

Online Survey of 600 Parents of Children in Grades K-12

FINAL SURVEY

August 28, 2009

INTRODUCTION

Thank you for agreeing to participate in this survey. Your opinions are very important to us and we appreciate your feedback. This should only take about 5 minutes of your time.

SCREENING QUESTIONS

To determine whether you qualify for this survey, please answer the next questions.

1. What is your gender? **(SEE QUOTAS)**

Male..... 1
Female..... 2

2. Please select the state you live in **(SEE QUOTAS)**.

Northeast..... 1
South 2
Midwest 3
West 4

3. Please indicate if you have a child or children in any of the following grade levels. Indicate all that apply.

	Yes	No
Kindergarten	1	2
Elementary school (grades 1-5)	1	2
Middle school or Junior High (grades 6-8)	1	2
High school (grades 9-12)	1	2

TERMINATE IF NO TO ALL OF THE ABOVE

PERCEPTIONS OF SCHOOL ENVIRONMENT

Now a few questions about healthy lifestyles for children and schools.

4. Overall, how big of a role do you believe schools play in maintaining and promoting healthy lifestyles among children?

- Major role..... 1
- Minor role..... 2
- No role at all 3

Below is a list of activities in or aspects of schools today. In your opinion, how important is each of the following in encouraging a healthy lifestyle among children?

		Extremely important	Very important	Somewhat important	Not very important	Not important at all
5.	RANDOMIZE Offering physical education classes	1	2	3	4	5
6.	Providing access to healthy foods, such as vegetables, fruits and whole grains	1	2	3	4	5
7.	Offering recess	1	2	3	4	5
8.	Facilitating afterschool programs	1	2	3	4	5
9.	Limiting access to unhealthy foods, such as chips, candy and sugary drinks	1	2	3	4	5

10. Which of the following does your child have access to on a regular basis at school? Indicate all that apply. **(RANDOMIZE)**

- Recess..... 1
- Physical education classes..... 2
- Afterschool programs 3
- Healthy foods, such as vegetables, fruits and whole grains..... 4
- Unhealthy foods, such as chips, candy and sugary drinks 5
- None of the above 6

Below is a list of statements. To what extent do you agree or disagree with each of them?

		Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
11.	RANDOMIZE I believe parental involvement in the school's health and nutrition policies creates a healthier school environment	1	2	3	4
12.	I believe that healthy eating habits have a positive impact on my child's academic performance	1	2	3	4
13.	I believe that physical education has a positive impact on my child's academic performance	1	2	3	4
14.	I believe that physical education is as important as other subjects, such as math, science and English	1	2	3	4
15.	I believe that my child's school should offer opportunities for physical activity throughout the day, including physical education, activity breaks, recess and afterschool activities	1	2	3	4
16.	I believe that regular physical activity in school helps control or prevent childhood obesity	1	2	3	4

- | | | Strongly
agree | Somewhat
agree | Somewhat
disagree | Strongly
disagree |
|-----|--|-------------------|-------------------|----------------------|----------------------|
| 17. | RANDOMIZE
I believe that health and nutrition education is as important as other subjects, such as math, science and English | 1 | 2 | 3 | 4 |
| 18. | Which of the following things, if any, have you done in the past? Indicate all that apply. (RANDOMIZE) | | | | |
| | Advocated for additional physical activity, such as extra recess, activity breaks, exercise or active games at my child's school | | | | 1 |
| | Brought healthy foods and beverages to school parties or other events | | | | 2 |
| | Discussed healthier choices on the school lunch menu with my child | | | | 3 |
| | Advocated for healthier lunch menu options at my child's school | | | | 4 |
| | Advocated for additional health education programs at my child's school, such as classes and educational sessions on healthy eating behaviors and proper physical activity | | | | 5 |
| | None of the above | | | | 6 |
| 19. | To what degree would you be willing to get more involved in helping create a healthier school environment at your child's school? | | | | |
| | Definitely | | | | 1 |
| | Probably | | | | 2 |
| | Might or might not | | | | 3 |
| | Probably would not | | | | 4 |
| | Definitely would not | | | | 5 |

DEMOGRAPHICS

Finally, we have a few questions for statistical purposes.

20. To ensure we have feedback from a wide range of people, what is your age?

Under age 18.....	1
18 to 21.....	2
22 to 29.....	3
30 to 34.....	4
35 to 44.....	5
45 to 54.....	6
55 to 64.....	7
65 and older.....	8

21. Which of the following categories best describes the last grade of school you completed?

Grade school.....	1
Some high school.....	2
Graduated high school.....	3
Vocational, technical, or community college.....	4
Some college or university.....	5
Graduated college or university.....	6
Post-graduate degree (MA, MBA, PhD, MD, etc.).....	7
Prefer not to answer.....	9

22. Which of the following categories best describes your ethnic group?

White or Caucasian.....	1
Black or African American.....	2
Hispanic or Latino.....	3
American Indian or Alaskan Native.....	4
Asian (e.g., Asian Indian, Chinese, Filipino, Japanese Korean, Vietnamese).....	5
Native Hawaiian or other Pacific Islander.....	6
Other ethnic origin (SPECIFY).....	7
Prefer not to answer.....	9

23. Which of the following categories best describes your total household income for 2008 before taxes, including everyone in your household?

Less than \$25,000.....	1
\$25,000 to less than \$50,000.....	2
\$50,000 to less than \$75,000.....	3
\$75,000 to less than \$100,000.....	4
\$100,000 to less than \$150,000.....	5
\$150,000 to less than \$200,000.....	6
\$200,000 or more.....	7
Prefer not to answer.....	9

Thank you very much for taking this survey. We appreciate your feedback. Please click on the link below to learn more about building healthier environments in schools.
www.healthiergeneration.org