

## School Sector List of Questions

The following pages list the questions for each module (demographic, district, physical activity, nutrition, tobacco, chronic disease management, leadership, and after-school) of the School sector. The questions are provided in the Excel spreadsheets of the CHANGE tool; below is an example of a School spreadsheet.

**School: Nutrition**

Based on your team's knowledge or observations of the community, use the following Policy and Environment scales to indicate the most appropriate responses for each statement. Position the cursor over each rating option to see further explanation and an example (examples provided are for item #1).

In the two response columns, please indicate the appropriate number (#) from the scales below that best represents your answers for each item. Provide both a Policy Response # and Environment Response # for each statement in the appropriate column, with supporting documentation in the corresponding comment boxes. Response # 99 should be used only when the strategy is not applicable at the site (e.g., stair promotion not suitable in one-story building).

Response #	Policy	Environment
1	Not identified as problem	Elements not in place
2	Problem identification/gaining agenda status	Few elements in place
3	Policy formulation and adoption	Some elements are in place
4	Policy implementation	Most elements are in place
5	Policy enforcement and evaluation	All elements in place
99	Not applicable	Not applicable

**To what extent does the school:**

	Policy Response #	Environment Response #
1. Ensure that students are provided only <u>healthy food and beverage options</u> beyond the school food services (e.g., all vending machines, school stores, and food brought for celebrations)?		
2. Institute school breakfast and lunch programs that meet the <u>U.S. Department of Agriculture School Meal Nutrition Standards</u> ?		
3. Ensure that healthy food preparation practices (e.g., steaming, low fat, low salt, limited frying) are always used in the school cafeteria or onsite food services?		
4. Ban marketing (e.g., counter advertisements, posters, other print materials) of <u>less than healthy foods and beverages</u> onsite?		
5. Promote and market (e.g., through counter advertisements, posters or other print materials) only <u>healthy food and beverage options</u> ?		
6. Provide adequate time to eat school meals (10 minutes for breakfast/20 minutes for lunch, from the time students are seated)?		
7. Ban using <u>food as a reward or punishment</u> for academic performance or behavior?		
8. Provide safe, unflavored, cool drinking water throughout the school day at no cost to students?		
9. Provide school garden (e.g., access to land, container gardens, raised beds) and related resources (e.g., staff volunteer time, financial incentives)?		
10. Ensure that multiple channels, including classroom, cafeteria and communications with parents, are used to promote healthy eating behaviors?		
<b>COLUMN TOTAL:</b>	0	0
<b>NUTRITION SCORE:</b>	0.00%	0.00%

**As an example, these are the questions asked in the nutrition module. The following pages list all questions asked in all modules of the School sector.**

**Please remember to answer every item. Do not leave any item blank.**

Demographic Information / District / Physical Activity / **Nutrition** / Tobacco / Chronic Disease Management / Leadership / After-School

## Demographic

1. Total # of students served
2. School level:  
elementary, middle, high (specify grades)
3. Type of school:  
private, public, parochial
4. Best description of the setting of the school:  
rural, suburban, urban
5. Percentage (%) of students receiving free or reduced price lunch
6. Median household income of the students in this school:  
< \$25,000, \$25,000 – \$34,999, \$35,000 – \$49,999, \$50,000 – \$74,999, ≥ \$75,000

## School District

To what extent does the district:

1. Require 225 minutes per week of physical education for all middle school and high school students?
2. Require 150 minutes per week of physical education for all elementary school students?
3. Provide 20 minutes of recess daily for students in elementary school?
4. Ensure that students are not provided waivers or exemptions from participation in physical education for other school and community activities, such as band, chorus, Reserve Officers' Training Corps (ROTC), sports participation, or community volunteering?
5. Require that either fruits or vegetables or both are available wherever foods and beverages are offered?
6. Eliminate the sale and distribution of less than healthy foods and beverages during the school day?
7. Prohibit the sale of sugar-sweetened beverages (can exclude flavored, fat-free milk) during the school day?
8. Institute a tobacco-free policy 24/7?
9. Ban tobacco advertising on school property, at school events, and in written educational materials and publications?
10. Ban tobacco promotions, promotional offers, and prizes on school property, at school events, and in written educational materials and publications?
11. Ensure access to a full-time, qualified healthcare provider (e.g., registered school nurse) in every school?
12. Establish a case management plan for students with identified chronic diseases or conditions (e.g., asthma, diabetes, epilepsy) in consultation with their families, medical providers, and school staff?
13. Ensure immediate and reliable access to prescribed medications (e.g., inhaler, insulin, epinephrine pen) for chronic disease management throughout school day?
14. Have a district health group (e.g., school health council) comprised of school personnel, parents, students, and community partners that help plan and implement district health activities?
15. Have a designated school health coordinator who is responsible for overseeing school health activities across the district?

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An excerpt from the *Community Health Assessment aNd Group Evaluation (CHANGE) Tool*

CDC's Healthy Communities Program

<http://www.cdc.gov/healthycommunitiesprogram/tools/change.htm> 2/26/10

16. Monitor schools' compliance with the implementation of the district school wellness policy enacted as a result of the Child Nutrition and WIC Reauthorization Act of 2004 (i.e., requires that all school districts that participate in the National School Lunch Program have local wellness policies)?
17. Allow the use of school buildings and facilities by the public during non-school hours (e.g., joint use agreement)?
18. Adopt a physical education curriculum for all students in grades pre-K to grade 12, as part of a sequential physical education course of study, consistent with state or National Physical Education Standards?
19. Adopt a nutrition education curriculum, designed to help students adopt healthy eating behaviors, for all students in grades pre-K to grade 12, as part of a sequential health education course of study, consistent with state or National Health Education Standards?
20. Adopt a tobacco-use prevention curriculum for all students in grades pre-K to grade 12, as part of a sequential health education course of study, consistent with state or National Health Education Standards?

### **Physical Activity**

To what extent does the school:

1. Ban using or withholding physical activity as a punishment?
2. Require that students are physically active during the majority of time in physical education class?
3. Provide access to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities?
4. Implement a walk or bike to school initiative?
5. Ensure the availability of proper equipment and facilities (including playground equipment, physical activity equipment, and athletic or fitness facilities) that meet safety standards?

### **Nutrition**

To what extent does the school:

1. Ensure that students are provided only healthy food and beverage options beyond the school food services (e.g., all vending machines, school stores, and food brought for celebrations)?
2. Institute school breakfast and lunch programs that meet the U.S. Department of Agriculture School Meal Nutrition Standards?
3. Ensure that healthy food preparation practices (e.g., steaming, low fat, low salt, limited frying) are always used in the school cafeteria or onsite food services?
4. Ban marketing (e.g., counter advertisements, posters, other print materials) of less than healthy foods and beverages onsite?
5. Promote and market (e.g., through counter advertisements, posters, or other print materials) only healthy food and beverage options?
6. Provide adequate time to eat school meals (10 minutes for breakfast/20 minutes for lunch, from the time students are seated)?
7. Ban using food as a reward or punishment for academic performance or behavior?
8. Provide safe, unflavored, cool drinking water throughout the school day at no cost to students?

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9. Provide school garden (e.g., access to land, container gardens, or raised beds) and related resources (e.g., staff volunteer time, financial incentives)?
10. Ensure that multiple channels, including classroom, cafeteria, and communications with parents, are used to promote healthy eating behaviors?

### **Tobacco**

To what extent does the school:

1. Implement a referral system to help students access tobacco cessation resources or services?

### **Chronic Disease Management**

To what extent does the school:

1. Provide access to chronic disease self-management education programs to individuals identified with chronic diseases or conditions (e.g., diabetes, asthma)?
2. Meet the nutritional needs of students with special health care or dietary requirements (e.g., allergies, diabetes, physical disabilities)?
3. Provide opportunities to raise awareness among students of the signs and symptoms of heart attack and stroke?
4. Ensure students are aware of the importance of calling 9-1-1 for emergencies?
5. Ensure cardiopulmonary resuscitation (CPR) training is made available to students?
6. Engage families in the development of school plans (e.g., diabetes management plans) to effectively manage students with chronic diseases or conditions?

### **Leadership**

To what extent does the school:

1. Participate in community coalitions and partnerships (e.g., food policy council, tobacco-free partnership, neighborhood safety coalition) to address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, tobacco use and exposure)?
2. Participate in the public policy process to highlight the need for community changes to address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, tobacco use and exposure)?
3. Have a school building health group (e.g., school health committee) comprised of school personnel, parents, students, and community partners that help plan and implement the health activities at the school building?
4. Have an individual who is responsible for leading school health activities within the school building?
5. Have a health promotion budget?
6. Have a written mission or position statement that includes the commitment to student health and well-being?

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7. Recruit teachers (e.g., physical education, health) with appropriate training, education, and background?
8. Provide training and support to food service and other relevant staff to meet nutrition standards for preparing healthy meals?
9. Provide access to opportunities for professional development or continued education to staff (e.g., physical education, health, school nurse, food service manager)?
10. Provide training for all teachers and staff on school physical activity, nutrition, and tobacco prevention policies?
11. Permit only health-promoting fund raising efforts such as non-food options or only healthy food and beverage options, physical activity-related options (e.g., fun-run), or community service options (e.g., car wash, directing parking at school events)?

### **After-School**

To what extent does the after-school program:

1. Ban using or withholding physical activity as a punishment?
2. Ban using food as a reward or punishment for academic performance or behavior?
3. Provide access to physical activity programs (e.g., intramural, extracurricular, interscholastic)?
4. Ensure appropriate active time during after-school programs or events?
5. Institute healthy food and beverage options during after-school programs or events?
6. Prohibit the sale of sugar-sweetened beverages outside of school hours?