

Data Request: Nutrition Environment and Education in Vermont Secondary Schools among Vermont Farm to School (FTS) Grantees

2016 School Health Profiles

26 July 2017

Data Background/Limitations

The Vermont School Health Profiles (SHP) Survey asks Vermont secondary school principals and lead health educators (LHEs) about the health environment/policies and health education practices in secondary schools. No elementary schools are included in these data, therefore, this represents only a subset of all Farm to School (FTS) grantees. Questions included Q36 (a, d-l, k) and Q46 (c, d) from the principal’s questionnaire and Q9 (l), Q13 (a, c, h, o), Q15 (b, e), and Q16 (e) from the LHE survey. FTS grantees from 2007-2013 were grouped as having been awarded a FTS implementation grant 3+ years ago, those awarded a grant in 2014 or 2015 were grouped as having had a grant ≤2 years ago, all other schools were grouped as non-FTS schools.

Statewide rates for the requested measures can be found in the 2016 Vermont School Health Profiles Report (http://www.healthvermont.gov/sites/default/files/documents/pdf/HSVR_SchoolHealthProfiles.pdf), which includes high school to middle school comparisons.

Nutrition-Related Policies and Practices, SHP 2016

Policy/Practice	All FTS Schools	Time Since FTS Grant Award		Non-FTS Schools
		≤2 Years	3+ Years	
Reduce Cost of Nutritious Food/Beverages	N/A#	N/A#	N/A#	18%
Conduct taste tests	68%	77%	65%	61%
Provide opportunities for students to visit the cafeteria to learn about food safety, preparation, or other nutrition-related topics	47%	N/A#	53%	45%
Serve locally or regionally grown goods in the cafeteria	97%	89%	100%	91%
Plant a school vegetable garden	84%	88%	83%	72%
Place fruits/vegetables near the cashier, where they are easier to access	91%	89%	91%	94%
Use attractive displays for fruits/vegetables in the cafeteria	94%	100%	91%	95%
Label healthful foods with appealing names	44%	N/A#	48%	59%

#Number of FTS schools is too small to report.

Family and Community Involvement, SHP 2016

Practice	All FTS Schools	Time Since FTS Grant		Non-FTS Schools
		≤2 Years	3+ Years	
Involved parents as school volunteers in the delivery of health education activities and services	30%	N/A#	31%	21%
Linked parents and families to health services and programs in the community	81%	100%	74%	83%

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Required Health Education, SHP 2016

Education Topic (in a required course)	All FTS Schools	Time Since Grant Award		Non-FTS Schools
		≤2 Years	3+ Years	
Teachers tried to increase student knowledge of nutrition and dietary behavior	96%	100%	95%	90%
Teachers taught students the benefits of healthy eating	93%	100%	90%	85%
Teachers taught students the benefits of eating a healthy breakfast	82%	83%	82%	84%
Teachers taught students about eating more fruits, vegetables, and whole grains	82%	100%	77%	84%
Teachers taught students about preparing healthy meals and snacks	68%	100%	59%	71%

Collaboration with Other School Staff and Families, SHP 2016

Collaborative Strategy	All FTS Schools	Time Since Grant Award		Non-FTS Schools
		≤2 Years	3+ Years	
Worked with Health Services Staff (e.g. Nurses) on Health Education Activities	70%	N/A [#]	71%	75%
Worked with School Health Council/Committee/Team on Health Education Activities	50%	N/A [#]	58%	51%
Worked with Nutrition or Food Services Staff on Health Education Activities	44%	N/A [#]	50%	43%
Provided Parents/Families Nutrition and Healthy Eating Information	37%	N/A [#]	42%	43%

[#]Number of FTS schools is too small to report.

Professional Development, SHP 2016

- Two in ten (21%) LHEs in schools who have had a FTS grant received professional development in nutrition and dietary behavior compared to 38% of non-FTS schools.
- Over half (53%) of LHEs in schools who have had a FTS grant indicated that they would like to receive professional development in nutrition and dietary behavior and almost two-thirds (62%) of LHEs in non-FTS schools indicated the same.

Contact Paul Meddaugh, MS, Vermont Department of Health (paul.meddaugh@vermont.gov; 802-951-0133) with any questions.