Spring 2024 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

- Comes down to the parents & the habits/values they instill in their child: Students can bring anything they want
- Schools can do a better job providing continued reinforcement: A few visuals for students would be helpful
- Lunch too short for students to eat slowly: Concerns centered around federal guidelines, not district practice
- From nutrition to physical education, students learn from healthy habits at school

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, core curriculum of ancient culture & civilizations (food/nutrition)
- Lunch time activities, after-school student athletic activities/sports clubs
- Announcements, mental health discussions, encourage healthy snacks (treats/classroom/classroom parties)
- Kids Heart Challenge, field day, track/run club, Turkey Trot, gardening club, fun day, family picnics

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

- Constant challenge: Don't have the manpower/ability to monitor what is brought on campus
- Students bring in chips or try to have food delivered to the campus
- Too difficult to manage: Parents often pack easy, quick, & unhealthy options, parent preferences around food can impact the availability and consumption of non-healthy foods
- Send communication to families about healthy snack options, set expectations on what is allowed

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

- Classroom, walk, stretch, & mental breaks, second recess, school garden, fun run, encourage healthy snacks
- School nurse shares nutrition resources, certain science classes, SEL curriculum touches on concepts related to health, some teachers do not feel comfortable

Additional Comments

Please feel free to highlight additional activities

- Need a district adopted curriculum for all grade levels, would love to see an increase in awareness
- Field trips four times/year to hiking locations throughout AZ, gardening/cooking club, activities during lunch
- Parents are less likely to hold their kids accountable to make good decisions, including food

Key Barriers to Address

- Parental values & authority: Preferences around food, non-healthy options & students with extremely limited food preferences
- Inconsistent reinforcement/support of healthy eating behaviors, proper nutrition, physical activities

Plan of Action

- All schools: Create a supportive environment to embrace a positive health & wellness culture
- Collaborate with additional departments for health & wellness support, incorporate more wellness activities/nutrition education in the curriculum

Nutrition and Wellness Principal Survey Results

Surveys were sent to 42 school principals in Paradise Valley Unified School District. A total of 31 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 2024
3 of 42 Responded
74% Responded
26% Did not respond

Q1. 84% believe schools play a somewhat to significant role in health & wellness
16% believe schools play an insignificant to no role in health & wellness

Q2. 97% promote some form of health & wellness in their individual school
3% promote no form of health and wellness in their individual school

Q3. 55% experience barriers/challenges
45% experience no barriers/challenges or don't monitor

Q4. 84% believe teachers somewhat to significantly promote health & wellness in the classroom
16% believe teachers promote limited to no form of health & wellness in the classroom

Q5. 68% provided no additional comments
32% provided additional comments