



Spring 2023 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

- Reinforcing healthy habits is an incredibly important aspect of working with students in a school setting
- Students spend majority of their time at school & have a strong influence on what they eat, especially the students who rely on meals prepared in the cafeteria
- Healthy habits, physical activity & eating behaviors discussed, but no real control over the eating behaviors or nutrition: Parents have the decision-making power for their children & ultimately choose the foods students bring for lunch

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

- Physical education class, science classes, health unit in PE
- After-school sports & activities, schools sports & clubs promoting PE activities & health
- Trekkars Program, PVUSD 5K, field days at school & district level, healthy habits announcements

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
- Majority of students bring unhealthy snacks/lunch from home, unhealthy food options during classroom parties

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, additional recess, promote healthy snack breaks
- Mental breaks, promotion of health lifestyles in related classes

Additional Comments

Please feel free to highlight additional activities

- Healthy staff & community: Encourage students to make healthy choices in lifestyle & eating habits
- Limited time makes it difficult to provide health & nutrition instructions for students

Key Barriers to Address

- Parental authority/accountability, unhealthy classroom snacks/food options from parents
- Limited health & wellness curriculum: Teach district curriculum based on state standards
- Social media negatively influencing eating/exercise habits in students of all ages

Plan of Action

- Encourage students, parents, 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 22 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 2023

22 of 42 Responded

52% Responded

48% Did not respond

- Q1. 86% believe schools play a somewhat to significant role in health & wellness
14% believe schools play an insignificant to no role in health & wellness
- Q2. 100% promote some form of health & wellness in their individual school
- Q3. 55% experience barriers/challenges
45% experience no barriers/challenges or don't monitor
- Q4. 73% believe teachers somewhat to significantly promote health & wellness in the classroom
27% believe teachers promote limited to no form of health & wellness in the classroom
- Q5. 68% provided no additional comments
32% provided additional comments

