or other drug-use prevention		45.3	50.2		47.8	38.9	42.6	33.2	35.5	31.5	45.1	43.0	Decreased, 2000-2020	Decreased, 2000-2016 Increased, 2016-2020	No change
Asthma					24.0	23.9	27.7	20.5	30.2	30.3	42.8	47.2	Increased, 2006-2020	No change, 2006-2012 Increased, 2012-2020	No change
Chronic disease prevention										33.8	46.4	47.6	Increased, 2016-2020	Not available	No change
Emotional and mental health		28.0	25.9		31.9	34.4	29.7	30.2	36.5	38.4	62.2	77.7	Increased, 2000-2020	Increased, 2000-2014 Increased, 2014-2020	Increased
Epilepsy or seizure disorder									28.2	25.8	42.0	52.0	Increased, 2014-2020	Not available	No change
Food allergies									39.7	37.1	48.1	54.2	Increased, 2014-2020	Not available	No change

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:																
Foodborne illness prevention					16.5	24.5	20.7	18.9	23.0	22.2	31.9	40.3	Increased, 2006-2020	No change, 2006-2016 Increased, 2016-2020	No change	
HIV prevention		45.2	38.8		45.0	39.8	34.0	24.2	28.3	27.5	33.7	33.0	Decreased, 2000-2020	No quadratic change	No change	
Human sexuality		25.9	23.3		41.2	36.8	30.7	24.3	27.7	26.3	32.5	35.5	No linear change	No quadratic change	No change	
Infectious disease prevention (e.g., flu prevention)								38.8	36.4	36.7	52.3	62.4	Increased, 2012-2020	Not available	No change	
Injury prevention and safety		38.9	46.8		44.4	53.9	44.3	55.4	57.3	47.1	56.6	54.4	Increased, 2000-2020	No quadratic change	No change	
Nutrition and dietary behavior		29.4	23.9		36.1	45.1	38.6	40.7	44.1	35.2	37.6	41.3	Increased, 2000-2020	Increased, 2000-2008 No change, 2008-2020	No change	
Physical activity and fitness		61.9	67.3		64.4	76.6	75.9	76.1	70.4	64.6	67.6	64.1	No linear change	Increased, 2000-2010 Decreased, 2010-2020	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:																
Pregnancy prevention		21.5	20.1		28.8	26.6	26.0	16.8	21.3	17.6	22.5	23.4	No linear change	No quadratic change	No change	
STD prevention		31.3	27.5		36.6	32.3	29.9	20.7	24.4	21.6	27.2	28.7	Decreased, 2000-2020	No quadratic change	No change	
Suicide prevention			19.2		38.5	30.4	32.5	31.4	34.5	36.5	51.9	60.9	Increased, 2002-2020	Increased, 2002-2016 Increased, 2016-2020	No change	
Tobacco-use prevention		32.8	32.6		30.8	32.3	32.4	25.4	27.2	22.3	36.9	36.6	No linear change	Decreased, 2000-2016 Increased, 2016-2020	No change	
Violence prevention (e.g., bullying, fighting, dating violence prevention)		43.9	52.6		67.2	70.3	64.0	69.1	65.1	53.5	63.7	62.8	Increased, 2000-2020	Increased, 2000-2006 Decreased, 2006-2020	No change	

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

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



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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:															
Teaching students with physical, medical, or cognitive disabilities	33.3	44.5		51.8	48.2	49.1	51.2	43.4	55.8	66.1	69.3		Increased, 2000-2020	No quadratic change	No change
Teaching students of various cultural backgrounds	38.3	41.2		42.5	46.5	40.3	37.4	40.0	45.9	59.0	73.6		Increased, 2000-2020	No change, 2000-2014 Increased, 2014-2020	Increased
Teaching students with limited English proficiency	16.6	21.8		29.3	29.1	26.2	27.8	30.6	41.4	51.2	58.0		Increased, 2000-2020	Increased, 2000-2014 Increased, 2014-2020	No change
Using interactive teaching methods (e.g., role plays, cooperative group activities)	53.8	60.8		61.3	60.1	60.7	57.8	62.7	63.2	66.4	65.2		Increased, 2000-2020	No quadratic change	No change
Encouraging family or community involvement	33.7	34.9		38.2	41.3	38.1	36.3	40.5	39.2	44.4	51.9		Increased, 2000-2020	No quadratic change	No change
Teaching skills for behavior change	37.7	45.0		46.2	45.4	47.4	44.1	41.9	45.8	52.6	57.5		Increased, 2000-2020	No quadratic change	No change

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:															
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)					62.8	63.8	69.0	60.9	64.2	60.3	70.0	72.3	No linear change	No quadratic change	No change
Assessing or evaluating students in health education					31.6	41.6	47.4	40.1	45.5	45.0	50.3	52.3	Increased, 2006-2020	No quadratic change	No change
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:															
Aligning lessons and materials with the district scope and sequence for sexual health education										34.5	40.0	41.3	No linear change	Not available	No change
Creating a comfortable and safe learning environment for students receiving sexual health education										27.3	39.6	36.1	No linear change	Not available	No change

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:																
Connecting students to on-site or community-based sexual health services										18.5	25.8	27.0	Increased, 2016-2020	Not available	No change	
Using a variety of effective instructional strategies to deliver sexual health education										25.2	35.9	29.6	No linear change	Not available	No change	
Building student skills in HIV, other STD, and pregnancy prevention										24.6	29.7	25.7	No linear change	Not available	No change	
Assessing student knowledge and skills in sexual health education										23.7	29.6	28.7	No linear change	Not available	No change	
Understanding current district or school board policies or curriculum guidance regarding sexual health education										29.9	42.8	39.9	Increased, 2016-2020	Not available	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																
Alcohol- or other drug-use prevention		63.1	63.0		63.1	73.6	73.9	71.7	65.9	60.3	65.7	55.6	No linear change	Increased, 2000-2010 Decreased, 2010-2020	No change	
Asthma					62.3	67.8	62.8	61.5	57.0	43.7	50.0	44.0	Decreased, 2006-2020	No quadratic change	No change	
Chronic disease prevention (e.g., diabetes, obesity prevention)										57.2	61.6	53.2	No linear change	Not available	No change	
Emotional and mental health		62.3	62.7		61.0	64.8	70.5	68.3	71.2	62.9	78.5	77.0	Increased, 2000-2020	No quadratic change	No change	
Epilepsy or seizure disorder										51.4	47.0	51.8	49.8	No linear change	Not available	No change
Food allergies										53.0	48.6	53.5	46.7	No linear change	Not available	No change
Foodborne illness prevention					45.7	51.7	51.5	49.1	41.9	38.9	44.8	41.4	Decreased, 2006-2020	No quadratic change	No change	

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

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

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	Prevalence											Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				2020	
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																
HIV prevention		58.3	52.0		47.2	62.4	56.3	60.4	53.0	46.7	48.6	41.1	Decreased, 2000-2020	No change, 2000-2012 Decreased, 2012-2020	No change	
Human sexuality		51.4	49.3		45.2	55.1	56.6	59.1	53.8	56.6	59.3	55.6	Increased, 2000-2020	No quadratic change	No change	
Infectious disease prevention (e.g., flu prevention)								58.5	52.3	44.8	48.9	55.6	No linear change	Not available	No change	
Injury prevention and safety		49.8	48.7		55.1	64.9	69.4	62.6	57.6	52.4	56.7	45.1	No linear change	Increased, 2000-2010 Decreased, 2010-2020	Decreased	
Nutrition and dietary behavior		65.9	61.4		72.7	79.7	80.0	76.4	73.8	64.3	68.7	59.5	No linear change	Increased, 2000-2010 Decreased, 2010-2020	No change	
Physical activity and fitness		66.4	72.8		67.7	72.6	76.5	75.0	76.5	67.4	68.3	55.9	No linear change	Increased, 2000-2014 Decreased, 2014-2020	Decreased	

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																
Pregnancy prevention		49.1	50.7		46.2	54.9	54.2	56.8	51.0	48.4	48.0	45.4	No linear change	Increased, 2000-2012 Decreased, 2012-2020	No change	
STD prevention		53.4	54.0		46.2	61.0	56.9	57.7	52.4	50.4	50.6	45.8	No linear change	No change, 2000-2010 Decreased, 2010-2020	No change	
Suicide prevention		67.8	67.2		63.8	73.8	68.9	69.8	71.9	62.0	73.5	63.0	No linear change	No quadratic change	Decreased	
Tobacco-use prevention		58.4	56.1		56.2	65.3	65.6	60.7	59.0	50.1	53.5	48.8	Decreased, 2000-2020	Increased, 2000-2010 Decreased, 2010-2020	No change	
Violence prevention (e.g., bullying, fighting, dating violence prevention)			78.2		73.9	73.8	75.0	72.9	74.0	66.3	73.0	62.8	Decreased, 2002-2020	No quadratic change	Decreased	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																
Teaching students with physical, medical, or cognitive disabilities		65.8	66.6		62.3	68.7	72.5	69.0	66.8	67.6	71.9	61.7	No linear change	No quadratic change	Decreased	
Teaching students of various cultural backgrounds		49.8	51.1		53.8	60.1	58.5	59.4	59.1	59.9	63.2	60.2	Increased, 2000-2020	No quadratic change	No change	
Teaching students with limited English proficiency		49.2	53.3		54.1	56.7	58.3	56.7	54.5	52.4	64.7	58.3	Increased, 2000-2020	No quadratic change	No change	
Using interactive teaching methods (e.g., role plays, cooperative group activities)		53.6	59.3		52.3	58.0	61.3	65.1	60.2	58.5	61.9	52.7	No linear change	No quadratic change	No change	

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

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																
Encouraging family or community involvement		62.4	64.3		53.8	67.5	68.0	67.5	61.8	65.0	70.5	60.1	No linear change	No quadratic change	Decreased	
Teaching skills for behavior change		75.2	80.1		69.3	76.3	75.8	72.8	71.0	62.1	73.1	64.5	Decreased, 2000-2020	No quadratic change	No change	
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)					62.3	67.4	62.6	64.8	61.6	59.8	64.3	53.0	No linear change	No quadratic change	Decreased	
Assessing or evaluating students in health education					66.4	67.4	70.5	70.3	65.5	60.2	62.5	53.4	Decreased, 2006-2020	No change, 2006-2012 Decreased, 2012-2020	No change	

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

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	Prevalence												Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics related to teaching sexual health education:																
Aligning lessons and materials with the district scope and sequence for sexual health education										51.5	49.7	49.3	No linear change	Not available	No change	
Creating a comfortable and safe learning environment for students receiving sexual health education										53.6	51.7	51.6	No linear change	Not available	No change	
Connecting students to on-site or community-based sexual health services										48.9	53.4	50.0	No linear change	Not available	No change	
Using a variety of effective instructional strategies to deliver sexual health education										60.1	55.8	54.9	No linear change	Not available	No change	
Building student skills in HIV, other STD, and pregnancy prevention										54.8	53.9	47.1	No linear change	Not available	No change	
Assessing student knowledge and skills in sexual health education										53.9	52.6	47.1	No linear change	Not available	No change	
Understanding current district or school board policies or curriculum guidance regarding sexual health education										51.2	52.1	53.9	No linear change	Not available	No change	

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

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

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	Prevalence											Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018			
<b>Professional Preparation</b>														
Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:														
Health education or health and physical education combined (a or b)	83.5	85.8		84.2	85.7	88.3	82.1	87.1	76.1	70.6	62.2	Decreased, 2000-2020	No change, 2000-2014 Decreased, 2014-2020	No change
Physical education, kinesiology, exercise science or exercise physiology (c or e)				10.9	10.3	7.7	12.9	7.3	18.1	10.4	9.9	No linear change	No quadratic change	No change
Home economics or family and consumer science, biology or other science, or nutrition (f, g, or k)				0.4	0.3	0.3	0.0	2.0	1.3	0.8	0.0	No linear change	†	No change
Nursing or counseling (h or i)	1.4	1.0		0.7	2.3	1.9	2.2	2.0	1.6	14.1	23.6	Increased, 2000-2020	No change, 2000-2014 Increased, 2014-2020	Increased
Public health or other (j or l)	0.0	2.4		0.7	0.7	0.3	0.7	0.8	1.2	1.1	3.2	No linear change	†	No change
Percentage of schools in which the lead health education teacher was certified, licensed, or endorsed by the state to teach health education in middle school or high school				93.3	94.3	96.5	95.9	94.7	95.6	85.0	78.7	Decreased, 2006-2020	No change, 2006-2016 Decreased, 2016-2020	No change

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

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

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

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	Prevalence											Linear Change <sup>1</sup>	Quadratic Change <sup>1</sup>	2018-2020 Change <sup>2</sup>			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018				2020		
Percentage of schools in which the lead health education teacher had the following number of years of experience in teaching health education courses or topics:																	
1 year		2.1	2.5		2.9	1.2	2.0	2.5	2.3	4.2	6.4	8.2	Increased, 2000-2020	No change, 2000-2012 Increased, 2012-2020	No change		
2 to 5 years		14.8	16.3		12.4	15.0	10.4	9.3	6.2	9.3	12.0	12.1	Decreased, 2000-2020	No quadratic change	No change		
6 to 9 years		16.5	8.7		13.9	15.7	15.4	18.0	12.4	11.1	7.7	11.2	No linear change	No quadratic change	No change		
10 to 14 years		13.5	15.2		11.4	13.2	16.2	22.2	23.1	21.4	19.1	14.0	Increased, 2000-2020	No quadratic change	No change		
15 years or more		53.2	57.3		59.4	54.9	56.0	48.1	56.0	54.1	54.8	54.5	No linear change	No quadratic change	No change		

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

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