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The Relationship Between Staff Development and Health Instruction in Schools in the United States

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This analysis examined differences in health instruction among teachers of required health education classes or courses who had received or wanted staff development on health topics, teachers who had a degree in health education, and teachers who were Certified Health Education Specialists. Classroom-level data were collected from teachers of a nationally representative sample of randomly selected classes in public and private elementary schools and randomly selected required health education courses in public and private middle/junior and senior high schools. Health topics analyzed included tobacco, alcohol, and other drug use prevention; accident or injury prevention; violence prevention; HIV, sexually transmitted disease; and pregnancy prevention; nutrition and dietary behaviors; and physical activity and fitness. Participation in and desire for staff development on health topics were low. Staff development on health topics during the 2 years preceding the study was associated with teaching more health topics; for most topics at the upper grade levels, this association was independent of whether health education topics were within health infused classes or separate health education courses. At the upper grade levels, courses taught by teachers with degrees in health education were associated with teaching all health topics examined; however, for most topics, this finding was not significant when health infused versus separate health education courses were controlled.

Spiritual Wellness, Holistic Health, and the Practice of Health Education

Steven Hawks

The current practice of health education often fails to harmonize with the multidimensional, dynamic, and functional nature of health as generally defined within our profession. As a stepchild of the medical and public health professions, we have inherited a preoccupation with physical health as the most worthy outcome measure for most of our programs. Yet other dimensions of health seem equally important and even essential to the overall well-being of our program participants. There exists an opportunity for health educators to move toward models of health promotion that more fully appreciate the interconnectedness of various dimensions of health and that promote them evenhandedly. This article argues that spiritual health is an underlying dimension that contributes to social and emotional health, which in turn provide motivation for health behavior changes that determine physical and intellectual health. To the degree attained, physical and intellectual health become tools for realizing the purpose and meaning in life that the spiritual worldview portrays. Practical application of this model requires a partial break from the biological orientations of other health professions, new research agendas that clarify multidimensional health relationships, and new educational approaches that are capable of promoting positive outcomes in a variety of health dimensions.

Mail Survey Return Rates Published in Health Education Journals: An Issue of External Validity

James H. Price, Judy Murnan, Joseph A. Dake, Jaime Dimmig, and Mary Hayes
This study assessed mail survey return rates published in seven general health education journals for the 13-year period, 1990-2002: *American Journal of Health Behavior*, *American Journal of Health Education*, *American Journal of Health Promotion*, *Health Education & Behavior*, *Health Education Research*, *Journal of American College Health*, and the *Journal of School Health*. A significant difference in mail survey return rates across the seven journals was found. Also, published mail survey return rates significantly increased from 1990-1995 (M=61.8%) to 1997-2002 (m=65.5%). All of the journals had published a noteworthy percentage (10-26%) of their mailed survey research studies with return rates of less than 50%. Finally, there was not a significant association between sample size and return rates of published mail survey studies. Researchers reporting mail survey research results in health education journals should expect to have return rates of 60% or greater. Yet, such return rates may still be considered a significant threat to the external validity of the findings.

Instrument Development for Measuring Teachers' Attitudes and Comfort in Teaching Human Sexuality

Miguel A. Perez, Raffy Luquis, and Laura Allison

School based sexuality education remains a hotly debated topic in the United States. Two key areas of this debate focus on teacher preparation to instruct sexuality education and teachers' attitudes and comfort with the subject matter. This article describes the development and psychometric testing of the Teachers' Attitude and Comfort Scale. This simple-to-use instrument has acceptable construct validity and internal consistency on five domains including teacher's concern, comfort, and attitude toward sexuality.

A Content Analysis of the CNHEO Journals for Policy and Advocacy Articles: 1991-2000

Regina A. Galer-Unti, Susan M. Miller, and Marlene K. Tappe

Advocacy and public policy were determined to be one of the six key focal points for the profession at the Health Education in the 21st Century meeting held in 1995. A content analysis of journals of the member organizations of the Coalition of National Health Education Organizations was conducted to discover whether there was a difference in the number of advocacy and policy initiative-related articles published between the 5-year periods immediately preceding and following this meeting. The titles and abstracts for all research articles and commentaries appearing in the *American Journal of Health Education*, the *American Journal of Public Health*, *Journal of School Health*, *Health Educator*, *Health Education & Behavior*, *Health Promotion Practice*, and the *Journal of American College Health* were examined using a 10-item descriptor code designed to measure advocacy and policy terminology. Intercoder reliability was 94%. Inference proportions analysis revealed statistically significant differences in the number of articles containing advocacy and policy related keywords ($p < .05$) between the two time periods for only the *American Journal of Health Education* and the *Journal of School Health*. A variety of suggestions for increasing the number of advocacy and policy publications is recommended.

National Study of Emotional and Perceptual Changes Since September 11

Dong-Chul Seo and Mohammad R. Torabi

This study examined emotional and perceptual changes American people had experienced 10 to 12 months after the September 11 (9-11) terrorist attacks. A nationally representative sample of 807 U.S. adults ages 18 or older was interviewed using random-digit dialing that included unpublished numbers and new listings. The results indicated that 5 to 8% of the respondents had probable posttraumatic stress disorder symptoms such as angry outbursts, trouble falling asleep, difficulty concentrating, and experiencing nightmares even 10 to 12 months after the attacks. Twenty-two percent reported more frequent life-threatening perceptions and 50% more concerns about personal safety than before the 9-11 attacks. Chi-square and logistic regression analysis indicated that gender, age, race/ethnicity, geographic region, and employment status were significant predictors for experiencing differential emotional and perceptual changes.