

This report summarizes parent perceptions of school nutrition and physical activity practices. These questions were added to the final two years of CAST's four year longitudinal family survey. Results are shown for both years.

Parent responses were stable across the two years and indicated a low levels of parent knowledge on the health policies and practices characteristic of their child's school.

CAST Family Survey Results

Year 4 and Year 5 Survey
Responses

School Promotion of Student Health

Does your oldest elementary school child's school....	2011-2012			2012-2013		
	Yes	No	Don't Know	Yes	No	Don't Know
follow strategies to increase participation in school meals programs?	42%	4%	55%	45%	5%	50%
provide enough time for students to eat lunch?	54%	31%	15%	56%	40%	5%
provide information on the nutrition in school meals (e.g., calories, saturated fat, sugar)?	24%	27%	49%	26%	25%	48%
encourage staff to be role models for healthy behaviors?	46%	7%	47%	48%	7%	45%
ensure only healthy food is served at class parties and other school celebrations?	37%	42%	21%	41%	42%	17%
enforce that food is not being served as a reward in the school?	45%	19%	37%	50%	23%	28%
provide easy access to free drinking water?	89%	5%	6%	91%	4%	5%
regulate food sold for fundraising at all times (not only during the school day)?	29%	11%	60%	30%	14%	57%

School Provision of Physical Fitness Resources

Does your oldest elementary school child's school....	2011-2012			2012-2013		
	Yes	No	Don't Know	Yes	No	Don't Know
offer enough physical education class time (not including recess) each week for students?	48%	38%	14%	59%	36%	6%
provide adequate equipment for physical education (e.g., balls, jump ropes, floor mats)?	67%	8%	26%	74%	7%	18%
provide enough well maintained gym space to accommodate school-wide physical education classes?	78%	7%	15%	82%	7%	11%
allow community use of school facilities for physical activity outside of the school day?	56%	10%	35%	57%	12%	31%
allow the use of restricting physical activity as punishment for behavior?	30%	23%	48%	34%	21%	45%
provide adequate recess time for students?	83%	10%	7%	85%	10%	5%
Evaluate student physical fitness (e.g., strength, flexibility tests)?	23%	19%	58%	23%	22%	56%

Source of Meals

During the week, how many days a week does your oldest elementary school child usually...

	Year	0 days	1 day	2 days	3 days	4 days	5 days	Don't know*
Eat breakfast at home?	11-12	11%	4%	7%	8%	4%	66%	--
	12-13	15%	4%	10%	6%	5%	60%	--
Eat breakfast at school?	11-12	60%	5%	6%	4%	6%	18%	--
	12-13	52%	5%	8%	6%	6%	22%	--
Eat breakfast somewhere else in the morning?	11-12	94%	3%	1%	0%	1%	1%	--
	12-13	96%	1%	1%	0%	0%	1%	--
Not eat breakfast?	11-12	93%	3%	1%	0%	1%	0%	--
	12-13	95%	2%	1%	1%	1%	1%	--
Bring lunch from home to school?	11-12	49%	7%	8%	8%	10%	18%	--
	12-13	36%	9%	10%	10%	10%	25%	--
Get lunch from the cafeteria line?	11-12	28%	11%	7%	6%	10%	38%	--
	12-13	24%	13%	9%	9%	8%	37%	--
Skip lunch completely?	11-12	94%	1%	0%	0%	0%	0%	--
	12-13	98%	1%	0%	0%	0%	0%	--

* Response category was not available in both survey years so is not reported here.

Location of Physical Activity

During the past 7 days, how many days did your oldest elementary school child do physical activity or sports at these locations?

	Year	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
school grounds (weekends only)	11-12	74%	18%	9%	0%	0%	0%	0%	0%
	12-13	77%	18%	6%	0%	0%	0%	0%	0%
school grounds (after-school only)	11-12	72%	7%	8%	7%	2%	4%	0%	0%
	12-13	69%	7%	13%	6%	2%	4%	0%	0%
public recreation center	11-12	76%	11%	8%	3%	1%	1%	0%	0%
	12-13	74%	11%	10%	4%	1%	0%	0%	0%
park or playground	11-12	38%	29%	16%	8%	3%	5%	0%	1%
	12-13	44%	28%	15%	7%	1%	4%	0%	2%
commercial facility (e.g., YMCA/YWCA, Boys and Girls Club)	11-12	81%	9%	5%	2%	1%	1%	0%	0%
	12-13	80%	8%	4%	4%	1%	2%	1%	0%
neighborhood (e.g., vacant lot; field)	11-12	43%	13%	16%	9%	7%	6%	2%	6%
	12-13	44%	11%	12%	12%	8%	4%	3%	6%
other location	11-12	65%	8%	7%	6%	3%	6%	1%	4%
	12-13	67%	7%	7%	6%	4%	2%	2%	5%

Supervised physical activity

At your child's school, are there supervised physical activity programs for all interested students?	2011-2012			2012-2013		
	Yes	No	Don't Know	Yes	No	Don't Know
Before school	6%	38%	56%	7%	43%	51%
During lunch break	34%	14%	52%	42%	15%	44%
After school	16%	29%	55%	18%	31%	51%
On weekends	6%	36%	58%	7%	40%	53%
During the summer	9%	31%	60%	10%	34%	56%

Articles on Physical Activity

	2011-2012		2012-2013	
	Yes	No	Yes	No
Have you seen any articles on physical activity in your oldest elementary school child's school newsletter?	56%	44%	49%	51%