



2021 HEALTH AND WELLNESS SURVEY

Prepared for Mountain View Whisman School
District

January 2022

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EXECUTIVE SUMMARY

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OVERVIEW

KEY OBJECTIVES

- Understand the community's perceptions of current district initiatives to support students' overall health and wellness
- Identify gaps in MVWSD health and wellness support and programming
- Determine how stakeholders would like MVWSD to prioritize health and wellness needs for the 2021-2022 school year

SURVEY ADMINISTRATION & SURVEY SAMPLE

- The survey was administered online in November 2021 using the Qualtrics platform.
- The analysis includes a total of 2,175 respondents following data cleaning.

RESPONDENT QUALIFICATIONS

- Must be a current parent, student, staff member, or community member in MVWSD
- Students must be in Grade 6 or higher
- Community members must be at least slightly familiar with MVWSD schools

INTRODUCTION

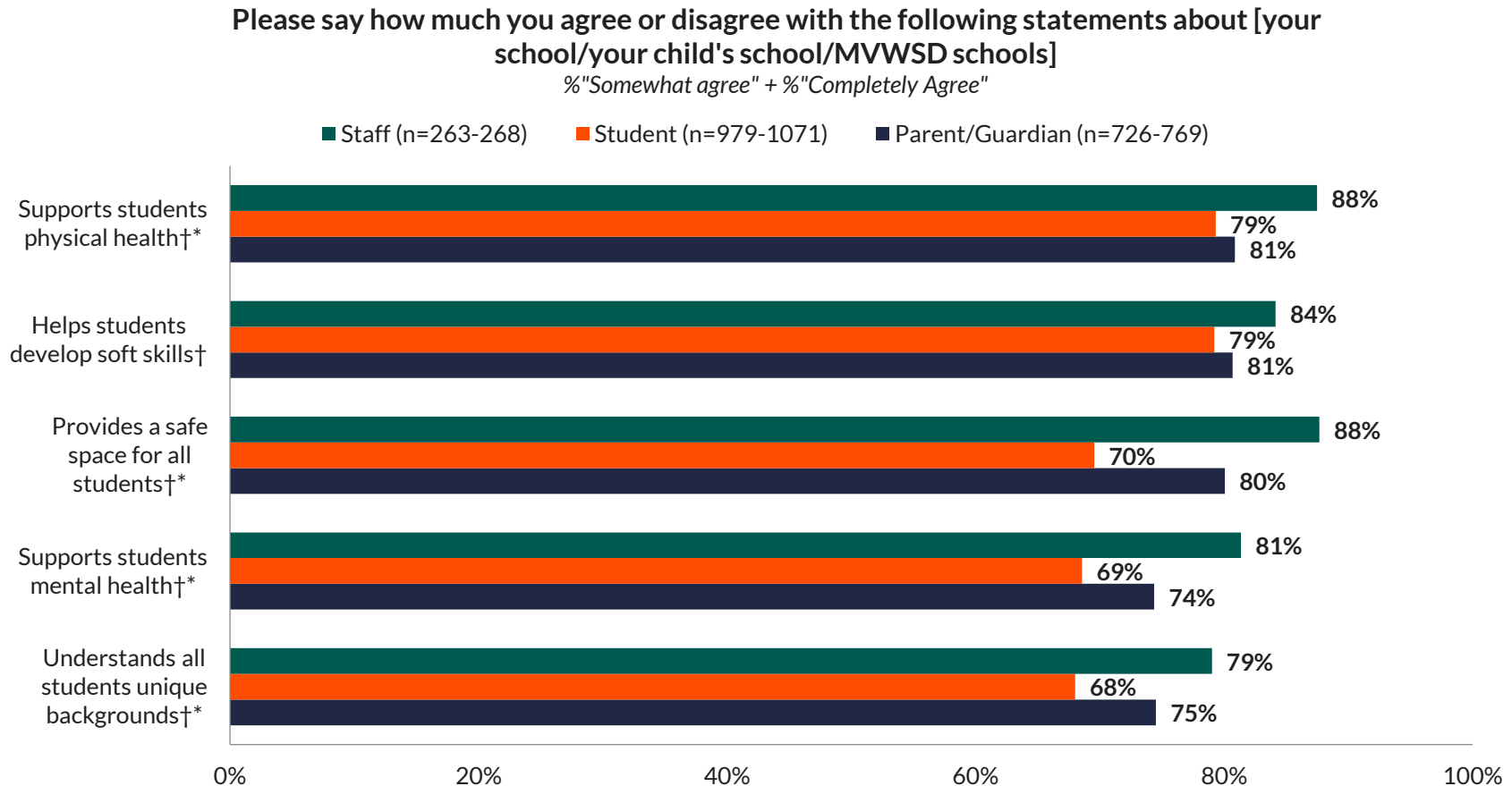
METHODOLOGY

- In the following report, results are segmented by role, grade band, programing, race/ethnicity, and free or reduced priced lunch qualification.
- Sample sizes vary across questions as some questions only pertain to a subset of respondents.
- Conclusions drawn from a small sample size ($n < 20$) should be interpreted with caution.
- For full aggregate and segmented results, please consult the accompanying data supplement.
- Statistically significant difference (95% confidence level) between groups are noted with an asterisk (*).
- After data collection, Hanover identified and removed low-quality respondents.
- “Don’t Know or Not Applicable” responses, and equivalent, are often excluded from the figures and analysis in order to focus on respondents who did express an opinion.

KEY FINDINGS

KEY FINDINGS: OVERALL PERSPECTIVES ON KEY AREAS

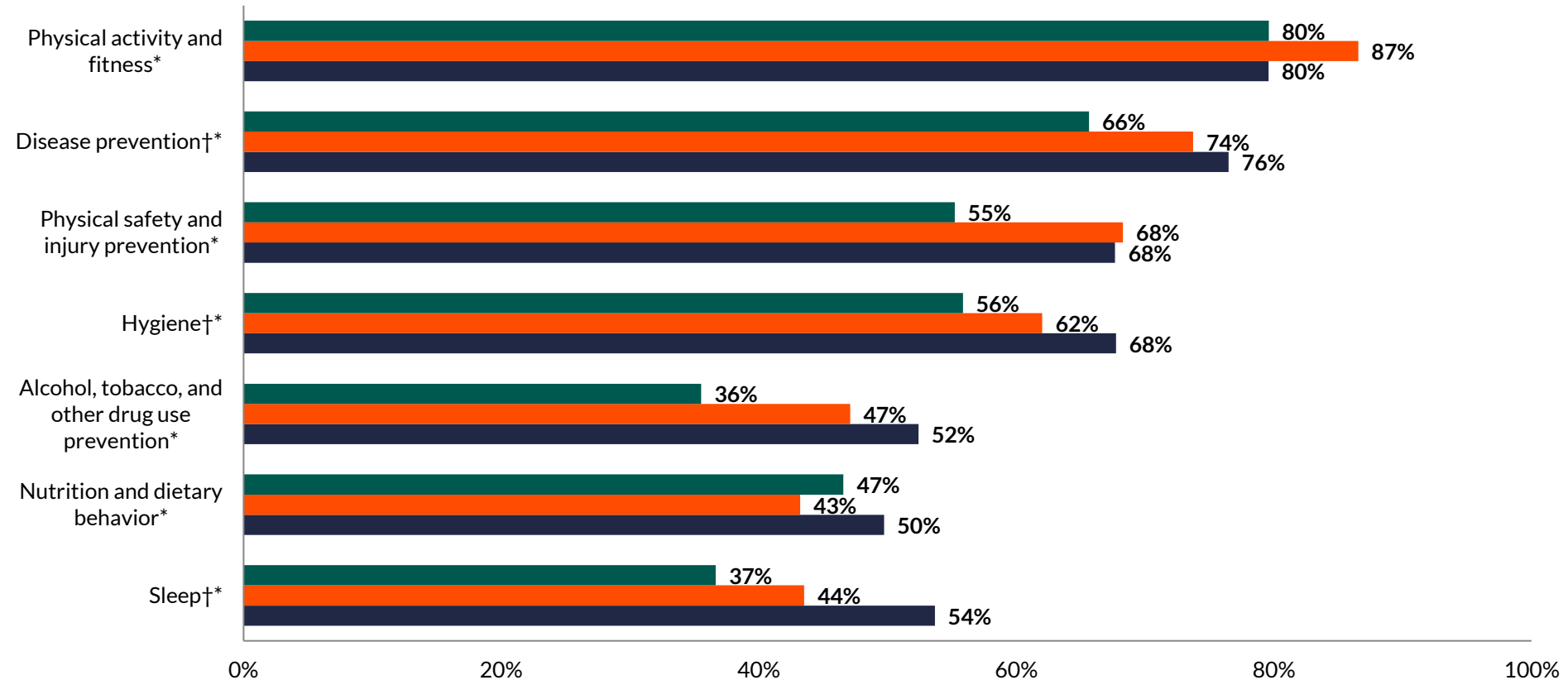
- ▶ **Students express lower opinions than parents and staff on overall perceptions about their schools:** These trends continue when broken down by support, instruction, and student participation. Question items on physical education are the only exceptions with a consensus across three groups.



KEY FINDINGS: OVERALL PERCEPTION OF INSTRUCTION

[My school/My child's school/MVWSD schools] provide[s] enough instruction (i.e., lessons and class time) on the following topics related to physical and health education:

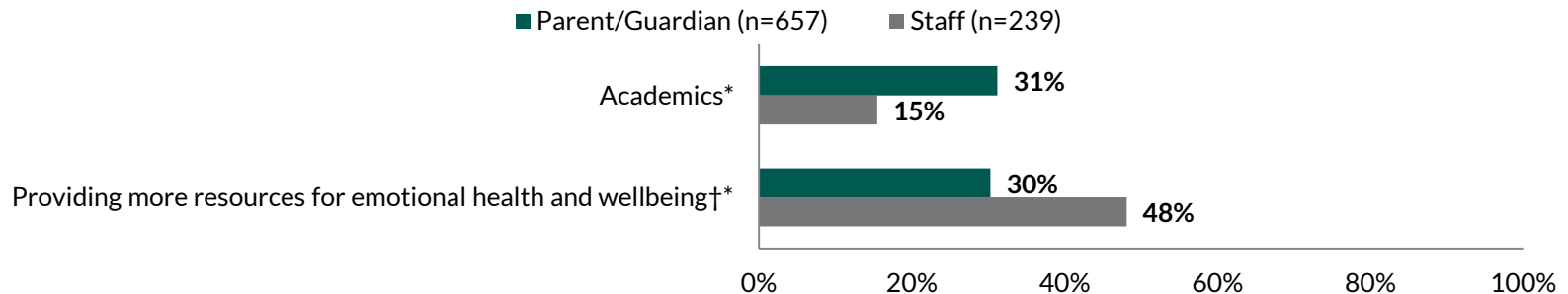
■ Staff member (n=197-245) ■ Student (n=913-1070) ■ Parent or guardian of a student (n=416-700)



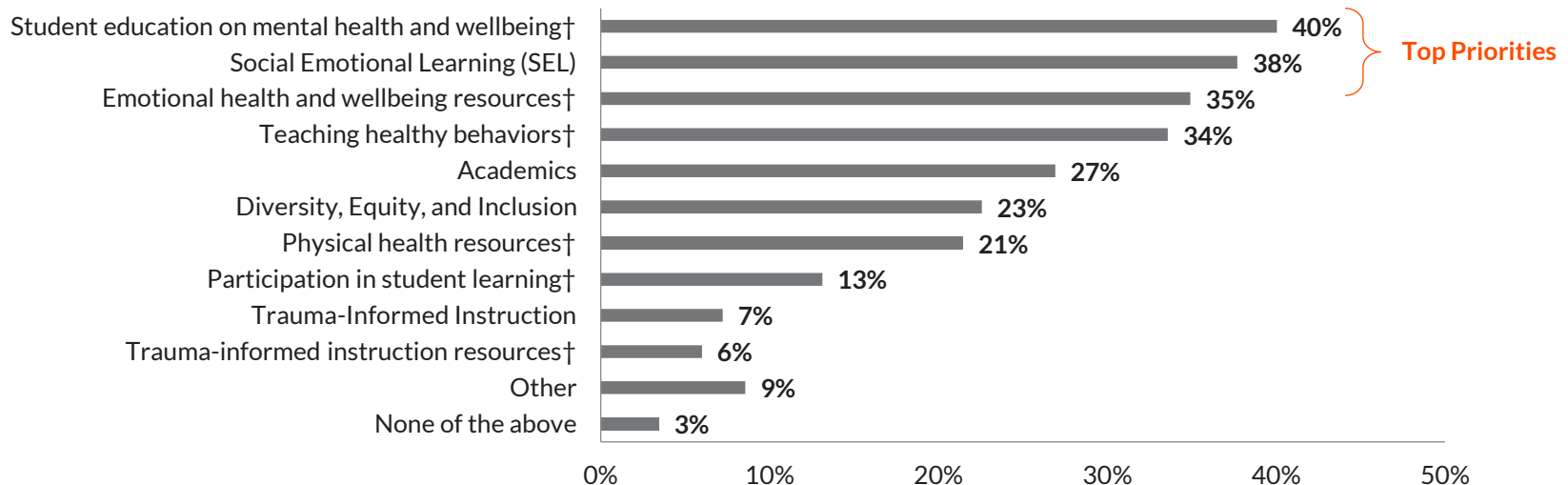
KEY FINDINGS: PERCEPTION AND PRIORITIES

- ▶ **Parents put a higher priority on academics while staff prefer higher priority on mental health services.** Academics have greater discrepancies between both groups despite not listed in the top 3 for total results.

Which of the following areas should MVWSD prioritize for improvement?



Which of the following areas should MVWSD prioritize for improvement? (n=899)

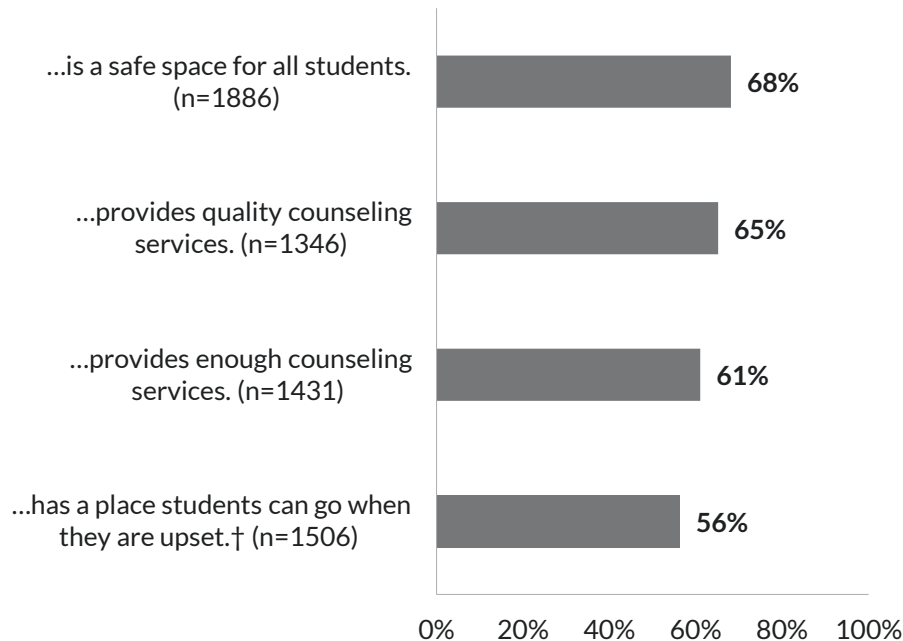


KEY FINDINGS: MENTAL HEALTH SUPPORT

- ▶ **Responses suggest that most stakeholders are satisfied with the mental health support offered at MVWSD schools:** Respondents report higher rates of agreement on the school's ability to provide services and facilitate support. Furthermore, at least two-thirds agree that adults at [their/their child's] school care about students outside of schoolwork (69%) and help students find mental health resources (66%). Also, over two-fifths of respondents rate specific mental health supports good or excellent.

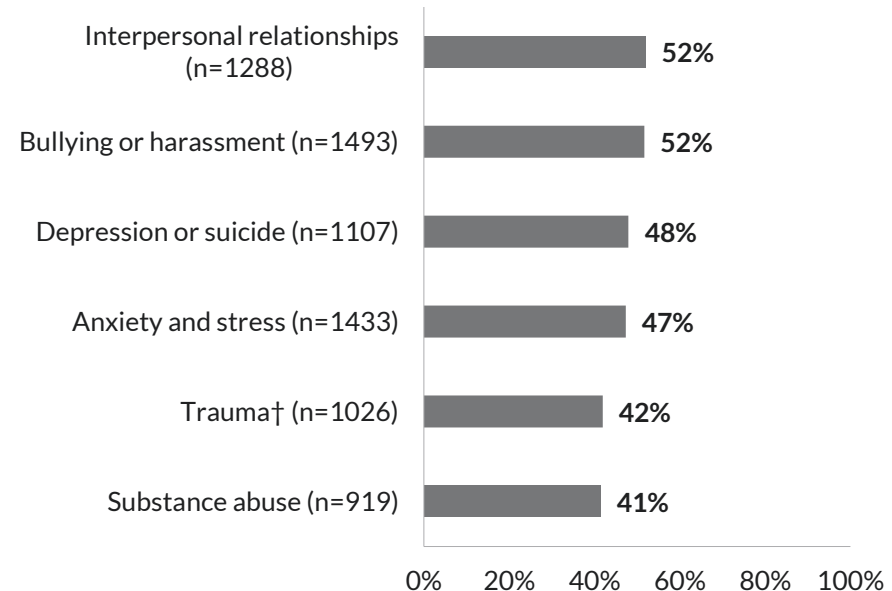
[My school/My child's school/ MVWSD schools] ...

% "Somewhat agree" + % "Completely Agree"



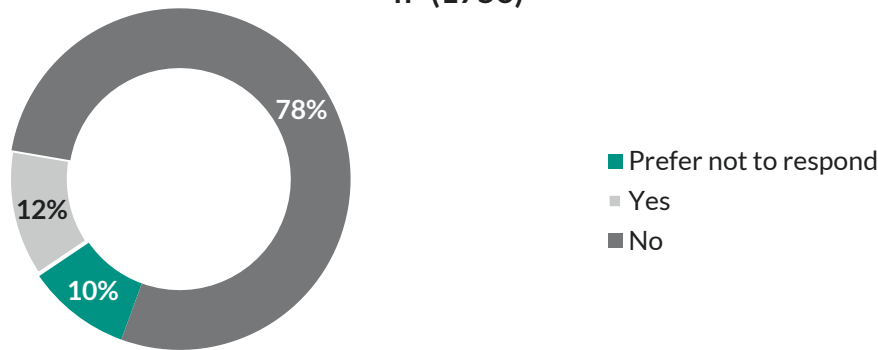
How would you rate the support [you get at school/your child receives at school/students receive at school] as it relates to the following aspects of mental health?

% "Good" + % "Excellent"



KEY FINDINGS: COUNSELING UTILIZATION (1/2)

[Have you/Has you child] seen a school counselor in the past year to discuss [your/their] mental health (e.g., stress, anxiety, depression)?
n=(1756)



At [my school/MVWSD schools] the ratio of counseling staff to students is appropriate. † (n=198)

■ Completely disagree ■ Somewhat disagree ■ Neither agree nor disagree
■ Somewhat agree ■ Completely agree



0% 20% 40% 60% 80% 100%

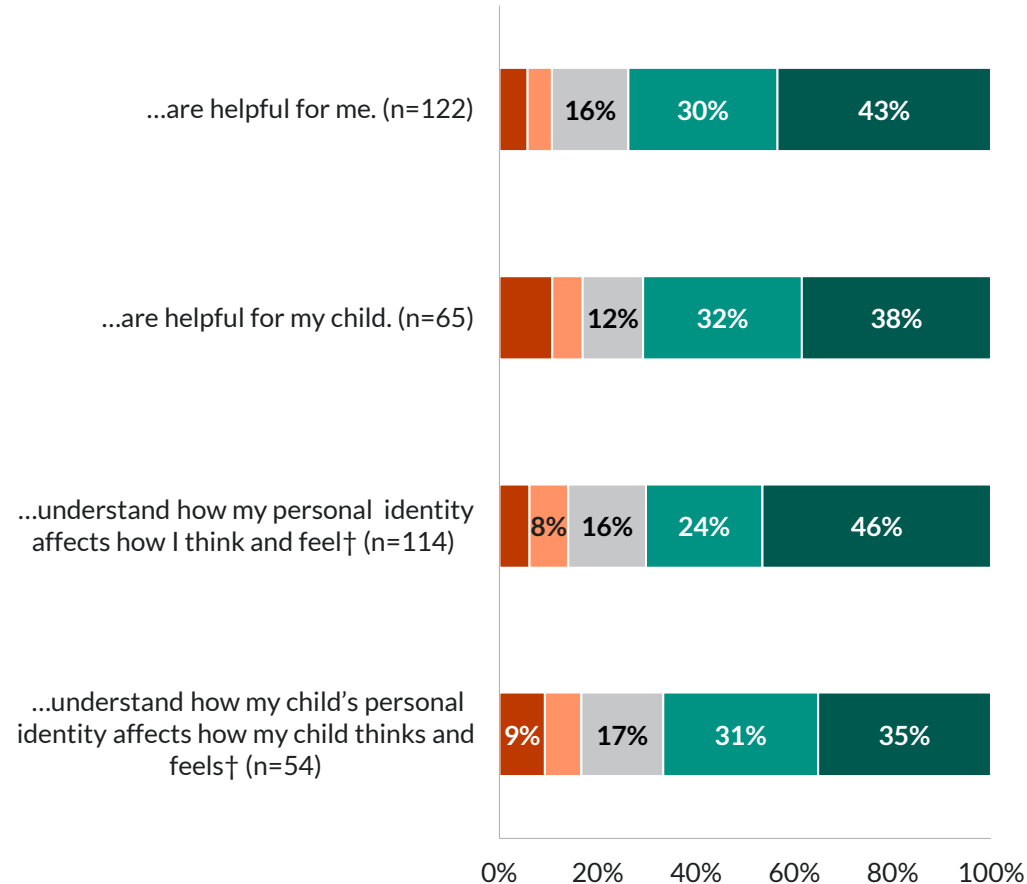
Most parent and student respondents say [they/their child] did not see a school counselor in the past year to discuss mental health.

- Only 35% of staff agree that the ratio of counseling staff to students is appropriate, with 52% disagreeing with this statement.
- Student and parent respondents that indicate [they/their child] did see a school counselor in the past year report high levels of satisfaction with the services ([see next slide](#)).
- Respondents that qualify for the "Free or Reduced Price Lunch" more frequently indicate that they have seen a school counselor in the past year ([see next slide](#)).

KEY FINDINGS: COUNSELING UTILIZATION (2/2)

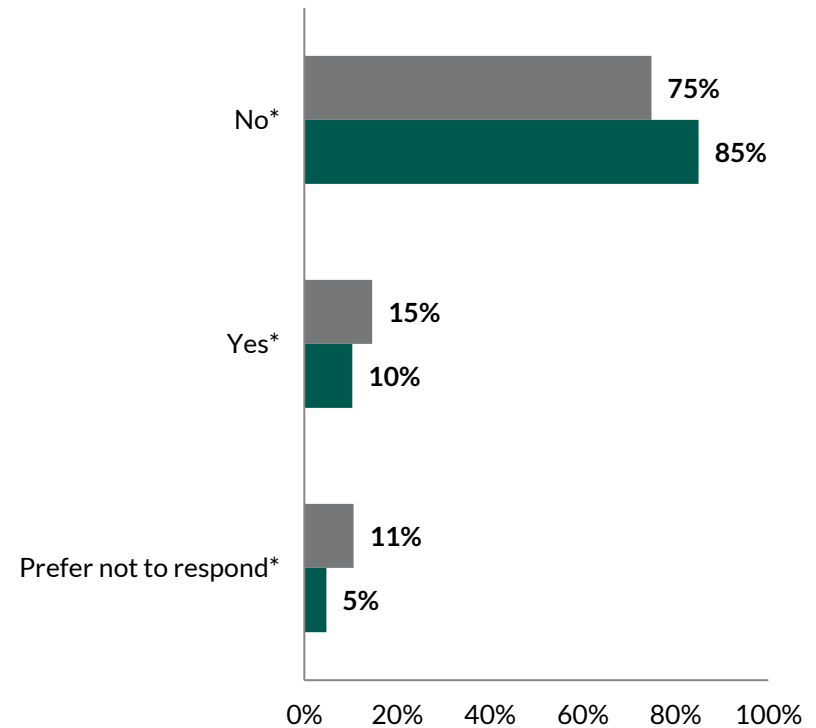
The school counselor(s) [I/my child] met with ...

■ Completely disagree
■ Somewhat disagree
■ Neither agree nor disagree
■ Somewhat agree
■ Completely agree



[Have you/Has you child] seen a school counselor in the past year to discuss [your/their] mental health (e.g., stress, anxiety, depression)?

■ FRPL (n=500)
■ Not FRPL (n=699)



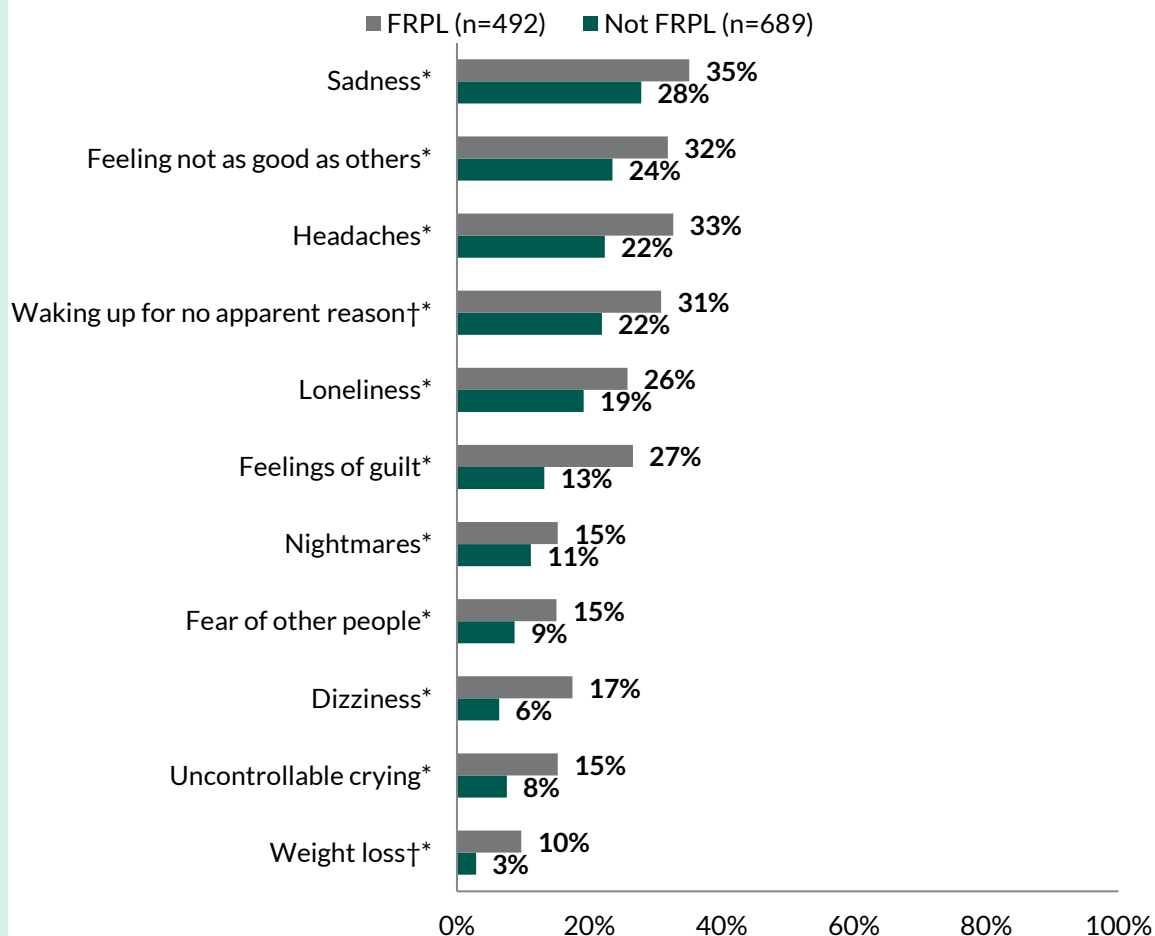
KEY FINDINGS: FREE OR REDUCED-PRICE LUNCH FAMILIES

► Parents and students who say they receive Free or Reduced-Price Lunch (FRPL) indicate a higher prominence of mental health and wellness issues compared to those who do not.

► FRPL students and parents indicated similar levels of satisfaction with mental health services. For example, they more frequently agree that the school provides enough instruction on topics related to physical and health education.

► However, 62% of FRPL respondents agree that [they/their child] gets enough sleep, and 66% say they are happy with [their/their child's] overall health and fitness compared to 80% and 81% for non-FRPL respondents respectively.

Within the last month, (my child/I or others I know) have experienced the following...

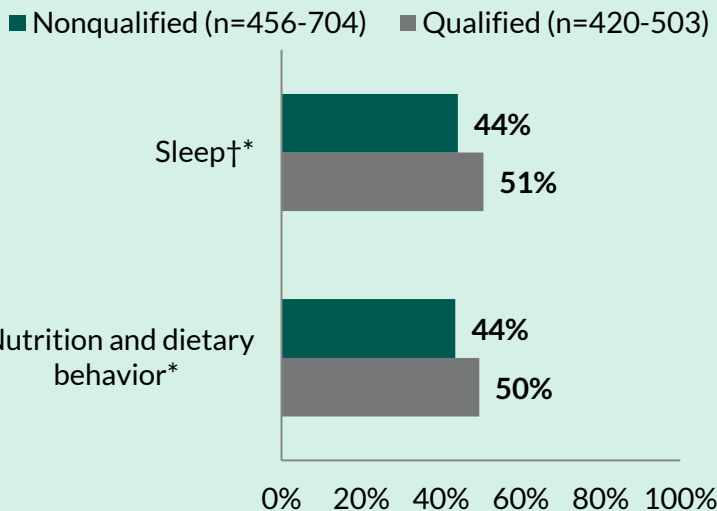


Note: See data supplement for text of truncated (†) labels. Asterisks (*) indicate a significant difference between groups. Percentages sum to more than 100% because respondents could select all that apply. Response option was only shown to parents or students. Only items that significantly differed are shown above, please see the data supplement for full list of responses.

KEY FINDINGS: SLEEP & LUNCHES

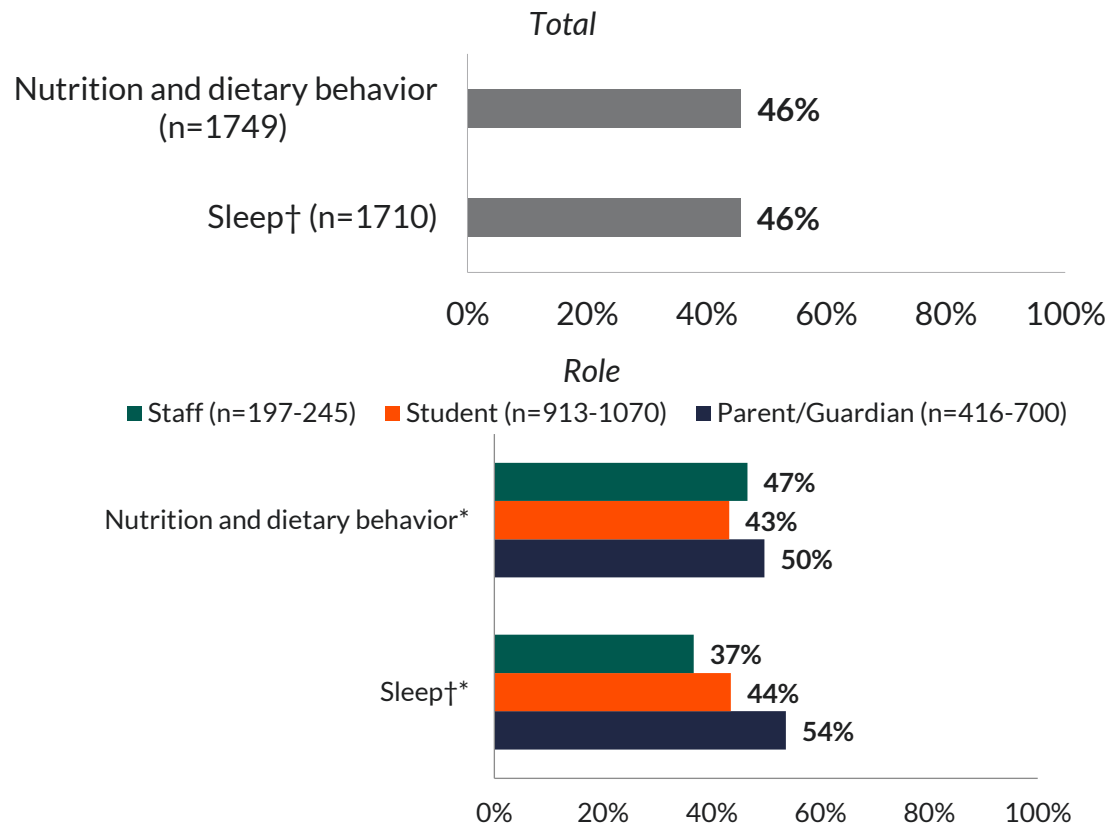
- **Total respondents are the least agreeable about current instruction on nutrition and dietary behavior, and sleep.** Other questions items that relate to school lunches or sleep continued this trend and become greater by role and FRPL qualifications.
 - Refer to [slide 15](#) to see the sleep comparison.
 - Refer to [slide 16](#) to see the lunch comparison.

FRPL Qualifications



Please say how much you agree or disagree with the following statements about physical and health education. [My school/My child's school/MVWSD schools] provide[s] enough instruction (i.e., lessons and class time) on the following topics related to physical and health education:

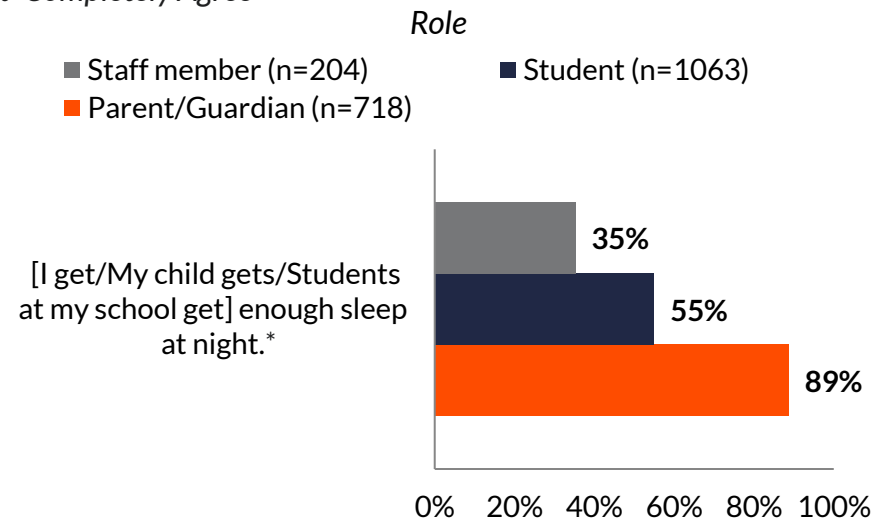
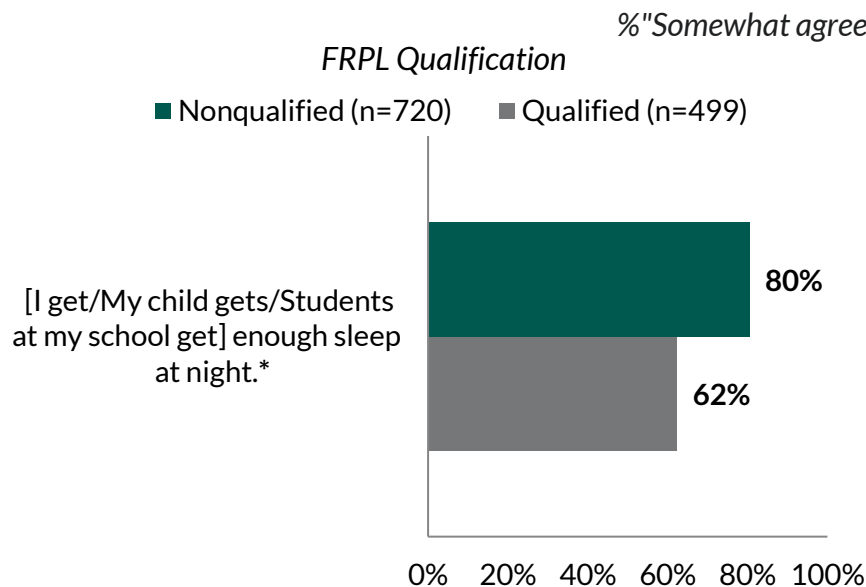
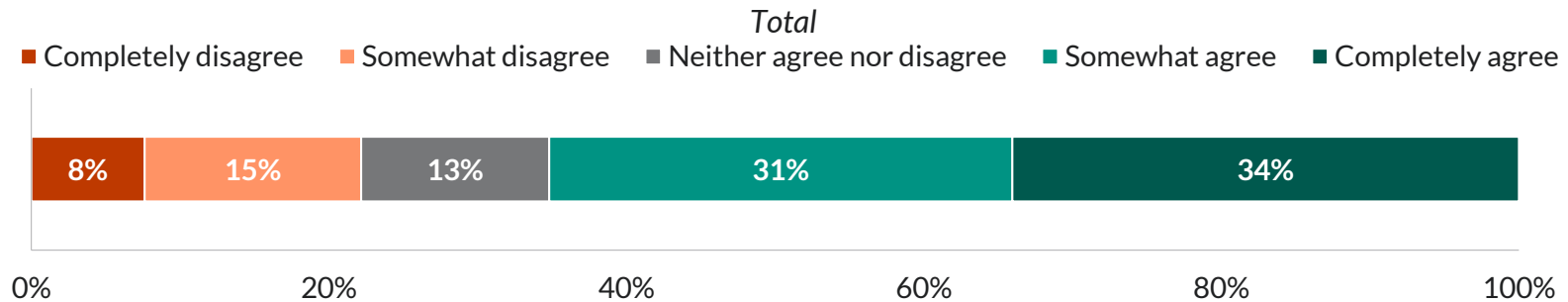
% "Somewhat agree" + % "Completely Agree"



Note: See data supplement for text of truncated (†) labels. Asterisks (*) indicate a significant difference between groups. Graphs come from the same response option segregated to show group differences.

KEY FINDINGS: SLEEP

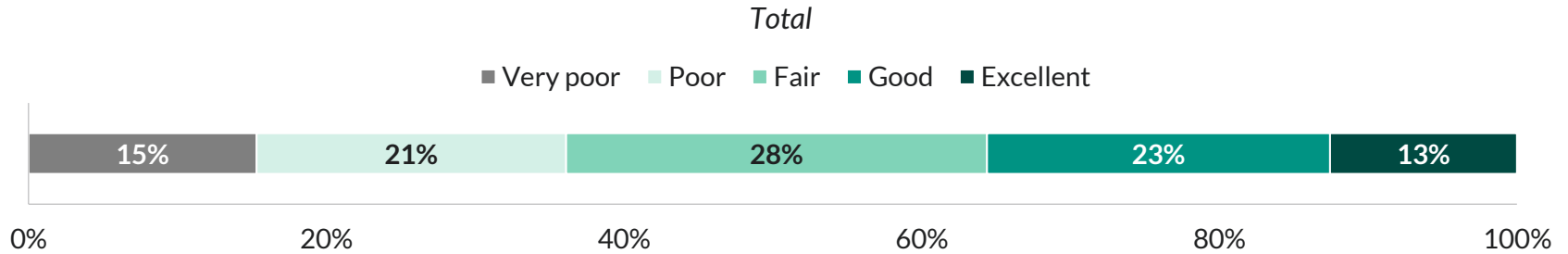
Please say how much you agree or disagree with the following statements about students' participation in the following areas: - [I get/My child gets/Students at my school get] enough sleep at night.



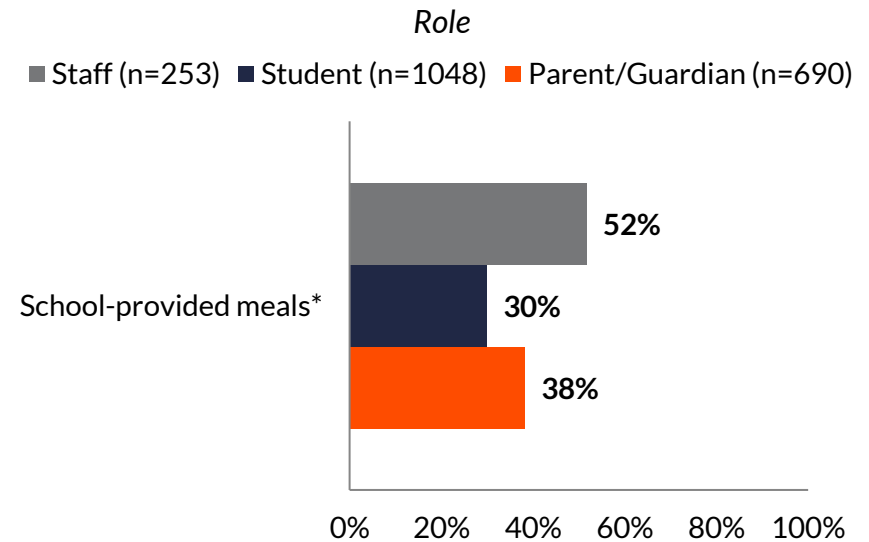
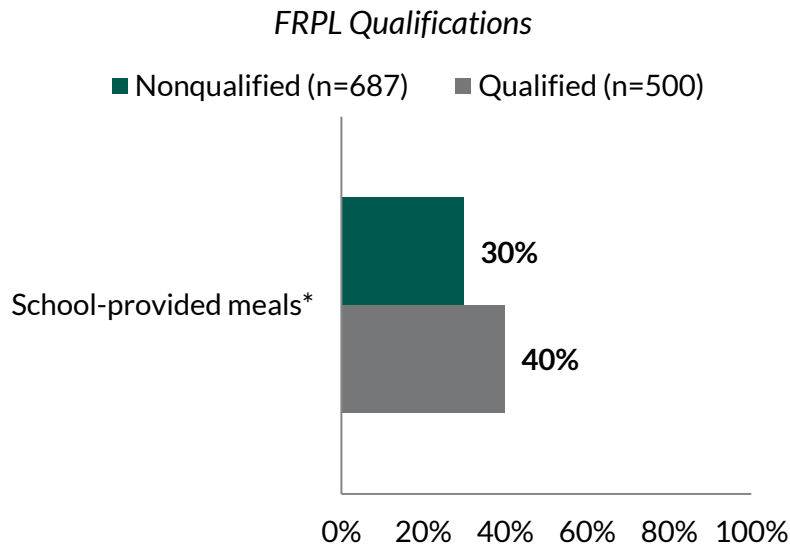
Note: See data supplement for text of truncated (†) labels. Asterisks (*) indicate a significant difference between groups. Graphs come from the same response option segregated to show group differences.

KEY FINDINGS: LUNCHES

How would you rate the following health resources and supports at [your school/your child's school/MVWSD schools]? - **School-provided meals**



% "Good" + % "Excellent"



RECOMMENDATIONS



Provide students with more access to mental health services. Currently, just over half of staff feel that the ratio of available personnel is not sufficient for the level of need. While mental and behavioral services are under-utilized, they are rated favorably when used. Multiple avenues and incentives for students to reach out about mental and behavioral health issues would be helpful as well.



Prioritize targeted mental health support for students from Free or Reduced-Price Lunch (FRPL) families. FRPL students and their parents indicate a higher prominence of mental health and wellness issues compared to those who do not qualify for FRPL.



Provide higher quality school lunches by introducing an alternative selection of meals that align with nutritional and dietary standards. Only a third of participants have a favorable opinion of school-provided meals.

RESPONDENT CHARACTERISTICS

Role (n=2175)

Parent/Guardian	36%
Student	51%
Staff	12%

Gender (n=1956)

Male	40%
Female	48%
Non-Binary/Gender non-conforming	2%
Not listed/Prefer to self-describe	2%
Prefer not to respond	8%

Ethnicity/Race (n=1954)

White	38%
Asian	24%
African American	3%
Hispanic/Latin(o/a/x)	27%
Middle Eastern or North African	2%
Native Hawaiian or Pacific Islander	2%
American Indian or Alaska Native	1%
Prefer not to respond	14%
Not listed/Prefer to self-describe	7%

Number of Children Enrolled (n=791)

1	57%
2	37%
3	5%
More than 3	1%

Years worked with MVWSD (n=238)

Less than a year	10%
1 to 3 years	21%
4 to 6 years	25%
7 to 10 years	16%
11 to 15 years	9%
16 to 20 years	7%
More than 20 years	5%
Prefer not to respond	8%

School Affiliation (n=2171)

Graham Middle School	43%
Crittenden Middle School	26%
Stevenson Elementary	5%
Gabriela Mistral Elementary	4%
Monta Loma Elementary	4%
Edith Landels Elementary	3%
Amy Imai Elementary (formerly Huff)	3%
Theuerkauf Elementary	3%
Jose Antonio Vargas Elementary	3%
Benjamin Bubb Elementary	2%
Mariano Castro Elementary	2%
Preschool	1%
District Office	1%

RESPONDENT CHARACTERISTICS

Program Affiliation (n=2150)

English Learners	11%
Special Education	7%
Gifted and Talented	2%
None	83%

Free or Reduced-Price Lunch Qualification (n=1303)

Yes	41%
No	59%

Enrolled in MVWSD health Plan (n=240)

Yes	74%
No	26%



THANK YOU.