



Coordinated Approach
To Child Health



THE UNIVERSITY of TEXAS
HEALTH SCIENCE CENTER AT HOUSTON
SCHOOL OF PUBLIC HEALTH

Coordinated Approach To Child Health Food Service 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 important		Kind of Important		Very Important
1. How important is it to encourage elementary school children to eat a diet that is low in fat?	1	2	3	4	5
2. How important is it to encourage elementary school children to eat 5 fruits & vegetables a day?	1	2	3	4	5

	Not at all Sure		Kind of Sure		Very Sure
3. How sure are you that you can prepare school foods that are low in fat?	1	2	3	4	5
4. How sure are you that you can serve fruits and vegetables as school foods?	1	2	3	4	5

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
5. I believe children who eat low-fat foods at school will be healthier than children who do not eat low-fat foods at school.	1	2	3	4	5
6. I believe children who eat fruits & vegetables at school will be healthier than children who do not eat fruits & vegetables at school.	1	2	3	4	5
7. Children who are chubbier (heavier than what they should be) have more health risks than children who are normal weight.	1	2	3	4	5
8. What a child eats at home is more important to a child's diet than what I serve at school.	1	2	3	4	5

9. At your school, what makes it hard **to prepare foods that are lower in fat?** Please mark your level of agreement with each item.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
Not enough time	1	2	3	4	5
Lack of ingredients	1	2	3	4	5
Low fat foods are too expensive	1	2	3	4	5
Low fat foods are harder to prepare	1	2	3	4	5
Student food preferences	1	2	3	4	5
Not enough parent support	1	2	3	4	5
Not enough classroom teacher support	1	2	3	4	5
Not enough Principal support	1	2	3	4	5
Not enough support at the district level	1	2	3	4	5
I'm not trained to prepare low fat foods	1	2	3	4	5

10. At your school, what makes it hard **to serve fruits and vegetables**? Please mark your level of agreement with each item.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
Not enough time	1	2	3	4	5
Lack of fruits & vegetables	1	2	3	4	5
Fruits & vegetables are too expensive	1	2	3	4	5
Foods with fruits & vegetables are harder to prepare	1	2	3	4	5
Student food preferences	1	2	3	4	5
Not enough parent support	1	2	3	4	5
Not enough classroom teacher support	1	2	3	4	5
Not enough Principal support	1	2	3	4	5
Not enough support at the district level	1	2	3	4	5
I'm not trained to serve fruits & vegetables	1	2	3	4	5

11. At your school, which CATCH EAT SMART materials do you have available for your use?

	Yes	No
CATCH Eat Smart Manual	1	2
CATCH Eat Smart Poster	1	2
I do not have CATCH Eat Smart materials	1	2

12. Do you use any of the Eat Smart Guidelines in preparing school meals? Please circle **yes, no, or doesn't apply (if the guideline does not apply to your food service operation)** for each guideline below.

All Recipes and Foods:

- | | | | |
|---|-----|----|---------------|
| a. Follow recipes measuring all ingredients with standardized measuring utensils. | Yes | No | Doesn't apply |
| b. Purchase and use foods that meet Eat Smart criteria for fat. | Yes | No | Doesn't apply |
| c. Serve menu items with standardized serving utensils. | Yes | No | Doesn't apply |

Meat and Meat Alternatives:

- | | | | |
|---|-----|----|---------------|
| d. Remove skin and fat from chicken and turkey. Bake with no added fat. | Yes | No | Doesn't apply |
| e. Drain fat from cooked meat. | Yes | No | Doesn't apply |

Milk:

- | | | | |
|---|-----|----|---------------|
| f. Offer skim, non-fat, or low-fat plain and flavored milk. | Yes | No | Doesn't apply |
|---|-----|----|---------------|

Vegetables and Fruits:

- | | | | |
|--|-----|----|---------------|
| g. Increase use of fresh, frozen, canned, and dried fruits. | Yes | No | Doesn't apply |
| h. Increase use of fresh frozen, or canned vegetables and salads. | Yes | No | Doesn't apply |
| i. Reduce or eliminate butter, oil, margarine, and animal fat added to vegetables. | Yes | No | Doesn't apply |

Grains and Breads:

- | | | | |
|---|-----|----|---------------|
| j. Reduce or eliminate butter, oil, margarine, and animal fat added to pasta and rice. | Yes | No | Doesn't apply |
| k. Reduce or eliminate butter and mayonnaise added to breads (e.g., sandwiches, toast, muffins, rolls, French bread). | Yes | No | Doesn't apply |
| l. Use skim, low-fat, or non-fat dry milk in cooking. | Yes | No | Doesn't apply |
| m. Use egg whites rather than whole eggs. | | | |

Other Foods and Desserts:

- | | | | |
|--|-----|----|---------------|
| n. Gradually reduce the amount of fat used in recipes. Replace butter or shortening with vegetable oil or margarine whenever possible. | Yes | No | Doesn't apply |
| o. Use non-stick coating spray or pan liners instead of greasing pans. | Yes | No | Doesn't apply |

13. Circle the number that best describes your response. Circle only one number for each question.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
a. CATCH helped us meet our USDA nutrition goals.	1	2	3	4	5
b. I would recommend the CATCH program to other food service managers.	1	2	3	4	5
c. I am satisfied with food made using the CATCH Eat Smart guidelines.	1	2	3	4	5
d. My students are satisfied with food made using the CATCH Eat Smart guidelines.	1	2	3	4	5
e. CATCH has helped school food service personnel talk with other school staff about children's health.	1	2	3	4	5

14. Did your cafeteria participate in any of the following activities in this school year (2002-2003)?

	Yes	No
Nutrition messages or games on menus.		
Food naming contests.		
Wear CATCH t-shirts, name badges, or aprons.		
Offer mini-servings of new healthy foods free to all students.		
Offer incentives for school lunch (games, prizes, etc.).		
Invite parents and other special visitors to lunch.		
Display signs with GO, SLOW, and WHOA foods on menus.		
Display signs with GO, SLOW, and WHOA foods on tray line.		
Display signs with healthy eating messages on menus.		
Display signs with healthy eating messages on tray line.		
Food or food guide pyramid displays.		
Announcements over public address system about lunch.		
Student developed posters or articles displayed in cafeteria.		
Cafeteria tours.		
Taste-tests.		
Cafeteria staff assists teachers with a nutrition lesson.		

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

	Not at all important		Somewhat Important		Very Important
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
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

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
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? (circle one)

- a. White / Caucasian
- b. Black / African American
- c. Hispanic / Latino
- d. Other (please explain) _____

20. How many years have you been employed in this school? _____ years

21. How many years have you been working in food service? _____ years

22. This questionnaire was completed by:

- a. Cook
- b. Manager
- c. Other (please list): _____

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.**