



## 2005 - 2006 Connecticut State Department of Education School Nutrition and Physical Activity Practices Survey

Please respond to all statements as they apply to **your school right now**. Check **one** box for each statement.

### Nutrition Education

My school...	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
1. provides nutrition education offered as part of a planned, ongoing, sequential, standards-based, comprehensive school health education program .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. provides skills based nutrition education .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. includes nutrition education in other content areas (e.g., math, social studies) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. coordinates nutrition education with school meals.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. provides professional development for nutrition education staff.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. involves students, parents and the community in nutrition education activities .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. has staff members who model healthy eating and physical activity behaviors.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### School Food Practices

My school...	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
1. prohibits or restricts unhealthy food choices ( <i>contain calories from fats and/or added sugars but few vitamins/minerals, e.g., candy, cookies, soda, fried chips, etc.</i> ) and promotes foods that are low in fat, sodium and added sugars during:						
a. a la carte sales during breakfast or lunch periods in the cafeteria.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. student parties in the classroom .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. after-school or extended day programs .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. meetings attended by students' family members .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. school stores, canteens or snack bars .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. vending machines .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. concession stands (e.g., sporting or other school events) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. provides students with at least 20 minutes to <b>eat lunch once they are seated</b> .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. provides students with at least 10 minutes to <b>eat breakfast once they are seated</b> .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. only allows fundraisers using non-food items (e.g., gift-wrap, sporting events) or healthy foods (e.g., fruit, air-popped popcorn) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. provides only healthy foods and/or nonfood activities for class parties and celebrations ..	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. prohibits staff from using food/food coupons as a reward for students' good behavior or academic performance (e.g., candy, ice cream coupons, class pizza parties) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. prohibits staff from using mealtime as a punishment for students' bad behavior (e.g., canceling access to snack lines, eating in silence) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Physical Education and Physical Activity

My school...	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
1. provides students with standards-based sequential physical education .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. provides physical activity in classroom as part of learning process/energizing breaks. ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. provides daily physical education: minimum of 150 minutes per week (elementary).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. provides daily physical education: minimum of 225 minutes per week (middle/high) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. provides daily supervised recess of at least 20 minutes for elementary school students...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. encourages use of school facilities for physical activity programs outside school hours....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. has curriculum that provides a broad range of competitive and noncompetitive physical activities that help develop skills needed to participate in lifetime physical activities.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. prohibits school staff from taking away recess as a punishment for students' behavior ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Communication and Promotion**

My school...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
1. considers student needs in planning for a healthy school environment – asks students for input and feedback, and listens to what they have to say.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. provides students with positive, motivating messages about healthy eating and physical activity throughout the school .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. ensures that school-based marketing is consistent with and health promotion (e.g., promoting healthy food choices; not allowing advertising of less nutritious choices) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. partners with community organizations promote healthy eating and physical activity.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. provides materials / information to families to promote healthy eating and physical activity .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. works with local media to spread the word to the community the importance of a healthy school environment .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Coordinated School Health**

My school district...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
1. implements a Coordinated School Health* approach .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
* Includes coordination between school environment; health education; physical education; nutrition services; health services; mental health services; staff wellness; and family and community involvement in schools.						
2. provides administrative support to promote Coordinated School Health .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. has an active school health council to address general health and wellness issues .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. had written policies supporting the health and wellness of students in 2005-2006 .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. promotes healthy eating and physical activity for staff .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Barriers to Promoting a Healthy School Environment**

Check any of the following that are barriers to promoting healthy eating and physical activity practices in your school (**Check all that apply**):

- Lack of administrative support (e.g., school board, superintendent)
- Lack of support from teachers
- Lack of support from school food service staff
- Lack of support from parents/families
- Lack of belief among administrators or teachers in the connection between student health and achievement
- Lack of school health team or council
- Lack of coordination of services related to health and wellness
- Insufficient nutrition education
- Insufficient physical education
- Insufficient funding
- Insufficient time to plan and coordinate
- Insufficient time outside of academic requirements to promote health goals
- Lack of training on how to promote healthy eating and physical activity
- Lack of materials on how to promote healthy eating and physical activity
- Other (**Please Specify**): \_\_\_\_\_

◀ Thank you for completing this survey ▶

Please return by **May 24, 2006** to: Marlene Schwartz, Ph.D., Rudd Center for Food Policy and Obesity, Yale University, 309 Edwards Street, Box 208369, New Haven, CT 06520-8369 • Phone: (203) 432-0662 • Fax: (203) 432-9674 • E-mail: marlene.schwartz@yale.edu

**Questions?** Contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, at susan.fiore@ct.gov or (860) 807-2075.

Statistical Code: \_\_\_\_\_