

# Serve Up a Healthier You – Environment and Policy Survey

Please respond to the following questions by filling in the circles.

Please fill in like this: ●

Not like this ⊗

1 = Yes, 2 = No, 3 = Unsure, 4 = N/A

- 1 Does your LEA, Child Nutrition Program, or school worksite have established worksite wellness policy or procedures? ① ② ③ ④
- 2 If yes, are employees told about the policies/procedures during employee orientation? ① ② ③ ④
- 3 Does your LEA, Child Nutrition Program, or school worksite have an established worksite wellness committee? ① ② ③ ④
- 4 Are employees given information on health benefits, including the N.C. State Health Plan for Teachers and State Employees and the Comprehensive Wellness Initiative? ① ② ③ ④
- 5 Are employees given information on Employee Assistance Programs or other related community resources? ① ② ③ ④
- 6 In the past year, have employees been offered an opportunity to complete a health risk appraisal? ① ② ③ ④
- 7 In the past year, has health screening (i.e., height/weight, blood pressure, blood sugar, cholesterol, etc.) and medical referral, as needed, been offered to employees? ① ② ③ ④
- 8 In the past year, has your LEA, Child Nutrition Program, or school worksite provided a flu shot clinic? ① ② ③ ④
- 9 In the past year, has any information about preventing the flu been provided to employees for their personal use? ① ② ③ ④
- 10 Are employees told about the Tobacco Free Schools state statute during employee orientation? ① ② ③ ④
- 11 In the past year, has your LEA, Child Nutrition Program or school worksite offered any smoking or tobacco cessation programs to employees? ① ② ③ ④
- 12 In the past year, has any information on the health effects of tobacco use been provided to employees for their personal use? ① ② ③ ④
- 13 Does your LEA, Child Nutrition Program or school worksite have any written policies or procedures supporting and encouraging employee communication that is open, two-way and respectful of employee diversity? ① ② ③ ④
- 14 Does your school worksite have any place for employees to reduce the physical and mental stress of the workday, such as a quiet space to unwind and reflect? ① ② ③ ④
- 15 In the past year, has your LEA, Child Nutrition Program or school worksite offered any program(s) for managing stress (i.e., classes for relaxation, ergonomics, communication or time management)? ① ② ③ ④
- 16 In the past year, has any information on stress management been provided to employees for their personal use? ① ② ③ ④

- |    |  |   |   |   |   |
|----|--|---|---|---|---|
| 17 | Does your LEA, Child Nutrition Program, or school worksite have any written policies or procedures recommending the use of healthier foods for employee meetings, training or events?  | ① | ② | ③ | ④ |
| 18 | If yes, are employees told about the healthy foods policies/procedures during employee orientation?  | ① | ② | ③ | ④ |
| 19 | Does your school worksite have adequate and safe space for employees to store food and/or beverage for personnel use (e.g., refrigerator designated for employees)?  | ① | ② | ③ | ④ |
| 20 | Does your school worksite have accessible and appropriate facilities/equipment for employees to prepare and eat meals?   | ① | ② | ③ | ④ |
| 21 | If your school worksite has vending machines on campus (either for students, staff or both), do the vending machines offer healthy choices (i.e., low-fat milk, 100% juice, fresh fruits, whole grain chips, baked chips, etc.)?   | ① | ② | ③ | ④ |
| 22 | In the past year, have any healthy eating programs (i.e., nutrition classes, cooking demonstrations, etc.) been offered to employees?  |   |   |   |   |
| 23 | In the past year, has information on healthy food choices been provided to employees for their personal use?   | ① | ② | ③ | ④ |
| 24 | Does your school worksite offer a private and safe space for expression and storage of breastmilk?   | ① | ② | ③ | ④ |
| 25 | In the past 2 years, has information on the benefits of breastfeeding been provided to employees for their personal use?   | ① | ② | ③ | ④ |
| 26 | Does your LEA, Child Nutrition Program or school worksite have any written policies or procedures encouraging employees to engage in physical activity before, during or after the workday (i.e., activity or stretch breaks during meetings, use of track or other facilities, etc.)? | ① | ② | ③ | ④ |
| 27 | If yes, are employees told about the policies/procedures during employee orientation?  | ① | ② | ③ | ④ |
| 28 | Does your school worksite have a safe place for walking or other activities on-site or nearby?   | ① | ② | ③ | ④ |
| 29 | Does your LEA, Child Nutrition Program or school worksite sponsor any employee physical activities, teams or clubs?  | ① | ② | ③ | ④ |
| 30 | In the past year, has information on physical activity been provided to employees for their personal use?  | ① | ② | ③ | ④ |

Please provide any comments:

LEA/School:

## Serve Up a Healthier You – Policy and Environment Survey Score Sheet

<b>Directions:</b>	<b>Scores:</b>
Count the total number of “No” answers for questions 1-7.  This is the <b>SERVE UP A HEALTHIER YOU</b> Score.	<b>Out of a possible score of 7</b>
Count the total number of “No” answers for questions 8-16.  This is the <b>TAKE CARE OF YOU</b> Score.	<b>Out of a possible score of 9</b>
Count the total number of “No” answers for questions 17-25  This is the <b>EAT SMART</b> Score.	<b>Out of a possible score of 9</b>
Count the total number of “No” answers for questions 26-30.  This is the <b>MOVE MORE</b> Score.	<b>Out of a possible score of 5</b>

Look at the scores in each of the policy/environment sections. Sections in which your total number of “No” answers is close to the possible total score indicates a policy and environment priority area for your committee.

For example, if your Eat Smart Score is a 5 out of a possible 9, your wellness committee may want to consider addressing policy and environment changes that support eating smart in your action plan.