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 2012–2013 school year.

Mailing Instructions

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

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

Institute for Social Research
Youth, Education, and Society
426 Thompson
Ann Arbor, MI 48104-1248
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

3. What academic term system does your school use? (PLEASE CHECK ONLY ONE BOX.)
   a. Semesters
   b. Trimesters
   c. Quarters
   d. Other—please describe: __________________________________________________________________________

4. What type of class schedule does your school use? (PLEASE CHECK ONLY ONE BOX.)
   a. 6 period day
   b. 4 block (4 classes per day, every day)
   c. 7 period day
   d. 8 block or A-B block (4 classes per day, every other day)
   e. 8 period day
   f. 9 period day
   g. Other—please describe: __________________________________________________________________________

5. 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 __________

6. About how many students were enrolled in your school for the 2012–2013 school year?
   __________ total # of enrolled students

7. About how many students were enrolled in your school for the 2012–2013 school year in the 8th grade?
   __________ # of enrolled 8th grade students
8. About what percent of students in your school are eligible to receive a **free** or **reduced** price lunch as part of the USDA reimbursable National School Lunch Program?

About what percent are eligible for a **reduced** lunch? % of students

About what percent are eligible for a **free** lunch? % of students

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

: It varies—please describe: 

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

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

Yes  No

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**Part 1: Section B**

**Physical Education**

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

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

Yes  No

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

Yes  No

For the next questions please answer about the 2012-2013 school year.

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

% of 8th grade students

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

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

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

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

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

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

e. ...other? Describe: %

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

100%
5. Of the 8th grade students who take P.E., about how many days per week do they have P.E.?
(PLEASE CHECK ONLY ONE BOX.)
☐ 1 Day  ☐ 0 Days one week, 1 day the next week  ☐ Other, please describe:
☐ 2 Days  ☐ 1 Day one week, 2 days the next week
☐ 3 Days  ☐ 2 Days one week, 3 days the next week
☐ 4 Days  ☐ 3 Days one week, 4 days the next week
☐ 5 Days  ☐ 4 Days one week, 5 days the next week

6. How long is a normal P.E. class for the 8th graders who take P.E.?
☐ __________ minutes per class  ☐ It varies—please describe:

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

8. Is a standardized research-based P.E. curriculum (e.g., CATCH, Spark) used in 8th grade at your school?
☐ No  ☐ Yes—please specify curriculum name:

9. About what is the average student--teacher ratio for P.E. classes that 8th graders take?
☐ __________ # of students per teacher

10. About what percent of 8th grade boys and girls in your school would you estimate participate in interscholastic or varsity sports sometime during the school year?
☐ % 8th grade BOYS  ☐ % 8th grade GIRLS

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

12. To participate in most of the varsity (interscholastic) sports offered in your school, does the student or the student's family have to pay for the following?
   a. School athletic participation fee
   ☐ Yes  ☐ Yes, but fee is waived/reduced if they cannot afford it  ☐ No  ☐ Don't know
   b. Additional team fees
   ☐ Yes  ☐ Yes, but fee is waived/reduced if they cannot afford it  ☐ No  ☐ Don't know
   c. Additional costs for uniforms, equipment, etc. (regardless of where they are bought)
   ☐ Yes  ☐ Yes, but school helps if they cannot afford these  ☐ No  ☐ Don't know

13. To what extent do 8th grade students participate less in varsity (interscholastic) sports because they cannot afford to do so?
   Not at all  To a little extent  To some extent  To a great extent  To a very great extent
   ☐ ☐ ☐ ☐ ☐

14. About what percent of 8th grade students in your school would you estimate walk or bike from home to school on an average school day?
☐ % 8th grade students
15. Does your school give 8th grade students written tests on physical education or physical activity?
   □ Yes □ No

16. Does your school give 8th grade students physical fitness tests?
   □ Yes □ No → Go to question 19.

17. What groups of students are tested?
   □ All 8th grade students are tested.
   □ Only 8th grade students who take P.E. are tested.
   □ Other—please describe: [H128]

18. Are parents or guardians provided the results of their student’s fitness test?
   □ Yes □ No

19. Body mass index (BMI) is a measure of overweight based on height and weight. Does your school measure 8th grade students’ BMI?
   □ Yes □ No → Go to question 22.

20. BMI is measured on:
   □ All 8th grade students
   □ Only 8th grade students who take P.E.
   □ Other—please describe: [H132]

21. Are parents or guardians provided the BMI information?
   □ Yes □ No

22. Which of the following indoor facilities does your school have available to students?
   (PLEASE CHECK ALL THAT APPLY.)
   □ Gymnasion(s) (courts for basketball, volleyball, etc.)
   □ Wrestling room [H322]
   □ Indoor track(s)
   □ Dance studio [H324]
   □ Indoor pool(s)
   □ Racquetball, squash, or handball court(s)
   □ Multipurpose room(s)
   □ Climbing wall [H325]
   □ Weight room
   □ Other indoor exercise or sports facilities—please describe: [H326]
   □ Cardiovascular fitness center

23. Which of the following outdoor facilities does your school have available to students?
   (PLEASE CHECK ALL THAT APPLY.)
   □ Outdoor tracks for walking, jogging, or running
   □ Outdoor tennis court(s) [H332]
   □ Cross-country course or trails
   □ Baseball or softball field(s)
   □ Outdoor pool(s)
   □ Football or soccer field(s)
   □ Outdoor volleyball court(s)
   □ General use field(s)
   □ Outdoor basketball court(s)
   □ Other outdoor exercise or sports facilities—please describe: [H337]
   □ None
24. Are outside organizations and/or individuals allowed to use any school grounds or indoor facilities for physical activity or sports programs outside of school hours? (PLEASE CHECK ALL THAT APPLY.)

<table>
<thead>
<tr>
<th></th>
<th>Yes, organizations</th>
<th>Yes, individuals</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor facilities</td>
<td>H410</td>
<td>H411</td>
<td></td>
</tr>
<tr>
<td>Outdoor facilities/school grounds</td>
<td>H412</td>
<td>H413</td>
<td></td>
</tr>
</tbody>
</table>

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

- [ ] School-sponsored or school-affiliated groups
- [ ] YMCA / YWCA
- [ ] Boys and Girls Clubs of America
- [ ] Parks and Recreation department
- [ ] Athletic organizations or other recreation programs (e.g., soccer or little league)

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

(Please circle one number on each line.)

<table>
<thead>
<tr>
<th></th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. High-quality physical education can enhance student concentration.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>b. High-quality physical education decreases student discipline problems.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>c. High-quality physical education improves academic performance.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>d. Physical education classes are too much of a diversion from academic coursework.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

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

- [ ] ...have undergraduate or graduate training in P.E. or a related field?
- [ ] ...be certified, licensed, or endorsed by the state in physical education?
- [ ] ...earn continuing education credits on physical education topics?

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

- [ ] Yes
- [ ] No

Please describe them briefly: H366

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

____ minutes per week

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

- [ ] Yes
- [ ] No

If yes, please briefly describe.

H135
Part 1: Section C
Nutrition Policies and Programs

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

1. Does your school offer breakfast to students?
   [ ] Yes  [ ] No  → Go to question 3.

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

3. Does your school offer lunch to students?
   [ ] Yes  [ ] No  → Go to question 5.

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

5. To what extent has your school or school district set food prices (in vending machines, stores, à la carte) with the intent of encouraging students to eat healthier foods (e.g., fruits, vegetables, low-fat foods) and/or discouraging them from eating less healthy foods? (PLEASE CHECK ONLY ONE BOX.)
   [ ] Not at all  [ ] A little  [ ] Some  [ ] A lot  [ ] Don't know

6. To what extent has your school or school district set beverage prices (in vending machines, stores, à la carte) with the intent of encouraging students to drink healthier beverages (e.g., bottled water, low-fat milk, sugar-free beverages) and/or discouraging them from drinking less healthy beverages? (PLEASE CHECK ONLY ONE BOX.)
   [ ] Not at all  [ ] A little  [ ] Some  [ ] A lot  [ ] Don't know

7. To what extent do students have access to working drinking fountains at your school?
   [ ] Not at all  [ ] A little  [ ] Some  [ ] A lot

8. During the school day, do students have access to drinking fountains in any of the following locations? (PLEASE CHECK ALL THAT APPLY.)
   In cafeteria  Near cafeteria  Gymnasium/locker rooms  In hallways near classroom areas  Other locations at school  None available
   [ ] [ ] [ ] [ ] [ ] [ ]

9. Generally, how clean are the drinking fountains at your school?
   Not at all clean  Somewhat clean  Clean  Very clean
   [ ] [ ] [ ] [ ]

10. To what extent do you have problems with water quality in your school's drinking fountains?
    Not at all  A little  Some  A lot  Don't know
    [ ] [ ] [ ] [ ] [ ]
**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:
   - Vending machines that sell beverages to students? (Yes/No)
   - Vending machines that sell food items to students? (Yes/No)
   - School/student store that sells beverages to students? (Yes/No)
   - School/student store that sells food to students? (Yes/No)
   - Snack bars/carts that sell beverages to students? (Yes/No)
   - Snack bars/carts that sell foods to students? (Yes/No)
   - À la carte sales in the cafeteria to students? (Yes/No)

2. Does your **school** receive any profit from **foods** and/or **beverages** sold in the following locations? (If you do not have that venue in the school, check “Not applicable.”)
   - Vending machines (Yes/No/Don’t know/Not applicable)
   - School/student store (Yes/No/Don’t know/Not applicable)
   - Snack bars/carts (Yes/No/Don’t know/Not applicable)
   - À la carte sales in the cafeteria (Yes/No/Don’t know/Not applicable)

3. Other than the profit your school gets, does your **school district** receive any profit from **foods** and/or **beverages** sold in the following locations? (If you do not have that venue in the school, check “Not applicable.”)
   - Vending machines (Yes/No/Don’t know/Not applicable)
   - School/student store (Yes/No/Don’t know/Not applicable)
   - Snack bars/carts (Yes/No/Don’t know/Not applicable)
   - À la carte sales in the cafeteria (Yes/No/Don’t know/Not applicable)

4. Who provides the food service at this school?
   - School system food service
   - Food service management company
   - Other—please describe: ____________________

---

7
5. Does your school or school district have a contract with a beverage supplier, such as Coca-Cola, PepsiCo, or Cadbury Schweppes/Dr. Pepper Snapple, giving the company exclusive rights to sell beverages to students at your school?  

   [ ] Yes  [ ] No  →  Go to question 13.

6. Is this an agreement between the beverage supplier and...  
   (PLEASE CHECK ONLY ONE BOX.)

   [ ] ...the school only?  
   [ ] ...the school district only?  
   [ ] ...both the school and the school district?

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

   [ ] 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?  

   [ ] 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?  

   [ ] Yes  [ ] No

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

    [ ] 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)?  

    $ __________________________ 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?  

    [ ] 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.)

    [ ] a. We have no beverage vending machines for students  
    [ ] b. The beverage supplier or other vending company  
    [ ] c. The school  
    [ ] d. The school district  
    [ ] e. The state  
    [ ] 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?

[ ] Yes   [ ] No —— Go to question 19.

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

<table>
<thead>
<tr>
<th>Beverage supplier</th>
<th>Other vendor</th>
<th>The school itself</th>
<th>Food item not offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Chips, Fritos, crackers, or pretzels, etc.</td>
<td>[ ] H193</td>
<td>[ ] H194</td>
<td>[ ] H195</td>
</tr>
<tr>
<td>b. Cookies, cakes, or other sweet baked goods</td>
<td>[ ] H197</td>
<td>[ ] H198</td>
<td>[ ] H199</td>
</tr>
<tr>
<td>c. Candy</td>
<td>[ ] H201</td>
<td>[ ] H202</td>
<td>[ ] H203</td>
</tr>
<tr>
<td>d. Ice cream or frozen yogurt</td>
<td>[ ] H205</td>
<td>[ ] H206</td>
<td>[ ] H207</td>
</tr>
<tr>
<td>e. Sandwiches</td>
<td>[ ] H209</td>
<td>[ ] H210</td>
<td>[ ] H211</td>
</tr>
<tr>
<td>g. Vegetables</td>
<td>[ ] H217</td>
<td>[ ] H218</td>
<td>[ ] H219</td>
</tr>
</tbody>
</table>

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?

[ ] Yes   [ ] No

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

[ ] 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?

$_________________________ 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.)

[ ] a. We have no food vending machines for students
[ ] b. The beverage supplier or other vending company
[ ] c. The school
[ ] d. The school district
[ ] e. The state
[ ] f. Other—please specify: [ ] H230

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

  [ ] a. ...with posters or other materials on display in the school?
  [ ] b. ...with advertisements on textbook covers or school food service menus?
  [ ] c. ...with coupons for free or reduced prices on these products?
  [ ] d. ...through sponsorship of school events?
21. To what extent are you concerned about students in your school...  
<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>To a little extent</th>
<th>To some extent</th>
<th>To a great extent</th>
<th>To a very great extent</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. being overweight?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>b. consuming more healthy and nutritious foods and beverages than they do now?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>c. getting more exercise and physical activity than they do now?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

22. In your opinion, to what extent...  
<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>To a little extent</th>
<th>To some extent</th>
<th>To a great extent</th>
<th>To a very great extent</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. has your school district made a serious/real effort to promote healthy eating and drinking habits among students?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>b. has your school made a serious/real effort to promote healthy eating and drinking habits among students?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>c. has your school district made a serious/real effort to promote increased physical activity among students?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>d. has your school made a serious/real effort to promote increased physical activity among students?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>e. should schools play a role in addressing the problem of childhood obesity?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

23. Does your school or school district have any policies regarding the nutritional quality of items sold to students for fundraisers?  
- No  
- No fundraising allowed  
- Don’t know  
- Yes  

If yes, which types of restrictions do you have? (CHECK ALL THAT APPLY.)  
- No soft drinks allowed for fundraisers  
- No food products  
- No Foods of Minimal Nutritional Value (soft drinks, candy, and gum)  
- Only healthy foods allowed  
- Follow state or district wellness guidelines  
- Other restrictions—please specify:  

24. Are mobile vendors (like hot dog carts or ice cream trucks) prohibited from selling food or beverages on school grounds during school hours?  
- Yes  
- No  
- Don’t know

25. Do mobile vendors sell foods or beverages near school grounds during school hours?  
<table>
<thead>
<tr>
<th>Frequency</th>
<th>Not at all</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>H407</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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?
   - 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
   a. ...nutrition education?
   b. ...physical activity?
   c. ...food and beverage offerings made available to students?
   d. ...other school based activities designed to promote wellness?

3. To what extent has your school district or school **implemented activities** aimed at achieving your wellness policy goals for...
   - Not at all
   - To a little extent
   - To some extent
   - To a great extent
   - To a very great extent
   - Not a goal
   - Don't know
   a. ...nutrition education?
   b. ...physical activity?
   c. ...food and beverage offerings made available to students?
   d. ...other school based activities designed to promote wellness?

4. Has your school district or school developed **nutrition guidelines** for all foods available during the school day, designed to promote student health and reduce student obesity? (PLEASE CHECK ONLY ONE BOX.)
   - Yes, we have developed guidelines
   - No, not yet
   - We are currently developing guidelines
   - Don't know

5. Has your school district or school developed **a plan** for measuring implementation of the school wellness policy? (PLEASE CHECK ONLY ONE BOX.)
   - Yes, we have developed a plan
   - No, not yet
   - We are currently developing a plan
   - Don't know
   - No school wellness policy

6. Has your school district or school designated one or more persons to have operational **responsibility** for ensuring that the wellness policy is implemented?
   - Yes
   - No
   - Don't know
The next questions are about other school activities that promote student health.

7. Does your school district or school have a health advisory council 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

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

☐ a. ...nutrition and dietary behavior?
Numero de celda: H350
☐ b. ...physical activity, exercise, and health related fitness?
Numero de celda: H351

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...

☐ a. ...nutrition and dietary behavior?
Numero de celda: H266
☐ b. ...physical activity, exercise, and health related fitness?
Numero de celda: H267

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...

☐ a. ...nutrition and dietary behavior?
Numero de celda: H268
☐ b. ...physical activity, exercise, and health related fitness?
Numero de celda: H269

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

☐ Yes
☐ No

If yes, please briefly describe.

Numero de celda: H271
Part 1: Section F
National Food and Beverage Agreements

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

1. Have you heard of this agreement?
   □ 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?
   □ Yes □ No □ Don’t know

3. Has your school implemented these “School Beverage Guidelines”?
   □ No → Go to question 5.
   □ No, but we are planning to implement them → Go to question 5.
   □ Yes, we are in the process of implementing them
   □ Yes, we have implemented them

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

   (CHECK ONE BOX ON EACH LINE.)

   a. Vending machine beverages □ Yes □ No □ Don’t know □ Not applicable
   b. Beverages in the school/student store □ Yes □ No □ Don’t know □ Not applicable
   c. Snack bars/carts beverages □ Yes □ No □ Don’t know □ Not applicable
   d. À la carte beverages served at lunch □ Yes □ No □ Don’t know □ Not applicable

5. Is your school district or school implementing or planning to implement any other guidelines concerning the portion size, caloric content, or other features of beverages in your school?
   □ No
   □ Yes—please describe: □

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

6. Have you heard of this agreement?

☐ Yes, some ☐ Yes, quite a bit ☐ No

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

☐ Yes ☐ No ☐ Don’t know

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

☐ No → Go to question 10.

☐ No, but we are planning to implement them → Go to question 10.

☐ Yes, we are in the process of implementing them

☐ Yes, we have implemented them

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

(CHECK ONE BOX ON EACH LINE.)

<table>
<thead>
<tr>
<th>Venue</th>
<th>Yes</th>
<th>No</th>
<th>Don’t know</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Vending machine foods</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. Foods in the school/student store</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. Snack bars/carts foods</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. À la carte foods served at lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

☐ No

☐ Yes—please describe: ☐

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

☐ Yes ☐ No ☐ Don’t know

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

☐ Yes ☐ No ☐ Don’t know Extra Comments: ☐

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

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

<table>
<thead>
<tr>
<th>Primary Respondent’s Name, Role/Title</th>
<th>Name</th>
<th>Role/Title</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Additional Respondents’ Roles/Titles</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

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

**Honorarium**

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

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

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

**Additional Comments**

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

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>H305</td>
<td>H306</td>
</tr>
</tbody>
</table>
Food and Beverage Policies and Practices

- Part 2 is about the food and nutrition program offered to students at your school during the 2012–2013 school year.
- Part 2 may best be filled out by your Food Service Manager, if you have one.
- Please return this Part 2 to the person who will be sending back both parts of the questionnaire to the University of Michigan, if that is someone other than yourself.
- Please read and follow all instructions carefully.
- Thank you!
Part 2: Food and Beverage Policies and Practices

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

1. Does your school offer breakfast to students?  
   - [ ] Yes  
   - [x] No  
   → Go to question 2.

   a. Is breakfast available free of charge to all students regardless of their ability to pay?  
   - [ ] Yes  
   - [ ] No

   b. Does your school participate in the USDA reimbursable School Breakfast Program?  
   - [ ] Yes  
   - [ ] No  
   - [ ] Don’t know

   c. What is the full price for a breakfast meal charged to students who are not eligible for a free or reduced price breakfast? Write “0” if breakfast is always free of charge to all students.  
   - [x] $__________ per breakfast meal  
   - [ ] No breakfast meal

   d. What is the price for a breakfast meal charged to students who are eligible for a free or reduced price breakfast? Write “0” if breakfast is always free of charge to all students.  
   - [x] $__________ per breakfast meal  
   - [ ] No breakfast meal

2. Does your school offer lunch to students?  
   - [ ] Yes  
   - [x] No  
   → Go to question 3.

   a. Is lunch available free of charge to all students regardless of their ability to pay?  
   - [ ] Yes  
   - [ ] No

   b. Does your school participate in the USDA reimbursable National School Lunch Program?  
   - [ ] Yes  
   - [ ] No  
   - [ ] Don’t know

   c. What is the full price for a lunch meal charged to students who are not eligible for a free or reduced price lunch? Write “0” if lunch is always free of charge to all students.  
   - [x] $__________ per lunch meal  
   - [ ] No lunch meal

   d. What is the price for a lunch meal charged to students who are eligible for a free or reduced price lunch? Write “0” if lunch is always free of charge to all students.  
   - [x] $__________ per lunch meal  
   - [ ] No lunch meal

3. On a typical day, for lunch about what percent of your 8th grade students...  
   - [ ] eat lunch offered by your school?  
   - [ ] bring their own lunch?  
   - [ ] go off campus to buy lunch?  
   - [ ] don’t eat lunch?  
   - [ ] buy lunch from vending machines, school store or snack bars/carts?  
   - [ ] other?

   Please explain:

4. During a typical week, on how many days (if any) are students at your school offered food from each of the following sources? Please enter “0” if none.  
   - [ ] Pizza places  
   - [ ] Sandwich or sub shops  
   - [ ] Fast food chains  
   - [ ] Other food establishments

5. Please indicate which menu planning system is used in your school.  
(PLEASE CHECK ALL THAT APPLY.)  
   - [ ] Nutrient Standard Menu Planning (NuMenus)  
   - [ ] Assisted Nutrient Standard Menu Planning (Assisted NuMenus)  
   - [ ] Enhanced or traditional food-based menu planning  
   - [ ] USDA 2012-13 food-based menu planning  
   - [ ] Any other menu planning
6. At what level are decisions about menus and food service made? (PLEASE CHECK ALL THAT APPLY.)
   - At the school level
   - At the district level
   - External contractor
   - Other—please describe: ____________

7. Does your school participate in the USDA-sponsored Team Nutrition program?
   - Yes
   - No
   - Don’t know

8. If yes, which Team Nutrition resources are used? (PLEASE CHECK ALL THAT APPLY.)
   - Nutrition education materials (posters, activities, games)
   - Lesson plans
   - Food buying guide and menu planning assistance
   - Training grants to support staff training/continuing education
   - Other Team Nutrition mini-grants
   - Other—please describe: ____________

9. Does your school participate in the Healthy Schools Program sponsored by the Alliance for a Healthier Generation?
   - Yes
   - No
   - Don’t know

10. During this school year, has your school district or school provided (in written materials or online)...
    - menus to students in your school? ____________
    - information to students on the nutrition and caloric content of foods available to students? ____________
    - menus to parents of students in your school? ____________
    - information to parents on the nutrition and caloric content of foods available to students? ____________

11. New USDA standards for school meals took effect starting at the beginning of the 2012-13 school year. Have your lunch meal offerings changed as a result of the new USDA standards?

   - Yes
   - No
   - Go to question 12.

   To what extent...
   (CIRCLE ONE NUMBER ON EACH LINE.)
   - Never at all
   - To a little extent
   - To some extent
   - To a great extent
   - To a very great extent

   a. ...do students generally seem to like the new school lunches? ____________
   b. ...did students complain about the new lunches at first? ____________
   c. ...do students complain about the new lunches now? ____________
   d. ...has the school or district modified their lunch meal offerings in response to student complaints? ____________
   e. Compared to last year, are students now throwing away more or less food from their school lunches? (PLEASE CHECK ONLY ONE BOX.)
   - Much less
   - A little less
   - About the same amount
   - A little more
   - Much more

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

   - Existing drinking fountains in cafeteria
   - Existing drinking fountains near cafeteria
   - Installed new drinking fountains in cafeteria
   - Water dispenser/pitcher and cups (in the food line)
   - Water dispenser/pitcher and cups (elsewhere in the cafeteria)
   - Water dispenser/pitcher but no cups (students bring water bottles)
   - Other—please describe: ____________

   - Free, potable drinking water is not available in the cafeteria
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**

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

13. 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.)**

<table>
<thead>
<tr>
<th>Item available from vending machines?</th>
<th>Before classes begin in the morning</th>
<th>During school hours when meals are not being served</th>
<th>During school lunch periods</th>
<th>After school</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Bottled water</td>
<td></td>
</tr>
<tr>
<td>b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)</td>
<td></td>
</tr>
<tr>
<td>c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)</td>
<td></td>
</tr>
<tr>
<td>d. Sports drinks (such as Gatorade, Powerade, or G2) <strong>not</strong> including sports drinks with 10 calories or less per 8 ounces</td>
<td></td>
</tr>
<tr>
<td>e. Sports drinks with 10 calories or less per 8 ounces (such as Powerade Zero)</td>
<td></td>
</tr>
<tr>
<td>f. Flavored waters (such as VitaminWater and SoBe Lifewater) <strong>not</strong> including flavored waters with 10 calories or less per 8 ounces</td>
<td></td>
</tr>
<tr>
<td>g. Other no-calorie or very low-calorie beverages (such as flavored waters, seltzers, and unsweetened or diet teas)</td>
<td></td>
</tr>
<tr>
<td>h. 100% fruit or vegetable juice with no added sweeteners</td>
<td></td>
</tr>
<tr>
<td>i. “Light” juices (such as Minute Maid Light Orange Juice)</td>
<td></td>
</tr>
<tr>
<td>j. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)</td>
<td></td>
</tr>
<tr>
<td>k. Non-fat (skim) unflavored (white) milk</td>
<td></td>
</tr>
<tr>
<td>l. Non-fat (skim) flavored milk</td>
<td></td>
</tr>
<tr>
<td>m. Low-fat (1%) unflavored (white) milk</td>
<td></td>
</tr>
<tr>
<td>n. Low-fat (1%) flavored milk</td>
<td></td>
</tr>
<tr>
<td>o. Whole milk or 2% milk, including flavored or unflavored milk</td>
<td></td>
</tr>
</tbody>
</table>

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

[ ] ounces  [ ] No regular soft drinks available
VENDING MACHINES—Food

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

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

<table>
<thead>
<tr>
<th>Item available from vending machines?</th>
<th>Before classes begin in the morning</th>
<th>During school hours when meals are not being served</th>
<th>During school lunch periods</th>
<th>After school</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>No</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

(PLEASE CHECK ALL THAT APPLY.)

- Candy (H1092)
- Salty snacks that are not low in fat, such as regular potato chips (H1097)
- Cookies, crackers, cakes, or other baked goods that are not low in fat (H1102)
- Ice cream or frozen yogurt that is not low in fat (H1107)
- Low-fat salty snacks, such as pretzels, baked chips, or other low-fat chips (H1112)
- Low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods (H1117)
- Low-fat or fat-free ice cream, frozen yogurt, sherbet, or low-fat or non-fat yogurt (H1122)
- Sandwiches (H1127)
- Bread sticks, rolls, bagels, pita bread, or other bread products (H1137)
- Deep-fried fries (including fries that are just reheated) (H1142)
- Fresh fruit (H1147)
- Other fruit (such as dried or canned fruit) (H1152)
- Vegetables (such as carrot sticks or celery sticks) (H1157)
- Pre-made, main course salads (such as chef’s salad) (H1132)
SCHOOL/STUDENT STORE and/or SNACK BARS/CARTS—Beverages

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

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

<table>
<thead>
<tr>
<th>Item available from store/snack bar/cart?</th>
<th>Before classes begin in the morning</th>
<th>During school hours when meals are not being served</th>
<th>During school lunch periods</th>
<th>After school</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. Bottled water</td>
<td></td>
<td>H1165</td>
<td></td>
<td>H1166</td>
</tr>
<tr>
<td>b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)</td>
<td></td>
<td>H1170</td>
<td></td>
<td>H1171</td>
</tr>
<tr>
<td>c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)</td>
<td></td>
<td>H1175</td>
<td></td>
<td>H1176</td>
</tr>
<tr>
<td>d. Sports drinks (such as Gatorade, Powerade, or G2) not including sports drinks with 10 calories or less per 8 ounces</td>
<td></td>
<td>H1511</td>
<td></td>
<td>H1512</td>
</tr>
<tr>
<td>e. Sports drinks with 10 calories or less per 8 ounces (such as Powerade Zero)</td>
<td></td>
<td>H1516</td>
<td></td>
<td>H1517</td>
</tr>
<tr>
<td>f. Flavored waters (such as VitaminWater and SoBe Lifewater) not including flavored waters with 10 calories or less per 8 ounces</td>
<td></td>
<td>H1521</td>
<td></td>
<td>H1522</td>
</tr>
<tr>
<td>g. Other no-calorie or very low-calorie beverages (such as flavored waters, seltzers, and unsweetened or diet teas)</td>
<td></td>
<td>H1526</td>
<td></td>
<td>H1527</td>
</tr>
<tr>
<td>h. 100% fruit or vegetable juice with no added sweeteners</td>
<td></td>
<td>H1185</td>
<td></td>
<td>H1186</td>
</tr>
<tr>
<td>i. “Light” juices (such as Minute Maid Light Orange Juice)</td>
<td></td>
<td>H1195</td>
<td></td>
<td>H1196</td>
</tr>
<tr>
<td>j. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)</td>
<td></td>
<td>H1200</td>
<td></td>
<td>H1201</td>
</tr>
<tr>
<td>k. Non-fat (skim) unflavored (white) milk</td>
<td></td>
<td>H1531</td>
<td></td>
<td>H1532</td>
</tr>
<tr>
<td>l. Non-fat (skim) flavored milk</td>
<td></td>
<td>H1536</td>
<td></td>
<td>H1537</td>
</tr>
<tr>
<td>m. Low-fat (1%) unflavored (white) milk</td>
<td></td>
<td>H1421</td>
<td></td>
<td>H1422</td>
</tr>
<tr>
<td>n. Low-fat (1%) flavored milk</td>
<td></td>
<td>H1426</td>
<td></td>
<td>H1427</td>
</tr>
<tr>
<td>o. Whole milk or 2% milk, including flavored or unflavored milk</td>
<td></td>
<td>H1210</td>
<td></td>
<td>H1211</td>
</tr>
</tbody>
</table>

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

□ 12 ounces

□ No regular soft drinks available
18. Please indicate whether the following food items are available to students from any school/student store or snack bars/carts in your school. For each item that is available, please indicate when it is available by checking all the appropriate boxes to the right of the arrow.

<table>
<thead>
<tr>
<th>Item available from store/snack bar/cart?</th>
<th>Before classes begin in the morning</th>
<th>During school hours when meals are not being served</th>
<th>During school lunch periods</th>
<th>After school</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Candy</td>
<td>No</td>
<td>Yes</td>
<td>H1218</td>
<td>H1219</td>
</tr>
<tr>
<td>b. Salty snacks that are not low in fat, such as regular potato chips</td>
<td>No</td>
<td>Yes</td>
<td>H1223</td>
<td>H1224</td>
</tr>
<tr>
<td>c. Cookies, crackers, cakes, or other baked goods that are not low in fat</td>
<td>No</td>
<td>Yes</td>
<td>H1228</td>
<td>H1229</td>
</tr>
<tr>
<td>d. Ice cream or frozen yogurt that is not low in fat</td>
<td>No</td>
<td>Yes</td>
<td>H1233</td>
<td>H1234</td>
</tr>
<tr>
<td>e. Low-fat salty snacks, such as pretzels, baked chips, or other low-fat chips</td>
<td>No</td>
<td>Yes</td>
<td>H1238</td>
<td>H1239</td>
</tr>
<tr>
<td>f. Low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods</td>
<td>No</td>
<td>Yes</td>
<td>H1243</td>
<td>H1244</td>
</tr>
<tr>
<td>g. Low-fat or fat-free ice cream, frozen yogurt, sherbet, or low-fat or non-fat yogurt</td>
<td>No</td>
<td>Yes</td>
<td>H1248</td>
<td>H1249</td>
</tr>
<tr>
<td>h. Sandwiches</td>
<td>No</td>
<td>Yes</td>
<td>H1253</td>
<td>H1254</td>
</tr>
<tr>
<td>i. Bread sticks, rolls, bagels, pita bread, or other bread products</td>
<td>No</td>
<td>Yes</td>
<td>H1263</td>
<td>H1264</td>
</tr>
<tr>
<td>j. Deep-fried fries (including fries that are just reheated)</td>
<td>No</td>
<td>Yes</td>
<td>H1268</td>
<td>H1269</td>
</tr>
<tr>
<td>k. Fresh fruit</td>
<td>No</td>
<td>Yes</td>
<td>H1273</td>
<td>H1274</td>
</tr>
<tr>
<td>l. Other fruit (such as dried or canned fruit)</td>
<td>No</td>
<td>Yes</td>
<td>H1278</td>
<td>H1279</td>
</tr>
<tr>
<td>m. Vegetables (such as carrot sticks or celery sticks)</td>
<td>No</td>
<td>Yes</td>
<td>H1283</td>
<td>H1284</td>
</tr>
<tr>
<td>n. Pre-made, main course salads (such as chef’s salad)</td>
<td>No</td>
<td>Yes</td>
<td>H1258</td>
<td>H1259</td>
</tr>
</tbody>
</table>
SCHOOL LUNCH MEAL—Beverages

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

19. 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.)

<table>
<thead>
<tr>
<th></th>
<th>Beverage Description</th>
<th>Never</th>
<th>Some Days</th>
<th>Most or Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>H1289</td>
<td>a. Bottled water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1290</td>
<td>b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)</td>
<td></td>
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</tr>
<tr>
<td>H1291</td>
<td>c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)</td>
<td></td>
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<tr>
<td>H1540</td>
<td>d. Sports drinks (such as Gatorade, Powerade, or G2)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>- not including sports drinks with 10 calories or less per 8 ounces</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>H1541</td>
<td>e. Sports drinks with 10 calories or less per 8 ounces (such as Powerade Zero)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1542</td>
<td>f. Flavored waters (such as VitaminWater and SoBe Lifewater)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- not including flavored waters with 10 calories or less per 8 ounces</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1543</td>
<td>g. Other no-calorie or very low-calorie beverages (such as flavored waters, seltzers, and unsweetened or diet teas)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1293</td>
<td>h. 100% fruit or vegetable juice with no added sweeteners</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1295</td>
<td>i. “Light” juices (such as Minute Maid Light Orange Juice)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1296</td>
<td>j. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1544</td>
<td>k. Non-fat (skim) unflavored (white) milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1545</td>
<td>l. Non-fat (skim) flavored milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1431</td>
<td>m. Low-fat (1%) unflavored (white) milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1432</td>
<td>n. Low-fat (1%) flavored milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1298</td>
<td>o. Whole milk or 2% milk, including flavored or unflavored milk</td>
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</tr>
</tbody>
</table>

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

[ ] [H1300] ounces  □ No regular soft drinks available
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.)

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1301 | a. Candy |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1302 | b. Salty snacks that are not low in fat, such as regular potato chips |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1303 | c. Cookies, crackers, cakes, or other baked goods that are not low in fat |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1304 | d. Ice cream or frozen yogurt that is not low in fat |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1305 | e. Low-fat salty snacks, such as pretzels, baked chips, or other low-fat chips |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1306 | f. Low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1307 | g. Low-fat or fat-free ice cream, frozen yogurt, sherbet, or low-fat or non-fat yogurt |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1308 | h. Sandwiches |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1310 | i. Bread sticks, rolls, bagels, pita bread, or other bread products |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1311 | j. Deep-fried fries (including fries that are just reheated) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1312 | k. Fresh fruit |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1313 | l. Other fruit (such as dried or canned fruit) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1314 | m. Vegetables (excluding potatoes) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1315 | n. Two or more different entrees or main courses |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1317 | o. Whole grains (such as wheat bread or brown rice) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1451 | p. Regular pizza |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1452 | q. “Healthier” pizza (e.g., whole wheat crust, lower-fat versions) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1309 | r. Pre-made, main course salads (such as chef’s salad) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H1318 | s. Salad bar |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
À LA CARTE—Beverages

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

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

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.)

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Never</th>
<th>Some Days</th>
<th>Most or Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Bottled water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. Regular soft drinks (such as Coke, Pepsi, or Dr. Pepper)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. Diet soft drinks (such as Diet Coke, Diet Pepsi, or Diet Dr. Pepper)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. Sports drinks (such as Gatorade, Powerade, or G2)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. Sports drinks with 10 calories or less per 8 ounces</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>f. Flavored waters (such as VitaminWater and SoBe Lifewater)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>g. Other no-calorie or very low-calorie beverages (such as flavored waters, seltzers, and unsweetened or diet teas)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>h. 100% fruit or vegetable juice with no added sweeteners</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>i. “Light” juices (such as Minute Maid Light Orange Juice)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>j. Fruit drinks that are not 100% fruit juice and that are high in calories (such as Hawaiian Punch, Sunny Delight, or Hi-C)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>k. Non-fat (skim) unflavored (white) milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>l. Non-fat (skim) flavored milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>m. Low-fat (1%) unflavored (white) milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>n. Low-fat (1%) flavored milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o. Whole milk or 2% milk, including flavored or unflavored milk</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

□ H1332 ounces □ No regular soft drinks available
À LA CARTE—Food

If your school does not offer à la carte food items at lunch to students, please check here □ and go to question 25. □

24. 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.)

<table>
<thead>
<tr>
<th>Item</th>
<th>Never</th>
<th>Some Days</th>
<th>Most or Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Candy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. Salty snacks that are <em>not low in fat</em>, such as regular potato chips</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. Cookies, crackers, cakes, or other baked goods that are <em>not low in fat</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. Ice cream or frozen yogurt that is <em>not low in fat</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. <em>Low-fat</em> salty snacks, such as pretzels, baked chips, or other <em>low-fat</em> chips</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>f. <em>Low-fat</em> cookies, crackers, cakes, pastries, or other <em>low-fat</em> baked goods</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>g. <em>Low-fat</em> or <em>fat-free</em> ice cream, frozen yogurt, sherbet, or <em>low-fat</em> or <em>non-fat</em> yogurt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>h. Sandwiches</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>i. Bread sticks, rolls, bagels, pita bread, or other bread products</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>j. Deep-fried fries (including fries that are just reheated)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>k. Fresh fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>l. Other fruit (such as dried or canned fruit)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>m. Vegetables (excluding potatoes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>n. Two or more different entrees or main courses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o. Whole grains (such as wheat bread or brown rice)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>p. Regular pizza</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>q. “Healthier” pizza (e.g., whole wheat crust, lower-fat versions)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>r. Pre-made, main course salads (such as chef’s salad)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>s. Salad bar</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

25. 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:

Thank you very much for your assistance!