

**Maine**  
**2008 School Health Profiles Report**  
**Summary of Principal and Lead Health Education Teacher Survey Results**

	<b>Percent</b>
<b>HEALTH EDUCATION</b>	
Percent of schools that require students to take 2 or more health education courses	60
Among schools that require a health education course, percent that require students who fail the course to repeat it	53
Percent of schools in which the lead health education teacher had professional preparation in health education or in health and physical education combined	51
Percent of schools in which the lead health education teacher is certified, licensed, or endorsed by the state to teach health education in middle school or high school	74
<b>PHYSICAL EDUCATION AND PHYSICAL ACTIVITY</b>	
Among schools that require physical education, percent of schools in which students cannot be exempted from taking required physical education for one grading period or longer*	77
Percent of schools that taught 12 physical activity topics in a required course	46
Percent of schools that taught about developing an individualized physical activity plan in a required course	71
Percent of schools in which the lead health education teacher received staff development during the past 2 years on physical activity and fitness	52
Percent of schools in which any physical education teachers or specialists at the school received professional development on physical education during the past 2 years	93
Percent of schools in which all staff who teach physical education are certified, licensed, or endorsed by the state in physical education	95
Percent of schools that offer opportunities for all students to participate in intramural activities or physical activity clubs	79

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	<b>Percent</b>
<b>NUTRITION</b>	
Percent of schools that almost always or always offer fruits or non-fried vegetables when foods or beverages are offered at school celebrations	41
Percent of schools in which students can purchase fruits or vegetables from vending machines or at a school store, canteen, or snack bar	32
Percent of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in all locations**	69
Percent of schools that taught 14 nutrition and dietary behavior topics in a required course	57
Percent of schools in which the lead health education teacher received professional development during the past 2 years on nutrition and dietary behavior	46
<b>HEALTH SERVICES</b>	
Percent of schools with a full-time registered nurse who provides health services to students at school	47
Percent of schools that have an asthma action plan on file for all students with known asthma	44
Percent of schools with a designated and secure storage location for medications that is accessible at all times by the school nurse or her designee	98
Percent of schools with a policy permitting students to carry and self-administer asthma medications	82
<b>HIV, STD, AND PREGNANCY PREVENTION</b>	
Percent of schools that taught the benefits of being sexually abstinent in a required course	83
Percent of schools that taught 11 topics related to HIV, STD, or pregnancy prevention in a required course	53
Percent of schools in which the lead health education teacher received professional development during the past 2 years on HIV prevention	47
Percent of schools with a gay/straight alliance or similar club	46

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	<b>Percent</b>
<b>TOBACCO-USE PREVENTION</b>	
Percent of schools that prohibit all tobacco use at all times in all locations***	59
Percent of schools that post signs marking a tobacco-free school zone	80
Percent of schools that provide tobacco cessation services for students, faculty, and staff	15
Percent of schools that taught 15 tobacco-use prevention topics in a required course	44
Percent of schools in which the lead health education teacher received professional development during the past 2 years on tobacco-use prevention	27
<b>SCHOOL HEALTH COORDINATION</b>	
Percent of schools that have a school health council, committee, or team that offers guidance on development of policies or coordinates activities on health topics	67
Percent of schools with an individual who oversees or coordinates school health and safety programs and activities	81

\*Students cannot be exempted for enrollment in other courses (e.g., math or science); participation in school sports, other school activities (e.g., ROTC, band, or chorus), community sports activities, vocational training, or community service activities; or a high physical fitness competency test score.

\*\*Prohibits advertisements in school buildings; on school grounds including on the outside of the school building, on playing fields, or other areas of the campus; on school buses or other vehicles used to transport students; and in school publications.

\*\*\*Prohibits all tobacco use (including cigarettes, smokeless tobacco, cigars, and pipes) by students, faculty and staff, and visitors; during school hours and during non-school hours; in school buildings; outside on school grounds, including parking lots and playing fields; on school buses or other vehicles used to transport students; and at off-campus, school-sponsored events.