

STUDENTS TAKING CHARGE

10-MINUTE STUDENT SURVEY

Thank you for taking the time to fill out this important survey from Students Taking Charge. The survey asks what you think about your school environment, like being able to get healthy food and have opportunities to exercise and be physically active.

The survey will take about 10 minutes to complete. Your honest feedback will help us find ways to improve our school so that it's a place where it's easy and fun to be healthy. This is an anonymous survey so no one will know how you answered the questions.

ABOUT YOU

1. Gender:

2. Grade: 9th 10th 11th 12th

ABOUT THE SCHOOL ENVIRONMENT AND YOUR HEALTH

GENERAL

3. My school provides opportunities for students to speak up about school health issues.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

4. A healthy environment for students, teachers, and staff is a priority at my school.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

NUTRITION

5. Where do you normally get lunch during the school day?

A. From the school lunch line

B. From the a la carte line

C. Off campus

D. I bring my own lunch

E. Other —please describe:

6. My school provides enough time for me to eat my breakfast.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

7. My school provides enough time for me to eat my lunch.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

8. On average, how often do you purchase snack foods or beverages (e.g., candy, regular potato chips, soda or fruit drinks that are not 100% juice) from vending machines, the school store, or snack bar?

Never or hardly ever | Some days | Most days | Every day

9. On average, how often do you purchase snack foods or beverages (e.g., candy, regular potato chips, soda or fruit drinks that are not 100% juice) immediately before or immediately after the school day (e.g. corner store or fast food restaurant)?

Never or hardly ever | Some days | Most days | Every day

10. My school provides enough opportunities for all students to make healthy food choices.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

11. The healthy products (fruits, vegetables, whole grains, etc.) sold in school meals and a la carte lines are appealing to me.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

12. I would like to see more healthy snack foods (fruits, vegetables, low fat yogurt) and beverages (100% fruit juice, water, low-fat milk) offered from vending machines, the school store, or snack bar?

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

13. What do you think are the best ways your school can help students make healthier food choices at school? (Put an X next to your top three.)

Include good-tasting, healthy foods as part of school lunches and a la carte options

Include a fruit and vegetable bar at lunch

- Provide healthy snack options in vending machines
- Eliminate fundraisers that rely on unhealthy foods (e.g., cookie dough sales)
- Have students design bulletin boards with ideas and tips for making healthier food choices
- Teach nutrition education as part of the health education and/or physical education curriculum
- Other (please describe):

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

14. Are you currently enrolled in physical education class? (Yes or No)

A. If yes, how many times per week do you have a structured physical education class?

1 2 3 4 5

B. On average, approximately how much time do you spend being physically active (i.e., getting exercise and not standing around) during physical education class?

- I.** I am moving around and getting exercise less than 25% of the time
- II.** I am moving around and getting exercise between 25% and 50% of the time
- III.** I am moving around and getting exercise between 50% and 75% of the time
- IV.** I am moving around and getting exercise more than 75% of the time

15. Our school's physical education program inspires me to get more exercise/be more physically active when I am not in school.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

16. I'm satisfied with the opportunities my teachers provide for me to be physically active during the school day so that I stay energized and focused.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

17. I have found ways to physically active through the extracurricular activities and programs that my school offers.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

18. I think my school provides enough opportunities for all students to be physically active.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

19. What opportunities for students to be physically active does your school provide? (check all that apply)

- A.** Intramurals
- B.** Additional physical education classes
- C.** After school clubs
- D.** In-class physical activity breaks
- E.** Other (please describe):

20. What opportunities for students to be physically active would you like to see offered? (check all that apply)

- A.** Intramurals
- B.** Additional physical education classes
- C.** After school clubs
- D.** In-class physical activity breaks
- E.** Other (please describe):

19. During an average week, how often do you exercise for 60 minutes or more, whether all at once or in shorter periods throughout the day? (This includes physical activity at school and outside of school.)

Never or hardly ever | Some days | Most days | Daily

20. How do you get to school MOST days?

- A.** Ride bike
- B.** Walk
- C.** Bus/Public Transit
- D.** Car
- E.** Other:

21. Please indicate how much you like each of the following ideas for improving the health of your school environment:

Offer fresh fruits and vegetables that are locally grown

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Serve vegetarian and/or vegan lunches on certain days of the week/month

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Allow students to plant and maintain a garden of fresh fruits, vegetables, and herbs to be used in school lunches

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Have students design bulletin boards with ideas and tips for being physically active

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Ask students to provide daily health tips during morning announcements

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Develop student/teacher recognition programs for achieving health-related goals

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Incorporate physical activity and healthy foods into major school events

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Have fundraising activities that support healthy eating and/or promote physical activity

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Have a secure place for bikes so students, teachers, and staff can ride to school

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Have students create and maintain a walking/jogging path on school grounds

No, definitely not | No, not really | Yes, sort of | Yes, definitely

Other (please describe):

THANKS FOR TELLING US WHAT YOU THINK!