

2019 MWPPP SYSTEM Survey Wave IV

Q1.1 Thank you for participating in the 2018-2019 Maryland Wellness Policies and Practices (MWPPP) Survey.

Survey responses will be used to inform your School System School Health Council or Wellness Committee on how to better support wellness initiatives in schools. Survey responses are confidential and will not be tied to respondents or their school system.

As you work through the survey, use the << and >> buttons on the bottom right corner to navigate back to the previous question or move forward to the next. The survey takes approximately 15-20 minutes to complete.

Should a problem arise while you're completing the survey please contact the MWPPP team at 410-706-5588 or nutrition@peds.umaryland.edu

Definitions:

System” Wellness Committee: The entity that broadly oversees the development of the local wellness policy and the accompanying regulations/rules/procedures. If this is a subcommittee or working group in your school system, please refer to the larger committee to which they report.

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Q1.2 Please respond to all statements as they applied to your school system during the 2018-2019 school year.

Q1.3 School System:

- Allegany
- Anne Arundel
- Baltimore City
- Baltimore County
- Calvert
- Caroline
- Carroll
- Cecil
- Charles
- Dorchester
- Frederick
- Garrett
- Harford
- Howard
- Kent
- Montgomery
- Prince George's
- Queen Anne's
- Saint Mary's
- Somerset
- Talbot
- Washington
- Wicomico
- Worcester

Q1.4 Your position in your school system during the 2018-2019 school year:

Q1.5 Are you the designated official from your school system who ensures school-level implementation of wellness policies?

- Yes
- No

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Q1.6 Please provide the name and title of the person who ensures school-level implementation of wellness policies or select "not in place" or "don't know" below:

- Name and Title: _____
- Not in place
- Don't Know

Q2.1 The following questions refer to your perception/understanding of your school system's activities during the 2018-2019 school year. For this survey, we use the term "system wellness committee" to address any team that coordinates activities related to wellness policies.

Q2.2 Using the scales below, please indicate the % effort the school system wellness committee spent on staff versus student wellness during the 2018-2019 school year:

_____ Students
 _____ Staff

Q.2.3 Did your school system support student school-level wellness activities?

- Yes
- No (Skip Pattern) *

Q2.4 How did your school system support student school-level wellness activities during the 2018-2019 school year? Select all that apply:

| | No Schools | Some Schools | All Schools | Under Development | Not in Place | Don't Know |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| a) Provided training | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b) Provided a stipend for staff time | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c) Provided funding | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d) Provided technical assistance for policy implementation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e) Monitored policy implementation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f) Provided tools and resources | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g) Provided schools with funding to support health and wellness policies/practices | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h) Other (please specify): | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Q2.5 Please select one response for each statement. Explanation of the Likert Scale:
Fully in Place: policy/practice was fully implemented throughout the entire 2018-2019 school year.
Partially in Place: policy/practice started or was partially implemented during the 2018-2019 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.

Q2.6 My school system...

| | Fully in Place | Partially in Place | Under Development | Not in Place | Don't Know |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| a) provided opportunities for school staff input in updating Wellness Policies | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b) provided opportunities for parent input in updating wellness policies | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c) provided opportunities for student input in updating wellness policies | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d) had a mechanism in place to encourage the broader school community or public involvement in updating wellness policies | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q2.7 Please select one response for each statement.

Q2.8 My school system...

| | Fully in Place | Partially in Place | Under Development | Not in Place | Don't Know |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| a) informed the public when wellness policies were updated | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b) had a system in place to monitor wellness policy implementation in schools | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Q2.9 Please select one response for each statement.

Q2.10 My school system...

| | Fully in Place | Partially in Place | Under Development | Not in Place | Don't Know |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| a) provided public updates on the implementation of wellness policies | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b) required the identification of wellness policy coordinators in each school | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c) required the integration of health and wellness goals into the overall school improvement plan | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Q3.1 The following questions refer to the composition and communication methods of your school system wellness committee during the 2018-2019 school year. For this survey, we use the term "school system wellness committee" to address any team that coordinates activities related to wellness policies.

System" Wellness Committee: The entity that broadly oversees the development of the local wellness policy and the accompanying regulations/rules/procedures. If this is a subcommittee or working group in your school system, please refer to the larger committee to which they report.

Q3.3 What areas/components did the system wellness committee and/or subcommittees cover? Hover over each answer choice for definition/examples. Select all that apply:

- Community Involvement providing a formal process to recruit, train, and involve family and other community members as volunteers to enrich school health and safety programs.
- Counseling Psychological and Social Services psychological, psychoeducational, and psychosocial assessments; direct and indirect interventions to address psychological, academic, and social barriers to learning, such as individual or group counseling and consultation; and referrals to school and community support services as needed.
- Employee Wellness staff programs that support healthy eating, adopting active lifestyles, being tobacco free, managing stress, and avoiding injury and exposure to hazards.
- Family Engagement communicating with all families in a culturally and linguistically appropriate way using a variety of communication methods about school-sponsored activities and opportunities to participate in school health programs and other community-based health and safety programs.
- Health Education curricula and instruction for students that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention.
- Health Services providing first aid, emergency care and assessment and planning for the management of chronic conditions (such as asthma or diabetes). In addition, wellness promotion, preventive services and staff, student and parent education complement the provision of care coordination services.
- Nutrition Environment and Services promoting healthier foods and beverages, encouraging participation in the school meal programs, role-modeling healthy eating behaviors, and ensuring that students have access to free drinking water throughout the school day.
- Physical Education and Physical Activity Comprehensive School Physical Activity Program, physical activity breaks.
- Physical Environment address a school's physical condition during normal operation as well as during renovation (e.g., ventilation, moisture, temperature, noise, and natural and artificial lighting), and protect occupants from physical threats (e.g., crime, violence, traffic, and injuries)

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and biological and chemical agents in the air, water, or soil as well as those purposefully brought into the school (e.g., pollution, mold, hazardous materials, pesticides, and cleaning agents).

- Social and Emotional Climate providing opportunities for students to develop and practice skills like empathy, compassion, and conflict resolution, conducting assessments of school values and climate
- Other (please specify): _____
- None of these areas/components
- Don't Know

Q3.4 What is your role in your school system's wellness committee or subcommittee?

- Lead role (chairperson, president, etc.)
- 2nd in command (vice-chair, etc.)
- Member
- I do not sit on my school system's wellness committee

Q3.5 Please indicate the composition of your school system's wellness committee below.

Select all that apply:

- School Board Members
- Superintendent
- School Administrators
- Representative from Central Office: Physical Education
- Representative from Central Office: Health Education
- Representative from Central Office: Nurse
- Representative from Central Office: Food Service/School Nutrition Program
- Representative from Central Office: Other (please specify) _____
- School Staff: Physical Education
- School Staff: Health Education
- School Staff: Nurse
- School Staff: Food Service/School Nutrition Program
- School Staff: Counseling
- School Staff: Student Services
- School Staff: Other (please specify) _____
- Community members
- Food Service
- Parents
- Students
- Local Health Department
- Community Organizations
- Nurses
- Other (please specify): _____
- Don't Know

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Q3.6 How frequently does your school system's wellness committee convene?

- Monthly
- Quarterly
- Semiannually
- Annually
- Other (please specify): _____
- Don't Know

Q3.7: How does your school system's wellness committee convene? Select all that apply:

- Webinar
- In person
- Phone call
- Other (please specify) _____

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Q3.8 How often do you UPDATE the school system's written Wellness Policy?

- Annually
- Every other year
- Every three years
- We have not updated the school system's School Wellness Policy in the past three years
- Other (please specify): _____
- Don't Know

Q3.9 What information is considered when updating the school system's written Wellness Policy? Select all that apply:

- Findings of local community needs assessment
- Results of school level implementation surveys
- Parent feedback
- Student feedback
- Staff feedback
- Census or health department data such as community-level food insecurity, inadequate housing, violence, etc.
- Other (please specify): _____
- We have not incorporated external information when updated our Wellness Policy
- Don't Know

Q3.10 How does the public know about updates to the Wellness Policy?

- Website
- Newsletters
- PTA/Community meetings
- School Board meetings
- Personal Invitation
- Email
- Social Media (i.e. Facebook, Twitter)
- Referenced in updated handbooks
- We do not have a mechanism in place for notifying the public about our school's wellness activities
- Other (please specify): _____
- Not Applicable
- Don't Know

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Q3.11 How often do you ASSESS the implementation of the school system's written Wellness Policy?

- Annually
- Every other year
- Every three years
- We have not reviewed the implementation of the school system's School Wellness Policy in the past three years
- Other (please specify): _____
- Don't Know

Q3.12 What tool are you using to measure school-level compliance to and implementation of the school system's written Wellness Policy? Select all that apply:

- MWPPP Survey
- MD School Wellness Scorecard
- Alliance for Healthier Generation Assessment
- Other (please specify): _____

Q3.13 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
- PTA/Community meetings
- School Board meetings
- Personal Invitation
- Email
- Social Media (i.e. Facebook, Twitter)
- Referenced in updated handbooks
- We do not have a mechanism in place for notifying the public about our school's wellness activities
- Other (please specify): _____
- Not Applicable
- Don't Know

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Q4.1 During the 2018-2019 school year, my school system had a process for monitoring the following...

| | Fully in Place | Partially in Place | Under Development | Not in Place | Don't Know |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| a) marketing of foods/beverages that do not meet Maryland Nutrition Standards for All Foods Sold in School. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b) that all foods and beverages sold to students (la carte, vending, snacks or food carts/stores, fundraising) during the school day met the Maryland Nutrition Standards for All Foods Sold in School. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c) assured that all foods and beverages provided but not sold (celebrations, birthdays) to students during the school day met the wellness policy standards (set by the school system). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Q5.1 If you have additional comments, please enter them below:

Q5.2 Thank you for your time, input, and participation!

Interested in learning more about school wellness initiatives throughout Maryland or School Wellness Tools?

Visit: www.marylandschoolwellness.org