



Spring 2026 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:

- Many believe schools should model healthy habits, provide access to nutritious meals, and offer opportunities for physical activity through PE, recess, and open facilities.
- Several responses noted that the family unit or home environment is the primary influence, suggesting that the school's role is either not significant or is limited in scope, though still supportive of general wellness.
- Some feel schools are more impactful in promoting physical activity through PE and recess, as changing eating habits can be more difficult for students to explore 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

- Promotion occurs through structured PE classes, after-school sports activities, use of facilities during lunch and programs like "Kids in the Corner, Festival Sport Program, After the Bell and 100 Mile Club.
- Schools utilize culinary arts classes, a school garden for hands-on learning, science coursework, and encourage good eating habits in the cafeteria (eating healthy food first), with some teachers bringing in healthy snacks, and limiting candy/sugar treats in the classroom.
- Health and wellness are integrated into science coursework, PE teacher units, and other curriculum.
- A PTA fundraiser called "Fit Fest" was held to promote student activity.

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

- A significant barrier is the inability to control unhealthy choices brought in students' snacks, lunches, and birthday treats, which often lead to "jealousy" among students.
- Schools communicate expectations and best practices to families through general communication, individual conversations with parents, and teacher-family communication; some confiscate items like energy drinks or implement rules like "no big bags of chips."
- Challenges include parents occasionally promoting food fundraisers and street vendors serving poor food choices; high school students driving adds to access to unhealthy options outside of meal service.

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

- Many teachers encourage healthy food choices with parents, families, and students, and some staff model good choices by not eating in front of students or having healthy snacks.
- Teachers provide movement breaks, extra recess, outdoor classroom time, walking breaks, and encourage physical activity during snack/recess time, recognizing the importance of movement.
- Some nutrition education is provided through PE classes.

Additional Comments

Please feel free to highlight additional activities:

- Teachers promote activity through additional afternoon recess, gardening, field games, brain breaks and movement breaks, and a PE teacher organizes tournaments like kickball and dodgeball, often holding classes outside with a starting lap around the field.
- The school offers a pickleball club, cheer, and sports club, as well as a 100-mile club that encourages students to walk a track during outdoor recess.

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 40 school principals in Paradise Valley Unified School District. A total of 26 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 2026

26 of 40 Responded

65% Responded

35% 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. 100% promote some form of health & wellness in their individual school
0% promote no form of health and wellness in their individual school
- Q3. 62% experience barriers/challenges
38% experience no barriers/challenges or don't monitor
- Q4. 80% believe teachers somewhat to significantly promote health & wellness in the classroom
20% believe teachers promote limited to no form of health & wellness in the classroom
- Q5. 23% provided no additional comments
77% provided additional comments

