



Coordinated Approach To Child Health Classroom Teacher Questionnaire

INSTRUCTIONS: *YOU are an important part of the CATCH Texas Team.* Results from this survey will be used to support CATCH trainings across Texas. You may choose whether or not you want to complete this survey. All of your answers will remain private. Your responses will only be viewed by the University of Texas Health Science at Houston researchers.

Most of the questions on this survey are about this school year (2002-2003). This survey will take about 15 minutes to complete. Please return this survey in the self-addressed stamped envelope by **March 31, 2003**. Thank you for your help!

Please circle the number that best agrees with your response.

- | | Not at all
Confident | | Somewhat
Confident | | Very
Confident |
|--|---------------------------------|---|-------------------------------|-----|---------------------------|
| 1. How confident are you about teaching health education topics? | 1 | 2 | 3 | 4 | 5 |
| | Not at all
important | | Somewhat
Important | | Very
Important |
| 2. How important is it to teach about health in elementary grades (e.g., nutrition, physical activity, and smoking prevention)? | 1 | 2 | 3 | 4 | 5 |
| 3. How important is it to teach about health in elementary grades (e.g., nutrition, physical activity, and smoking prevention) relative to other academic subjects? | 1 | 2 | 3 | 4 | 5 |
| 4. Do you have any training in health education or health promotion activities? | | | | | |
| Major in health education in college. | | | | Yes | No |
| Minor in health education in college. | | | | Yes | No |
| Health education classes in college. | | | | Yes | No |
| In-service training. | | | | Yes | No |
| Self-study of health education or health promotion. | | | | Yes | No |
| Other (please specify). _____ | | | | Yes | No |

5. At your school, what are the barriers to teaching health topics? Please indicate your level of agreement with each item.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
a. Not enough time	1	2	3	4	5
b. Insufficient equipment and materials	1	2	3	4	5
c. Low level of student interest	1	2	3	4	5
d. Low level of parent interest	1	2	3	4	5
e. Low level of classroom teacher interest	1	2	3	4	5
f. Inadequate teacher training	1	2	3	4	5
g. Low level of Principal support	1	2	3	4	5
h. Low level of district support	1	2	3	4	5
i. Low priority relative to other academic subjects	1	2	3	4	5
j. Inadequate financial resources	1	2	3	4	5
k. State or district requirements for mandated educational standards (e.g., TAKS)	1	2	3	4	5
l. Large class size	1	2	3	4	5
m. Other (specify): _____	1	2	3	4	5

6. By the end of this school year (2002-2003), will you have used the school food services staff in your classroom teaching in any of the following?

a. Cafeteria "field trip".	Yes	No
b. Tasting testing parties.	Yes	No
c. School-wide food themes (e.g., coloring contests, creating posters & banners related to nutrition).	Yes	No
d. Coordination of lunch menu & classroom nutrition topics (e.g., Go, Slow, & Whoa foods).	Yes	No
e. Students plan school lunch or breakfast menus.	Yes	No
f. Food service staff assists in teaching students about nutrition or food (e.g., snack preparation activities).	Yes	No
g. Students assist in preparing menu items for special menus (e.g., cooking foods grown in a school garden).	Yes	No
h. Other (specify): _____	Yes	No

7. By the end of this school year, will you have coordinated with the school physical education staff in your classroom teaching in any of the following?

- | | | |
|---|-----|----|
| a. Participate in PE class with your students (e.g., part of Fitness Fridays or Movin' Mondays). | Yes | No |
| b. Create posters and banners related to physical activity and nutrition in Classroom, gymnasium/PE are, and throughout the school. | Yes | No |
| c. School-wide or grade level walking contest (e.g., CATCH Mileage Challenge) | Yes | No |
| d. Coordinate writing homework with PE (e.g., students keep a CATCH Cardio Kids Journal listing physical activities they engage in alone or with family members). | Yes | No |
| e. Other (specify): _____ | Yes | No |

8. At your school, do you have any of the following available for your use?

- | | | |
|--|-----|----|
| Grade 3 Teacher manual (Hearty Heart) | Yes | No |
| Grade 4 Teacher manual (Go for Health 4) | Yes | No |
| Grade 5 Teacher manual (Go for Health 5) | Yes | No |
| F.A.C.T.S | Yes | No |
| Posters (e.g., Go-Slow-Whoa) | Yes | No |
| P.A.S.T. Diabetes lessons | Yes | No |
| Family Home Team materials | Yes | No |
| Hearty Heart Videotapes | Yes | No |
| CATCH Student Workbooks | Yes | No |
| CATCH PE Guidebook | Yes | No |
| CATCH PE Activity Box | Yes | No |
| Other (specify): _____ | Yes | No |

9. Have you attended a CATCH training that covered an overview of CATCH PHYSICAL EDUCATION & CATCH EAT SMART with other representatives from your school?

YES NO

How many of these **overall** CATCH trainings have you been to in the last two years (2001 & 2002)?

Have you attended a CATCH classroom **only** training in the last two years (2001 & 2002).

YES NO

How many of these CATCH classroom **only** trainings have you been to in the last two years (2001 & 2002)? _____

10. What is the usual number of health lessons you teach in a school year? _____

How long do your health lessons usually last? _____

11. Of all the health lessons you teach during a school year, what percentage of the lessons makes use of CATCH Curriculum? _____%

12. By the end of this school year (2002-2003), how many CATCH **Family Home Team materials** will you have sent home to families? _____

13. At your school, what are the barriers to using FAMILY HOME TEAM MATERIALS? Please indicate your level of agreement with each item.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
a. Low parent interest	1	2	3	4	5
b. Inadequate financial resources	1	2	3	4	5
c. Low priority relative to other academic subjects	1	2	3	4	5
d. Access to materials in Spanish	1	2	3	4	5
e. Not enough time (e.g., photocopying)	1	2	3	4	5
f. Other (specify): _____	1	2	3	4	5

14. Did you or your school use any of the following activities during this school year (2002-2003)?

Invite parents to your classroom. Yes No

Enlist parent volunteers to help with snack preparation activities. Yes No

Hold a Family Fun Night. Yes No

Participate in Wellness Wednesday s or Fitness Fridays. Yes No

Create a "No Junk Food Zone" in school and identified "Go Food Snacks" that can be eaten in the area. Yes No

Other activities (specify) _____ Yes No

15. Please indicate your level of agreement with each item.

	Not at all important		Somewhat Important		Very Important
	1	2	3	4	5
How important is it for food service staff to participate in the coordinated school health program?	1	2	3	4	5
How important is it for physical education specialists to participate in the coordinated school health program?	1	2	3	4	5
How important is it for classroom teachers to participate in the coordinated school health program?	1	2	3	4	5

16. In 2001, the 77th Texas Legislature adopted Senate Bill 19. Part I of the bill mandates daily physical activity. Part III of the bill requires all elementary schools in Texas to implement a coordinated school health program designed to prevent obesity, cardiovascular disease, and type 2 diabetes. The coordinated school health program must include health education, physical education and activity, nutrition services, and parental involvement.

Have you heard of Senate Bill 19? YES NO

	Very Unsuccessful		Somewhat Successful		Very Successful		Have NOT Implemented
	1	2	3	4	5	6	
Our efforts to implement Part I of Senate Bill 19 (daily physical activity) have been:	1	2	3	4	5	6	

Our efforts to implement Part III of Senate Bill 19 (implement a coordinated school health program) have been:	1	2	3	4	5	6
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	Strongly Disagree		Disagree		Neither Agree Nor Disagree		Agree		Strongly Agree
	1	2	3	4	5				
Schools that implement Senate Bill 19 will help prevent chronic diseases such as obesity, cardiovascular disease, and type 2 diabetes.	1	2	3	4	5				

What is your school doing about Senate Bill 19 and/or what are your thoughts about Senate Bill 19?

We ask the following questions because it helps identify who is using CATCH.
Like your other answers, these answers will remain private.

17. What year were you born? 19 _____
18. Are you male or female? (circle one) Male Female
19. What ethnic group do you consider yourself? (Please circle the corresponding letter.)
- a. White / Caucasian
 - b. Black / African American
 - c. Hispanic / Latino
 - d. Asian
 - e. Other (please explain) _____
20. How many years have you been employed at this school? _____ years
21. How many years of teaching experience do you have? _____ years
22. This questionnaire was completed by:
Classroom teacher
Other (specify): _____

What suggestions and/or comments do you have for improving CATCH?

Please take a moment to review all the items. *Thank you for your help.* Please return this survey in the self-addressed envelope by **March 31, 2003.**