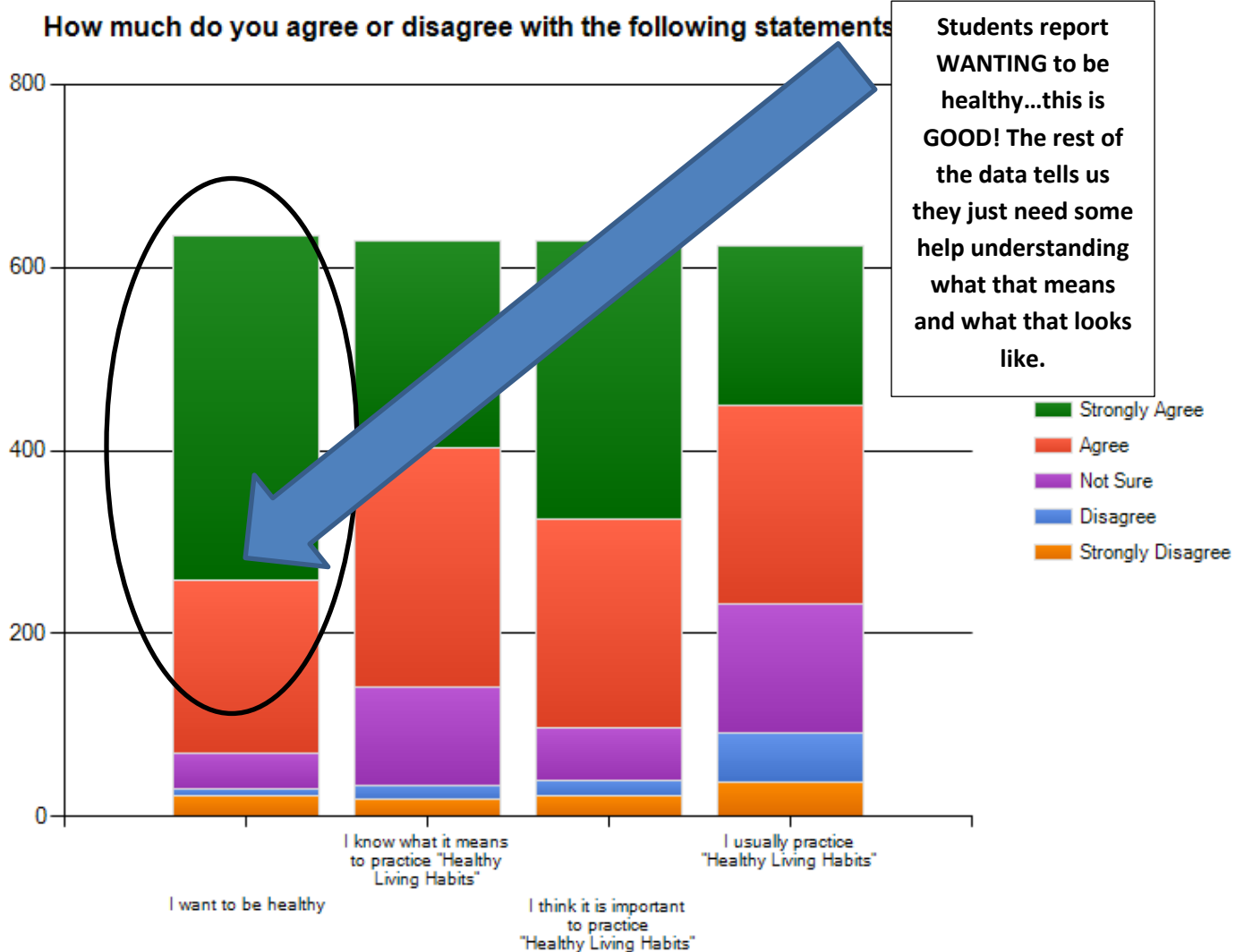


DATA CHAT SNAP SHOTS

The Evaluation Team continues to help staff use the data that we collect for the purposes of program planning. Toward this purpose, survey summary reports will now be constructed as “Data Chat Snap Shots” and include some key highlights and implications for program planning. Below is a sample from the latest Health & Wellness Post Survey:

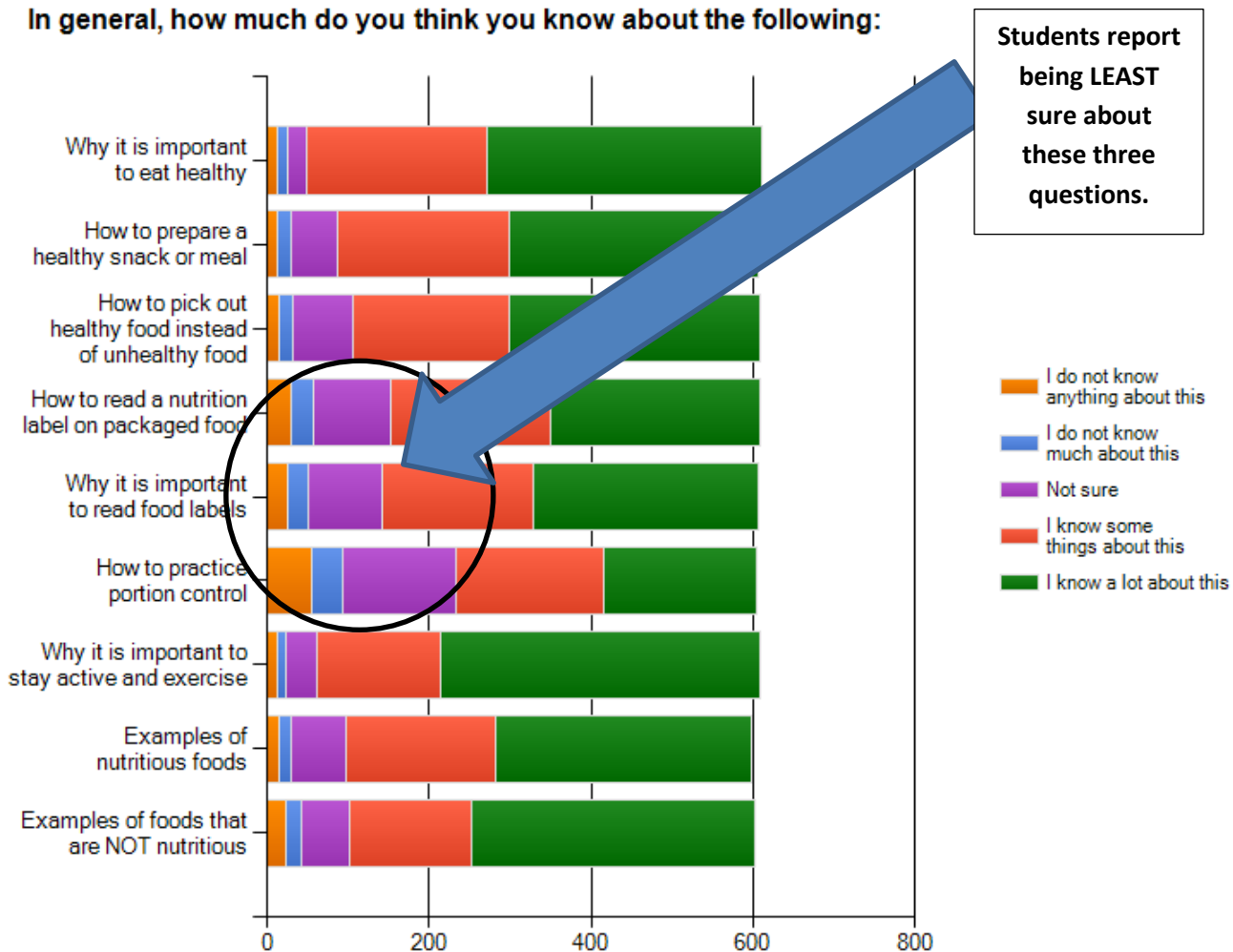
Health and Wellness Program Planning

ELEMENTARY and MIDDLE SCHOOL
POST Survey Results: 2012-2013



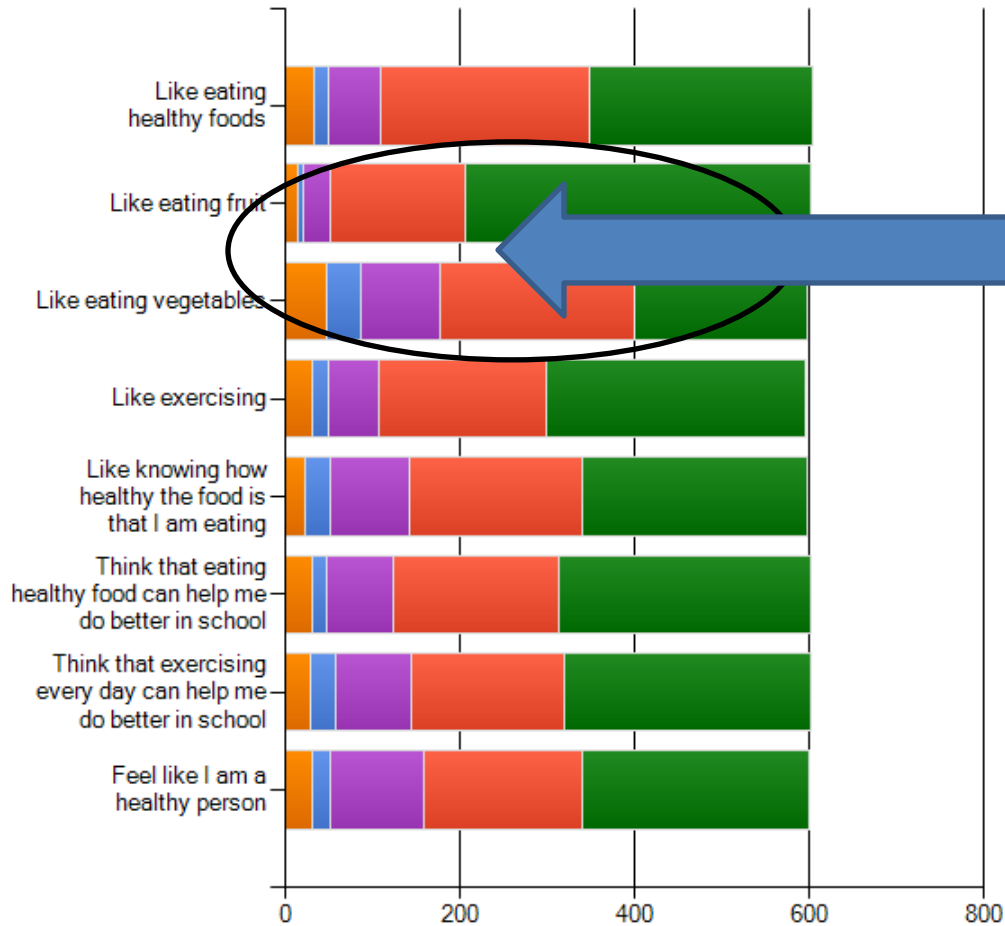
Impact on Program Planning: Learn what students DO know by talking to students about what they think “healthy living habits” looks like. Use this as a starting point to plan and deliver curriculum.

In general, how much do you think you know about the following:



Impact on Program Planning: Teach students how to calculate daily calories and carbohydrates needed vs calories and carbohydrates eaten during a day to understand value of portion control and the importance of reading food labels. Repeat with other nutrients such as salt/vitamins.

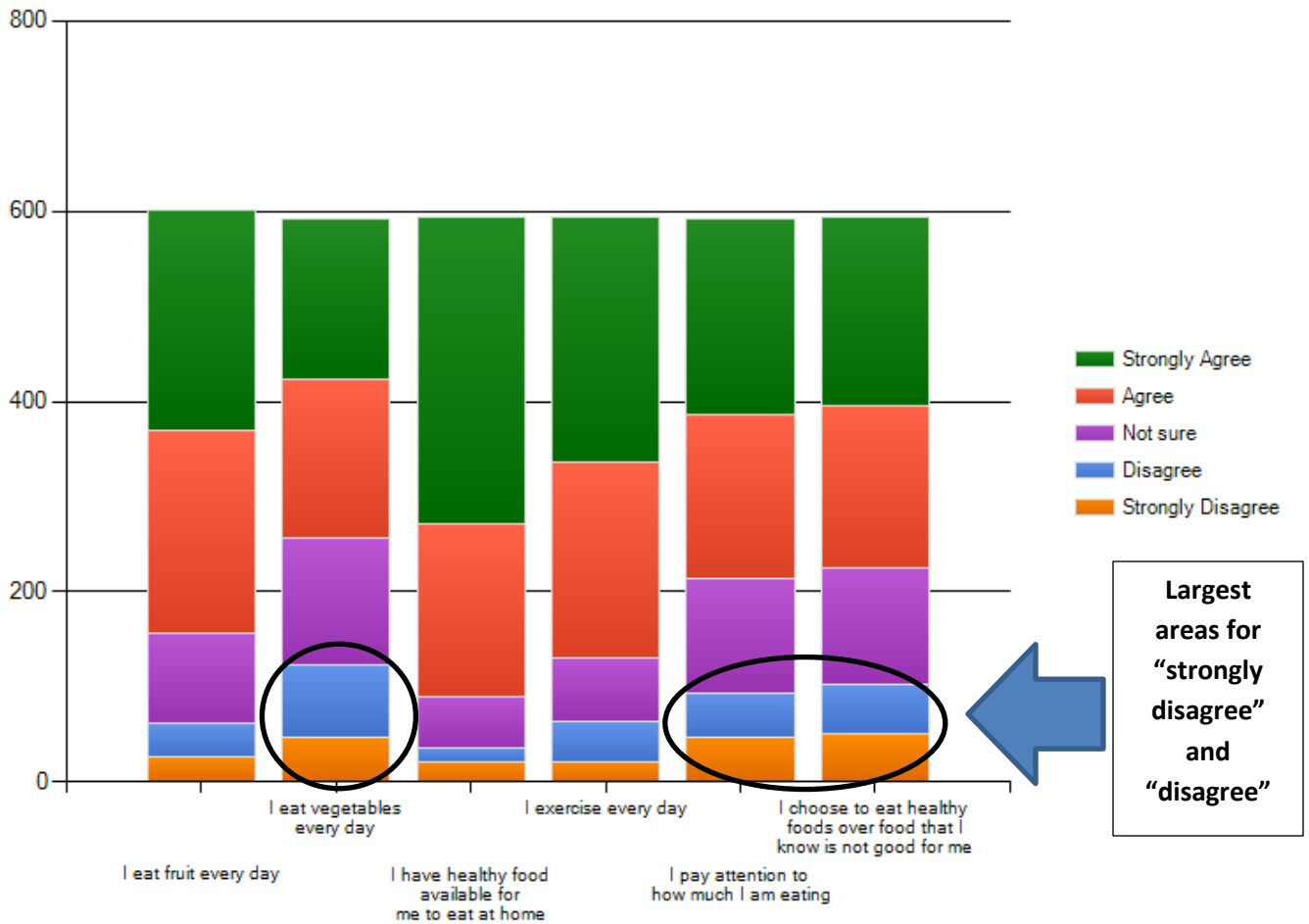
In general, I:



Notice the difference in #s of students reporting that they “agree” and “strongly agree” that they like eating fruit vs. eating vegetables; also, many more report that they are “not sure” about liking vegetables

Impact on Program Planning: Think about giving students more opportunity to try new vegetables and/or to try vegetables prepared in different ways (cooked vs raw, sautéed vs. steamed, etc.)

I would say that USUALLY:



Impact on Program Planning: Have students keep a food journal/log for a week to track how much they eat, and how healthy they are eating; help students set goals for controlling their portions, eating vegetables and balancing nutritional value of the food they are eating.