



# North Dakota

## Chronic Disease Prevention Fact Sheet, Profiles 2006

The **School Health Profiles (Profiles)** is a system of surveys assessing school health policies and programs in states and large urban school districts. Profiles surveys are conducted biennially among representative samples of middle and high school principals and lead health education teachers.

Physical Education (PE) and Physical Activity	Among States *		North Dakota	
	Median	Range	%	CI †
Percentage of schools that required students to take 2 or more PE courses	76.6	(14.4 – 94.6)	<b>90.3 (87.0 – 92.9)</b>	
Among schools that required a PE course, percentage in which students could not be exempted from taking a required PE course for enrollment in other courses, high physical fitness competency test score, and participation in school or community sports, other school activities, vocational training, and community service activities	71.3	(17.0 – 95.2)	<b>87.3 (83.9 – 90.1)</b>	
Among schools that required a PE course, percentage that required students who failed the course to repeat it	55.6	(37.9 – 80.6)	<b>77.2 (73.9 – 80.2)</b>	
Percentage of schools that taught 13 physical activity topics in a required health education course	40.3	(20.1 – 62.0)	<b>40.8 (36.7 – 45.1)</b>	
Percentage of schools that taught in a required health education course about developing an individualized physical activity plan	60.4	(29.1 – 79.6)	<b>58.3 (54.2 – 62.2)</b>	
Percentage of schools in which the lead health education teacher received staff development during the past two years on physical activity and fitness	48.3	(27.5 – 64.6)	<b>44.9 (40.4 – 49.6)</b>	
Percentage of schools that offered opportunities for students to participate in intramural activities or physical activity clubs	65.4	(35.4 – 90.1)	<b>42.9 (39.0 – 46.8)</b>	
Among schools that offered intramural activities or physical activity clubs, percentage that provided students with transportation home after intramural activities or physical activity clubs	30.8	(10.3 – 76.5)	<b>31.6 (25.2 – 38.8)</b>	
Percentage of schools in which children or adolescents used school facilities for community-sponsored sports teams, classes, or lessons outside of school hours or when school was not in session	89.4	(64.0 – 97.6)	<b>86.5 (82.8 – 89.5)</b>	
<b>Tobacco-Use Prevention</b>				
Percentage of schools that prohibited all tobacco use in all locations ¶	53.8	(22.8 – 76.3)	<b>39.7 (35.1 – 44.5)</b>	
Percentage of schools that provided referrals to tobacco cessation programs for students	47.9	(17.8 – 81.2)	<b>44.2 (39.7 – 48.7)</b>	
Percentage of schools that prohibited all tobacco advertising **	84.4	(68.8 – 91.6)	<b>87.3 (84.3 – 89.9)</b>	
Percentage of schools that posted signs marking a tobacco-free school zone	67.5	(38.0 – 93.2)	<b>71.1 (66.9 – 74.8)</b>	
Percentage of schools that taught 16 tobacco-use prevention topics in a required health education course	49.3	(23.1 – 74.5)	<b>51.9 (47.2 – 56.6)</b>	
Percentage of schools in which the lead health education teacher received staff development during the past two years on tobacco-use prevention	34.6	(16.7 – 49.7)	<b>42.4 (38.2 – 46.8)</b>	

\* Among the 36 participating states with weighted principal survey results and the 34 states with weighted teacher survey results.

† 95% confidence interval.

¶ Prohibited all tobacco use (including cigarettes, smokeless tobacco, cigars, and pipes) by students, faculty and staff, and visitors in school buildings, on school property, in school buses or other vehicles used to transport students, and at off-campus school-sponsored events.

\*\* Prohibited tobacco advertising in school buildings, on school grounds, on school buses or other vehicles, in school publications, and through sponsorship of school events, and prohibited students from wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters.



# North Dakota

## Chronic Disease Prevention Fact Sheet, Profiles 2006

The **School Health Profiles (Profiles)** is a system of surveys assessing school health policies and programs in states and large urban school districts. Profiles surveys are conducted biennially among representative samples of middle and high school principals and lead health education teachers.

Nutrition and Food Service	Among States *		North Dakota
	Median	Range	% CI †
Among schools that served lunch to students, percentage that allowed students 20 or more minutes to eat lunch once they were seated	82.8	(64.7 – 95.9)	<b>78.4 (74.1 – 82.2)</b>
Percentage of schools in which students could purchase the following food or beverages from vending machines or at the school store, canteen, or snack bar:			
Fruits or vegetables	27.1	(6.6 – 46.8)	<b>14.5 (11.7 – 17.8)</b>
100% fruit juice or vegetable juice	65.0	(41.0 – 78.6)	<b>64.0 (59.8 – 68.0)</b>
Bottled water	79.5	(55.6 – 90.8)	<b>75.9 (71.9 – 79.5)</b>
1% or skim milk	40.3	(10.7 – 66.2)	<b>21.7 (18.4 – 25.5)</b>
Chocolate candy	40.3	(8.4 – 82.9)	<b>45.7 (41.5 – 49.9)</b>
Salty snacks that are not low in fat	47.4	(11.0 – 75.9)	<b>38.2 (34.4 – 42.2)</b>
Soda pop or fruit drinks that are not 100% juice	62.5	(25.3 – 86.0)	<b>69.1 (64.9 – 72.9)</b>
Percentage of schools that did not allow students to purchase candy; snacks that are not low in fat; soda pop, sports drinks, or fruit drinks that are not 100% juice; or 2% or whole milk during school lunch periods	65.2	(18.7 – 96.1)	<b>71.2 (66.9 – 75.2)</b>
Percentage of schools that taught 14 nutrition and dietary behavior topics in a required health education course	57.4	(23.8 – 78.0)	<b>65.7 (61.4 – 69.7)</b>
Percentage of schools in which the lead health education teacher received staff development during the past two years on nutrition and dietary behavior	35.4	(21.3 – 72.8)	<b>40.8 (36.4 – 45.4)</b>

Where can I get more information?

Visit [www.cdc.gov/healthyyouth/profiles](http://www.cdc.gov/healthyyouth/profiles) or call 800-CDC-INFO (800-232-4636).



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION





# North Dakota

## Selected Topics Fact Sheet, Profiles 2006

The **School Health Profiles (Profiles)** is a system of surveys assessing school health policies and programs in states and large urban school districts. Profiles surveys are conducted biennially among representative samples of middle and high school principals and lead health education teachers.

Health Education	Among States *		North Dakota	
	Median	Range	%	CI †
Percentage of schools that required students to take 2 or more health education courses	43.0	(8.1 – 79.3)	<b>63.6</b>	<b>(59.5 – 67.4)</b>
Among schools that required a health education course, percentage that required students who failed the course to repeat it	55.4	(35.0 – 95.4)	<b>58.9</b>	<b>(54.2 – 63.4)</b>
Percentage of schools in which the lead health education teacher had professional preparation in health education or in health and physical education combined	45.5	(9.5 – 88.9)	<b>40.2</b>	<b>(36.2 – 44.5)</b>
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	79.6	(26.7 – 97.7)	<b>93.1</b>	<b>(91.1 – 94.6)</b>
Percentage of schools that tried to improve student skills in resisting peer pressure to engage in unhealthy behavior related to personal health and wellness in a required health education course	86.0	(42.0 – 98.8)	<b>86.2</b>	<b>(83.4 – 88.6)</b>
<b>HIV, STD, and Pregnancy Prevention</b>				
Percentage of schools that tried to increase student knowledge on HIV prevention in a required health education course	84.2	(35.6 – 99.3)	<b>84.4</b>	<b>(81.4 – 87.0)</b>
Percentage of schools that tried to increase student knowledge on STD prevention in a required health education course	79.9	(30.8 – 98.9)	<b>78.4</b>	<b>(74.9 – 81.6)</b>
Percentage of schools that tried to increase student knowledge on pregnancy prevention in a required health education course	80.0	(29.6 – 99.3)	<b>78.6</b>	<b>(75.0 – 81.9)</b>
Percentage of schools that taught abstinence as the most effective method to avoid pregnancy, HIV, and STDs in a required health education course	78.0	(28.5 – 99.3)	<b>76.9</b>	<b>(73.2 – 80.2)</b>
Percentage of schools that taught how to correctly use a condom in a required health education course	24.3	(1.0 – 59.1)	<b>15.8</b>	<b>(13.1 – 19.0)</b>
Percentage of schools in which the lead health education teacher received staff development during the past two years on HIV prevention	43.7	(21.3 – 63.9)	<b>32.5</b>	<b>(28.7 – 36.5)</b>
Percentage of schools with a policy on students or staff who have HIV infection or AIDS	51.6	(27.0 – 89.5)	<b>39.7</b>	<b>(35.1 – 44.4)</b>
<b>School Health Councils</b>				
Percentage of schools that had one or more than one group (e.g., a school health council, committee, or team) that offers guidance on the development of policies or coordinates activities on health topics	54.9	(34.7 – 73.9)	<b>54.1</b>	<b>(49.5 – 58.7)</b>

\* Among the 36 participating states with weighted principal survey results and the 34 states with weighted teacher survey results.

† 95% confidence interval.



# North Dakota

## Selected Topics Fact Sheet, Profiles 2006

The **School Health Profiles (Profiles)** is a system of surveys assessing school health policies and programs in states and large urban school districts. Profiles surveys are conducted biennially among representative samples of middle and high school principals and lead health education teachers.

Asthma	Among States *		North Dakota	
	Median	Range	%	CI †
Percentage of schools in which a student would ever be permitted to carry and self-administer a prescription quick-relief inhaler	76.0	(51.4 – 95.1)	<b>86.6</b>	<b>(83.0 – 89.6)</b>
Percentage of schools that provided all students with asthma with an Asthma Action Plan (or Individualized Health Plan)	65.4	(22.8 – 86.8)	<b>42.0</b>	<b>(37.9 – 46.1)</b>
Percentage of schools that tried to increase student knowledge on asthma awareness in a required health education course	48.3	(25.3 – 71.6)	<b>54.4</b>	<b>(50.1 – 58.8)</b>
Percentage of schools in which the lead health education teacher received staff development during the past two years on asthma awareness	19.2	(11.0 – 57.4)	<b>17.6</b>	<b>(14.6 – 21.2)</b>
<b>Unintentional Injuries and Violence</b>				
Percentage of schools that had a comprehensive plan to address crisis preparedness, response, and recovery in the event of a natural disaster or other emergency or crisis situation	97.6	(87.1 – 100.0)	<b>87.1</b>	<b>(83.5 – 90.0)</b>
Percentage of schools that maintained a closed campus (i.e., students were not allowed to leave school during the day, including during lunch time)	87.4	(40.8 – 98.4)	<b>52.9</b>	<b>(48.4 – 57.3)</b>
Percentage of schools that used staff or adult volunteers to monitor school halls during and between classes	91.1	(73.9 – 96.5)	<b>90.9</b>	<b>(87.9 – 93.2)</b>
Percentage of schools that required students to wear school uniforms	4.0	(0.0 – 32.2)	<b>1.3</b>	<b>(0.6 – 3.1)</b>
Percentage of schools that required students to wear identification badges	6.3	(0.7 – 42.8)	<b>1.9</b>	<b>(0.9 – 3.7)</b>
Percentage of schools that had or participated in a program to prevent bullying	65.1	(30.8 – 83.6)	<b>61.7</b>	<b>(56.8 – 66.3)</b>
Percentage of schools that tried to increase student knowledge on injury prevention and safety in a required health education course	77.6	(35.0 – 93.9)	<b>79.1</b>	<b>(75.3 – 82.4)</b>
Percentage of schools that tried to increase student knowledge on violence prevention in a required health education course	78.7	(39.7 – 95.3)	<b>84.1</b>	<b>(81.1 – 86.8)</b>

Where can I get more information?

Visit [www.cdc.gov/healthyyouth/profiles](http://www.cdc.gov/healthyyouth/profiles) or call 800-CDC-INFO (800-232-4636).



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

