

Assessment Questions

1. Limit unhealthy choices snacks & celebration Answers [\(More Info\)](#)

[Print this page](#)

1 Our program has implemented a celebration policy for children and families.

A Yes

B No

2 Our program has implemented a healthy snack policy.

A Yes

B No

3 Our program has implemented a staff celebration policy.

A Yes

B No

4 Our program offers taste-testing and food demonstrations of non-processed, healthy foods on a recurring basis.

A Yes

B No

5 Our program offers healthy food or nonfood items for fundraisers.

A Yes

B No

C Not applicable - we do not offer fundraisers

6 Our program has a policy for only marketing / promoting healthy foods and beverages.

A Yes

B No

2. Limit or eliminate sugary drinks-provide water Answers

[\(More Info\)](#)

[Print this page](#)

1 Our program does not offer sugary drinks.

A Yes

B No

2 Our program provides access to fresh drinking water at all times.

A Yes

B No

3. Prohibit the use of food as a reward Answers

[\(More Info\)](#)

[Print this page](#)

1 Our program does not use food as a reward.

A Yes

B No

2 Our program uses reward systems that support healthy behaviors (healthy eating, active living, and social emotional wellness).

A Yes

B No

4. Provide opportunity for physical activity daily Answers [\(More Info\)](#)

[\(More Info\)](#)

[Print this page](#)

1 Our program provides an opportunity for children to be physically active every day.

A Yes

B No

2 Our program provides physical activity opportunities during times of inclement weather.

A Yes

B No

3 Our program does not use physical activity as a punishment or withholding physical activity as a punishment.

A Yes

B No

4 Our program promotes the use of physical activity as a reward.

A Yes

B No

5. Limit recreational screen time. Answers [\(More Info\)](#)

[\(More Info\)](#)

[Print this page](#)

1 Our program limits recreational screen time (i.e., PC, tablets, cell phones, etc.).

A Yes

B No

2 Our program does not use screen time as a reward.

A Yes

B No

6. Participate in local/state/national initiative Answers [\(More Info\)](#)

[\(More Info\)](#)

[Print this page](#)

1 Our program participates in local, state and/or national initiatives that promote healthy eating and active living. [\(More Info\)](#)

A Yes

B No

7. Engage community partners Answers [\(More Info\)](#)

[\(More Info\)](#)

[Print this page](#)

1 Our program works with community partners to provide education to support healthy eating, active living and social-emotional wellness.

A Yes

B No

8. Partner and educate families Answers [\(More Info\)](#)

[\(More Info\)](#)

[Print this page](#)

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

A Yes

B No

2 Our program displays information on healthy eating, active living and social emotional wellness.

A Yes

B No

3 Our program incorporates healthy options (activities, resources, food and beverages) at events such as family nights.

A Yes

B No

C Not applicable

4 Our program's parent handbook includes information on healthy eating, active living and emotional wellness.

A Yes

B No

9. Implement staff wellness program Answers [\(More Info\)](#)

[\(More Info\)](#)

[Print this page](#)

1 Our program provides opportunities for staff education and resources related to healthy eating, active living and social and emotional wellness.

A Yes

B No

2 Staff serve as role models for healthy behaviors.

A Yes

B No

10. Collaborate with Food & Nutrition Programs Answers [\(More Info\)](#)

[\(More Info\)](#)

[Print this page](#)

1 Our program participates in or follows the Child and Adult Care Food Program (CACFP) meal pattern guidelines.

A Yes

B No

2 Our program offers a positive social and emotional climate during meal and snack times. Examples include reducing stigma of free and reduced meals, allowing time and opportunity for social connections during meals, etc.

A Yes

B No

Priority Answers [\(More Info\)](#)

[\(More Info\)](#)

[Print this page](#)

1 Of the 10 strategies, which one do you feel should be a priority over the next 12 months at your site? Select only one strategy.

A Limit unhealthy choices for snacks and celebrations; provide healthy choices.

B Limit or eliminate sugary drinks; provide water.

C Prohibit the use of food as a reward.

D Provide opportunities to get physical activity every day.

E Limit recreational screen time.

F Participate in local, state, and national initiatives that support healthy eating and active living.

G Engage community partners to help support healthy eating and active living.

H Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.

I Implement a staff wellness program that includes healthy eating and active living.

J Collaborate with Food and nutrition Programs to offer healthy food and beverage options.

Note: For your convenience, the assessment provides hyperlinks to other websites strictly for informational purposes. These hyperlinks lead to websites of third parties who are in no way affiliated with or related to the Healthiest State Initiative.