### Healthy Eating and Active Lifestyles Implementation Self Assessment

Select the description that best matches your program for each item below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly Agree** |
| 1. We offer a variety of group fitness classes.
 |  |  |  |  |  |
| 1. Students have ample individual fitness activities available to them.
 |  |  |  |  |  |
| 1. We have organized sports teams for male and female students.
 |  |  |  |  |  |
| 1. We offer exercise groups and clubs that meet students’ needs.
 |  |  |  |  |  |
| 1. We offer physical activity and nutrition education during CDP.
 |  |  |  |  |  |
| 1. We offer multiple healthy choices in the cafeteria.
 |  |  |  |  |  |
| 1. We limit soda, desserts, and fried foods in the cafeteria.
 |  |  |  |  |  |
| 1. Portion sizes of foods offered in the cafeteria reflect recommendations set forth in The Dietary Guidelines for Americans.
 |  |  |  |  |  |
| 1. We offer support for students who want to make behavior changes, including groups and/or individual counseling.
 |  |  |  |  |  |
| 1. We regularly measure the success of our program and make enhancements accordingly.
 |  |  |  |  |  |

See reverse page to complete this activity.

Copy and paste any statement where you selected “strongly disagree” or “disagree” into the space below. Identify two concrete strategies you can employ to strengthen these program components.

**Statement #1:**

Solution #1:

Solution #2:

**Statement #2:**

Solution #1:

Solution #2:

**Statement #3:**

Solution #1:

Solution #2:

**Next steps:** If you have marked “Strongly Disagree” or “Disagree” three or more times, you will probably need to focus on this program more in the beginning to meet the PRH requirements. This can include more frequent meetings, breaking into committees, prioritizing activities, or creating a detailed timeline.

Start with the items that will be easiest to implement. Once those are implemented, move on the more challenging items. Complete this assessment quarterly and reprioritize as needed.

If you have marked “Strongly Disagree” or “Disagree” less than three times, you are in good shape. Work on the few changes, then think of ways to make your program even better.

(Note: When someone selects “Strongly Disagree” or “Disagree”, he or she will receive links to resources to improve the program.)