



Spring 2020 Nutrition & Wellness Survey Results

Key Areas:

School Leadership Authority

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

- Important to build healthy habits because students spend majority of their time at school
- School environment reinforces healthy eating behaviors, proper nutrition and physical activities
- Information mainly taught by PE
- Depends on the school, additional responsibilities leave no instructional time for health and nutrition

Nutrition Education & Physical Activity Promotion

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

- Recess, physical education, culinary arts class option, science classes
- Sports festivals & events, after-school student athletic activities/sports clubs, health & wellness campaigns
- Healthy snacks in the classroom

Food & Beverage Marketing

Have you experienced barriers/challenges restricting non-healthy food choices offered outside school meal service? Please describe how you monitor these issues

- Unable to stop parents from dropping off fast food
- No control over unhealthy snacks, junk food, or energy drinks brought from home
- Parents bring unhealthy birthday treats, healthy alternatives encouraged, some parents are supportive
- Parents and students reminded about healthy options

Other School-Based Activities

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

- School garden, brain & movement breaks throughout the day, extra recess
- Healthy snack breaks in the classroom

Additional Comments

- Request district support
- Provide healthier meal options

Key Barriers to Address

- Parental authority
- Health & wellness curriculum/information limited to physical education and science classes
- Inconsistent reinforcement of healthy eating behaviors, proper nutrition, physical activities

Plan of Action

- Encourage students, community, and staff to embrace a positive health & wellness culture
- Collaborate with additional departments for health & wellness support, incorporate more wellness curriculum/activities

Nutrition and Wellness Principal Survey Results

Surveys were sent to 42 school principals in Paradise Valley Unified School District. A total of 30 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 2020

30 of 42 Responded

71% Responded

29% Did not respond

- Q1. 93% believe schools play a somewhat to significant role in health & wellness
7% believe schools play an insignificant to no role in health & wellness
- Q2. 97% promote some form of health & wellness in their individual school
3% responded n/a
- Q3. 50% experience barriers/challenges
47% experience no barriers/challenges or don't monitor
3% responded n/a
- Q4. 70% believe teachers somewhat to significantly promote health & wellness in the classroom
23% believe teachers promote limited to no form of health & wellness in the classroom
7% responded n/a
- Q5. 70% provided no additional comments
3% provided additional comments

