

2012-2013 Maryland Active Living/Healthy Eating in Schools Wellness

Please respond to all statements as they applied to your school during the 2012-2013 school year.

***1. School Name:**

***2. School System:**

***3. Your role in your school during the 2012-2013 school year (please select one):**

- Administrator
- Teacher (involved in wellness activities)
- Teacher (not involved in wellness activities)
- Food Service
- School Counselor
- Nurse
- Other

My School System

Questions 4-5 refer to your perception/understanding of school system activities during the 2012-2013 school year. For this survey, we use the term "School Health Council" to address any team that coordinates activities related to wellness policies.

Check one box for each statement.

Explanation of the Likert Scale:

"fully in place" = policy/practice was fully implemented throughout the entire 2012-2013 school year

"partially in place" = policy/practice started or was partially implemented during 2012-2013 school year

"under development" = a plan is in place to implement this policy/practice in the future

"not in place" = there is no plan to implement this policy/practice

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*4. My School System...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
has a SCHOOL HEALTH COUNCIL to address general health and wellness issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has a SCHOOL HEALTH COUNCIL that focuses on healthy eating and physical activity in schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COORDINATES SERVICES related to healthy eating and physical activity in schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides TECHNICAL ASSISTANCE to schools for evaluating local wellness policy implementation in schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides PUBLIC UPDATES on the content and implementation of local wellness policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has a mechanism in place to encourage TEACHERS AND SCHOOL HEALTH PROFESSIONALS TO PARTICIPATE in developing and updating local wellness policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
promotes healthy eating and physical activity for STAFF MEMBERS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
encourages STAFF MEMBERS to model healthy eating and physical activity behaviors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

***5. Please provide the name and/or title of the designated official from the school system who ensures school-level implementation of local wellness policies (If you do not know, please type in "DK" in each space below):**

Name

Title

My School

The remaining questions are about your school. "School Health Council" refers to any team that coordinates activities related to wellness policies. Your school may address these activities through the school improvement team, a health council, or a wellness team.

Check one box for each statement.

Explanation of the Likert Scale:

"fully in place" = policy/practice was fully implemented throughout the entire 2012-2013 school year

"partially in place" = policy/practice started or was partially implemented during 2012-2013 school year

"under development" = a plan is in place to implement this policy/practice in the future

"not in place" = there is no plan to implement this policy/practice

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*6. My School...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
MONITORS IMPLEMENTATION of the local wellness policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides ANNUAL PROGRESS REPORTS TO THE SCHOOL SYSTEM on school-level implementation of local wellness policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COMMUNICATES the status of school-level implementation of local wellness policies to SCHOOL STAFF	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COMMUNICATES the status of school-level implementation of local wellness policies to PARENTS/FAMILIES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides opportunities for PARENT INPUT on wellness policy implementation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides opportunities for STUDENT INPUT on wellness policy implementation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has secured FUNDS FROM THE SCHOOL SYSTEM to support nutrition and physical activity priorities for students and staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has secured OUTSIDE/PRIVATE FUNDS to support nutrition and physical activity priorities for students and staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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*7. My School...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
has integrated nutrition and physical activity goals into the overall SCHOOL IMPROVEMENT PLAN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EXCEEDS school system requirements regarding NUTRITION GUIDELINES for foods served outside of the national school breakfast and lunch programs (a la carte, vending, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EXCEEDS school system requirements regarding NUTRITION/HEALTH EDUCATION	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EXCEEDS school system requirements REGARDING PHYSICAL EDUCATION	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EXCEEDS school system requirements regarding PHYSICAL ACTIVITY (physical activity breaks during the day, active recess, etc).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
partners with COMMUNITY ORGANIZATIONS to support and promote healthy eating and physical activity among students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has activities INVOLVING FAMILIES to support and promote healthy eating and physical activity among students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has activities for STAFF MEMBERS that support and promote healthy eating and physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has provided training/education to encourage STAFF TO MODEL healthy eating and physical activity behaviors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My School

***8. How does the public know about wellness activities in your school? (Check all that apply)**

- Website
- Newsletters
- Bulletin board
- Word of mouth
- PTA/Community meetings
- Personal invitation
- We do not have a mechanism in place for notifying the public about our school's wellness activities
- Other

***9. My school had a school health council responsible for implementing local wellness policies in place during the 2012-2013 school year:**

- Yes
- No
- Don't know

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***10. Please provide the name and/or title of the leader of the school health council during the 2012-2013 school year (If you do not know, please type in "DK" in each space below):**

Name

Title

***11. Did your school health council set goals specific to healthy eating and physical activity?**

- Yes
- No
- Don't know

***12. How frequently did your school health council meet during the 2012-2013 school year?**

- At least one time per month or more (≥ 8 meetings)
- Approximately once every other month (4-7 meetings)
- Approximately once per semester (2-3 meetings)
- Once (1 meeting)
- Don't know
- Other (please specify)

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***13. Please indicate the composition of your school health council below (select all that apply):**

- Administrator(s)
- P.E. teacher(s)
- Health teachers
- Teacher(s) (other than P.E. or Health)
- School nurse / Health Tech
- Food service
- Parent(s)
- Student(s)
- Don't know
- Other (please specify)

***14. How are potential stakeholders made aware of your school health council (select all that apply)?**

- Website
- Newsletters
- Bulletin board
- Word of mouth
- PTA/Community meetings
- Personal invitation
- We do not have a mechanism in place for notifying potential stakeholders about our school health council
- Don't know
- Other (please specify)

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ENABLERS to Promoting Healthy Eating and Physical Activity Practices

Choose the TOP 3 from each list that acted as ENABLERS to promoting healthy eating and physical activity practices in your school during the 2012-2013 school year.

*15. Individuals/Entities (Choose the top 3)

	1st Most Enabling	2nd Most Enabling	3rd Most Enabling
Federal/State regulations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School system (e.g. school board, superintendent)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School health council (school system)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School food service staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other school staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parents/families	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School Improvement Team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School health council (within the school)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Key person designated to coordinate implementation and monitoring of wellness policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Local/National health promotion organization (i.e. Alliance for a Healthier Generation, YMCA, hospitals, etc.) Specify in the comment box below.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (Specify organization)

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*16. Other factors (Choose the top 3)

	1st Most Enabling	2nd Most Enabling	3rd Most Enabling
A la carte snack items sold in the cafeteria	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods sold by other school groups (e.g. vending machines, fundraisers, school stores)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods served at class parties or other school social events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time to plan and coordinate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staff to implement programs and activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training on implementing nutrition education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training on implementing physical education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition education resources (e.g. curriculum and materials)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical education resources (e.g. curriculum and materials)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall funding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall personnel time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding regarding the connection between student health and achievement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coordination of services related to health and wellness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition education (as part of the comprehensive health education curriculum)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical education curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. Please list any additional individuals, entities, or other factors that enable your school to promote healthy eating and physical activity (optional).

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BARRIERS to Promoting Healthy Eating and Physical Activity Practices

Choose the TOP 3 from each list that acted as BARRIERS to promoting healthy eating and physical activity practices in your school during the 2012-2013 school year.

*18. Individuals/Entities (Choose the top 3)

	1st Biggest Barrier	2nd Biggest Barrier	3rd Biggest Barrier
Federal/State regulations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School system (e.g. school board, superintendent)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School health council (school system)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School food service staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other school staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parents/families	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School Improvement Team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School health council (within the school)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Key person designated to coordinate implementation and monitoring of wellness policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Local/National health promotion organization (i.e. Alliance for a Healthier Generation, YMCA, hospitals, etc.) Specify in the comment box below.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (Specify organization)

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*19. Other Factors (Choose the top 3)

	1st Biggest Barrier	2nd Biggest Barrier	3rd Biggest Barrier
A la carte snack items sold in the cafeteria	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods sold by other school groups (e.g. vending machines, fundraisers, school stores)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods served at class parties or other school social events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time to plan and coordinate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staff to implement programs and activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training on implementing nutrition education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training on implementing physical education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition education resources (e.g. curriculum and materials)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical education resources (e.g. curriculum and materials)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall funding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall personnel time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding regarding the connection between student health and achievement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coordination of services related to health and wellness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition education (as part of the comprehensive health education curriculum)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical education curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20. Please list any additional individuals, entities, or other factors that act as barriers to your school's promotion of healthy eating and physical activity (optional).

End of Survey

Thank you for taking the time to complete this survey.

We will randomly select a small sample of respondents from each school system to discuss the strategies that your school has used to successfully implement wellness practices and policies and to discuss barriers and enablers of success.

This discussion will take place by phone and will take ~15 minutes of your time.

***21. If you are selected, may we contact you?**

- No
- Yes (please provide name, email address, or phone)

22. If you have any additional comments, please enter below: