



Spring 2022 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 model and teach healthy nutritional habits
- Continue to struggle with students understanding the impact of a poor diet
- Obligation to teach students the importance of living a healthy life
- Can't control what students eat; students end up not eating or throwing most of the food away

Nutrition Education & Physical Activity Promotion

Does your school promote student nutrition, student wellness, and physical activities in other school-based activities? Please describe what your school is doing to promote these activities

- Life Concepts course, physical education class, science classes
- After-school student athletic activities/sports clubs
- Lessons/units on physical and mental health
- Gardening club, fun run

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

- Frequent issues with parents dropping off fast food and/or students using a meal delivery service on campus
- No control over unhealthy snacks, junk food, lunch brought from home
- Unable to stop unhealthy cart sales in the park
- Parents/students reminded about healthy options, encouraged to bring healthy food and/or snacks

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

- Brain & movement breaks throughout the day, second recess, healthy snack breaks in the classroom
- Nutrition focus in the reading curriculum

Additional Comments

Please feel free to highlight additional activities

- Offering dance and sports enrichment using ESSER funds
- Inquiry on additional activities others are implementing to combat poor body image
- Request ideas for the parent newsletter

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 43 school principals in Paradise Valley Unified School District. A total of 23 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 what your school is doing to promote these 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: Please feel free to highlight additional activities

Principal Survey Summary, Spring 2022

23 of 43 Responded

53% Responded

47% Did not respond

- Q1. 83% believe schools play a somewhat to significant role in health & wellness
17% believe schools play an insignificant to no role in health & wellness
- Q2. 96% promote some form of health & wellness in their individual school
4% promote no form of health & wellness in their individual school
- Q3. 39% experience barriers/challenges
61% experience no barriers/challenges or don't monitor
- Q4. 91% believe teachers somewhat to significantly promote health & wellness in the classroom
9% believe teachers promote limited to no form of health & wellness in the classroom
- Q5. 52% provided no additional comments
48% provided additional comments

