



Assessment of Nutrition and Physical Activity Supports For School Sites

We are interested in the kinds of supports for healthy eating and physical activity that are currently in place at your school. This assessment will take less than 10 minutes to complete. Your responses to our questions will be kept strictly confidential, and we will not ask for your name or telephone number. Your participation in this assessment will not affect the quality of services that we will provide at this facility. We appreciate your participation.

Date: _____ School Site: _____

Job Function or Title: _____

1. Please identify from the following list those supports that are in place to help students eat more nutritious foods and beverages or reduce consumption of less nutritious foods and beverages?

Please mark ONE response per question.	Yes	No	Don't Know	N/A
a. A self-service salad bar for student meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. The following foods available to students at breakfast, lunch, or snack time:				
Fruits and/or vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100% whole grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low-fat dairy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lean protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foods low in sodium, sugar, and/or solid fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. A free source of clean drinking water available throughout the school day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Onsite edible garden(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. A formal or informal joint use agreement for shared use of school or community kitchen or gardening facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Special emphasis on sourcing locally or regionally grown foods served in the cafeteria or classrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Information available to students or families on nutrition and caloric content of foods available at school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. School policy prohibiting unhealthy foods served in the classroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. School policy prohibiting the use of food as a reward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. School policy prohibiting advertisements for candy, fast food, soft drinks, or other less healthy foods on school property, in school publications, or at school-sponsored events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (Specify)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE TURN OVER AND COMPLETE THE OTHER SIDE.

2. Please identify from the following list those supports that are in place to help students to be physically active during the school day, at before/after school programs, or on school grounds at other times?

Please mark ONE response per question.	Yes	No	Don't Know	N/A
a. Physical activity breaks during the school day (outside of PE)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. School-sponsored intramural programs or physical activity clubs available to boys and girls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Interscholastic sports for both boys and girls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Organized or informal physical activity opportunities offered before/after school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Promotion or support for walking or biking to/from school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. A formal or informal joint use agreement for shared use of school or community physical activity facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (Specify)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Please identify from the following list those schoolwide programs or policies that are currently implemented to ensure that student and staff wellness are prioritized?

Please mark ONE response per question.	Yes	No	Don't Know	N/A
a. A coordinated school health program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. A student nutrition advisory committee on which students have roles in making and implementing nutrition policy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. A council, committee, or other group in which parents and community members can help plan, implement, and participate in nutrition education programs, promotions, and policies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Worksite healthy eating policies for school staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (Specify)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THANK YOU FOR COMPLETING THIS ASSESSMENT!

PLEASE RETURN IT TO _____