

Coded Questionnaire

YES!



SCHOOL HEALTH POLICIES & PRACTICES QUESTIONNAIRE

PART 1

2014



Instructions

Thank you for participating in this important study of school health policies and practices. All the information that you provide will be kept completely confidential, with no disclosure of your name or your school's name. **Please read the instructions below before you begin the questionnaire.**

Part 1 (This booklet)

- Asks about various characteristics of your school and school district, including **school policies** regarding student health.
- A school administrator is best suited to answer Part 1.

Part 2 (Separate section)

- Asks about school food and nutrition policies and practices.
- The Food Service Manager, if you have one, may be best suited to answer Part 2.

Please note: Please answer all of the questions based on the 2013–2014 school year.

Mailing Instructions

- Place both parts of the completed questionnaire in the enclosed, stamped USPS Priority Mail envelope.
- Peel the strip and seal the envelope.
- Place the envelope in your outgoing US mail.

If you have any questions or need another USPS return envelope, please call Vida Juska at our toll free number, 1-888-829-4016, or e-mail us at YESinformation@umich.edu. Our mailing address is:

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Part 1: Section A

General Characteristics and Resources

This section is about general characteristics of your school.

1. Please circle below **all** of the grade levels included in your school.

H101 PreK K 1 2 3 4 5 6 7 8 9 10 11 12 ungraded

2. Which of the following best characterizes your school? (PLEASE CHECK ONLY ONE BOX.)

- H102 a. Public school (not including magnet school or school of choice)
 b. Public school of choice (open enrollment, non-specialized curriculum)
 c. Public magnet school
 d. Other public school—please describe:
 e. Private school

3. What academic term system does your school use? (PLEASE CHECK ONLY ONE BOX.)

- a. Semesters
H390 b. Trimesters
 c. Quarters
 d. Other—please describe:

4. What type of class schedule does your school use? (PLEASE CHECK ONLY ONE BOX.)

- H392 6 period day 4 block (4 classes per day, every day)
 7 period day 8 block or A-B block (4 classes per day, every other day)
 8 period day Other—please describe:
 9 period day

5. About what percent of students at your school belong to each of the following racial/ethnic groups?

(WRITE IN PERCENT.)

%

- H104 a. White/not Hispanic _____
H105 b. African American/Black _____
H106 c. Hispanic or Latino _____
H107 d. Native American _____
H108 e. Asian/Pacific Islander _____
H109 f. Other _____

6. About how many students were enrolled in your school for the 2013–2014 school year?

H110 _____ total # of enrolled students

7. About how many 8th grade students were enrolled in your school for the 2013–2014 school year?

H111 _____ # of enrolled **8th** grade students

8. About what percent of students in your school are **eligible** to receive a **free** or **reduced** price lunch as part of the USDA reimbursable National School Lunch Program?

H112 _____ % of students

About what percent are eligible for a **reduced** lunch? % of students Don't know

About what percent are eligible for a **free** lunch? % of students Don't know

9. At what time in the morning are most or all of your 8th grade students normally required to be at school?

H113 _____ : _____ AM It varies—please describe:
HR MIN H114

10. How long is the normal lunch period for 8th graders in your school?

H116 _____ minutes

11. Are 8th grade students allowed to go off campus at lunch without being accompanied by an adult?

H360 Yes No

12. How far away from the school do 8th grade students have to live in order to be eligible for bus transportation?

H440 _____ miles Don't know
 No busing Other, please describe:

13. Has the distance required for busing eligibility for 8th grade students changed in the past three years?

(PLEASE CHECK ONLY ONE BOX.)

H443 Yes, decreased Yes, increased No, stayed the same No busing Don't know

14. Are there ever exceptions made to the distance required for busing eligibility for 8th grade students who live on "hazardous routes"?

(PLEASE CHECK ONLY ONE BOX.)

H444 Yes No No busing Don't know

Part 1: Section B

Physical Education and Physical Activity

This section is about physical education (P.E.) at your school.

1. Are students at this school required to take physical education some time in grades 6–8?

H310 Yes No

2. Are 8th grade students at this school required to take physical education **in 8th grade**?

H117 Yes No

For the next questions please answer about the 2013-2014 school year.

3. About what percent of 8th grade students actually take a P.E. class sometime in 8th grade?

 H118 % of 8th grade students

4. Not all 8th grade students who take P.E. will take it for the full year.
About what percent of **all** 8th grade students...

(ITEMS 4a-e SHOULD SUM TO THE PERCENT LISTED IN ITEM 3.)

H394 a. ...take P.E. for the **full** school year? _____%

H395 b. ...take P.E. for about **two-thirds** of the school year? _____%

H396 c. ...take P.E. for about **one-half** of the school year? _____%

H397 d. ...take P.E. for about **one-third** of the school year? _____%

H399 e. ...other? Describe: H400 _____%

(4a-e should sum to the percent listed in item 3.)

H398 f. ...**do not** take P.E. in 8th grade? _____% (4f should equal 100 minus the percent in item 3.)
100%

5. Of the 8th grade students who take P.E., about how many days per week do they have P.E.?

(PLEASE CHECK ONLY ONE BOX.)

H401 1 Day 0 Days one week, 1 day the next week

2 Days 1 Day one week, 2 days the next week

3 Days 2 Days one week, 3 days the next week

4 Days 3 Days one week, 4 days the next week

5 Days 4 Days one week, 5 days the next week

Other, please describe:

 H402

6. How long is a normal P.E. class for the 8th graders who take P.E.?

H120 _____ minutes per class It varies—please describe: H404
 H403

7. For about how many minutes of an average P.E. class are students engaged in moderate to vigorous physical activity (i.e., actually moving, not dressing or waiting?)

H311 _____ minutes per class

8. Is a standardized research-based P.E. curriculum (e.g., CATCH, Spark) used in 8th grade at your school?

H312 No
 Yes—please specify curriculum name:

9. About what is the average student–teacher ratio for P.E. classes that 8th graders take?

H314 _____ # of students per teacher

10. About what percent of 8th grade boys and girls in your school would you estimate participate in **intramural sports** or **physical activity clubs** (not including P.E.) sometime during the school year?

% 8th grade BOYS % 8th grade GIRLS Not offered

11. About what percent of 8th grade boys and girls in your school would you estimate participate in **interscholastic** or **varsity sports** sometime during the school year?

% 8th grade BOYS % 8th grade GIRLS Not offered **Go to question 14.**

12. To participate in most of the **varsity (interscholastic) sports** offered in your school, does the student or the student’s family have to pay for the following?

a. School athletic participation fee

Yes Yes, but fee is waived/reduced if they cannot afford it No Don’t know

b. Additional team fees

Yes Yes, but fee is waived/reduced if they cannot afford it No Don’t know

c. Additional costs for uniforms, equipment, etc. (regardless of where they are bought)

Yes Yes, but school helps if they cannot afford these No Don’t know

13. To what extent do 8th grade students participate less in **varsity (interscholastic) sports** because they cannot afford to do so?

Not at all To a little extent To some extent To a great extent To a very great extent

14. About what percent of 8th grade students in your school would you estimate walk or bike from home to school on an average school day?

% of 8th grade students

15. Does your school give 8th grade students written tests on physical education or physical activity?

H315 Yes No

16. Does your school give 8th grade students **physical fitness tests**?

H126 Yes No **Go to question 19.**



17. What groups of **8th grade** students are given physical fitness tests?

All 8th grade students are tested.

H127 Only 8th grade students who take P.E. are tested.

Other—please describe:

18. Are parents or guardians provided the results of their student’s physical fitness test?

H129 Yes No

19. Body mass index (BMI) is a measure of overweight based on height and weight. Does your school measure 8th grade students' BMI?

H130 Yes No → **Go to question 22.**



20. What groups of 8th grade students have their BMI measured?

H131 All 8th grade students
 Only 8th grade students who take P.E.
 Other—please describe:

21. Are parents or guardians provided the BMI information?

H133 Yes No

22. Which of the following indoor facilities does your school have available to students?

(PLEASE CHECK ALL THAT APPLY.)

H317 Gymnasium(s) (courts for basketball, volleyball, etc.) Wrestling room
H318 Indoor track(s) Dance studio
H319 Indoor pool(s) Racquetball, squash, or handball court(s)
H361 Multipurpose room(s) Climbing wall
H320 Weight room Other indoor exercise or sports facilities—please describe:
H321 Cardiovascular fitness center
H327 **None**

23. Which of the following outdoor facilities does your school have available to students?

(PLEASE CHECK ALL THAT APPLY.)

H328 Outdoor tracks for walking, jogging, or running Outdoor tennis court(s)
H363 Cross-country course or trails Baseball or softball field(s)
H329 Outdoor pool(s) Football or soccer field(s)
H330 Outdoor volleyball court(s) General use field(s)
H331 Outdoor basketball court(s) Other outdoor exercise or sports facilities—please describe:

H338 **None**

24. Are outside organizations and/or individuals allowed to use any school grounds or indoor facilities for physical activity or sports programs outside of school hours? (PLEASE CHECK ALL THAT APPLY.)

	Yes, organizations	Yes, individuals	No
Indoor facilities	<input type="text" value="H410"/> <input type="checkbox"/>	<input type="text" value="H411"/> <input type="checkbox"/>	<input type="checkbox"/>
Outdoor facilities/school grounds	<input type="text" value="H412"/> <input type="checkbox"/>	<input type="text" value="H413"/> <input type="checkbox"/>	<input type="checkbox"/>

25. If outside organizations use any school grounds or indoor facilities for physical activity or sports programs, please indicate which organizations: (PLEASE CHECK ALL THAT APPLY.)

H414 School-sponsored or school-affiliated groups YMCA / YWCA
H415 Boys and Girls Clubs of America Parks and Recreation department
H416 Athletic organizations or other recreation programs (e.g., soccer or little league) Other—please specify:

26. When are facilities allowed to be used by individuals or outside organizations?

(PLEASE CHECK ALL THAT APPLY.)

	Weekdays after school	Weekday evenings	Weekdays before school	Weekends	Summer vacations/ school breaks	Not available for shared use
Indoor facilities	<input type="checkbox"/> H448	<input type="checkbox"/> H449	<input type="checkbox"/> H450	<input type="checkbox"/> H451	<input type="checkbox"/> H452	<input type="checkbox"/>
Outdoor facilities/ school grounds	<input type="checkbox"/> H453	<input type="checkbox"/> H454	<input type="checkbox"/> H455	<input type="checkbox"/> H456	<input type="checkbox"/> H457	<input type="checkbox"/>

27. To what extent are the following issues barriers to establishing or implementing shared use of school facilities?

(PLEASE CIRCLE ONE NUMBER ON EACH LINE.)

	Not at all	To a little extent	To some extent	To a great extent	To a very great extent
H458 a. Liability or legal concerns	1	2	3	4	5
H459 b. Lack of adequate facilities	1	2	3	4	5
H460 c. Staffing expenses	1	2	3	4	5
H461 d. Crime/safety/possible damage to facilities	1	2	3	4	5
H462 e. Lack of community interest/demand	1	2	3	4	5
H463 f. Facilities not available due to conflicting demands	1	2	3	4	5

28. Please indicate to what extent you agree with each of the following statements.

(PLEASE CIRCLE ONE NUMBER ON EACH LINE.)

	Strongly Disagree	Disagree	Agree	Strongly Agree
H339 a. High-quality physical education can enhance student concentration.	1	2	3	4
H340 b. High-quality physical education decreases student discipline problems.	1	2	3	4
H341 c. High-quality physical education improves academic performance.	1	2	3	4
H342 d. Physical education classes are too much of a diversion from academic coursework.	1	2	3	4

29. Are newly hired P.E. teachers required to...

	Yes	No	Don't know
H343 a. ...have undergraduate or graduate training in P.E. or a related field?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H344 b. ...be certified, licensed, or endorsed by the state in physical education?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H345 c. ...earn continuing education credits on physical education topics?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

30. Some schools offer activity breaks during school hours. Does your school provide 8th grade students opportunities to be physically active during the school day, other than in P.E.?

H365 Yes No



Please describe them briefly:

31. Are there any significant activities currently underway at your school, or school district, to promote increased physical activity among students?

H134 Yes (If yes, please briefly describe.) No

H135

Part 1: Section C Nutrition Policies and Programs

This section is about breakfast and lunch offered at your school.

1. Does your school offer **breakfast** to students?

H137 Yes No → **Go to question 3.**



2. On a typical day, about what percent of your 8th grade students eat breakfast offered by your school?

H138 _____ % 8th grade students

3. Does your school offer **lunch** to students?

H147 Yes No → **Go to question 5.**



4. On a typical day, about what percent of your 8th grade students eat lunch offered by your school?

H148 _____ % 8th grade students

5. To what extent has your school or school district set **food prices** (in vending machines, stores, à la carte) with the intent of encouraging students to eat healthier foods (e.g., fruits, vegetables, low-fat foods) and/or discouraging them from eating less healthy foods? (PLEASE CHECK ONLY ONE BOX.)

Not at all A little Some A lot Don't know
H157

6. To what extent has your school or school district set **beverage prices** (in vending machines, stores, à la carte) with the intent of encouraging students to drink healthier beverages (e.g., bottled water, low-fat milk, sugar-free beverages) and/or discouraging them from drinking less healthy beverages? (PLEASE CHECK ONLY ONE BOX.)

Not at all A little Some A lot Don't know
H158

7. To what extent do students have access to working drinking fountains at your school?

Not at all A little Some A lot
H346

8. During the school day, do students have access to drinking fountains in any of the following locations? (PLEASE CHECK ALL THAT APPLY.)

In cafeteria Near cafeteria Gymnasium/locker rooms In hallways near classroom areas Other locations at school None available
H369 H434 H370 H371 H372 H373

9. Generally, how clean are the drinking fountains at your school?

Not at all clean Somewhat clean Clean Very clean None available
H374

10. To what extent do you have problems with water quality in your school's drinking fountains?

Not at all A little Some A lot Don't know None available
H375

Part 1: Section D

Food and Beverage Sales

The next questions are about food and beverage sales **to students** (not staff) anywhere in your school.

1. Does your school have each of the following:

		Yes	No
H160	a. Vending machines that sell beverages to students?	<input type="checkbox"/>	<input type="checkbox"/>
H161	b. Vending machines that sell food items to students?	<input type="checkbox"/>	<input type="checkbox"/>
H162	c. School/student store that sells beverages to students?	<input type="checkbox"/>	<input type="checkbox"/>
H163	d. School/student store that sells food to students?	<input type="checkbox"/>	<input type="checkbox"/>
H347	e. Snack bars/carts that sell beverages to students?	<input type="checkbox"/>	<input type="checkbox"/>
H348	f. Snack bars/carts that sell foods to students?	<input type="checkbox"/>	<input type="checkbox"/>
H165	g. À la carte sales in the cafeteria to students?	<input type="checkbox"/>	<input type="checkbox"/>

2. Does your school receive any profit from foods and/or beverages sold in the following locations? (If you do not have that venue in the school, check “Not applicable.”)

		Yes	No	Don't know	Not applicable
H166	a. Vending machines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H167	b. School/student store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H168	c. Snack bars/carts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H169	d. À la carte sales in the cafeteria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Other than the profit your school gets, does your school district receive any profit from foods and/or beverages sold in the following locations? (If you do not have that venue in the school, check “Not applicable.”)

		Yes	No	Don't know	Not applicable
H170	a. Vending machines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H171	b. School/student store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H172	c. Snack bars/carts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H173	d. À la carte sales in the cafeteria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Who provides the food service at this school?

H174	<input type="checkbox"/> School system food service
H175	<input type="checkbox"/> Food service management company
H176	<input type="checkbox"/> Other—please describe: H177 _____

The next questions are about contracts with bottlers or beverage suppliers.

5. Does your **school or school district** have a contract with a beverage supplier, such as Coca-Cola, PepsiCo, or Cadbury Schweppes/Dr. Pepper Snapple, giving the company exclusive rights to sell **beverages to students** at your school?

H178 Yes No → **Go to question 13.**



6. Is this an agreement between the beverage supplier and...

(PLEASE CHECK ONLY ONE BOX.)

- H179 ...the school only?
 ...the school district only?
 ...**both** the school and the school district?

7. Has this contract been renegotiated in the past year?

H180 Yes No Don't know

8. Are **regular soft drinks** (like Coke or Pepsi, but not including diet soft drinks) sold to students in your school under this contract?

H308 Yes No

9. Does your **school or school district** receive incentives, such as cash awards or donations of equipment, supplies, or other donations, once total **beverage** sales receipts exceed a specified amount?

H181 Yes No

10. Does your **school or school district** receive a specified percentage of the **beverage** sales receipts?

H182 Yes No

11. About how much profit does your **school** get per year under the contract from **beverage** sales receipts (including sales during school events, if any)?

H183 \$_____ per year

12. Other than on the vending machine itself, is the beverage supplier allowed to advertise in your school building, school grounds, or school buses?

H184 Yes No

13. Who has a major "say" in deciding what **beverages** are offered in the vending machines to students at your school?
(PLEASE CHECK ALL THAT APPLY.)

H185 a. We have no beverage vending machines for students

H186 b. The beverage supplier or other vending company

H187 c. The school

H188 d. The school district

H189 e. The state

H190 f. Other—please specify: H191

The next questions are about food items sold in vending machines to students at your school. If you do not have vending machines that sell food items to students please go to QUESTION 20.

14. Does any company (such as a beverage supplier or vending company) sell **food items** in vending machines at your school?

H192 Yes No → Go to question 19.



15. Who provides the following **food items** sold in vending machines at your school?

	Beverage supplier	Other vending company	The school itself	Food item not offered
a. Chips, Fritos, crackers, or pretzels, etc.	H193 <input type="checkbox"/>	H194 <input type="checkbox"/>	H195 <input type="checkbox"/>	H196 <input type="checkbox"/>
b. Cookies, cakes, or other sweet baked goods	H197 <input type="checkbox"/>	H198 <input type="checkbox"/>	H199 <input type="checkbox"/>	H200 <input type="checkbox"/>
c. Candy	H201 <input type="checkbox"/>	H202 <input type="checkbox"/>	H203 <input type="checkbox"/>	H204 <input type="checkbox"/>
d. Ice cream or frozen yogurt	H205 <input type="checkbox"/>	H206 <input type="checkbox"/>	H207 <input type="checkbox"/>	H208 <input type="checkbox"/>
e. Sandwiches	H209 <input type="checkbox"/>	H210 <input type="checkbox"/>	H211 <input type="checkbox"/>	H212 <input type="checkbox"/>
f. Fruits	H213 <input type="checkbox"/>	H214 <input type="checkbox"/>	H215 <input type="checkbox"/>	H216 <input type="checkbox"/>
g. Vegetables	H217 <input type="checkbox"/>	H218 <input type="checkbox"/>	H219 <input type="checkbox"/>	H220 <input type="checkbox"/>

16. Does your school receive incentives, such as cash awards or donations of equipment, supplies, or other donations, once total **food** receipts from a vendor exceed a specific amount?

H221 Yes No

17. Does your school receive a specified percentage of the **food** sales receipts from vending machines?

H222 Yes, from at least one vendor No

18. About how much profit does your school get per year from the sales of **food items** in vending machines at your school?

H223 \$ _____ per year

19. Who has a major “say” in deciding what **food items** are offered in vending machines to students at your school? (PLEASE CHECK ALL THAT APPLY.)

H224 a. We have no food vending machines for students

H225 b. The beverage supplier or other vending company

H226 c. The school

H227 d. The school district

H228 e. The state

H229 f. Other—please specify:

20. Are **soft drinks** or **meals from fast food restaurants** advertised or promoted... (PLEASE CHECK YES OR NO FOR EACH ITEM.)

	Yes	No
H464 a. ...with posters or other materials on display in the school or on school grounds?	<input type="checkbox"/>	<input type="checkbox"/>
H465 b. ...with posters or other materials on display on the interior or exterior of school buses?	<input type="checkbox"/>	<input type="checkbox"/>
H232 c. ...with advertisements on textbook covers or school food service menus?	<input type="checkbox"/>	<input type="checkbox"/>
H233 d. ...with coupons for free or reduced prices on these products?	<input type="checkbox"/>	<input type="checkbox"/>
H234 e. ...through sponsorship of school events?	<input type="checkbox"/>	<input type="checkbox"/>

(FOR THE FOLLOWING QUESTIONS PLEASE CIRCLE ONE NUMBER ON EACH LINE.)

21. To what extent are you concerned about students in your school...

	Not at all	To a little extent	To some extent	To a great extent	To a very great extent
H235 a. ...being overweight?	1	2	3	4	5
H236 b. ...consuming more healthy and nutritious foods and beverages than they do now?	1	2	3	4	5
H237 c. ...getting more exercise and physical activity than they do now?	1	2	3	4	5

22. In your opinion, to what extent...

	Not at all	To a little extent	To some extent	To a great extent	To a very great extent
H238 a. ...has your school district made a serious/real effort to promote healthy eating and drinking habits among students?	1	2	3	4	5
H239 b. ...has your school made a serious/real effort to promote healthy eating and drinking habits among students?	1	2	3	4	5
H240 c. ...has your school district made a serious/real effort to promote increased physical activity among students?	1	2	3	4	5
H241 d. ...has your school made a serious/real effort to promote increased physical activity among students?	1	2	3	4	5
H405 e. ...should schools play a role in addressing the problem of childhood obesity?	1	2	3	4	5

23. Does your **school or school district** have any policies regarding the nutritional quality of items sold to students for fundraisers?

- H376 No
 No fundraising allowed
 Don't know
- Go to question 24.**

Yes
 ↓

If yes, which types of restrictions do you have? (CHECK ALL THAT APPLY.)

- H377 No soft drinks allowed for fundraisers
 H378 No food products
 H379 No Foods of Minimal Nutritional Value (soft drinks, candy, and gum)
 H380 Only healthy foods allowed
 H406 Follow state or district wellness guidelines
 H381 Other restrictions—please specify:

24. Are mobile vendors (like hot dog carts or ice cream trucks) prohibited from selling food or beverages on school grounds during school hours?

- H383 Yes No Don't know

25. Do mobile vendors sell foods or beverages near school grounds during school hours?

- H407 Not at all Sometimes Often Always Don't know

Part 1: Section E School Wellness

This section asks about the School Wellness Policy provision of the National School Lunch Act that was passed in 2004 and other health related activities.

1. Has your school district or your school established a school wellness policy that addresses student nutrition and/or physical activity issues?

H242 Yes No Don't know

2. Has your school district or your school developed **explicit goals** designed to promote student wellness through...
(PLEASE CHECK ONLY ONE BOX ON EACH LINE.)

		Yes, we have developed goals	We are currently developing goals	No, not yet	Don't know
H243	a. ...nutrition education?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H244	b. ...physical activity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H349	c. ...food and beverage offerings made available to students?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H245	d. ...other school based activities designed to promote wellness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. To what extent has your school district or school **implemented activities** aimed at achieving your wellness policy goals for...

		Not at all	To a little extent	To some extent	To a great extent	To a very great extent	Not a goal	Don't know
H421	a. ...nutrition education?	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>
H422	b. ...physical activity?	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>
H423	c. ...food and beverage offerings made available to students?	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>
H424	d. ...other school based activities designed to promote wellness?	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>

4. Has your school district or school developed **nutrition guidelines** for all foods available during the school day, designed to promote student health and reduce student obesity? (PLEASE CHECK ONLY ONE BOX.)

H246 Yes, we have developed guidelines No, not yet
 We are currently developing guidelines Don't know

5. Has your school district or school developed **a plan** for measuring implementation of the school wellness policy? (PLEASE CHECK ONLY ONE BOX.)

H247 Yes, we have developed a plan No, not yet
 We are currently developing a plan Don't know
 No school wellness policy **→ Go to question 7.**

6. Has your school district or school designated one or more persons to have operational **responsibility** for ensuring that the wellness policy is implemented?

H248 Yes No Don't know

The next questions are about other school activities that promote student health.

7. Does your school district or school have a health advisory council, wellness council or an advisory group that makes recommendations regarding nutrition and/or exercise for students? (PLEASE CHECK ONLY ONE BOX.)

- H258 Yes, at the school level only
 Yes, at the district level only
 Yes, at **both** the school and district levels
 No

8. At present in your **school district**, is **formal classroom instruction** offered in middle school on...

- | | Yes | No | Don't know |
|---|--------------------------|--------------------------|--------------------------|
| H350 a. ...nutrition and dietary behavior? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| H351 b. ...physical activity, exercise, and health related fitness? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

9. About what percent of this year's 8th graders do you think have had formal classroom instruction at sometime during their school career on...

- | | % of 8th graders |
|---|------------------|
| H266 a. ...nutrition and dietary behavior? | _____ |
| H267 b. ...physical activity, exercise, and health related fitness? | _____ |

10. The policies may have changed since this year's 8th grade class progressed through school. Under current policies would students be required to receive formal classroom instruction **by the end of 8th grade** on...

- | | Yes | No |
|---|--------------------------|--------------------------|
| H268 a. ...nutrition and dietary behavior? | <input type="checkbox"/> | <input type="checkbox"/> |
| H269 b. ...physical activity, exercise, and health related fitness? | <input type="checkbox"/> | <input type="checkbox"/> |

11. Are there any significant activities currently underway at your school, or school district, to promote healthier eating and drinking practices among students?

- H270 Yes No

If yes, please briefly describe.

H271 _____

12. Has your school been certified as a USDA HealthierUS School at the Bronze, Silver, Gold, or Gold Award of Distinction level?

- H386 Yes No Don't know

13. Has your school been designated as an Alliance for a Healthier Generation Healthy School Program at the Bronze, Silver, Gold, or Platinum level?

- H387 Yes No Don't know Extra Comments: H388

Thank you very much!
Please be sure to complete page 15.

Contributing Respondents

In the space below, please first write the full name and role or title of the individual who contributed the majority of the information used in completing Part 1 of the questionnaire. Second, please write the roles or titles of additional individuals who contributed to the completion of the questionnaire. This sheet will be removed as soon as we receive the completed questionnaire and will be kept separately from the responses to the questionnaire in order to maintain confidentiality.

Primary Respondent's Name, Role/Title _____
Name Role/Title

Additional Respondents' Roles/Titles _____

Please be sure to return both Parts 1 and 2 in the envelope provided.

Honorarium

If you wish to have a check re-issued, please return the original check with the completed questionnaire and complete the information below.

Please list here how the replacement check should be made payable: _____

Please give the address where the replacement check should be sent: _____

Additional Comments

If you have any additional comments, please write them below.

YES!

Youth,
Education,
& Society

SCHOOL HEALTH POLICIES & PRACTICES QUESTIONNAIRE

PART 2

2014

Food and Beverage Policies and Practices

- We encourage your Food Service Manager or Cafeteria Staff to complete this section if possible.
- Part 2 is about the food and nutrition program offered to students at your school during the 2013–2014 school year.
- Please return this Part 2 to the person who will be sending back both parts of the questionnaire to the University of Michigan, if that is someone other than yourself.
- Please read and follow all instructions carefully.
- Thank you!

Part 2: Food and Beverage Policies and Practices

These questions ask about food and beverages available to **students** in your school. All the information that you provide will be kept completely **confidential**, with no disclosure of your name or your school's name. *The Food Service Manager may be best able to answer these questions.*

1. Does your school offer breakfast to students?

H1440 Yes No → Go to question 2.



a. Is breakfast available free of charge to all students regardless of their ability to pay?

H1441 Yes No

b. Does your school participate in the USDA reimbursable School Breakfast Program?

H1442 Yes No Don't know

c. What is the full price for a breakfast meal charged to students who are **not** eligible for a free or reduced price breakfast? Write "0" if breakfast is always free of charge to all students.

H1443 \$_____ per breakfast meal No breakfast meal

d. What is the price for a breakfast meal charged to students who are **eligible** for a free or reduced price breakfast? Write "0" if breakfast is always free of charge to all students.

H1444 \$_____ per breakfast meal No breakfast meal

2. Does your school offer lunch to students?

Yes No → Go to question 3.

H1445



a. Is lunch available free of charge to all students regardless of their ability to pay?

H1446 Yes No

b. Does your school participate in the USDA reimbursable National School Lunch Program?

H1447 Yes No Don't know

c. What is the full price for a lunch meal charged to students who are **not** eligible for a free or reduced price lunch? Write "0" if lunch is always free of charge to all students.

H1448 \$_____ per lunch meal No lunch meal

d. What is the price for a lunch meal charged to students who are **eligible** for a free or reduced price lunch? Write "0" if lunch is always free of charge to all students.

H1449 \$_____ per lunch meal No lunch meal

3. On a typical day, for **lunch** about what percent of your **8th grade** students...

a. ...eat lunch offered by your school?

H1005

 %

b. ...bring their own lunch?

H1006

 %

c. ...go off campus to buy lunch?

H1007

 %

d. ...don't eat lunch?

H1008

 %

e. ...buy lunch from vending machines, school store or snack bars/carts?

H1009

 %

f. ...other?

H1010

 %

Please explain:

H1011

4. During a typical week, on how many days (if any) are students at your school offered food from each of the following sources? Please enter "0" if none.

of days per week

- H1372 a. Pizza places _____
- H1373 b. Sandwich or sub shops _____
- H1374 c. Fast food chains _____
- H1375 d. Other food establishments _____

5. Is your school currently certified as being in compliance with the new USDA reimbursable meal nutrition requirements (i.e., six cent certification) for meals served to 8th grade students?

(PLEASE CHECK ONLY ONE BOX.)

- H1570 Yes, we are currently certified
- In the process of certification
- No
- Do not participate in USDA reimbursable meals
- Don't know

6. At what level are decisions about menus and food service made?

(PLEASE CHECK ALL THAT APPLY.)

- H1019 At the school level
- H1020 At the district level
- H1021 External contractor
- H1022 Other—please describe:

7. Does your school participate in the USDA-sponsored Team Nutrition program?

- H1024 Yes No Don't know

8. If yes, which Team Nutrition resources are used?

(PLEASE CHECK ALL THAT APPLY.)

- H1460 Nutrition education materials (posters, activities, games)
- H1461 Lesson plans
- H1462 Food buying guide and menu planning assistance
- H1463 Training grants to support staff training/continuing education
- H1464 Other Team Nutrition mini-grants
- H1465 Other—please describe:

9. Does your school participate in the Healthy Schools Program sponsored by the Alliance for a Healthier Generation?

- H1467 Yes No Don't know

10. During this school year, has your school district or school provided (in written materials or online)...

- | | Yes | No |
|--|--------------------------|--------------------------|
| H1025 a. ...menus to students in your school? | <input type="checkbox"/> | <input type="checkbox"/> |
| H1026 b. ...information to students on the nutrition and caloric content of foods available to students? | <input type="checkbox"/> | <input type="checkbox"/> |
| H1027 c. ...menus to parents of students in your school? | <input type="checkbox"/> | <input type="checkbox"/> |
| H1028 d. ...information to parents on the nutrition and caloric content of foods available to students? | <input type="checkbox"/> | <input type="checkbox"/> |

11. New USDA standards for school meals took effect starting at the beginning of the 2012-13 school year.

Have your lunch meal offerings changed as a result of the new USDA standards?

- H1562 Yes No → **Go to question 13.**



To what extent...

(CIRCLE ONE NUMBER ON EACH LINE.)

- | | <i>Not at all</i> | <i>To a little extent</i> | <i>To some extent</i> | <i>To a great extent</i> | <i>To a very great extent</i> |
|---|-------------------|---------------------------|-----------------------|--------------------------|-------------------------------|
| H1563 a. ...do students generally seem to like the new school lunches? | 1 | 2 | 3 | 4 | 5 |
| H1564 b. ...did students complain about the new lunches at first ? | 1 | 2 | 3 | 4 | 5 |
| H1565 c. ...do students complain about the new lunches now ? | 1 | 2 | 3 | 4 | 5 |
| H1566 d. ...has the school or district modified their lunch meal offerings in response to student complaints? | 1 | 2 | 3 | 4 | 5 |

12. Compared to last year, are students now throwing away more or less food from their school lunches?

(PLEASE CHECK ONLY ONE BOX.)

- | | Much less | A little less | About the same amount | A little more | Much more |
|--------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| H1567 <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

13. Compared to this time **last year** do your school lunches offer less, the same, or more of the following items?

		<i>Much less</i>	<i>A little less</i>	<i>About the same</i>	<i>A little more</i>	<i>Much more</i>	<i>Don't Know</i>
(PLEASE CIRCLE ONE NUMBER ON EACH LINE, OR SELECT "DON'T KNOW".)							
<input type="text" value="H1571"/>	a. Variety of fruits and vegetables?	1	2	3	4	5	<input type="checkbox"/>
<input type="text" value="H1572"/>	b. Amount of fruits and vegetables?	1	2	3	4	5	<input type="checkbox"/>
<input type="text" value="H1573"/>	c. Whole grain options?	1	2	3	4	5	<input type="checkbox"/>
<input type="text" value="H1574"/>	d. Low-fat dairy products?	1	2	3	4	5	<input type="checkbox"/>
<input type="text" value="H1575"/>	e. Variety of entree options?	1	2	3	4	5	<input type="checkbox"/>

14. How often has your school used any of the following strategies to promote healthier lunch meals during the past year?

		<i>Not at all</i>	<i>To a little extent</i>	<i>To some extent</i>	<i>To a great extent</i>	<i>To a very great extent</i>	<i>Don't Know</i>
(PLEASE CIRCLE ONE NUMBER ON EACH LINE, OR SELECT "DON'T KNOW".)							
<input type="text" value="H1576"/>	a. Student taste tests	1	2	3	4	5	<input type="checkbox"/>
<input type="text" value="H1577"/>	b. Student advisory groups	1	2	3	4	5	<input type="checkbox"/>
<input type="text" value="H1578"/>	c. Promotional signage or events in cafeteria	1	2	3	4	5	<input type="checkbox"/>
<input type="text" value="H1579"/>	d. Social media (Facebook, Twitter, etc.)	1	2	3	4	5	<input type="checkbox"/>
<input type="text" value="H1580"/>	e. Engagement with PTA or parent groups	1	2	3	4	5	<input type="checkbox"/>
<input type="text" value="H1581"/>	f. Newsletters	1	2	3	4	5	<input type="checkbox"/>

15. The Healthy, Hunger-Free Kids Act of 2010 requires schools to provide free, potable drinking water for students during lunchtime, starting in the 2011-12 school year. Please indicate which (if any) of the following strategies your school has used to meet this requirement.

(PLEASE CHECK ALL THAT APPLY.)

- Existing drinking fountains in cafeteria
- Existing drinking fountains near cafeteria
- Installed new drinking fountains in cafeteria
- Water dispenser/pitcher and cups (in the food line)
- Water dispenser/pitcher and cups (elsewhere in the cafeteria)
- Water dispenser/pitcher but no cups (students bring water bottles)
- Other—please describe:
- Free, potable drinking water is **not** available in the cafeteria

VENDING MACHINES—Beverages

The next questions are about vending machines anywhere in your school that sell beverages to **students** (not staff) sometime before/during, or after school.

16. Does your school have **vending machines** that sell **beverages** to students?

H1582 Yes No → **Go to top of page 5.**



What items are available from **beverage vending machines**?

(PLEASE MARK “NO” OR “YES” FOR EACH ITEM BELOW AND IF YES, WHEN ITEM IS AVAILABLE.)

		Item available from vending machines?		Before/during the official school day		After/outside of the official school day	
		No	Yes				
H1039	a. Bottled water	<input type="checkbox"/>	<input type="checkbox"/> →	H1583	<input type="checkbox"/>	H1584	<input type="checkbox"/>
H1044	b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/> →	H1585	<input type="checkbox"/>	H1586	<input type="checkbox"/>
H1049	c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/> →	H1587	<input type="checkbox"/>	H1588	<input type="checkbox"/>
H1476	d. Sports drinks (such as Gatorade, Powerade, or G2) not including sports drinks with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/> →	H1589	<input type="checkbox"/>	H1590	<input type="checkbox"/>
H1481	e. Sports drinks with 10 calories or less per 20 ounces (such as Powerade Zero)	<input type="checkbox"/>	<input type="checkbox"/> →	H1591	<input type="checkbox"/>	H1592	<input type="checkbox"/>
H1486	f. Flavored waters, teas or coffees (such as VitaminWater, Arizona or Starbucks Iced Coffee), not including items with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/> →	H1593	<input type="checkbox"/>	H1594	<input type="checkbox"/>
H1491	g. Other no-calorie or very low-calorie beverages (such as flavored waters, seltzers, and unsweetened or diet teas) with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/> →	H1595	<input type="checkbox"/>	H1596	<input type="checkbox"/>
H1597	h. Energy drinks or shots (such as Monster, Rockstar, or 5-hour ENERGY)	<input type="checkbox"/>	<input type="checkbox"/> →	H1598	<input type="checkbox"/>	H1599	<input type="checkbox"/>
H1059	i. 100% fruit or vegetable juice with no added sweeteners	<input type="checkbox"/>	<input type="checkbox"/> →	H1600	<input type="checkbox"/>	H1601	<input type="checkbox"/>
H1069	j. “Light” juices (such as Minute Maid Light Orange Juice)	<input type="checkbox"/>	<input type="checkbox"/> →	H1602	<input type="checkbox"/>	H1603	<input type="checkbox"/>
H1074	k. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)	<input type="checkbox"/>	<input type="checkbox"/> →	H1604	<input type="checkbox"/>	H1605	<input type="checkbox"/>
H1496	l. Non-fat (skim) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1606	<input type="checkbox"/>	H1607	<input type="checkbox"/>
H1501	m. Non-fat (skim) flavored milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1608	<input type="checkbox"/>	H1609	<input type="checkbox"/>
H1405	n. Low-fat (1%) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1610	<input type="checkbox"/>	H1611	<input type="checkbox"/>
H1410	o. Low-fat (1%) flavored milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1612	<input type="checkbox"/>	H1613	<input type="checkbox"/>
H1084	p. Whole milk or 2% milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1614	<input type="checkbox"/>	H1615	<input type="checkbox"/>

17. What is the most common serving size of the **regular soft drinks** (such as Coke, Pepsi, or Dr. Pepper) available to students in your **vending machines**?

 H1090 ounces No regular soft drinks available

VENDING MACHINES—Food

The next questions are about vending machines anywhere in your school that sell food to **students** (not staff) sometime before/during, or after school.

18. Does your school have **vending machines** that sell **food** to students?

H1616 Yes No → **Go to top of page 6.**



What items are available from **food vending machines**?

(PLEASE MARK “NO” OR “YES” FOR EACH ITEM BELOW AND IF YES, WHEN ITEM IS AVAILABLE.)

		Item available from vending machines?		Before/during the official school day		After/outside of the official school day	
		No	Yes				
H1092	a. Candy	<input type="checkbox"/>	<input type="checkbox"/> →	H1617	<input type="checkbox"/>	H1618	<input type="checkbox"/>
H1097	b. Salty snacks that are not low in fat , such as regular potato chips	<input type="checkbox"/>	<input type="checkbox"/> →	H1619	<input type="checkbox"/>	H1620	<input type="checkbox"/>
H1102	c. Cookies, crackers, cakes, or other baked goods that are not low in fat	<input type="checkbox"/>	<input type="checkbox"/> →	H1621	<input type="checkbox"/>	H1622	<input type="checkbox"/>
H1107	d. Ice cream or frozen yogurt that is not low in fat	<input type="checkbox"/>	<input type="checkbox"/> →	H1623	<input type="checkbox"/>	H1624	<input type="checkbox"/>
H1112	e. <i>Low-fat</i> salty snacks, such as pretzels, baked chips, or other <i>low-fat</i> chips	<input type="checkbox"/>	<input type="checkbox"/> →	H1625	<input type="checkbox"/>	H1626	<input type="checkbox"/>
H1117	f. <i>Low-fat</i> cookies, crackers, cakes, pastries, or other <i>low-fat</i> baked goods	<input type="checkbox"/>	<input type="checkbox"/> →	H1627	<input type="checkbox"/>	H1628	<input type="checkbox"/>
H1629	g. <i>Low-fat</i> or <i>non-fat</i> ice cream, frozen yogurt or sherbet	<input type="checkbox"/>	<input type="checkbox"/> →	H1630	<input type="checkbox"/>	H1631	<input type="checkbox"/>
H1632	h. <i>Low-fat</i> or <i>non-fat</i> yogurt	<input type="checkbox"/>	<input type="checkbox"/> →	H1633	<input type="checkbox"/>	H1634	<input type="checkbox"/>
H1635	i. Cheese sticks that are not low in fat	<input type="checkbox"/>	<input type="checkbox"/> →	H1636	<input type="checkbox"/>	H1637	<input type="checkbox"/>
H1638	j. <i>Low-fat</i> or <i>non-fat</i> cheese sticks	<input type="checkbox"/>	<input type="checkbox"/> →	H1639	<input type="checkbox"/>	H1640	<input type="checkbox"/>
H1127	k. Sandwiches	<input type="checkbox"/>	<input type="checkbox"/> →	H1641	<input type="checkbox"/>	H1642	<input type="checkbox"/>
H1643	l. Bread sticks, rolls, bagels, pita bread, or other bread products not made from whole grains	<input type="checkbox"/>	<input type="checkbox"/> →	H1644	<input type="checkbox"/>	H1645	<input type="checkbox"/>
H1646	m. Bread sticks, rolls, bagels, pita bread, or other bread products made from whole grains	<input type="checkbox"/>	<input type="checkbox"/> →	H1647	<input type="checkbox"/>	H1648	<input type="checkbox"/>
H1142	n. Deep-fried fries (including fries that are just reheated)	<input type="checkbox"/>	<input type="checkbox"/> →	H1649	<input type="checkbox"/>	H1650	<input type="checkbox"/>
H1147	o. Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/> →	H1651	<input type="checkbox"/>	H1652	<input type="checkbox"/>
H1152	p. Other fruit (such as dried or canned fruit)	<input type="checkbox"/>	<input type="checkbox"/> →	H1653	<input type="checkbox"/>	H1654	<input type="checkbox"/>
H1157	q. Vegetables (such as carrot sticks or celery sticks)	<input type="checkbox"/>	<input type="checkbox"/> →	H1655	<input type="checkbox"/>	H1656	<input type="checkbox"/>
H1132	r. Pre-made, main course salads (such as chef’s salad)	<input type="checkbox"/>	<input type="checkbox"/> →	H1657	<input type="checkbox"/>	H1658	<input type="checkbox"/>

SCHOOL/STUDENT STORE and/or SNACK BARS/CARTS—Beverages

The next questions are about school/student store or snack bars/carts in your school that sell beverages to **students** (not staff) sometime before/during, or after school.

19. Does your school have **school/student stores or snack bars/carts** that sell **beverages** to students?

H1659 Yes No → **Go to top of page 7.**



What items are available from **school/student stores or snack bars/carts**?

(PLEASE MARK “NO” OR “YES” FOR EACH ITEM BELOW AND IF YES, WHEN ITEM IS AVAILABLE.)

		Item available from school store/snack bar?		Before/during the official school day		After/outside of the official school day	
		No	Yes				
H1164	a. Bottled water	<input type="checkbox"/>	<input type="checkbox"/> →	H1660	<input type="checkbox"/>	H1661	<input type="checkbox"/>
H1169	b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/> →	H1662	<input type="checkbox"/>	H1663	<input type="checkbox"/>
H1174	c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/> →	H1664	<input type="checkbox"/>	H1665	<input type="checkbox"/>
H1510	d. Sports drinks (such as Gatorade, Powerade, or G2) not including sports drinks with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/> →	H1666	<input type="checkbox"/>	H1667	<input type="checkbox"/>
H1515	e. Sports drinks with 10 calories or less per 20 ounces (such as Powerade Zero)	<input type="checkbox"/>	<input type="checkbox"/> →	H1668	<input type="checkbox"/>	H1669	<input type="checkbox"/>
H1520	f. Flavored waters, teas or coffees (such as VitaminWater, Arizona or Starbucks Iced Coffee), not including items with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/> →	H1670	<input type="checkbox"/>	H1671	<input type="checkbox"/>
H1525	g. Other no-calorie or very low-calorie beverages (such as flavored waters, seltzers, and unsweetened or diet teas) with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/> →	H1672	<input type="checkbox"/>	H1673	<input type="checkbox"/>
H1674	h. Energy drinks or shots (such as Monster, Rockstar, or 5-hour ENERGY)	<input type="checkbox"/>	<input type="checkbox"/> →	H1675	<input type="checkbox"/>	H1676	<input type="checkbox"/>
H1184	i. 100% fruit or vegetable juice with no added sweeteners	<input type="checkbox"/>	<input type="checkbox"/> →	H1677	<input type="checkbox"/>	H1678	<input type="checkbox"/>
H1194	j. “Light” juices (such as Minute Maid Light Orange Juice)	<input type="checkbox"/>	<input type="checkbox"/> →	H1679	<input type="checkbox"/>	H1680	<input type="checkbox"/>
H1199	k. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)	<input type="checkbox"/>	<input type="checkbox"/> →	H1681	<input type="checkbox"/>	H1682	<input type="checkbox"/>
H1530	l. Non-fat (skim) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1683	<input type="checkbox"/>	H1684	<input type="checkbox"/>
H1535	m. Non-fat (skim) flavored milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1685	<input type="checkbox"/>	H1686	<input type="checkbox"/>
H1420	n. Low-fat (1%) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1687	<input type="checkbox"/>	H1688	<input type="checkbox"/>
H1425	o. Low-fat (1%) flavored milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1689	<input type="checkbox"/>	H1690	<input type="checkbox"/>
H1209	p. Whole milk or 2% milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1691	<input type="checkbox"/>	H1692	<input type="checkbox"/>

20. What is the most common serving size of the **regular soft drinks** (such as Coke, Pepsi, or Dr. Pepper) available to students in your **school/student store or snack bars/carts**?

 H1215 ounces No regular soft drinks available

SCHOOL/STUDENT STORE and/or SNACK BARS/CARTS—Food

The next questions are about school/student store or snack bars/carts in your school that sell food to **students** (not staff) sometime before/during, or after school.

21. Does your school have **school/student stores or snack bars/carts** that sell **food** to students?

H1693 Yes No → **Go to top of page 8.**



What items are available from **school/student stores or snack bars/carts**?

(PLEASE MARK “NO” OR “YES” FOR EACH ITEM BELOW AND IF YES, WHEN ITEM IS AVAILABLE.)

		Item available from school store/snack bar?		Before/during the official school day		After/outside of the official school day	
		No	Yes				
H1217	a. Candy	<input type="checkbox"/>	<input type="checkbox"/> →	H1694	<input type="checkbox"/>	H1695	<input type="checkbox"/>
H1222	b. Salty snacks that are not low in fat , such as regular potato chips	<input type="checkbox"/>	<input type="checkbox"/> →	H1696	<input type="checkbox"/>	H1697	<input type="checkbox"/>
H1227	c. Cookies, crackers, cakes, or other baked goods that are not low in fat	<input type="checkbox"/>	<input type="checkbox"/> →	H1698	<input type="checkbox"/>	H1699	<input type="checkbox"/>
H1232	d. Ice cream or frozen yogurt that is not low in fat	<input type="checkbox"/>	<input type="checkbox"/> →	H1700	<input type="checkbox"/>	H1701	<input type="checkbox"/>
H1237	e. <i>Low-fat</i> salty snacks, such as pretzels, baked chips, or other <i>low-fat</i> chips	<input type="checkbox"/>	<input type="checkbox"/> →	H1702	<input type="checkbox"/>	H1703	<input type="checkbox"/>
H1242	f. <i>Low-fat</i> cookies, crackers, cakes, pastries, or other <i>low-fat</i> baked goods	<input type="checkbox"/>	<input type="checkbox"/> →	H1704	<input type="checkbox"/>	H1705	<input type="checkbox"/>
H1706	g. <i>Low-fat</i> or <i>non-fat</i> ice cream, frozen yogurt or sherbet	<input type="checkbox"/>	<input type="checkbox"/> →	H1707	<input type="checkbox"/>	H1708	<input type="checkbox"/>
H1709	h. <i>Low-fat</i> or <i>non-fat</i> yogurt	<input type="checkbox"/>	<input type="checkbox"/> →	H1710	<input type="checkbox"/>	H1711	<input type="checkbox"/>
H1712	i. Cheese sticks that are not low in fat	<input type="checkbox"/>	<input type="checkbox"/> →	H1713	<input type="checkbox"/>	H1714	<input type="checkbox"/>
H1715	j. <i>Low-fat</i> or <i>non-fat</i> cheese sticks	<input type="checkbox"/>	<input type="checkbox"/> →	H1716	<input type="checkbox"/>	H1717	<input type="checkbox"/>
H1252	k. Sandwiches	<input type="checkbox"/>	<input type="checkbox"/> →	H1718	<input type="checkbox"/>	H1719	<input type="checkbox"/>
H1720	l. Bread sticks, rolls, bagels, pita bread, or other bread products not made from whole grains	<input type="checkbox"/>	<input type="checkbox"/> →	H1721	<input type="checkbox"/>	H1722	<input type="checkbox"/>
H1723	m. Bread sticks, rolls, bagels, pita bread, or other bread products made from whole grains	<input type="checkbox"/>	<input type="checkbox"/> →	H1724	<input type="checkbox"/>	H1725	<input type="checkbox"/>
H1267	n. Deep-fried fries (including fries that are just reheated)	<input type="checkbox"/>	<input type="checkbox"/> →	H1726	<input type="checkbox"/>	H1727	<input type="checkbox"/>
H1272	o. Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/> →	H1728	<input type="checkbox"/>	H1729	<input type="checkbox"/>
H1277	p. Other fruit (such as dried or canned fruit)	<input type="checkbox"/>	<input type="checkbox"/> →	H1730	<input type="checkbox"/>	H1731	<input type="checkbox"/>
H1282	q. Vegetables (such as carrot sticks or celery sticks)	<input type="checkbox"/>	<input type="checkbox"/> →	H1732	<input type="checkbox"/>	H1733	<input type="checkbox"/>
H1257	r. Pre-made, main course salads (such as chef’s salad)	<input type="checkbox"/>	<input type="checkbox"/> →	H1734	<input type="checkbox"/>	H1735	<input type="checkbox"/>

SCHOOL LUNCH MEAL—Beverages

22. Does your school offer a **school lunch meal** to students?

H1740 Yes No → **Go to top of page 10.**



Please indicate how often the following **beverages** are available to students as part of your **school lunch meal** (not à la carte) in your school.

(PLEASE CHECK ONE BOX ON EACH LINE.)

		Never	Some Days	Most or Every Day
H1289	a. Bottled water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1290	b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1291	c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1540	d. Sports drinks (such as Gatorade, Powerade, or G2) not including sports drinks with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1541	e. Sports drinks with 10 calories or less per 20 ounces (such as Powerade Zero)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1542	f. Flavored waters, teas, or coffees (such as VitaminWater, Arizona or Starbucks Iced Coffee) not including items with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1543	g. Other no-calorie or very low-calorie beverages (such as flavored waters, seltzers, and unsweetened or diet teas) with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1741	h. Energy drinks or shots (such as Monster, Rockstar, or 5-hour ENERGY)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1293	i. 100% fruit or vegetable juice with no added sweeteners	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1295	j. “Light” juices (such as Minute Maid Light Orange Juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1296	k. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1544	l. Non-fat (skim) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1545	m. Non-fat (skim) flavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1431	n. Low-fat (1%) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1432	o. Low-fat (1%) flavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1298	p. Whole milk or 2% milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

23. What is the most common serving size of the **regular soft drinks** (such as Coke, Pepsi, or Dr. Pepper) available to students in your **school lunch meal**?

 H1300 ounces No regular soft drinks available

SCHOOL LUNCH MEAL—Food

24. Please indicate how often the following **food items** are available to students as part of your **school lunch meal** (not à la carte) in your school.

(PLEASE CHECK ONE BOX ON EACH LINE.)

		Never	Some Days	Most or Every Day
H1301	a. Candy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1302	b. Salty snacks that are not <i>low in fat</i> , such as regular potato chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1303	c. Cookies, crackers, cakes, or other baked goods that are not <i>low in fat</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1304	d. Ice cream or frozen yogurt that is not <i>low in fat</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1305	e. <i>Low-fat</i> salty snacks, such as pretzels, baked chips, or other <i>low-fat</i> chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1306	f. <i>Low-fat</i> cookies, crackers, cakes, pastries, or other <i>low-fat</i> baked goods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1742	g. <i>Low-fat</i> or <i>non-fat</i> ice cream, frozen yogurt or sherbet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1743	h. <i>Low-fat</i> or <i>non-fat</i> yogurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1744	i. Cheese sticks that are not <i>low in fat</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1745	j. <i>Low-fat</i> or <i>non-fat</i> cheese sticks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1308	k. Sandwiches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1746	l. Bread sticks, rolls, bagels, pita bread, or other bread products not made from whole grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1747	m. Bread sticks, rolls, bagels, pita bread, or other bread products made from whole grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1311	n. Deep fried fries (including fries that are just reheated)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1312	o. Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1313	p. Other fruit (such as dried or canned fruit)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1314	q. Vegetables (excluding potatoes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1315	r. Two or more different entrees or main courses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1748	s. Other whole grain foods such as brown rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1451	t. Regular pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1452	u. “Healthier” pizza (e.g., whole wheat crust, lower-fat versions)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1309	v. Pre-made, main course salads (such as chef’s salad)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1318	w. Salad bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

À LA CARTE—Beverages

À la carte items are any foods or beverages which are available for purchase separately from the school lunch meal.

25. Does your school sell **à la carte beverages** to students at lunch?

H1749 Yes No → Go to top of page 11.



Please indicate how often the following **beverages** are available to students in your school **à la carte** at lunch.

(PLEASE CHECK ONE BOX ON EACH LINE.)

		Never	Some Days	Most or Every Day
H1321	a. Bottled water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1322	b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1323	c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1546	d. Sports drinks (such as Gatorade, Powerade, or G2) not including sports drinks with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1547	e. Sports drinks with 10 calories or less per 20 ounces (such as Powerade Zero)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1548	f. Flavored waters, teas, or coffees (such as VitaminWater, Arizona or Starbucks Iced Coffee) not including items with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1549	g. Other no-calorie or very low-calorie beverages (such as flavored waters, seltzers, and unsweetened or diet teas) with 10 calories or less per 20 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1750	h. Energy drinks or shots (such as Monster, Rockstar, or 5-hour ENERGY)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1325	i. 100% fruit or vegetable juice with no added sweeteners	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1327	j. “Light” juices (such as Minute Maid Light Orange Juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1328	k. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1550	l. Non-fat (skim) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1551	m. Non-fat (skim) flavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1434	n. Low-fat (1%) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1435	o. Low-fat (1%) flavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1330	p. Whole milk or 2% milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

26. What is the most common serving size of the **regular soft drinks** (such as Coke, Pepsi, or Dr. Pepper) available to students **à la carte**?

H1332 _____ ounces No regular soft drinks available

À LA CARTE—Food

27. Does your school sell **à la carte food items** to students at lunch?

H1751 Yes No → **Go to top of page 12.**



Please indicate how often the following **food items** are available to students in your school **à la carte** at lunch.

(PLEASE CHECK ONE BOX ON EACH LINE.)

		Never	Some Days	Most or Every Day
H1333	a. Candy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1334	b. Salty snacks that are not low in fat , such as regular potato chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1335	c. Cookies, crackers, cakes, or other baked goods that are not low in fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1336	d. Ice cream or frozen yogurt that is not low in fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1337	e. <i>Low-fat</i> salty snacks, such as pretzels, baked chips, or other <i>low-fat</i> chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1338	f. <i>Low-fat</i> cookies, crackers, cakes, pastries, or other <i>low-fat</i> baked goods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1752	g. <i>Low-fat</i> or <i>non-fat</i> ice cream, frozen yogurt or sherbet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1753	h. <i>Low-fat</i> or <i>non-fat</i> yogurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1754	i. Cheese sticks that are not low in fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1755	j. <i>Low-fat</i> or <i>non-fat</i> cheese sticks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1340	k. Sandwiches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1756	l. Bread sticks, rolls, bagels, pita bread, or other bread products not made from whole grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1757	m. Bread sticks, rolls, bagels, pita bread, or other bread products made from whole grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1343	n. Deep fried fries (including fries that are just reheated)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1344	o. Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1345	p. Other fruit (such as dried or canned fruit)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1346	q. Vegetables (excluding potatoes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1347	r. Two or more different entrees or main courses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1758	s. Other whole grain foods such as brown rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1453	t. Regular pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1454	u. “Healthier” pizza (e.g., whole wheat crust, lower-fat versions)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1341	v. Pre-made, main course salads (such as chef’s salad)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1350	w. Salad bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Competitive Venue Nutrition Standards

In 2013, the USDA announced pending standards/regulations for foods and beverages sold to students through all competitive venues (including all vending machines, school stores/snack bars/carts, and à la carte sales in the cafeteria at lunch). These standards are to go into effect for the 2014-15 school year. This section asks about the new standards. Some of these are very specific; if you don't know the answer just check the "Don't Know" option.

28. To what extent are you familiar with the USDA's updated standards for foods and beverages sold to students through competitive venues?

(PLEASE SELECT ONLY ONE BOX.)

	Not at all	To a little extent	To some extent	To a great extent	To a very great extent
H1759	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

29. To what extent have you started to change your school practices to comply with the competitive venue standards? (PLEASE SELECT ONLY ONE BOX.)

H1760

- Not at all
- Have started to discuss
- Planning changes for next year
- Have already made changes
- Don't know
- Not applicable, don't sell foods or beverages in competitive venues

30. Please tell us if items currently sold through your school's competitive venues meet any of the following requirements.

(PLEASE SELECT ONLY ONE BOX PER LINE.)

Use 'DK' for don't know and 'NA' for not applicable)

	Yes	No	DK	NA
H1761 . . . be caffeine free	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1762 . . . contain no artificial sweeteners	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1763 . . . contain less than 40 calories per 8-ounce serving (or 60 calories per 12 ounces)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1764 . . . contain no more than 12 ounces as packaged (other than unflavored water)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

All **foods** in any competitive venue must . . .

	Yes	No	DK	NA
H1765 . . . be a fruit, vegetable, whole grain, protein, or dairy food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1766 . . . be transfat free	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1767 . . . contain no more than 35% of total calories from fat (excluding reduced fat cheese, part-skim mozzarella cheese, nuts, seeds, nut/seed butters, and products that are 100% dried fruit with nuts/seeds)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1768 . . . contain no more than 10% of total calories from saturated fat (excluding reduced fat cheese, part-skim mozzarella cheese, nuts, seeds, nut/seed butters, and products that are 100% dried fruit with nuts/seeds)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

All **snack foods** in any competitive venue must . . .

	Yes	No	DK	NA
H1769 . . . contain less than 230 mg of sodium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1770 . . . contain less than 200 calories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

All **à la carte food entrees** at lunch must . . .

	Yes	No	DK	NA
H1771 . . . contain less than 480 mg of sodium (including accompaniments)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1772 . . . contain less than 350 calories (including accompaniments)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

31. Please write in the **title or role**, not the name, of the person(s) who completed this Part 2 questionnaire on food and nutrition:

H1351 H1352

H1353 H1354

Thank you very much for your assistance!

