

NDS Wellness Survey Results:
Tri Annual Comparison
2021 & 2024

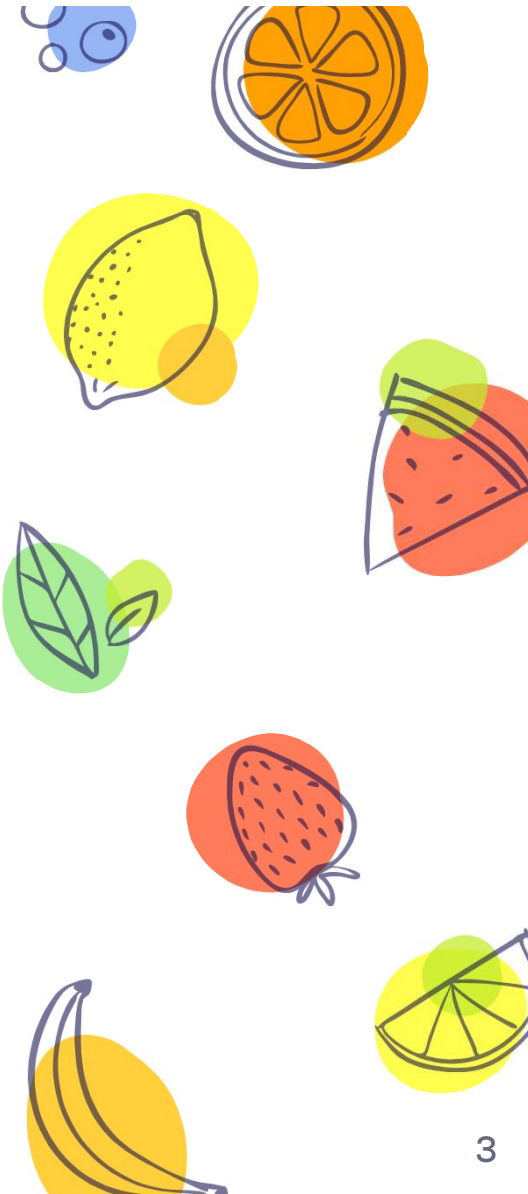


5 Most Successfully Implemented Wellness Policies

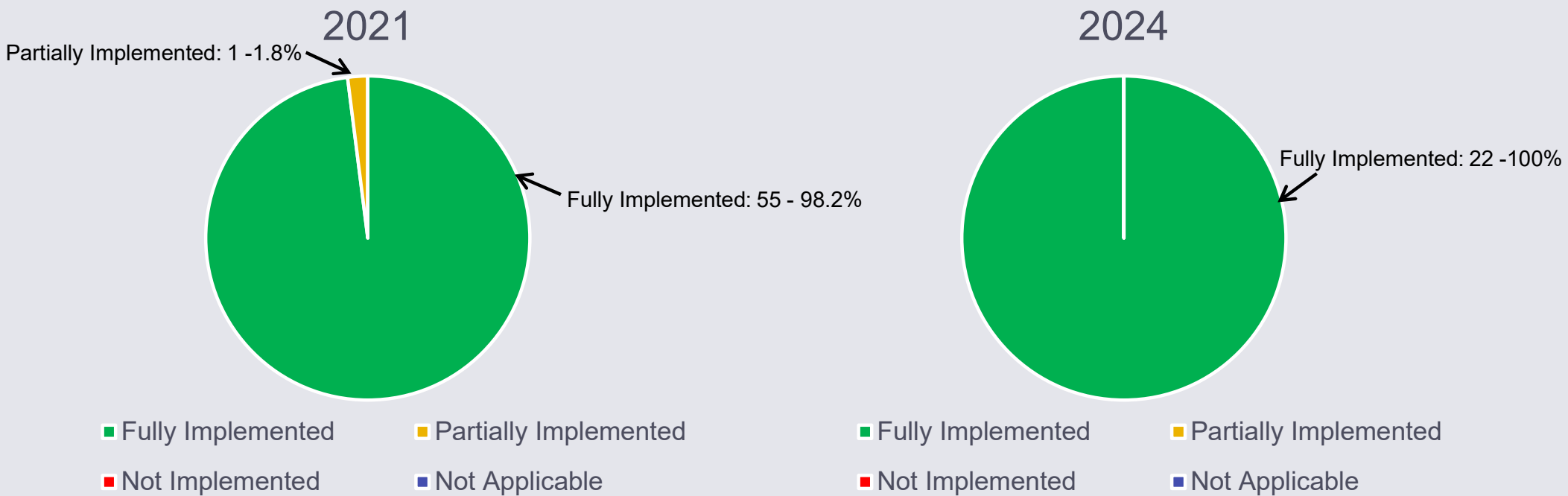


Summary

- ❖ Designed by the Department of Education
- ❖ Survey sent to all sponsored buildings- 27 respondents (respondents down by 51% vs 2021-22 assessment)
- ❖ 53 Questions with options to answer fully, partially, or not implemented and not applicable.
- ❖ Categories: Nutrition Education, Nutrition Promotion, Physical Activity, Physical Education and Nutrition Guidelines for all foods and beverages during the school day.

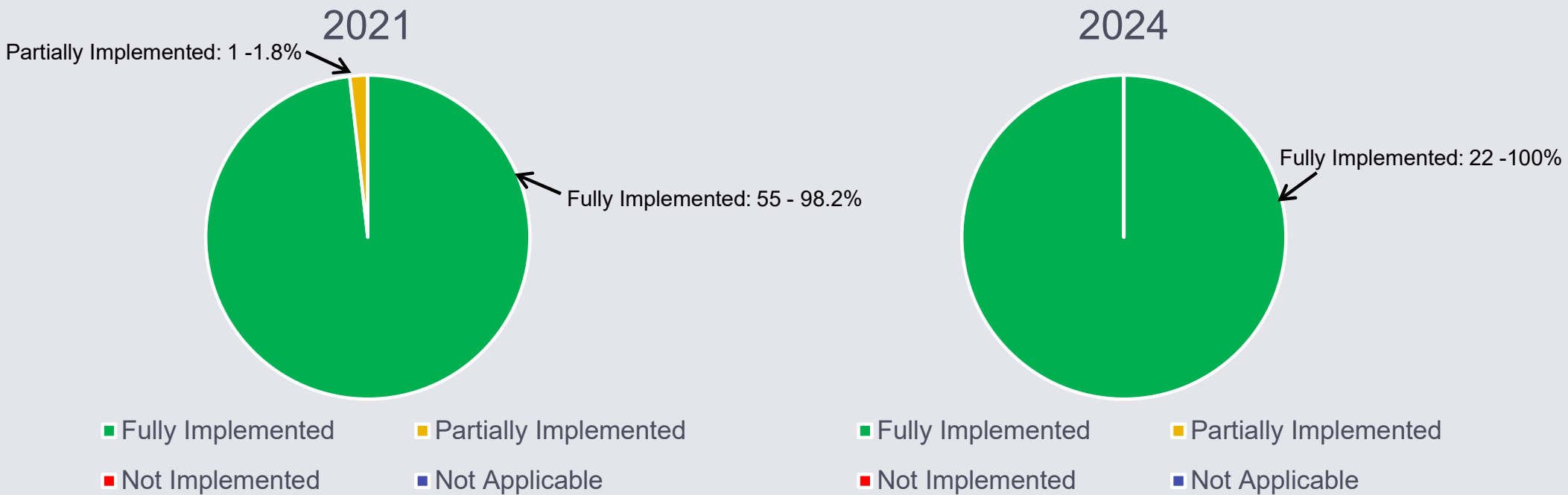


“We provide a safe and clean meal environment for students.”



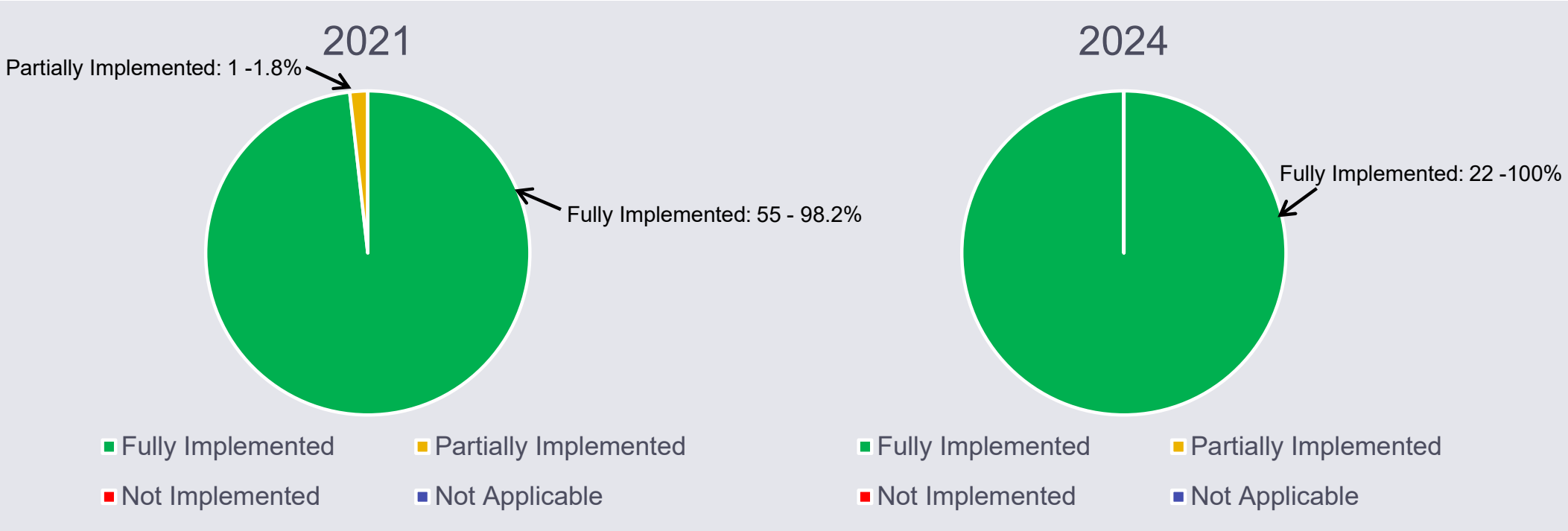
Most Successfully Implemented

“We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.”



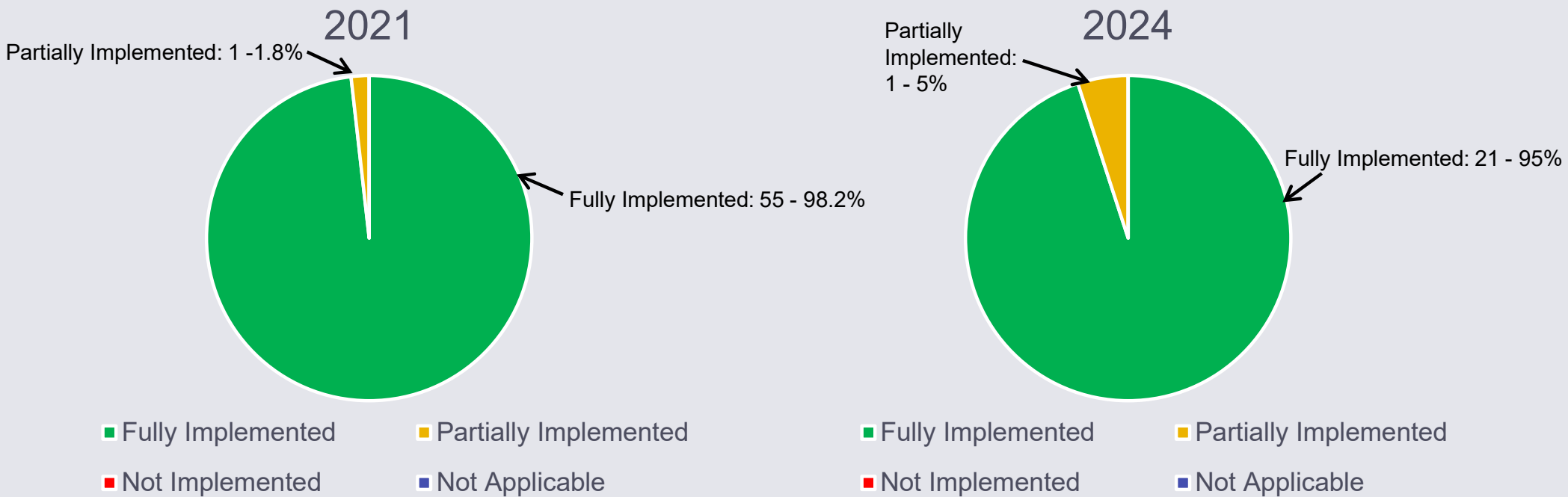
Most Successfully Implemented

“Students have access to hand washing or sanitizing before meals.”



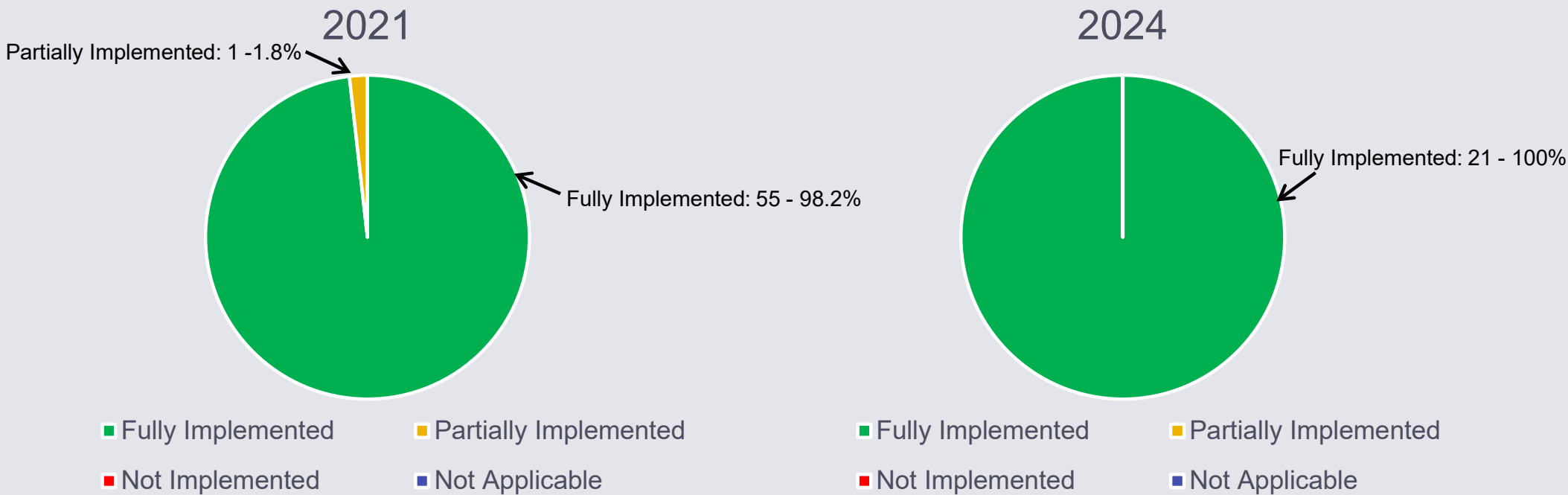
Most Successfully Implemented

“Only authorized staff have access to the food service operation.”



Most Successfully Implemented

“Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.”

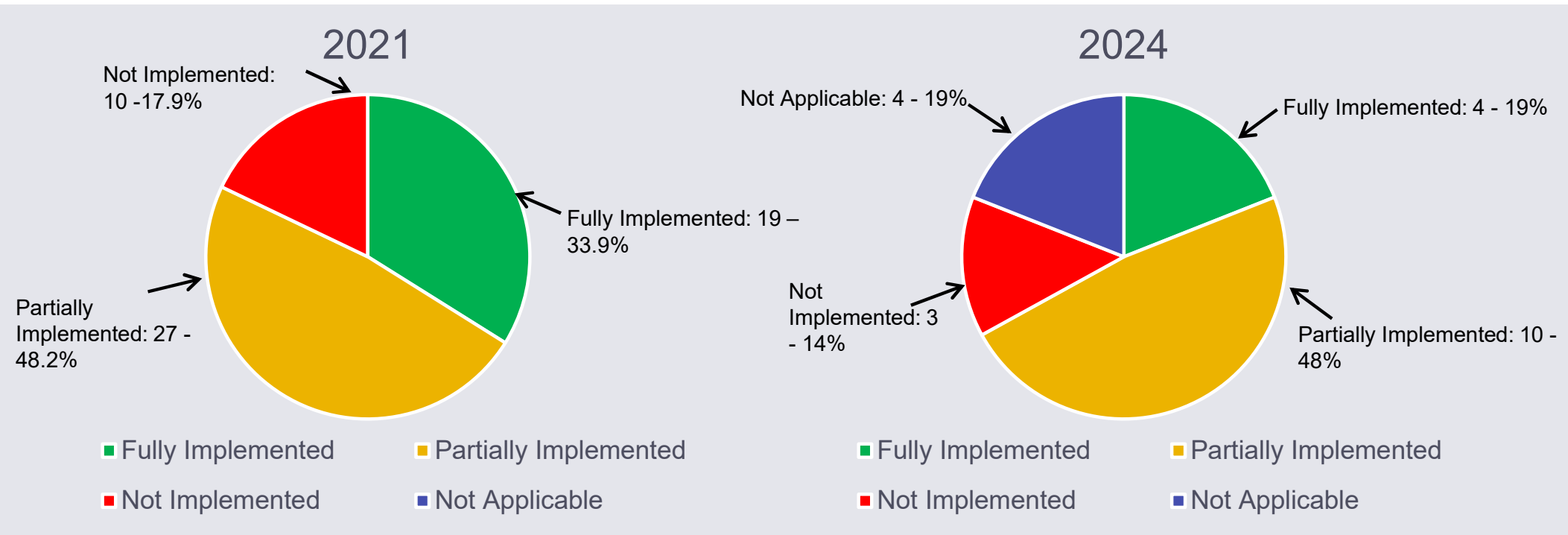


Most Successfully Implemented

5 Least Successfully Implemented Wellness Policies

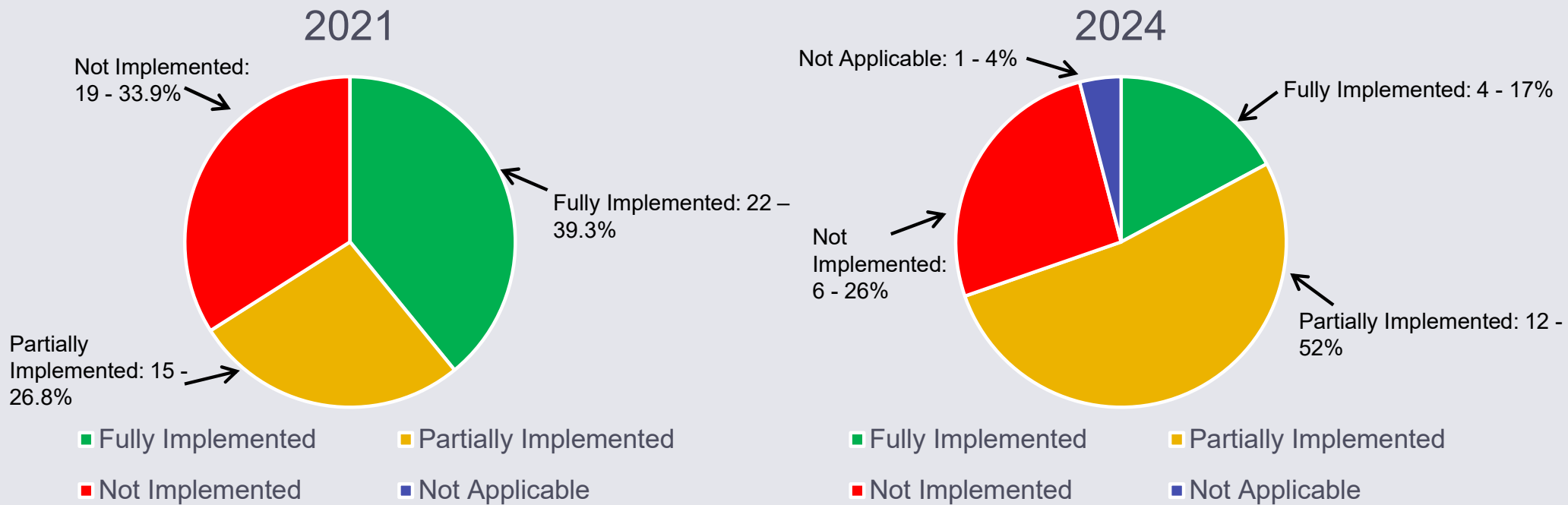


“We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.”



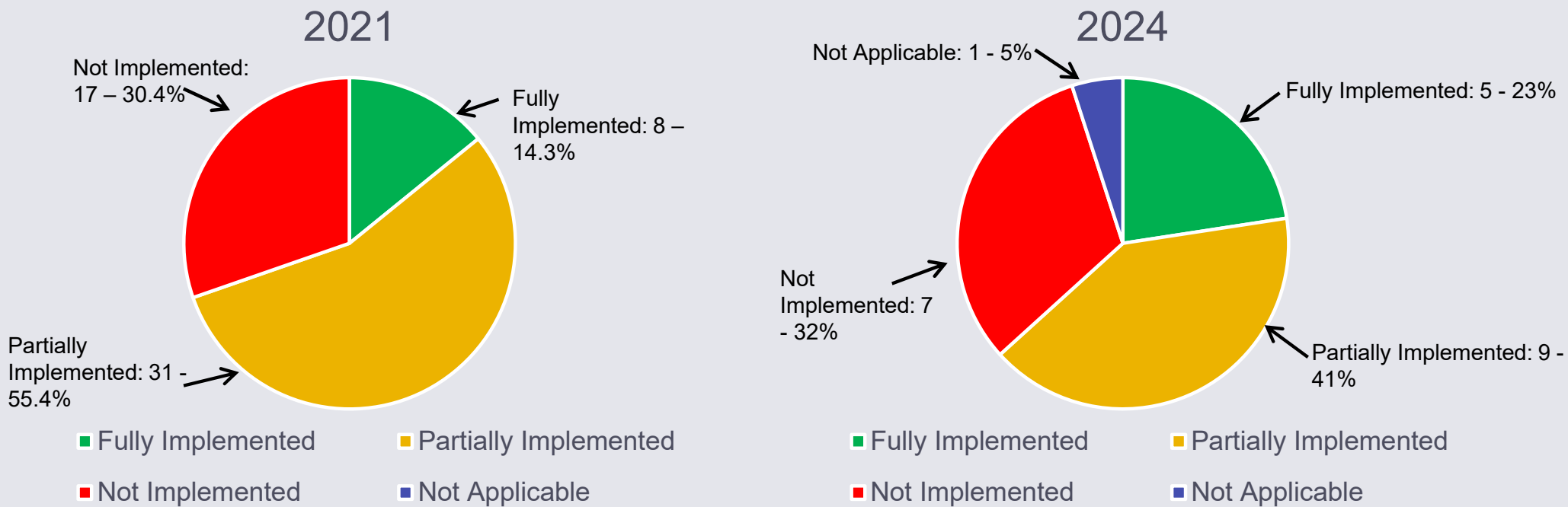
Least Successfully Implemented-(improving)

“School food service and nutrition education classes work together to create a learning laboratory.”



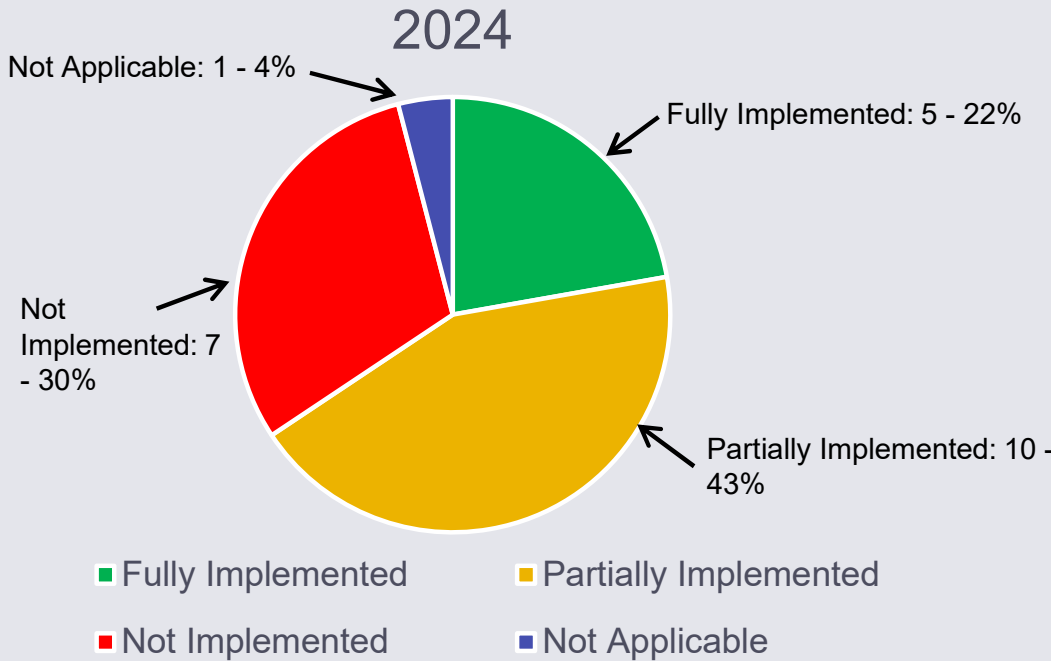
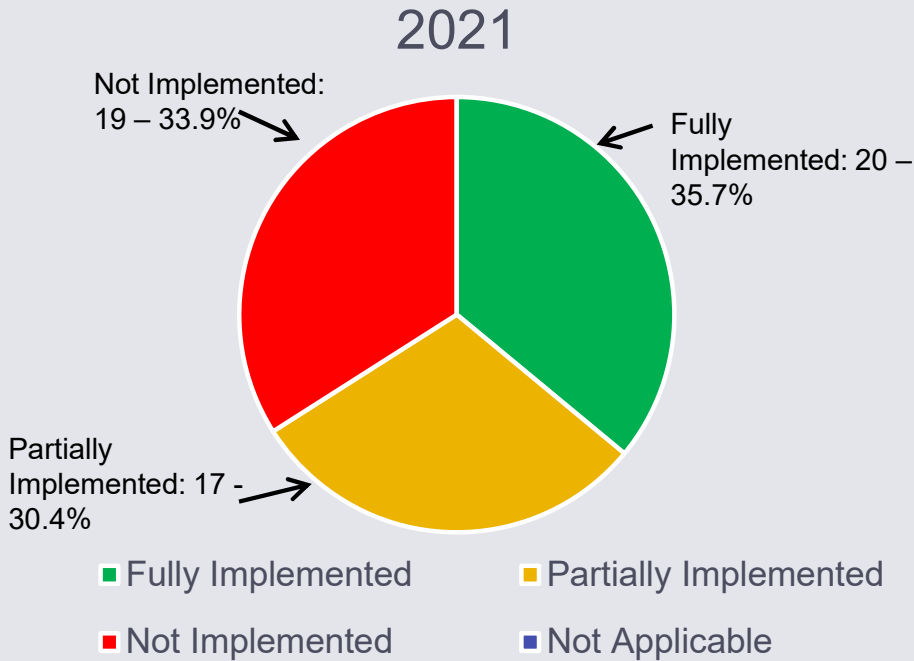
Least Successfully Implemented

“We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.”



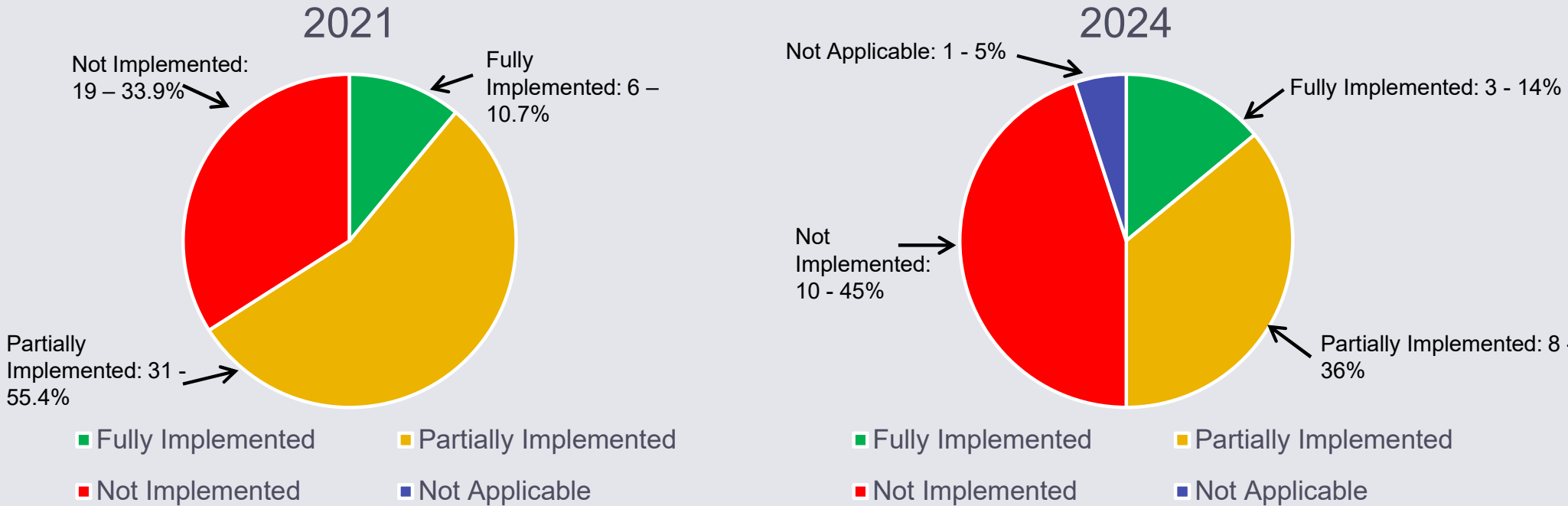
Least Successfully Implemented

“Staff providing nutrition education receive standards-based training and professional development.”



Least Successfully Implemented

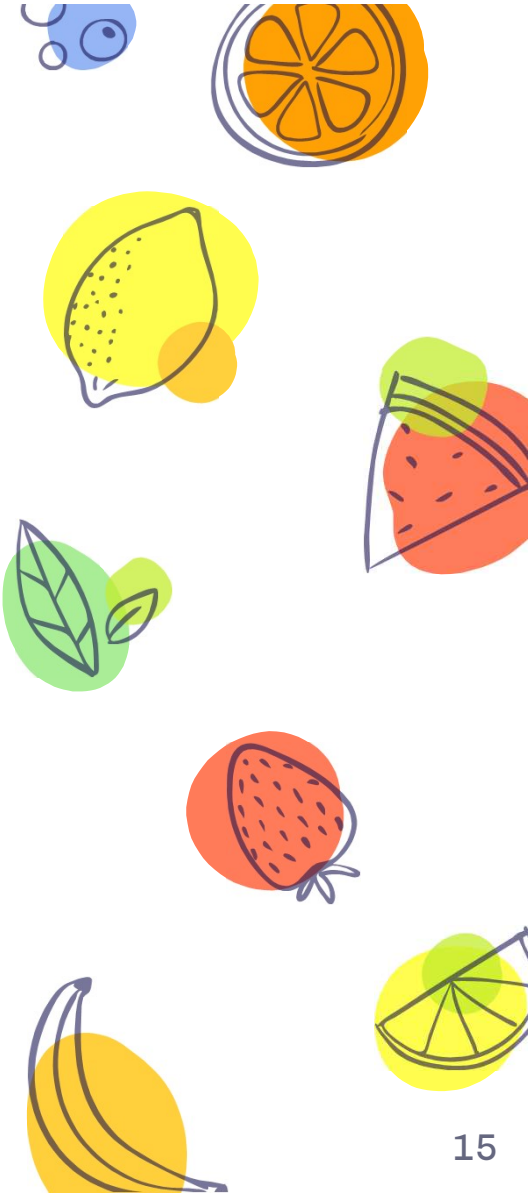
“We promote nutrition through the implementation of activities such as having a school garden, taste testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.”



Least Successfully Implemented

Thoughts?

- ❖ How can we engage schools to incorporate school wellness?
- ❖ How can we improve survey results?
- ❖ How can we expand the wellness committee recruitment?



Goals for the 2024-2025 School Year?

1. Nutrition Education:
2. Nutrition Promotion:
3. Physical Activity:
4. Physical Education:
5. Other School Based Wellness Activities:

