

**California Project LEAN
Healthy Eating and Physical Activity
ENVIRONMENT SURVEY**

Please conduct this survey in May or early June, **before** school is out. Complete the form by actually observing the campus eating and physical activity environment while school is in session. Please include your comments and any details that help explain changes in the environment. Thank you!

Region and site: _____ Date completed: _____

Your Name: _____

Circle One: Project LEAN staff Student School Staff

- 1) What low-fat, fat free, and healthy food items are offered for students to eat on campus?
- a) salad/fresh veg. b) low-fat dressing c) fresh fruit d) dried/canned fruit e) non-fat milk
- f) 1% milk g) 100% juice h) low-fat entrée i) vegetarian entrée j) whole grain item
- k) other(s): _____

- 2) What kind of nutrition information is posted for food on campus?
- a) low-fat b) fat-free c) nutrition label d) other: _____ e) none
- 2b) Where is the information posted?
- a) on the menu b) by the food c) campus walls d) other: _____

- 3) Where else on campus can students get food besides tray lunch lines?

	How Many?	Type of venue:	List <u>low-fat/fat-free/healthy items</u> available:	No healthy items.
a)		Branded fast food, e.g., <i>McDonalds, Taco Bell, etc.</i>		
b)		Snack bar		
c)		Food cart		
d)		Vending machine		
e)		Other:		

- 4) What promotions of healthy eating can be seen or heard at your school?
- a) posters/signs b) student paper c) over the P.A. d) parent newsletter
- e) other promotions and events: _____

- 5) What promotions of physical activity can be seen or heard at your school?
 a) posters/signs b) student paper c) over the P.A. d) parent newsletter
 e) other promotions and events: _____
- 6) Does this school have any P.E. requirement in order for students to graduate? Yes No
 → If "Yes," what is the requirement? _____
- 7) In addition to P.E., what school physical activity options and facilities do students use **during** school hours?
 a) organized activity/sports b) playing fields c) gym/weight room d) basketball courts
 e) equip't check-out f) other, during school: _____
- 8) What physical activity options and activities do students use **after** school hours?
 (This **does not** include competitive and/or varsity sports)
 a) sports clubs/teams b) playing fields c) weight room
 d) basketball courts e) YMCA/YWCA f) Boy's/Girl's Clubs g) community sports leagues
 h) health clubs/gym i) other, after school: _____

The next two open-ended questions ask **how** *Food on the Run* students and their activities at this school changed the environment.

What changes did Project LEAN students make this year in the availability of healthy food for teens?

What changes did Project LEAN students make this year in the availability of physical activity for teens?

Other comments:
