



Spring 2019 Nutrition & Wellness Survey Results

Key Areas:

School Leadership Authority

- Schools provide students with the knowledge and understanding of healthy decisions as well as the opportunity to practice what they learned
- School's responsibility to teach students in all areas of life, not just the core subjects
- Schools can encourage healthy lifestyles but home has a greater impact
- Schools don't have a lot of time to add things outside of PE into the regular schedule

Nutrition Education & Physical Activity Promotion

- Physical education and science classes
- Lunchtime sports, afterschool sports, field day
- Running clubs, jump rope for heart, family fitness nights, "Wellness Wednesdays"
- Brain breaks, physical breaks, healthy lifestyle choices posters, school gardens
- Healthier options offered at school events, no unhealthy snacks allowed in the classroom

Food & Beverage Marketing

- Staff non-consensus at changing allowable food for birthdays, parents bring unhealthy party treats
- Encourage healthier choices/Teachers and parents work together to ensure healthy options
- Students bring unhealthy food from home, no control over what parents send in student lunch
- Must adapt to the requirements or items not offered
- Students allowed to consume "dip free" fresh fruits & veggies anytime in the classroom
- Fast food items dropped off or ordered through Uber-Eats, energy drinks, or beverages consumed

Other School-Based Activities

- Gardening, healthy choices, and associated benefits
- Classroom brain/physical breaks multiple times a day: Movement & yoga breaks
- Classroom healthy snack breaks
- Extra recess breaks

Additional Comments

- Impact adults more at school through education
- Current meals not reflective of a healthy lifestyle: Too much sugar

Key Barriers to Address

- No "established" health curriculum and limited instruction time
- Health & wellness limited to physical education and science classes
- Inconsistent school culture participation modeling healthy behaviors
- Parental authority

Plan of Action

- Family promotion of school meals
- Provide curriculum resources in health and wellness
- Incorporate health and wellness instruction through core subjects
- Collaborate with additional departments for health and wellness support
- Encourage students, community, and staff to embrace a positive health and wellness culture

Nutrition and Wellness Principal Survey Results

Surveys were sent to 44 school principals in Paradise Valley Unified School District. A total of 37 principals responded to the 5 question survey:

1. Do you think schools play a significant role in the continued reinforcement of establishing healthy eating behaviors, proper nutrition, and physical activities of students? Please provide your thoughts
2. Does your school promote student nutrition, student wellness, and physical activities in other school-based activities? Please describe at least one of these promotional activities
3. Have you experienced barriers/challenges restricting non-healthy food choices offered outside school meal service? Please describe how you monitor these issues
4. Do classroom teachers serve as “healthy” role models, provide physical activity classroom breaks, and/or offer nutrition education curriculum at each grade level? Please describe what you are doing at your school
5. Additional Comments

Principal Survey Summary, Spring 2019

37 of 44 Responded

84% Responded

16% Did not respond

- Q1. 92% believe schools play a somewhat to significant role in health & wellness
5% believe schools play no role in health & wellness
3% provided no response
- Q2. 95% promote some form of health & wellness in their individual school
5% promote no form of health & wellness in their individual school
- Q3. 43% experience barriers/challenges
54% experience no barriers/challenges or don't monitor
3% provided no response
- Q4. 62% believe teachers somewhat to significantly promote health & wellness in the classroom
38% believe teachers promote limited to no form of health & wellness in the classroom
- Q5. 89% provided no additional comments
11% provided additional comments

