

## **2008 Questionnaire to Secondary Schools in Bridging the Gap**

**What follows is the actual questionnaire sent to secondary school principals early in 2008.**

**Next to each question is a black 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 2006-07 & 2007-08.” 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 Guide for using the Complete Descriptive Statistics document, also on the secondary school page of the BTG website.)**

YES!

Youth,  
Education,  
& Society

# SCHOOL HEALTH POLICIES & PRACTICES QUESTIONNAIRE

PART 1

2008

 UNIVERSITY OF MICHIGAN

A Study Supported by the Robert Wood Johnson Foundation

## 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 2007–2008 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 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.

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.)

- 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

H102

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

(WRITE IN PERCENT.)

%

- a. White/not Hispanic \_\_\_\_\_
- b. African American/Black \_\_\_\_\_
- c. Hispanic or Latino \_\_\_\_\_
- d. Native American \_\_\_\_\_
- e. Asian/Pacific Islander \_\_\_\_\_
- f. Other \_\_\_\_\_

4. About how many students were enrolled in your school for the 2007–2008 school year?

total # of enrolled students

5. About how many students were enrolled in your school for the 2007–2008 school year in the 8th grade?

# of enrolled 8th grade students

6. 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?

% of students

What percent are eligible for a **reduced** lunch? \_\_\_\_\_ % of students       Don't know

What percent are eligible for a **free** lunch? \_\_\_\_\_ % of students       Don't know

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

: \_\_\_\_\_ AM  
HR      MIN

It varies—please explain: \_\_\_\_\_

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

minutes

## Part 1: Section B Physical Education

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

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

H117  Yes  No

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

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

3. 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

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

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

5. 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

6. 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

7. 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

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

H126  Yes  No → **Go to question 11.**



9. 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 explain:

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

H129  Yes  No

**11.** 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 14.**



**12.** BMI is measured on:

All 8th grade students

H131  Only 8th grade students who take P.E.

Other—please explain:

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**13.** Are parents or guardians provided the BMI information?

H133  Yes  No

**14.** 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.

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## 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?

H145  Yes—please describe: \_\_\_\_\_  
 No

5. Does your school offer lunch to students?

H147  Yes  No → Go to question 9.



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. Does your school offer students any lunch options other than the USDA reimbursable National School Lunch Program?

H155  Yes—please describe: \_\_\_\_\_  
 No

9. 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"/> |

10. 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"/> |

## 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"/> |
| H164 e. Snack bars/carts for students?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| H165 f. 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?

|   | 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?

|   | 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      H176  Other—please describe: \_\_\_\_\_
- H175  Food service management company      \_\_\_\_\_

**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), 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.)

- ...the school only?
- H179  ...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: \_\_\_\_\_

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. 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                      |

**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"/> |
| H245 | c. ...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? (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: _____ |

**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.)

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

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

Yes      No      Don't know

a. ...nutrition and dietary behavior...

H261 ...in middle school?

H262 ...in high school?

b. ...physical activity, exercise, and health related fitness...

H264 ...in middle school?

H265 ...in high school?

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.

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## 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 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"?

- H274  No → **Go to the top of the next page.**  
 No, but we are planning to implement them → **Go to the top of the next page.**  
 Yes, we are in the process of implementing them  
 Yes, we have implemented them

4. Please indicate in which of the following venues you have implemented the "School Beverage Guidelines." (If you do not have that venue in the school, check N/A for "not applicable.")

(CHECK ONE BOX ON EACH LINE.)

- |      |  | Yes                      | No                       | Don't know               | N/A                      |
|------|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 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"/> |

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.)

5. Have you heard of this agreement?

- H279  Yes, some       Yes, quite a bit       No

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

- H280  Yes       No       Don’t know

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

- H281  No → **Go to page 11.**  
 No, but we are planning to implement them → **Go to page 11.**  
 Yes, we are in the process of implementing them  
 Yes, we have implemented them

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

(CHECK ONE BOX ON EACH LINE.)

|   | Yes                      | No                       | Don’t know               | N/A                      |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 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"/> |

**Thank you very much!**  
**Please be sure to complete page 11.**

## Contributing Respondents

In the space below, please first write the *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. Please **do not write the names** of these individuals. 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 Role/Title

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Additional Respondents' Roles/Titles

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## Honorarium

You are free to endorse your 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:

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

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## Additional Comments

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



YES!

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 2007–2008 school year.
- Part 2 may best be filled out by your Food Service Manager, if you have one.
- Part 2 pages should be returned 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 the question 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. 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"/> |

2. 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"/> |

3. 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: \_\_\_\_\_

4. During a typical week, on how many days are fast food items from commercial chains or other vendors (such as Pizza Hut, Taco Bell, others...) offered to students...

- |       |                                  | Days/Week |
|-------|----------------------------------|-----------|
| H1012 | a. ...as à la carte lunch items? | _____     |
| H1013 | b. ...for school lunch meals?    | _____     |

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

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

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

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

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

- |       |  |
|-------|--|
| H1024 | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know |
|-------|--|

8. During this school year, has your school district or school provided...

- |       |  | 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"/> |

9. Please indicate if each of the following venues for foods and beverages are available to students (not staff) anywhere in your school.

- |       |  | Yes                      | No                       |
|-------|--|--------------------------|--------------------------|
| H1029 | a. Beverages in vending machines?      | <input type="checkbox"/> | <input type="checkbox"/> |
| H1030 | b. Food items in vending machines?     | <input type="checkbox"/> | <input type="checkbox"/> |
| H1031 | c. Beverages in school/student store?  | <input type="checkbox"/> | <input type="checkbox"/> |
| H1032 | d. Food items in school/student store? | <input type="checkbox"/> | <input type="checkbox"/> |
| H1033 | e. Beverages in snack bars/carts?      | <input type="checkbox"/> | <input type="checkbox"/> |
| H1034 | f. Food items in snack bars/carts?     | <input type="checkbox"/> | <input type="checkbox"/> |
| H1035 | g. Beverages à la carte at lunch?      | <input type="checkbox"/> | <input type="checkbox"/> |
| H1036 | h. Food items à la carte at lunch?     | <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 3.**

10. 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                        |                                     |   |                                |                                |
| a. Bottled water  | H1039 <input type="checkbox"/>        | <input type="checkbox"/> → | H1040 <input type="checkbox"/>      | H1041 <input type="checkbox"/>                      | H1042 <input type="checkbox"/> | H1043 <input type="checkbox"/> |
| b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)   | H1044 <input type="checkbox"/>        | <input type="checkbox"/> → | H1045 <input type="checkbox"/>      | H1046 <input type="checkbox"/>                      | H1047 <input type="checkbox"/> | H1048 <input type="checkbox"/> |
| c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)   | H1049 <input type="checkbox"/>        | <input type="checkbox"/> → | H1050 <input type="checkbox"/>      | H1051 <input type="checkbox"/>                      | H1052 <input type="checkbox"/> | H1053 <input type="checkbox"/> |
| d. Other no-calorie or very low-calorie beverages (such as Crystal Light Lemonade, Propel Fitness Water, or Fruit <sub>2</sub> O) | H1054 <input type="checkbox"/>        | <input type="checkbox"/> → | H1055 <input type="checkbox"/>      | H1056 <input type="checkbox"/>                      | H1057 <input type="checkbox"/> | H1058 <input type="checkbox"/> |
| e. 100% fruit or vegetable juice with no added sweeteners   | H1059 <input type="checkbox"/>        | <input type="checkbox"/> → | H1060 <input type="checkbox"/>      | H1061 <input type="checkbox"/>                      | H1062 <input type="checkbox"/> | H1063 <input type="checkbox"/> |
| f. Sports drinks (such as Gatorade or Powerade)   | H1064 <input type="checkbox"/>        | <input type="checkbox"/> → | H1065 <input type="checkbox"/>      | H1066 <input type="checkbox"/>                      | H1067 <input type="checkbox"/> | H1068 <input type="checkbox"/> |
| g. “Light” juices (such as Minute Maid Light Orange Juice)  | H1069 <input type="checkbox"/>        | <input type="checkbox"/> → | H1070 <input type="checkbox"/>      | H1071 <input type="checkbox"/>                      | H1072 <input type="checkbox"/> | H1073 <input type="checkbox"/> |
| h. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)      | H1074 <input type="checkbox"/>        | <input type="checkbox"/> → | H1075 <input type="checkbox"/>      | H1076 <input type="checkbox"/>                      | H1077 <input type="checkbox"/> | H1078 <input type="checkbox"/> |
| i. Low-fat (1%) or non-fat (skim) milk, including low-fat flavored milk   | H1079 <input type="checkbox"/>        | <input type="checkbox"/> → | H1080 <input type="checkbox"/>      | H1081 <input type="checkbox"/>                      | H1082 <input type="checkbox"/> | H1083 <input type="checkbox"/> |
| j. Whole or 2% milk, or flavored milk   | H1084 <input type="checkbox"/>        | <input type="checkbox"/> → | H1085 <input type="checkbox"/>      | H1086 <input type="checkbox"/>                      | H1087 <input type="checkbox"/> | H1088 <input type="checkbox"/> |

11. What is the most common serving size of the **soft drinks** available to students in your **vending machines**?

\_\_\_\_\_ ounces  No soft drinks available → Go to top of next page.

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

\_\_\_\_\_ 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 4.**

13. 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                        |                                     |   |                                |                                |  |              |  |
| a. Candy   | H1092 <input type="checkbox"/>        | <input type="checkbox"/> → | H1093 <input type="checkbox"/>      | H1094 <input type="checkbox"/>                      | H1095 <input type="checkbox"/> | H1096 <input type="checkbox"/> |  |              |  |
| b. Salty snacks that are <i>not low in fat</i> , such as regular potato chips                                      | H1097 <input type="checkbox"/>        | <input type="checkbox"/> → | H1098 <input type="checkbox"/>      | H1099 <input type="checkbox"/>                      | H1100 <input type="checkbox"/> | H1101 <input type="checkbox"/> |  |              |  |
| c. Cookies, crackers, cakes, or other baked goods that are <i>not low in fat</i>                                   | H1102 <input type="checkbox"/>        | <input type="checkbox"/> → | H1103 <input type="checkbox"/>      | H1104 <input type="checkbox"/>                      | H1105 <input type="checkbox"/> | H1106 <input type="checkbox"/> |  |              |  |
| d. Ice cream or frozen yogurt that is <i>not low in fat</i>  | H1107 <input type="checkbox"/>        | <input type="checkbox"/> → | H1108 <input type="checkbox"/>      | H1109 <input type="checkbox"/>                      | H1110 <input type="checkbox"/> | H1111 <input type="checkbox"/> |  |              |  |
| e. <i>Low-fat</i> salty snacks, such as pretzels, baked chips, or other <i>low-fat</i> chips                       | H1112 <input type="checkbox"/>        | <input type="checkbox"/> → | H1113 <input type="checkbox"/>      | H1114 <input type="checkbox"/>                      | H1115 <input type="checkbox"/> | H1116 <input type="checkbox"/> |  |              |  |
| f. <i>Low-fat</i> cookies, crackers, cakes, pastries, other <i>low-fat</i> baked goods                             | H1117 <input type="checkbox"/>        | <input type="checkbox"/> → | H1118 <input type="checkbox"/>      | H1119 <input type="checkbox"/>                      | H1120 <input type="checkbox"/> | H1121 <input type="checkbox"/> |  |              |  |
| 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 | H1122 <input type="checkbox"/>        | <input type="checkbox"/> → | H1123 <input type="checkbox"/>      | H1124 <input type="checkbox"/>                      | H1125 <input type="checkbox"/> | H1126 <input type="checkbox"/> |  |              |  |
| h. Sandwiches  | H1127 <input type="checkbox"/>        | <input type="checkbox"/> → | H1128 <input type="checkbox"/>      | H1129 <input type="checkbox"/>                      | H1130 <input type="checkbox"/> | H1131 <input type="checkbox"/> |  |              |  |
| i. Bread sticks, rolls, bagels, pita bread, or other bread products  | H1137 <input type="checkbox"/>        | <input type="checkbox"/> → | H1138 <input type="checkbox"/>      | H1139 <input type="checkbox"/>                      | H1140 <input type="checkbox"/> | H1141 <input type="checkbox"/> |  |              |  |
| j. Deep-fried fries (including fries that are just reheated)   | H1142 <input type="checkbox"/>        | <input type="checkbox"/> → | H1143 <input type="checkbox"/>      | H1144 <input type="checkbox"/>                      | H1145 <input type="checkbox"/> | H1146 <input type="checkbox"/> |  |              |  |
| k. Fresh fruit   | H1147 <input type="checkbox"/>        | <input type="checkbox"/> → | H1148 <input type="checkbox"/>      | H1149 <input type="checkbox"/>                      | H1150 <input type="checkbox"/> | H1151 <input type="checkbox"/> |  |              |  |
| l. Other fruit (such as dried or canned fruit)   | H1152 <input type="checkbox"/>        | <input type="checkbox"/> → | H1153 <input type="checkbox"/>      | H1154 <input type="checkbox"/>                      | H1155 <input type="checkbox"/> | H1156 <input type="checkbox"/> |  |              |  |
| m. Vegetables (such as carrot sticks or celery sticks)   | H1157 <input type="checkbox"/>        | <input type="checkbox"/> → | H1158 <input type="checkbox"/>      | H1159 <input type="checkbox"/>                      | H1160 <input type="checkbox"/> | H1161 <input type="checkbox"/> |  |              |  |
| n. Pre-made, main course salads (such as chef's salad)   | H1132 <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 5.**

14. 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<br>store/snack bar/cart? |                            | Before classes<br>begin in the<br>morning | During school<br>hours when meals<br>are not being served | During school<br>lunch periods | After<br>school                |
|---|--|----------------------------|---|---|--------------------------------|--------------------------------|
|   | No   | Yes                        |   |   |                                |                                |
| a. Bottled water  | H1164 <input type="checkbox"/>               | <input type="checkbox"/> → | H1165 <input type="checkbox"/>            | H1166 <input type="checkbox"/>                            | H1167 <input type="checkbox"/> | H1168 <input type="checkbox"/> |
| b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)   | H1169 <input type="checkbox"/>               | <input type="checkbox"/> → | H1170 <input type="checkbox"/>            | H1171 <input type="checkbox"/>                            | H1172 <input type="checkbox"/> | H1173 <input type="checkbox"/> |
| c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)   | H1174 <input type="checkbox"/>               | <input type="checkbox"/> → | H1175 <input type="checkbox"/>            | H1176 <input type="checkbox"/>                            | H1177 <input type="checkbox"/> | H1178 <input type="checkbox"/> |
| d. Other no-calorie or very low-calorie beverages (such as Crystal Light Lemonade, Propel Fitness Water, or Fruit <sub>2</sub> O) | H1179 <input type="checkbox"/>               | <input type="checkbox"/> → | H1180 <input type="checkbox"/>            | H1181 <input type="checkbox"/>                            | H1182 <input type="checkbox"/> | H1183 <input type="checkbox"/> |
| e. 100% fruit or vegetable juice with no added sweeteners   | H1184 <input type="checkbox"/>               | <input type="checkbox"/> → | H1185 <input type="checkbox"/>            | H1186 <input type="checkbox"/>                            | H1187 <input type="checkbox"/> | H1188 <input type="checkbox"/> |
| f. Sports drinks (such as Gatorade or Powerade)   | H1189 <input type="checkbox"/>               | <input type="checkbox"/> → | H1190 <input type="checkbox"/>            | H1191 <input type="checkbox"/>                            | H1192 <input type="checkbox"/> | H1193 <input type="checkbox"/> |
| g. “Light” juices (such as Minute Maid Light Orange Juice)  | H1194 <input type="checkbox"/>               | <input type="checkbox"/> → | H1195 <input type="checkbox"/>            | H1196 <input type="checkbox"/>                            | H1197 <input type="checkbox"/> | H1198 <input type="checkbox"/> |
| h. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)      | H1199 <input type="checkbox"/>               | <input type="checkbox"/> → | H1200 <input type="checkbox"/>            | H1201 <input type="checkbox"/>                            | H1202 <input type="checkbox"/> | H1203 <input type="checkbox"/> |
| i. Low-fat (1%) or non-fat (skim) milk, including low-fat flavored milk   | H1204 <input type="checkbox"/>               | <input type="checkbox"/> → | H1205 <input type="checkbox"/>            | H1206 <input type="checkbox"/>                            | H1207 <input type="checkbox"/> | H1208 <input type="checkbox"/> |
| j. Whole or 2% milk, or flavored milk   | H1209 <input type="checkbox"/>               | <input type="checkbox"/> → | H1210 <input type="checkbox"/>            | H1211 <input type="checkbox"/>                            | H1212 <input type="checkbox"/> | H1213 <input type="checkbox"/> |

15. What is the most common serving size of the **soft drinks** available to students in your **school/student store or snack bars/carts**?

\_\_\_\_\_ ounces       No soft drinks available      → **Go to top of next page.**

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

\_\_\_\_\_ 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 6.**

17. Please indicate whether the following **food items** are available to students from any **school/student stores** 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<br>store/snack bar/cart? |                            | Before classes<br>begin in the<br>morning | During school<br>hours when meals<br>are not being served | During school<br>lunch periods | After<br>school                |
|    |   | No   | Yes                        |   |   |                                |                                |
| a. | Candy   | H1217 <input type="checkbox"/>               | <input type="checkbox"/> → | H1218 <input type="checkbox"/>            | H1219 <input type="checkbox"/>                            | H1220 <input type="checkbox"/> | H1221 <input type="checkbox"/> |
| b. | Salty snacks that are <i>not low in fat</i> , such as regular potato chips                                      | H1222 <input type="checkbox"/>               | <input type="checkbox"/> → | H1223 <input type="checkbox"/>            | H1224 <input type="checkbox"/>                            | H1225 <input type="checkbox"/> | H1226 <input type="checkbox"/> |
| c. | Cookies, crackers, cakes, or other baked goods that are <i>not low in fat</i>                                   | H1227 <input type="checkbox"/>               | <input type="checkbox"/> → | H1228 <input type="checkbox"/>            | H1229 <input type="checkbox"/>                            | H1230 <input type="checkbox"/> | H1231 <input type="checkbox"/> |
| d. | Ice cream or frozen yogurt that is <i>not low in fat</i>  | H1232 <input type="checkbox"/>               | <input type="checkbox"/> → | H1233 <input type="checkbox"/>            | H1234 <input type="checkbox"/>                            | H1235 <input type="checkbox"/> | H1236 <input type="checkbox"/> |
| e. | <i>Low-fat</i> salty snacks, such as pretzels, baked chips, or other <i>low-fat</i> chips                       | H1237 <input type="checkbox"/>               | <input type="checkbox"/> → | H1238 <input type="checkbox"/>            | H1239 <input type="checkbox"/>                            | H1240 <input type="checkbox"/> | H1241 <input type="checkbox"/> |
| f. | <i>Low-fat</i> cookies, crackers, cakes, pastries, other <i>low-fat</i> baked goods                             | H1242 <input type="checkbox"/>               | <input type="checkbox"/> → | H1243 <input type="checkbox"/>            | H1244 <input type="checkbox"/>                            | H1245 <input type="checkbox"/> | H1246 <input type="checkbox"/> |
| 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 | H1247 <input type="checkbox"/>               | <input type="checkbox"/> → | H1248 <input type="checkbox"/>            | H1249 <input type="checkbox"/>                            | H1250 <input type="checkbox"/> | H1251 <input type="checkbox"/> |
| h. | Sandwiches  | H1252 <input type="checkbox"/>               | <input type="checkbox"/> → | H1253 <input type="checkbox"/>            | H1254 <input type="checkbox"/>                            | H1255 <input type="checkbox"/> | H1256 <input type="checkbox"/> |
| i. | Bread sticks, rolls, bagels, pita bread, or other bread products  | H1262 <input type="checkbox"/>               | <input type="checkbox"/> → | H1263 <input type="checkbox"/>            | H1264 <input type="checkbox"/>                            | H1265 <input type="checkbox"/> | H1266 <input type="checkbox"/> |
| j. | Deep-fried fries (including fries that are just reheated)   | H1267 <input type="checkbox"/>               | <input type="checkbox"/> → | H1268 <input type="checkbox"/>            | H1269 <input type="checkbox"/>                            | H1270 <input type="checkbox"/> | H1271 <input type="checkbox"/> |
| k. | Fresh fruit   | H1272 <input type="checkbox"/>               | <input type="checkbox"/> → | H1273 <input type="checkbox"/>            | H1274 <input type="checkbox"/>                            | H1275 <input type="checkbox"/> | H1276 <input type="checkbox"/> |
| l. | Other fruit (such as dried or canned fruit)   | H1277 <input type="checkbox"/>               | <input type="checkbox"/> → | H1278 <input type="checkbox"/>            | H1279 <input type="checkbox"/>                            | H1280 <input type="checkbox"/> | H1281 <input type="checkbox"/> |
| m. | Vegetables (such as carrot sticks or celery sticks)   | H1282 <input type="checkbox"/>               | <input type="checkbox"/> → | H1283 <input type="checkbox"/>            | H1284 <input type="checkbox"/>                            | H1285 <input type="checkbox"/> | H1286 <input type="checkbox"/> |
| n. | Pre-made, main course salads (such as chef's salad)   | H1257 <input type="checkbox"/>               | <input type="checkbox"/> → | H1258 <input type="checkbox"/>            | H1259 <input type="checkbox"/>                            | H1260 <input type="checkbox"/> | H1261 <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 8.**

18. 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<br>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"/> |
| H1297 | i. Low-fat (1%) or non-fat (skim) milk, including low-fat flavored milk   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| H1298 | j. Whole or 2% milk, or flavored milk   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

19. What is the most common serving size of the **soft drinks** available to students in your **school lunch meal**?

\_\_\_\_\_ ounces  No soft drinks available → **Go to top of next page.**

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

\_\_\_\_\_ ounces  None

## SCHOOL LUNCH MEAL—Food

21. 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<br>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, 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 9.**

22. 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<br>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"/> |
| H1329 | i. | Low-fat (1%) or non-fat (skim) milk, including low-fat flavored milk   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| H1330 | j. | Whole or 2% milk, or flavored milk   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

23. What is the most common serving size of the **soft drinks** available to students **à la carte**?

\_\_\_\_\_ ounces       No soft drinks available      → **Go to top of next page.**

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

\_\_\_\_\_ 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 26.**

25. 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<br>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, 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"/> |

26. 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:

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