



5-2-1-0 Healthy Choices Count! Site Registration

School Registration

Thank you for your interest in becoming a 5-2-1-0 registered site. By completing this survey your site is enrolled in 5-2-1-0 Healthy Choices Count, and you have committed to providing a healthier environment for Iowans to live, learn and play.

The survey includes questions, organized by the [10 strategies of success](#), about what your school is doing **at this point in time** to support a healthy environment. Please answer as accurately as you can. The results of this survey may help identify areas of success as well as areas you are interested in improving. This survey should be answered at the **building level**.

Applications will be reviewed at the beginning of each month, and from there you will receive a letter notifying you of your completed registration as well as next steps! You will also be provided a window cling to display identifying that your school participates in 5-2-1-0 Healthy Choices Count!

Thank you for taking the initiative to be an advocate for Iowa's kids and their future! To download additional tools or resources visit www.iowahealthieststate.com/5210.

Your responses may be shared with 5-2-1-0 community partners as needed. We encourage you to print the survey before you submit.

* 2. Contact Information:

First and Last Name	<input type="text"/>
School District Name	<input type="text"/>
School Building Name (only one building per registration)	<input type="text"/>
Street Address	<input type="text"/>
City/Town	<input type="text"/>
State	<input type="text"/>
ZIP Code	<input type="text"/>
Email Address	<input type="text"/>
Phone Number	<input type="text"/>

3. Our school district is a "single building" district

- Yes
- No

* 4. County

5. Website and/or Social Media Site:

* 6. How many students are enrolled in your school?

Strategy 1: Limit unhealthy choices for snacks and celebrations, while providing healthy choices.

* 7. Our school has implemented a healthy celebration policy for students and families.

Yes

No

* 8. Our school has implemented a healthy snack policy.

Yes

No

* 9. Our school has implemented a staff celebration policy.

Yes

No

* 10. Our school has a policy for offering healthy foods and beverages at concession stands.

Yes

No

Not applicable - no concession stands at our school

* 11. Our school offers taste-testing and food demonstrations of non-processed, healthy foods on a recurring basis, intended for inclusion in reimbursable meals.

Yes

No

* 12. Our school offers healthy food or nonfood items for fundraisers.

Yes

No

* 13. Our school has a policy for only marketing/promoting healthy foods and beverages.

Yes

No



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Strategy 2: Limit or eliminate sugary drinks - provide water.

* 14. Our school has a vending machine policy limiting sugary drinks available to students.

Yes

No

* 15. Our school has a vending machine policy limiting sugary drinks available to staff.

Yes

No

* 16. Our school provides access to fresh drinking water, in all spaces at no cost to students and staff at all times.

Yes

No



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Strategy 3: Prohibit the use of food as a reward.

* 17. Our school prohibits the use of food as a reward.

Yes

No



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Strategy 4: Provide opportunities to get physical activity every day.

* 18. Our school provides an opportunity for students to be physically active every day.

Yes

No

* 19. Our school provides physical activity opportunities during times of inclement weather.

Yes

No

* 20. Our school prohibits using physical activity as a punishment or withholding physical activity as a punishment.

Yes

No

* 21. Our school promotes the use of physical activity as a reward.

Yes

No

* 22. Our students are active for at least 50% of physical education time.

Yes

No



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Strategy 5: Limit recreational screen time.

* 23. Our school limits recreational screen time (i.e., PC, tablets, cell phones, etc.) during the school day.

Yes

No



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Strategy 6: Participate in local, state and national initiatives that support healthy eating and active living.

* 24. Our school participates in local, state and/or national initiatives to support healthy lifestyles. Check all that apply.

- | | | |
|--|---|---|
| <input type="checkbox"/> Action for Healthy Kids | <input type="checkbox"/> Healthiest State Annual Walk | <input type="checkbox"/> Safe Routes to School |
| <input type="checkbox"/> Alliance for Healthier Generation | <input type="checkbox"/> HyVee KidsFit | <input type="checkbox"/> Switch |
| <input type="checkbox"/> Farm to School | <input type="checkbox"/> Live Healthy Iowa Kids | <input type="checkbox"/> Team Nutrition |
| <input type="checkbox"/> Fuel Up to Play 60 | <input type="checkbox"/> National Walk/Bike to School Day | <input type="checkbox"/> Do not participate in local, state and/or national initiatives |
| <input type="checkbox"/> Healthy Life Stars | <input type="checkbox"/> Pick a Better Snack | |
| <input type="checkbox"/> Other (please specify) | | |



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Strategy 7: Engage community partners to help support healthy eating and active living.

* 25. Our school encourages input from administration, staff, students, parents, and community members regarding our wellness policies and practices.

Yes

No



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Strategy 8: Partner with and educate families adopting and maintaining a lifestyle that supports healthy eating and active living.

* 26. Our school has sent home the 5-2-1-0 Healthy Choices Count! [Message to Families](#) (i.e. electronically or print)?

Yes

No

* 27. Our school displays information on healthy eating and physical activity.

Yes

No

* 28. Our school shares 5-2-1-0 Healthy Choices Count! related materials and resources with families/parents.

Yes

No

* 29. Our school incorporates healthy options at events, such as family nights.

Yes

No



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Strategy 9: Implement a staff wellness program that includes healthy eating and active living.

* 30. Our school includes staff wellness in the school wellness policy.

Yes

No

* 31. Our school provides opportunities for staff education and resources related to wellness.

Yes

No

* 32. Staff role model healthy behaviors.

Yes

No



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Strategy 10: Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

* 33. The staff at your school collaborates with the school nutrition program to host educational food opportunities for students. Examples may include Eat Your Way Through the Rainbow, March through the ABCs, taste testing, kitchen tours, etc.

Yes

No

* 34. Our school coordinates food events/celebrations with school nutrition staff.

Yes

No



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Setting Priorities

* 35. Of the 10 strategies, which do you feel should be a priority over the next 12 months at your school?

- Limit unhealthy choices for snacks and celebration, while providing healthy choices.
- Limit or eliminate sugary drinks - provide water.
- Prohibit the use of food as a reward.
- Provide opportunities to get physical activity every day.
- Limit recreational screen time.
- Participate in local, state and/or national initiatives that support healthy eating and active living.
- Engage community partners to help support healthy eating and active living.
- Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
- Implement a staff wellness program that includes healthy eating and active living.
- Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.