

## **2010 Questionnaire to Secondary Schools in Bridging the Gap**

**What follows is the actual questionnaire sent to secondary school principals early in 2010.**

**Next to each question is a box that contains a variable number for that question; this number can be used to find the distribution of answers to that question. To locate the results for any question, go to the Secondary School page of the BTG website, [http://www.bridgingthegapresearch.org/research/secondary\\_school\\_survey/](http://www.bridgingthegapresearch.org/research/secondary_school_survey/), and open the document entitled “Bridging the Gap: Complete Descriptive Statistics on Secondary Schools, School Years 2006-2007 through 2009-2010.” Click on the tab at the bottom of that document entitled “Descriptive statistics tables.” Locate the “Find and Select” function (usually in your tool bar) or simultaneously press the keys “Control” and “F” on your keyboard (which will bring up a search box) and copy the variable number of interest into the “Find” box. Your cursor will immediately be relocated to the question of interest.**

**(If you wish further help, there is also a Users’ Guide for using the Complete Descriptive Statistics document, also on the secondary school page of the BTG website.)**



# Coded Questionnaire

YES!



## SCHOOL HEALTH POLICIES & PRACTICES QUESTIONNAIRE

PART 1

2010



## 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 2009–2010 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 [YESinfo@umich.edu](mailto:YESinfo@umich.edu).



## Part 1: Section B Physical Education

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

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

H118 \_\_\_\_\_ % of 8th grade students

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

H119 \_\_\_\_\_ # of days per week

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

H120 \_\_\_\_\_ minutes per class

6. 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

7. 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: \_\_\_\_\_ H313

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

H314 \_\_\_\_\_ # of students per teacher

9. 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?

H121 \_\_\_\_\_ % 8th grade BOYS      H122 \_\_\_\_\_ % 8th grade GIRLS

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?

H123 \_\_\_\_\_ % 8th grade BOYS      H124 \_\_\_\_\_ % 8th grade GIRLS

11. 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?

H125 \_\_\_\_\_ % of 8th grade students

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

H315  Yes  No

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

H126  Yes  No → Go to question 16.



14. What groups of students are tested?

- H127  All 8th grade students are tested.  
 Only 8th grade students who take P.E. are tested.  
 Other—please describe:

H128

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15. Are parents or guardians provided the results of their student's fitness test?

H129  Yes  No

16. 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 19.



17. BMI is measured on:

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

H132

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18. Are parents or guardians provided the BMI information?

H133  Yes  No

19. Are outside organizations or individuals allowed to use school grounds or facilities for physical activity or sports programs outside of school hours?

H316  Yes  No  Don't know

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

(PLEASE CHECK ALL THAT APPLY.)

- |  |   |       |
|--|---|-------|
| H317 <input type="checkbox"/> Gymnasium(s) (courts for basketball, volleyball, etc.) | <input type="checkbox"/> Wrestling room   | H322  |
| H318 <input type="checkbox"/> Indoor track(s)  | H323 <input type="checkbox"/> Dance studio  |       |
| H319 <input type="checkbox"/> Indoor pool(s)   | H324 <input type="checkbox"/> Racquetball, squash, or handball court(s)                   |       |
| H361 <input type="checkbox"/> Multipurpose room(s)                                   | H362 <input type="checkbox"/> Climbing wall   |       |
| H320 <input type="checkbox"/> Weight room  | H325 <input type="checkbox"/> Other indoor exercise or sports facilities—please describe: |       |
| H321 <input type="checkbox"/> Cardiovascular fitness center                          | H326  | <hr/> |
| H327 <input type="checkbox"/> None   |   |       |

21. 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) H332
- H363  Cross-country course or trails H333  Baseball or softball field(s)
- H329  Outdoor pool(s) H334  Football or soccer field(s)
- H330  Outdoor volleyball court(s) H335  General use field(s)
- H331  Outdoor basketball court(s) H336  Other outdoor exercise or sports facilities—please describe:  
H337 \_\_\_\_\_
- H338  **None**

22. 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

23. 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"/>

24. 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 → **Go to question 25.**



Please describe them briefly: H366 \_\_\_\_\_

About how many minutes per week are 8th grade students physically active in these breaks?

H367 \_\_\_\_\_ minutes **per week**

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

H134  Yes  No

If yes, please briefly describe.

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 5.**



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 participate in the USDA reimbursable School Breakfast Program?

H141  Yes  No

4. Does your school offer students any breakfast options other than the USDA reimbursable School Breakfast Program (i.e., vending, stores, snack bar or à la carte items) ?

H145  Yes  No

5. Does your school offer lunch to students?

H147  Yes  No → **Go to question 8.**



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

H148 \_\_\_\_\_ % 8th grade students

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

H151  Yes  No

8. 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.)

H157

Not at all	A little	Some	A lot	Don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. 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.)

H158

Not at all	A little	Some	A lot	Don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

H346

Not at all	A little	Some	A lot
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

Cafeteria	Gymnasium/ locker rooms	In hallways near classroom areas	Other locations at school	None available
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H369	H370	H371	H372	H373

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

H374

Not at all clean	Somewhat clean	Clean	Very clean
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

H375

Not at all	A little	Some	A lot	Don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 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  School system food service
- H175  Food service management company
- H176  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: H230 \_\_\_\_\_

20. At your school, are **soft drinks** or **meals from fast food restaurants** advertised or promoted... (PLEASE CHECK YES OR NO FOR EACH ITEM.)

		Yes	No
H231	a. ...with posters or other materials on display in the school?	<input type="checkbox"/>	<input type="checkbox"/>
H232	b. ...with advertisements on textbook covers or school food service menus?	<input type="checkbox"/>	<input type="checkbox"/>
H233	c. ...with coupons for free or reduced prices on these products?	<input type="checkbox"/>	<input type="checkbox"/>
H234	d. ...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 <u>school district</u> made a serious/real effort to promote healthy eating and drinking habits among students?	1	2	3	4	5
H239 b. ...has your <u>school</u> made a serious/real effort to promote healthy eating and drinking habits among students?	1	2	3	4	5
H240 c. ...has your <u>school district</u> made a serious/real effort to promote increased physical activity among students?	1	2	3	4	5
H241 d. ...has your <u>school</u> made a serious/real effort to promote increased physical activity among students?	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
  - Yes
- ↓

}

**Go to question 24.**

**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
- H381  Other restrictions—please specify: H382 \_\_\_\_\_

**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. Are mobile vendors prohibited by local or state ordinance from selling within some stated distance from schools?**

- H384
- Yes
  - No
  - Don't know
- If so, what is the distance? H385 \_\_\_\_\_

## 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. 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

4. 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.**

5. 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

6. Has your school district or school involved any of the following participants in the development of the school wellness policy? (PLEASE CHECK ALL THAT APPLY.)

H249 <input type="checkbox"/> a. Parents	H253 <input type="checkbox"/> e. School board members
H250 <input type="checkbox"/> b. Students	H254 <input type="checkbox"/> f. School administrators
H251 <input type="checkbox"/> c. Teachers	H255 <input type="checkbox"/> g. Other members of the public
H252 <input type="checkbox"/> d. School food personnel	H256 <input type="checkbox"/> h. Other school personnel—please specify: <span style="border: 1px solid black; padding: 2px;">H257</span> _____

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

7. Does your school district or school have a health advisory 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 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Part 1: Section F

### National Food and Beverage Agreements

In May of 2006 the Alliance for a Healthier Generation (a partnership of the American Heart Association and the William J. Clinton Foundation) reached an agreement with the American Beverage Association, Coca-Cola, PepsiCo, and Cadbury Schweppes/Dr. Pepper Snapple to limit portion sizes and caloric content of beverages offered to students during the regular and extended school day. A set of “School Beverage Guidelines” was adopted under the agreement.

1. Have you heard of this agreement?

H272  Yes, some       Yes, quite a bit       No

2. Has your school or school district decided to adopt the “School Beverage Guidelines” recommended under the agreement?

H273  Yes       No       Don't know

3. Has your school implemented these “School Beverage Guidelines”?

- No → **Go to question 5.**
- No, but we are planning to implement them → **Go to question 5.**
- Yes, we are in the process of implementing them
- Yes, we have implemented them

H274

4. Please indicate in which of the following venues you have implemented these “School Beverage Guidelines.” (If you do not have that venue in the school, check “not applicable.”)

(CHECK ONE BOX ON EACH LINE.)

	Yes	No	Don't know	Not applicable
H275 a. Vending machine beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H276 b. Beverages in the school/student store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H277 c. Snack bars/carts beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H278 d. À la carte beverages served at lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Is your school district or school implementing or planning to implement **any other guidelines** concerning the portion size, caloric content, or other features of beverages in your school?

H352  No

Yes—please describe: H353 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



In October of 2006 the Alliance for a Healthier Generation also reached a Snack Foods Agreement with Campbell Soup Company, Dannon, Kraft Foods, Mars, and PepsiCo relating to the nutritional contents of competitive foods sold in the schools to students. It offers “Nutritional Guidelines for Competitive Foods.” (Competitive foods include all foods, including snack foods, sold in schools other than in the federally subsidized school lunch program.)

6. Have you heard of this agreement?

- H279  Yes, some       Yes, quite a bit       No

7. Has your school or school district decided to adopt “Nutritional Guidelines for Competitive Foods” recommended under the agreement?

- H280  Yes       No       Don’t know

8. Has your school implemented these “Nutritional Guidelines for Competitive Foods”?

- H281  No —→ **Go to question 10.**  
 No, but we are planning to implement them —→ **Go to question 10.**  
 Yes, we are in the process of implementing them  
 Yes, we have implemented them

9. Please indicate in which of the following venues you have implemented these “Nutritional Guidelines for Competitive Foods.” (If you do not have that venue in the school, check “not applicable.”)

(CHECK ONE BOX ON EACH LINE.)

	Yes	No	Don’t know	Not applicable
H282 a. Vending machine foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H283 b. Foods in the school/student store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H284 c. Snack bars/carts foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H285 d. À la carte foods served at lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Is your school district or school implementing or planning to implement **any other guidelines** concerning the portion size, caloric content, or other features of foods in your school?

- H354  No  
 Yes—please describe: H355 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

11. 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

12. 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      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 \_\_\_\_\_

H304

Name

Role/Title

Additional Respondents' Roles/Titles \_\_\_\_\_

H294-H303

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

## Honorarium

We have enclosed an honorarium check in your name. If you wish, you are free to endorse the honorarium check over to another person or institution, by writing "Pay to the order of..." on the back of the check and signing it. If you wish to have a new check issued, please return the original with the completed questionnaire.

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.

H305

H306



YES!

## Coded Questionnaire



Youth,  
Education,  
& Society

# SCHOOL HEALTH POLICIES & PRACTICES QUESTIONNAIRE

## PART 2

### **Food and Beverage Policies and Practices**

- Part 2 is about the food and nutrition program offered to students at your school during the 2009–2010 school year.
- Part 2 may best be filled out by your Food Service Manager, if you have one.
- 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 **free** breakfast to **all** students?

H1370  No  Yes → **Go to question 3.**



2. If your school offers a USDA School Breakfast Program, what is the...

		Daily Price	Not Applicable
H1001	a. ... average <u>full price</u> charged for breakfast?	_____	<input type="checkbox"/>
H1002	b. ... average <u>reduced price</u> charged for breakfast?	_____	<input type="checkbox"/>

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

H1371  No  Yes → **Go to question 5.**



4. If your school offers a USDA National School Lunch Program, what is the...

		Daily Price	Not Applicable
H1003	a. ... average <u>full price</u> charged for lunch?	_____	<input type="checkbox"/>
H1004	b. ... average <u>reduced price</u> charged for lunch?	_____	<input type="checkbox"/>

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

H1005	a. ...eat lunch offered by your school?	_____%
H1006	b. ...bring their own lunch?	_____%
H1007	c. ...go off campus to buy lunch?	_____%
H1008	d. ...don't eat lunch?	_____%
H1009	e. ...buy lunch from vending machines, school store or snack bars/carts?	_____%
H1010	f. ...other?	_____%

Please explain:

6. 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
a.	Pizza places	<input type="text" value="H1372"/> _____
b.	Sandwich or sub shops	<input type="text" value="H1373"/> _____
c.	Fast food chains	<input type="text" value="H1374"/> _____
d.	Other food establishments	<input type="text" value="H1375"/> _____

7. Please indicate which menu planning system is used in your school. (PLEASE CHECK ALL THAT APPLY.)

<input type="checkbox"/>	Nutrient Standard Menu Planning (NuMenus)	<input type="text" value="H1014"/>
<input type="checkbox"/>	Assisted Nutrient Standard Menu Planning (Assisted NuMenus)	<input type="text" value="H1015"/>
<input type="checkbox"/>	Enhanced food-based menu planning	<input type="text" value="H1016"/>
<input type="checkbox"/>	Traditional food-based menu planning	<input type="text" value="H1017"/>
<input type="checkbox"/>	Any other menu planning	<input type="text" value="H1018"/>

8. At what level are decisions about menus and food service made? (PLEASE CHECK ALL THAT APPLY.)

<input type="checkbox"/>	At the school level	<input type="text" value="H1019"/>
<input type="checkbox"/>	At the district level	<input type="text" value="H1020"/>
<input type="checkbox"/>	External contractor	<input type="text" value="H1021"/>
<input type="checkbox"/>	Other—please describe:	<input type="text" value="H1022"/> <input type="text" value="H1023"/>

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

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. Does your school have any **written** policies, procedures, or guidelines that address the following specific nutrition qualities of food and beverage items sold or served (other than in the USDA school breakfast and lunch)? Include items sold in vending, snack carts, school store, or à la carte.

(CHECK ONE BOX ON EACH LINE.)

We have **written** policies, procedures or guidelines about...

		Yes	No	Don't know
<b>Food</b>				
H1376	Fat content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1377	Sugar content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1378	Sodium content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1379	Calorie content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1380	Portion size	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Milk</b>				
H1381	Fat content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1382	Sugar content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1383	Calorie content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Beverages other than milk</b>				
H1384	Sugar content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1385	Caffeine content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1386	Calorie content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1387	Portion size	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1388	Availability of free drinking water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



The next questions ask about the availability of various food and beverage items in each of several venues. If your school does not have a particular venue, you will be instructed to skip to the next one. Please be careful to answer about the specific venue that is the focus of each section.

## VENDING MACHINES—Beverages

H1038

If your school does not have **beverage vending machines** available to students anywhere in your school, please check here  and **go to the top of page 4.**

12. Please indicate whether the following **beverages** are available to students from **vending machines** anywhere in your school. For each item that is available, please indicate when it is available by checking all the appropriate boxes to the right of the arrow.

(PLEASE CHECK ALL THAT APPLY.)

		Item available from vending machines?		Before classes begin in the morning	During school hours when meals are not being served	During school lunch periods	After school				
		No	Yes								
H1039	a. Bottled water	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1040	<input type="checkbox"/>	H1041	<input type="checkbox"/>	H1042	<input type="checkbox"/>	H1043	<input type="checkbox"/>
H1044	b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1045	<input type="checkbox"/>	H1046	<input type="checkbox"/>	H1047	<input type="checkbox"/>	H1048	<input type="checkbox"/>
H1049	c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1050	<input type="checkbox"/>	H1051	<input type="checkbox"/>	H1052	<input type="checkbox"/>	H1053	<input type="checkbox"/>
H1054	d. Other no-calorie or very low-calorie beverages (such as Crystal Light Lemonade, Propel Fitness Water, or Fruit <sub>2</sub> O)	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1055	<input type="checkbox"/>	H1056	<input type="checkbox"/>	H1057	<input type="checkbox"/>	H1058	<input type="checkbox"/>
H1059	e. 100% fruit or vegetable juice with no added sweeteners	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1060	<input type="checkbox"/>	H1061	<input type="checkbox"/>	H1062	<input type="checkbox"/>	H1063	<input type="checkbox"/>
H1064	f. Sports drinks (such as Gatorade or Powerade)	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1065	<input type="checkbox"/>	H1066	<input type="checkbox"/>	H1067	<input type="checkbox"/>	H1068	<input type="checkbox"/>
H1069	g. “Light” juices (such as Minute Maid Light Orange Juice)	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1070	<input type="checkbox"/>	H1071	<input type="checkbox"/>	H1072	<input type="checkbox"/>	H1073	<input type="checkbox"/>
H1074	h. 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 checked="" type="checkbox"/> →	H1075	<input type="checkbox"/>	H1076	<input type="checkbox"/>	H1077	<input type="checkbox"/>	H1078	<input type="checkbox"/>
H1400	i. Non-fat (skim) milk, including flavored or unflavored milk	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1401	<input type="checkbox"/>	H1402	<input type="checkbox"/>	H1403	<input type="checkbox"/>	H1404	<input type="checkbox"/>
H1405	j. Low-fat (1%) unflavored (white) milk	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1406	<input type="checkbox"/>	H1407	<input type="checkbox"/>	H1408	<input type="checkbox"/>	H1409	<input type="checkbox"/>
H1410	k. Low-fat (1%) flavored milk	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1411	<input type="checkbox"/>	H1412	<input type="checkbox"/>	H1413	<input type="checkbox"/>	H1414	<input type="checkbox"/>
H1084	l. Whole milk or 2% milk, including flavored or unflavored milk	<input type="checkbox"/>	<input checked="" type="checkbox"/> →	H1085	<input type="checkbox"/>	H1086	<input type="checkbox"/>	H1087	<input type="checkbox"/>	H1088	<input type="checkbox"/>

13. 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      →      Go to top of next page.

14. What other sizes of **regular soft drinks** are available to students in your **vending machines**?

H1360 \_\_\_\_\_ ounces       None

## VENDING MACHINES—Food

H1091

If your school does not have **food vending machines** available to students anywhere in your school, please check here  and **go to the top of page 5.**

15. Please indicate whether the following **food items** are available to students from **vending machines** anywhere in your school. For each item that is available, please indicate when it is available by checking all the appropriate boxes to the right of the arrow.

		(PLEASE CHECK ALL THAT APPLY.)									
		Item available from vending machines?		Before classes begin in the morning	During school hours when meals are not being served	During school lunch periods	After school				
		No	Yes								
H1092	a. Candy	<input type="checkbox"/>	<input type="checkbox"/> →	H1093	<input type="checkbox"/>	H1094	<input type="checkbox"/>	H1095	<input type="checkbox"/>	H1096	<input type="checkbox"/>
H1097	b. Salty snacks that are <i>not low in fat</i> , such as regular potato chips	<input type="checkbox"/>	<input type="checkbox"/> →	H1098	<input type="checkbox"/>	H1099	<input type="checkbox"/>	H1100	<input type="checkbox"/>	H1101	<input type="checkbox"/>
H1102	c. Cookies, crackers, cakes, or other baked goods that are <i>not low in fat</i>	<input type="checkbox"/>	<input type="checkbox"/> →	H1103	<input type="checkbox"/>	H1104	<input type="checkbox"/>	H1105	<input type="checkbox"/>	H1106	<input type="checkbox"/>
H1107	d. Ice cream or frozen yogurt that is <i>not low in fat</i>	<input type="checkbox"/>	<input type="checkbox"/> →	H1108	<input type="checkbox"/>	H1109	<input type="checkbox"/>	H1110	<input type="checkbox"/>	H1111	<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"/> →	H1113	<input type="checkbox"/>	H1114	<input type="checkbox"/>	H1115	<input type="checkbox"/>	H1116	<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"/> →	H1118	<input type="checkbox"/>	H1119	<input type="checkbox"/>	H1120	<input type="checkbox"/>	H1121	<input type="checkbox"/>
H1122	g. <i>Low-fat</i> or <i>fat-free</i> ice cream, frozen yogurt, sherbet, or <i>low-fat</i> or <i>non-fat</i> yogurt	<input type="checkbox"/>	<input type="checkbox"/> →	H1123	<input type="checkbox"/>	H1124	<input type="checkbox"/>	H1125	<input type="checkbox"/>	H1126	<input type="checkbox"/>
H1127	h. Sandwiches	<input type="checkbox"/>	<input type="checkbox"/> →	H1128	<input type="checkbox"/>	H1129	<input type="checkbox"/>	H1130	<input type="checkbox"/>	H1131	<input type="checkbox"/>
H1137	i. Bread sticks, rolls, bagels, pita bread, or other bread products	<input type="checkbox"/>	<input type="checkbox"/> →	H1138	<input type="checkbox"/>	H1139	<input type="checkbox"/>	H1140	<input type="checkbox"/>	H1141	<input type="checkbox"/>
H1142	j. Deep-fried fries (including fries that are just reheated)	<input type="checkbox"/>	<input type="checkbox"/> →	H1143	<input type="checkbox"/>	H1144	<input type="checkbox"/>	H1145	<input type="checkbox"/>	H1146	<input type="checkbox"/>
H1147	k. Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/> →	H1148	<input type="checkbox"/>	H1149	<input type="checkbox"/>	H1150	<input type="checkbox"/>	H1151	<input type="checkbox"/>
H1152	l. Other fruit (such as dried or canned fruit)	<input type="checkbox"/>	<input type="checkbox"/> →	H1153	<input type="checkbox"/>	H1154	<input type="checkbox"/>	H1155	<input type="checkbox"/>	H1156	<input type="checkbox"/>
H1157	m. Vegetables (such as carrot sticks or celery sticks)	<input type="checkbox"/>	<input type="checkbox"/> →	H1158	<input type="checkbox"/>	H1159	<input type="checkbox"/>	H1160	<input type="checkbox"/>	H1161	<input type="checkbox"/>
H1132	n. Pre-made, main course salads (such as chef's salad)	<input type="checkbox"/>	<input type="checkbox"/> →	H1133	<input type="checkbox"/>	H1134	<input type="checkbox"/>	H1135	<input type="checkbox"/>	H1136	<input type="checkbox"/>

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

H1163

If your school does not have any **school/student store** or **snack bars/carts** selling **beverages** to students, please check here  and **go the top of page 6.**

16. Please indicate whether the following **beverages** are available to students from any **school/student store** or **snack bars/carts** in your school. For each item that is available, please indicate when it is available by checking all the appropriate boxes to the right of the arrow.

		(PLEASE CHECK ALL THAT APPLY.)									
		Item available from store/snack bar/cart?		Before classes begin in the morning	During school hours when meals are not being served	During school lunch periods	After school				
		No	Yes								
H1164	a. Bottled water	<input type="checkbox"/>	<input type="checkbox"/> →	H1165	<input type="checkbox"/>	H1166	<input type="checkbox"/>	H1167	<input type="checkbox"/>	H1168	<input type="checkbox"/>
H1169	b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/> →	H1170	<input type="checkbox"/>	H1171	<input type="checkbox"/>	H1172	<input type="checkbox"/>	H1173	<input type="checkbox"/>
H1174	c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)	<input type="checkbox"/>	<input type="checkbox"/> →	H1175	<input type="checkbox"/>	H1176	<input type="checkbox"/>	H1177	<input type="checkbox"/>	H1178	<input type="checkbox"/>
H1179	d. Other no-calorie or very low-calorie beverages (such as Crystal Light Lemonade, Propel Fitness Water, or Fruit <sub>2</sub> O)	<input type="checkbox"/>	<input type="checkbox"/> →	H1180	<input type="checkbox"/>	H1181	<input type="checkbox"/>	H1182	<input type="checkbox"/>	H1183	<input type="checkbox"/>
H1184	e. 100% fruit or vegetable juice with no added sweeteners	<input type="checkbox"/>	<input type="checkbox"/> →	H1185	<input type="checkbox"/>	H1186	<input type="checkbox"/>	H1187	<input type="checkbox"/>	H1188	<input type="checkbox"/>
H1189	f. Sports drinks (such as Gatorade or Powerade)	<input type="checkbox"/>	<input type="checkbox"/> →	H1190	<input type="checkbox"/>	H1191	<input type="checkbox"/>	H1192	<input type="checkbox"/>	H1193	<input type="checkbox"/>
H1194	g. “Light” juices (such as Minute Maid Light Orange Juice)	<input type="checkbox"/>	<input type="checkbox"/> →	H1195	<input type="checkbox"/>	H1196	<input type="checkbox"/>	H1197	<input type="checkbox"/>	H1198	<input type="checkbox"/>
H1199	h. 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"/> →	H1200	<input type="checkbox"/>	H1201	<input type="checkbox"/>	H1202	<input type="checkbox"/>	H1203	<input type="checkbox"/>
H1415	i. Non-fat (skim) milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1416	<input type="checkbox"/>	H1417	<input type="checkbox"/>	H1418	<input type="checkbox"/>	H1419	<input type="checkbox"/>
H1420	j. Low-fat (1%) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1421	<input type="checkbox"/>	H1422	<input type="checkbox"/>	H1423	<input type="checkbox"/>	H1424	<input type="checkbox"/>
H1425	k. Low-fat (1%) flavored milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1426	<input type="checkbox"/>	H1427	<input type="checkbox"/>	H1428	<input type="checkbox"/>	H1429	<input type="checkbox"/>
H1209	l. Whole milk or 2% milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/> →	H1210	<input type="checkbox"/>	H1211	<input type="checkbox"/>	H1212	<input type="checkbox"/>	H1213	<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 **school/student store or snack bars/carts**?

H1215

\_\_\_\_\_ ounces

No regular soft drinks available →

Go to top of next page.

18. What other sizes of **regular soft drinks** are available to students in your **school/student store or snack bars/carts**?

H1361

\_\_\_\_\_ ounces

None

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

H1216

If your school does not have any **school/student store** or **snack bars/carts** selling **food** to students, please check here  and **go the top of page 7.**

19. Please indicate whether the following **food items** are available to students from any **school/student store** or **snack bars/carts** in your school. For each item that is available, please indicate when it is available by checking all the appropriate boxes to the right of the arrow.

		(PLEASE CHECK ALL THAT APPLY.)							
		Item available from store/snack bar/cart?		Before classes begin in the morning	During school hours when meals are not being served	During school lunch periods	After school		
		No	Yes						
H1217	a. Candy	<input type="checkbox"/>	<input type="checkbox"/> →	H1218 <input type="checkbox"/>	H1219 <input type="checkbox"/>	H1220 <input type="checkbox"/>	H1221 <input type="checkbox"/>	<input type="checkbox"/>	
H1222	b. Salty snacks that are <i>not low in fat</i> , such as regular potato chips	<input type="checkbox"/>	<input type="checkbox"/> →	H1223 <input type="checkbox"/>	H1224 <input type="checkbox"/>	H1225 <input type="checkbox"/>	H1226 <input type="checkbox"/>	<input type="checkbox"/>	
H1227	c. Cookies, crackers, cakes, or other baked goods that are <i>not low in fat</i>	<input type="checkbox"/>	<input type="checkbox"/> →	H1228 <input type="checkbox"/>	H1229 <input type="checkbox"/>	H1230 <input type="checkbox"/>	H1231 <input type="checkbox"/>	<input type="checkbox"/>	
H1232	d. Ice cream or frozen yogurt that is <i>not low in fat</i>	<input type="checkbox"/>	<input type="checkbox"/> →	H1233 <input type="checkbox"/>	H1234 <input type="checkbox"/>	H1235 <input type="checkbox"/>	H1236 <input type="checkbox"/>	<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"/> →	H1238 <input type="checkbox"/>	H1239 <input type="checkbox"/>	H1240 <input type="checkbox"/>	H1241 <input type="checkbox"/>	<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"/> →	H1243 <input type="checkbox"/>	H1244 <input type="checkbox"/>	H1245 <input type="checkbox"/>	H1246 <input type="checkbox"/>	<input type="checkbox"/>	
H1247	g. <i>Low-fat</i> or <i>fat-free</i> ice cream, frozen yogurt, sherbet, or <i>low-fat</i> or <i>non-fat</i> yogurt	<input type="checkbox"/>	<input type="checkbox"/> →	H1248 <input type="checkbox"/>	H1249 <input type="checkbox"/>	H1250 <input type="checkbox"/>	H1251 <input type="checkbox"/>	<input type="checkbox"/>	
H1252	h. Sandwiches	<input type="checkbox"/>	<input type="checkbox"/> →	H1253 <input type="checkbox"/>	H1254 <input type="checkbox"/>	H1255 <input type="checkbox"/>	H1256 <input type="checkbox"/>	<input type="checkbox"/>	
H1262	i. Bread sticks, rolls, bagels, pita bread, or other bread products	<input type="checkbox"/>	<input type="checkbox"/> →	H1263 <input type="checkbox"/>	H1264 <input type="checkbox"/>	H1265 <input type="checkbox"/>	H1266 <input type="checkbox"/>	<input type="checkbox"/>	
H1267	j. Deep-fried fries (including fries that are just reheated)	<input type="checkbox"/>	<input type="checkbox"/> →	H1268 <input type="checkbox"/>	H1269 <input type="checkbox"/>	H1270 <input type="checkbox"/>	H1271 <input type="checkbox"/>	<input type="checkbox"/>	
H1272	k. Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/> →	H1273 <input type="checkbox"/>	H1274 <input type="checkbox"/>	H1275 <input type="checkbox"/>	H1276 <input type="checkbox"/>	<input type="checkbox"/>	
H1277	l. Other fruit (such as dried or canned fruit)	<input type="checkbox"/>	<input type="checkbox"/> →	H1278 <input type="checkbox"/>	H1279 <input type="checkbox"/>	H1280 <input type="checkbox"/>	H1281 <input type="checkbox"/>	<input type="checkbox"/>	
H1282	m. Vegetables (such as carrot sticks or celery sticks)	<input type="checkbox"/>	<input type="checkbox"/> →	H1283 <input type="checkbox"/>	H1284 <input type="checkbox"/>	H1285 <input type="checkbox"/>	H1286 <input type="checkbox"/>	<input type="checkbox"/>	
H1257	n. Pre-made, main course salads (such as chef's salad)	<input type="checkbox"/>	<input type="checkbox"/> →	H1258 <input type="checkbox"/>	H1259 <input type="checkbox"/>	H1260 <input type="checkbox"/>	H1261 <input type="checkbox"/>	<input type="checkbox"/>	

## SCHOOL LUNCH MEAL—Beverages

H1288

If your school does not offer a **school lunch meal** to students, please check here  and **go to the top of page 9.**

20. 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"/>
H1292	d. Other no-calorie or very low-calorie beverages (such as Crystal Light Lemonade, Propel Fitness Water, or Fruit <sub>2</sub> O)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1293	e. 100% fruit or vegetable juice with no added sweeteners	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1294	f. Sports drinks (such as Gatorade or Powerade)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1295	g. “Light” juices (such as Minute Maid Light Orange Juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1296	h. 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"/>
H1430	i. Non-fat (skim) milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1431	j. Low-fat (1%) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1432	k. Low-fat (1%) flavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1298	l. Whole milk or 2% milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

21. 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 →

**Go to top of next page.**

22. What other sizes of **regular soft drinks** are available to students in your **school lunch meal**?

H1362

\_\_\_\_\_ ounces

None

## SCHOOL LUNCH MEAL—Food

23. 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 <i>not 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 <i>not low in fat</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1304	d. Ice cream or frozen yogurt that is <i>not 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"/>
H1307	g. <i>Low-fat</i> or <i>fat-free</i> ice cream, frozen yogurt, sherbet, or <i>low-fat</i> or <i>non-fat</i> yogurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1308	h. Sandwiches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1310	i. Bread sticks, rolls, bagels, pita bread, or other bread products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1311	j. Deep-fried fries (including fries that are just reheated)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1312	k. Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1313	l. Other fruit (such as dried or canned fruit)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1314	m. Vegetables (excluding potatoes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1315	n. Two or more different entrees or main courses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1316	o. Pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1317	p. Whole grains (such as wheat bread or brown rice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1309	q. Pre-made, main course salads (such as chef's salad)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1318	r. 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.

H1363

If your school does not offer **à la carte** beverages at lunch to students, please check here  and **go to the top of page 10.**

24. 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"/>
H1324	d. Other no-calorie or very low-calorie beverages (such as Crystal Light Lemonade, Propel Fitness Water, or Fruit <sub>2</sub> O)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1325	e. 100% fruit or vegetable juice with no added sweeteners	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1326	f. Sports drinks (such as Gatorade or Powerade)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1327	g. “Light” juices (such as Minute Maid Light Orange Juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1328	h. 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"/>
H1433	i. Non-fat (skim) milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1434	j. Low-fat (1%) unflavored (white) milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1435	k. Low-fat (1%) flavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H1330	l. Whole milk or 2% milk, including flavored or unflavored milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

25. 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 —→

**Go to top of next page.**

26. What other sizes of **regular soft drinks** are available to students **à la carte**?

H1364

\_\_\_\_\_ ounces

None

## À LA CARTE—Food

H1365

If your school does not offer **à la carte** food items at lunch to students, please check here  and **go to question 28.**

27. 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 <i>not low in fat</i> , 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 <i>not low in fat</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1336	d.	Ice cream or frozen yogurt that is <i>not low in fat</i>	<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"/>			
H1339	g.	<i>Low-fat</i> or <i>fat-free</i> ice cream, frozen yogurt, sherbet, or <i>low-fat</i> or <i>non-fat</i> yogurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1340	h.	Sandwiches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1342	i.	Bread sticks, rolls, bagels, pita bread, or other bread products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1343	j.	Deep-fried fries (including fries that are just reheated)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1344	k.	Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1345	l.	Other fruit (such as dried or canned fruit)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1346	m.	Vegetables (excluding potatoes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1347	n.	Two or more different entrees or main courses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1348	o.	Pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1349	p.	Whole grains (such as wheat bread or brown rice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1341	q.	Pre-made, main course salads (such as chef's salad)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
H1350	r.	Salad bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			

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

H1351

H1352

H1353

H1354

**Thank you very much for your assistance!**