

# **Safety and Wellness Survey (SAWS)**

## **Data Report for School Year 2021-22**

The Safety and Wellness Survey (SAWS) measures school level implementation of the Hawaii Department of Education (HIDOE) Wellness Guidelines across the state. Survey results from the 2021-22 school year are provided in this report, in accordance with the USDA's final rule for Local School Wellness Policy Implementation under the Healthy, Hunger Free Kids Act of 2010, as well as the Hawaii Board of Education policy 103-1.

The COVID-19 pandemic has radically shifted how we define and implement wellness in educational settings. After navigating another year of highs and lows; Hawaii's schools, keiki, families, educators, and communities continue to adapt and overcome challenges to support student wellness. One thing is clear: flourishing community partnerships and shared collaborative efforts to strengthen and champion wellness in schools is needed. In the 2021-22 school year, 235 of 257 eligible schools completed the survey. Overall, 82% of the Wellness Guidelines were met. School scores ranged from 47% to 100% implementation of the Wellness Guidelines.

Compliance with individual guidelines varied, with some guidelines being achieved by 100% of schools and others being achieved by only a minority of schools. The guidelines that relate to the school meals program (NG1 and NG5) are the responsibility of the HIDOE School Food Services Branch and were fully implemented by 100% of schools. On the other end of the spectrum, guidelines NG2 and NG3, which relate to the nutritional quality of foods and beverages sold or provided to students outside of the meals program (e.g., school parties, athletic concessions, and fundraisers) have consistently been the most difficult for schools to fulfill.

The Hawaii Department of Health is awarding banners for "Excellence in Wellness" recognizing 71 schools that met 90% or more of the guidelines.

The SAWS is an online survey administered annually to principals at public (non-charter) schools and uses the following scoring criteria: one (1) point for a guideline that is fully met and zero (0) for a guideline not met.

The overall score is calculated by dividing the number of points achieved by the total points possible. Please see the attachments for a summary of the Wellness Guidelines, state average scores, and a comprehensive list of school SAWS scores for the 2021-22 school year.

More information about the SAWS and the HIDOE Wellness Guidelines may be found online at [hawaiipublicschools.org](https://sites.google.com/k12.hi.us/wellness-guidelines) and <https://sites.google.com/k12.hi.us/wellness-guidelines>.

## Data Release Notes:

- Due to the COVID-19 pandemic, in the SY 2020-21 SAWS, questions and/or response options were modified or dropped to accommodate school design changes and adaptations. For this reason, SAWS data from the 2020-21 (previous) school year cannot be compared to earlier, current, or future SAWS reports. Thus, scoring for SY 2020-21 was only meant to highlight a school's progress towards meeting the Wellness Guidelines and to provide a tool to assist schools in determining areas of improvement and/or strengths to celebrate.
- Also note that the HIDOE revised its wellness policy in March 2017. As of June 30, 2017, schools should be fully implementing the updated Wellness Guidelines.

## Questions?

For questions about the Wellness Guidelines, please contact:

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For questions about the SAWS, please contact:

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## Summary of Wellness Guidelines Scores for School Year 2021-22

WELLNESS GUIDELINE	AVERAGE SCORE	WELLNESS COMMITTEE (WC)
WC1	63%	The school has a designated wellness coordinator.
WC2	69%	The school has a wellness committee that includes members of the school community and/or members of the general public (e.g., representatives of community organizations, public agencies, or locally elected officials)
WC3	57%	The school wellness committee meets at least three times per school year.
WC4	63%	The wellness committee uses the School Health Index or other data sources (e.g. Youth Risk Behavior Survey data) to identify priority areas and to monitor improvements in those areas annually.
WC5	96%	Priority areas for wellness are included in the school's Academic and/or Financial Plan.
WC6	49%	The school community is notified about the wellness policy and provided contact information for the wellness coordinator at the beginning of each school year.
WC7	90%	The school encourages students' families to support wellness at school and at home through a variety of culturally and linguistically appropriate formats (e.g. online, flier, presentations)
WC8	100%	The principal or the school wellness coordinator completes the Safety and Wellness Survey annually.

### NUTRITIONAL GUIDELINES (NG)

NG1	100%	All reimbursable meals and snacks meet the USDA nutrient standards.
NG2	63%	All foods sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus during the school day meet the USDA meal pattern requirements or Smart Snacks standards.
NG3	75%	All beverages sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus during the school day meet the following criteria during the school day: <ul style="list-style-type: none"> <li>• No caffeine, no artificial colors, and no artificial flavors</li> <li>• Maximum 8 oz. serving, except water which has no portion size limit               <ul style="list-style-type: none"> <li>○ Water – Plain (with or without carbonation)</li> <li>○ Milk – Unflavored 1% of fat free; flavored fat free milk; milk alternatives as permitted by the National School Lunch/Breakfast Program; with ≤ 22 grams of sugar per 8 oz. serving</li> <li>○ 100% Fruit or vegetable juice with no added sweeteners</li> <li>○ 100% Fruit or vegetable juice diluted with water and no added sweeteners</li> </ul> </li> </ul>
NG4	91%	Fundraising activities that promote physical activity, non-food items, or healthy foods based on Smart Snacks standards are encouraged.
NG5	100%	Meals and snacks include fresh and locally grown fruits and vegetables when possible
NG6	98%	Students are allowed to have at least 20 minutes to eat their lunch after being served.
NG7	97%	Students have access to free drinking water during meal times and throughout the school day at multiple locations on campus.
NG8	73%	Food is not used as a reward or punishment for students.

### HEALTH EDUCATION AND NUTRITION PROMOTION (HE)

HE1	93%	Instructional content of health education classes includes a focus on knowledge and skills that support healthy eating and is aligned with the Hawaii DOE Standards for health education.
HE2	77%	Health education is provided to students in elementary grades at least 45 minutes per week and secondary grades at least 200 minutes per week as measured by time spent in a course, integrated into multiple content areas, or through interdisciplinary units.
HE3	74%	Nutrition education includes culturally relevant activities that are 'aina-based and hands on, such as food preparation, taste-testing, farm visits, and school gardens.
HE4	88%	All school-based marketing of foods and beverages must meet the Nutrition Guidelines. This includes, but is not limited to, school publications, the exterior of vending machines, posters, banners, in-school television, and scoreboards.

### PHYSICAL EDUCATION (PE)

PE1	97%	Instructional content of physical education classes is aligned with the Hawaii DOE Standards for physical education.
PE2	87%	Physical education is provided to students in elementary grades at least 45 minutes per week and secondary grades at least 200 minutes per week.
PE3	96%	At least 50% of physical education class time is dedicated to moderate to vigorous physical activity.
PE4	82%	Physical education classes are taught by State-certified physical education instructors.
PE5	96%	Physical education classes have a student/teacher ratio similar to other classes.
PE6	63%	Physical education in grades 5, 7, and 9 includes a health-related student fitness assessment (e.g. FitnessGram).

### PHYSICAL ACTIVITY (PA)

PA1	95%	Students are provided at least 20 minutes a day of recess that include opportunities to engage in moderate to vigorous physical activity.
PA2	87%	Students are provided with physical activity breaks at least every 60 minutes.
PA3	84%	The school does not use or withhold physical activity (e.g. recess or PE) as a negative consequence.
PA4	80%	The school supports active transport by encouraging students and staff to walk and/or bike to school if reasonably safe to do so.
PA5	81%	The school supplies bike racks for students and staff.
PA6	56%	The school staff, students, families, and community members have access to school grounds and facilities to be physically active during non-instructional time (e.g. before and after school, on weekends, and holidays).

### PROFESSIONAL DEVELOPMENT (PD)

PD1	60%	The school staff receive annual professional development on the wellness guidelines.
PD2	95%	The school staff are encouraged to be role models for wellness (e.g. healthy eating, physical activity, tobacco-free, and stress management).

**82%**

**AVERAGE WELLNESS GUIDELINES SCORE**







