

# <P>2012-2013 Maryland Active Living/Health Eating in School Wellness

Please respond to all statements as they applied to your school system during the 2012-2013 school year.

**\* 1. School System:**

**\* 2. Your position in your school system (for the 2012-2013 school year):**

**\* 3. Are you the designated official from your school system who ensures school-level implementation of wellness policies?**

Yes

No

**\*4. Please provide the name and/or title of the person who ensures school-level implementation of wellness policies or check "not in place" or "don't know" below.**

- Not in Place
- Don't Know
- Name and Title

**\*5. What is your role in your school system's School Health Council?**

- Lead Role (Chairperson, President, etc)
- 2nd in command (vice-chair, etc)
- Member
- I do not sit on my school system's School Health Council

**6. Provide the link to access the current School System Wellness Policy online below or email a copy to: [nutrition@peds.umaryland.edu](mailto:nutrition@peds.umaryland.edu) (Subject: Wellness Survey)**

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## My School System

Please check one for each statement.

Explanation of the Likert Scale:

"fully in place" = policy/practice was fully implemented throughout the entire 2012-2013 school year

"partially in place" = policy/practice started or was partially implemented during 2012-2013 school year

"under development" = a plan is in place to implement this policy/practice in the future

"not in place" = there is no plan to implement this policy/practice

### \*7. My School System

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
has a SCHOOL HEALTH COUNCIL that addresses general health and wellness issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has a SCHOOL HEALTH COUNCIL that focuses on healthy eating and physical activity in schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COORDINATES services related to healthy eating and physical activity for students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides opportunities for TEACHER/ SCHOOL HEALTH PROFESSIONAL INPUT in updating Wellness Policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides opportunities for PARENT INPUT in updating Wellness Policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides opportunities for STUDENT INPUT in updating Wellness Policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
INFORMS THE PUBLIC when Wellness Policies are updated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
promotes healthy eating and physical activity for STAFF MEMBERS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
encourages STAFF MEMBERS to model healthy eating and physical activity behaviors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
includes "wellness policy implementation" as a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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STANDING AGENDA ITEM  
FOR ADMINISTRATIVE  
MEETINGS

includes "wellness policy  
implementation" as a  
STANDING AGENDA ITEM  
FOR BOARD OF  
EDUCATION MEETINGS

## \*8. My School System

Fully in Place    Partially in Place    Under Development    Not in Place    Don't Know    Not Applicable

provides schools with  
TECHNICAL ASSISTANCE  
TO EVALUATE Wellness  
Policy implementation in  
schools

collects ANNUAL  
PROGRESS REPORTS  
FROM SCHOOLS on school  
level implementation of  
wellness policies

COLLECTS DATA FROM  
SCHOOLS to monitor  
implementation of wellness  
policy goals related to  
NUTRITION GUIDELINES

COLLECTS DATA FROM  
SCHOOLS to monitor  
implementation of wellness  
policy goals related to  
NUTRITION EDUCATION/  
HEALTH EDUCATION

COLLECTS DATA FROM  
SCHOOLS to monitor  
implementation of wellness  
policy goals related to  
PHYSICAL EDUCATION/  
PHYSICAL ACTIVITY

provides PUBLIC UPDATES  
on the IMPLEMENTATION  
of Wellness Policies

provides schools with  
FUNDING to support  
nutrition and physical  
activity policies/ practices

provides schools with  
OTHER RESOURCES to  
support nutrition and  
physical activity polices/  
practices

requires the identification of

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WELLNESS POLICY  
COORDINATORS IN EACH  
SCHOOL

requires the integration of  
NUTRITION AND  
PHYSICAL ACTIVITY  
GOALS into the overall  
SCHOOL IMPROVEMENT  
PLAN



**\*9. How frequently does your school system's school health council (or wellness policy leadership team) convene?**

- Monthly
- Quarterly
- Semiannually
- Annually
- Don't Know
- Not Applicable
- Other (please specify)

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**\*10. Please indicate the composition of your school system's school health council (or wellness policy leadership group) below: (select all that apply)**

- School Board Members
- School Administrators
- Representative from the Central Office: Physical Education
- Representative from Central Office: Health Education
- Representative from Central Office: Nurse
- Representative from Central Office: Food Service
- Representative from Central Office: Other (please specify below)
- School Staff: Physical Education
- School Staff: Health Education
- School Staff: Nurse
- School Staff: Food Services
- School Staff: Other (please specify below)
- Community Members
- Parents
- Students
- Local Health Department
- Don't Know
- Other (please specify)

**\*11. How often do you ASSESS the implementation of the school system's School Wellness Policy?**

**Note: At the conclusion of this survey, you will be asked to e-mail A COPY of the most recent ASSESSMENT of the implementation of the school system's School Wellness Policy (Example MSDE Implementation Plan Self-Checklist).**

- Semiannually
- Annually
- Biannually
- We have not reviewed the implementation of the school system's School Wellness Policy in the past 3 years
- Don't Know
- Other (please specify)

**\*12. How does the public know about the results of the most recent assessment of wellness policy implementation in your school system (select all that apply)?**

- Website
- Newsletters
- Bulletin board
- Word of mouth
- Community meetings
- School Board meetings
- Personal invitation
- We do not have a mechanism in place for notifying the public about our school's wellness activities
- Don't Know
- Other (please specify)



**\*13. How often do you UPDATE the school system's School Wellness Policy?**

- Semiannually
- Annually
- Biannually
- We have not updated the school system's School Wellness Policy in the past 3 years
- Other (please specify)

**\*14. Who REVIEWS your School System's Wellness Policy?**

- Committee
- Individual (please list in next question)
- External partner/ organization
- Other (please specify)

**\*15. Name of Individual who REVIEWS:**

**\*16. Who UPDATES your school system's School Wellness Policy?**

- Committee
- Individual (provide name in the next question)
- External partner/ organization
- Other (Please Specify)

**\*17. Name of individual who UPDATES:**

**\*18. How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of your School System's Wellness Policy (select all that apply)?**

- Website
- Newsletters
- Bulletin board
- Word of mouth
- Community meetings
- School Board meetings
- Personal invitation
- We do not have a mechanism in place for notifying potential stakeholders
- Don't know
- Other (please specify)

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## ENABLERS to Promoting Health Eating and Physical Activity Practices

### Enablers

Please choose the top 3 from each list that acted as enablers to promoting health eating and physical activity practices in YOUR SCHOOL SYSTEM during the 2012-2013 school year.

### \*19. Enablers: Individuals/Entities (Choose Top 3)

	1st Most Enabling	2nd Most Enabling	3rd Most Enabling
Federal/State regulations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Maryland State Department of Education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School System Leadership (e.g. school board, superintendent)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School health council (school system)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School Administrators	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School Teachers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School food service staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other school staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parents/ Families	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School Improvement Team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School health council (within schools)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Key person designated to coordinate implementation and monitoring of wellness policies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Local/National Health Promotion organization (e.g. Alliance for a Healthier Generation, YMCA, Hospitals) Specify below.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

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## \*20. Enablers: Other Factors (Choose Top 3)

	1st Most Enabling	2nd Most Enabling	3rd Most Enabling
A la carte snack items sold in the cafeteria	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods sold by other school groups (e.g vending machines, fundraisers, school stores)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods served at class parties or other school social events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time to plan and coordinate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staff to implement programs and activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training on implementing nutrition education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training on implementing physical education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition education Resources (e.g. curriculum and materials)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical education Resources (e.g. curriculum and materials)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Funding (overall)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personnel time (overall)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A basic understanding of the connection between student health and achievement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coordination of services related to health and wellness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition education (as part of the comprehensive health education curriculum)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical education curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 21. Additional Enablers:

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## BARRIERS to Promoting Healthy Eating and Physical Activity Practices

Please choose the top 3 from each list that acted as barriers to promoting healthy eating and physical activity practices in YOUR SCHOOL SYSTEM during the 2012-2013 school year.

### \*22. Barriers: Individuals/Entities (Choose Top 3)

	1st Biggest Barrier	2nd Biggest Barrier	3rd Biggest Barrier
Federal/State regulations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Maryland State Department of Education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School System Leadership (e.g. school board, superintendent)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School health council (school system)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School Administrators	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School Teachers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School food service staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other school staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parents/ Families	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School Improvement Team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School health council (within schools)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Key person designated to coordinate implementation and monitoring of wellness policies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Local/ National Health Promotion organization (e.g.) Alliance for a Healthier Generation, YMCA, Hospitals) Specify Below	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

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## \*23. Barriers: Other Factors (Choose Top 3)

	1st Biggest Barrier	2nd Biggest Barrier	3rd Biggest Barrier
A la carte snack items sold in the cafeteria	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods sold by other school groups (e.g vending machines, fundraisers, school stores)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods served at class parties or other school social events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time to plan and coordinate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staff to implement programs and activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training on implementing nutrition education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training on implementing physical education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition education Resources (e.g. curriculum and materials)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical education Resources (e.g. curriculum and materials)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Funding (overall)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personnel time (overall)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A basic understanding of the connection between student health and achievement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coordination of services related to health and wellness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition education (as part of the comprehensive health education curriculum)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical education curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 24. Additional Barriers:

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**Documentation: [nutrition@peds.umaryland.edu](mailto:nutrition@peds.umaryland.edu)**

Please provide the following documents via email to [nutrition@peds.umaryland.edu](mailto:nutrition@peds.umaryland.edu):

1. The school system's School Wellness Policy (if a link was not provided at the start of the survey).
2. A copy of the most recent ASSESSMENT OF THE IMPLEMENTATION of the School System Wellness Policy (Example: MSDE Implementation Plan Self-Checklist).

## **25. Web Addresses:**



## Thank You

Thank you for taking the time to complete this survey.

We will be contacting Health/Physical Education representatives from each school system in the coming weeks to discuss the strategies your school system has used to successfully implement wellness practices and policies as well as barriers and enablers of success.

This discussion will take place in person or by phone and will take ~15 minutes.

Please provide contact information below (Name, Phone Number, Email) for the individual we should contact for this brief discussion.

**\*26. Please provide your Name, Phone Number, Email:**

**27. Additional Comments:**