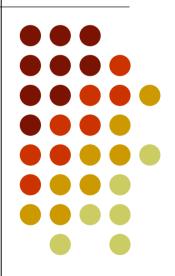
Introduction to Local School Wellness Policies

Iowa Partners for Healthy Kids
Iowa Department of Education
Iowa Public Television
Iowa State University Extension



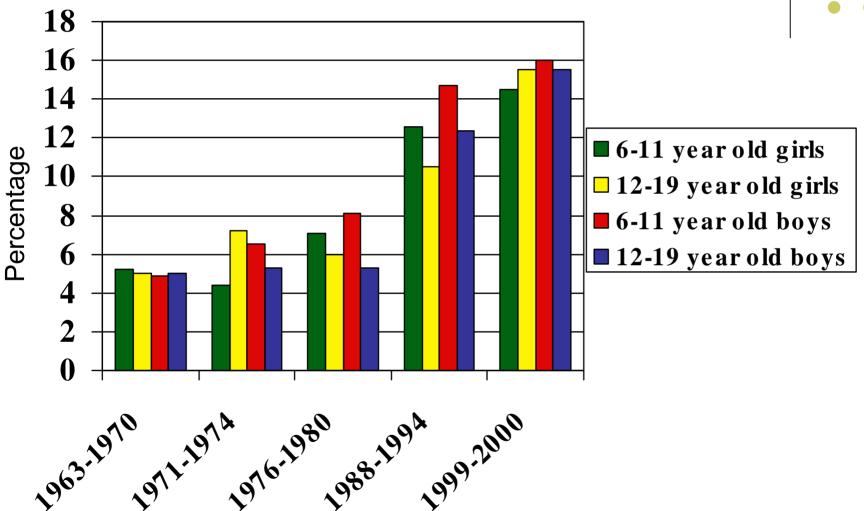
Agenda



- Why do we need school wellness policies?
- What are the requirements of the school wellness policies?
- Where and how do we start?
- What resources are available?

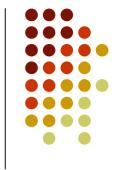
Overweight Trends



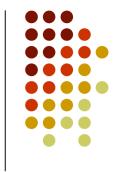


Source: Journal of the American Medical Association, 2002

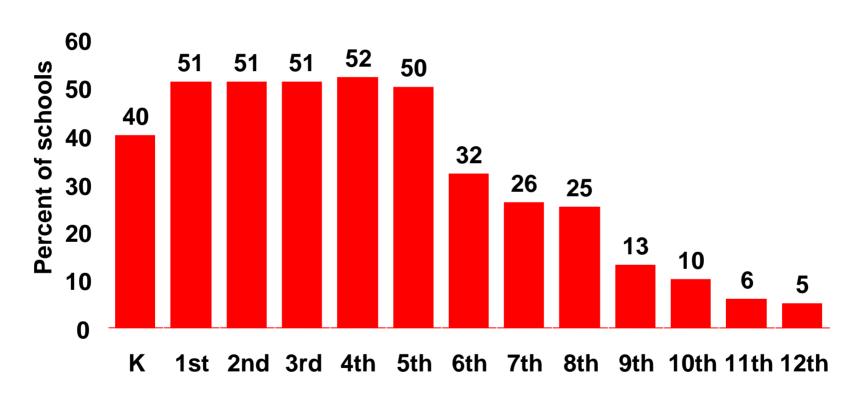




- 2% of kids meet all Food Guide Pyramid Recommendations¹
 - 16% do not meet any recommendations
 - another 24% meet only one
- More than²
 - 84% of kids eat too much fat
 - 91% eat too much saturated fat
- Less than³
 - 15% get enough fruits
 - 20% get enough vegetables
 - 30% get enough dairy

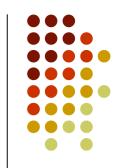


Daily PE Requirements



Source: CDC, School Health Policies and Programs Study 2000





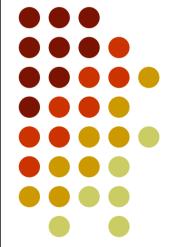
# hours of health ed (per year)	Elementary Schools	Middle Schools	Senior High Schools
<7.5 hours	58%	80%	84%
<15 hours	43%	67%	75%
<30 hours	20%	38%	37%
<60 hours	5%	14%	14%

Source: CDC, School Health Policies and Programs Study 2000

Child Nutrition and WIC Reauthorization

Section 204 of P.L. 108-265

June 30, 2004





Local School Wellness Policies: Why?



- Reaches beyond USDA-funded meal programs to influence childhood health
- Puts responsibility at the local level
- Recognizes the critical role of schools in curbing the epidemic of childhood overweight
- Provides an opportunity for school districts to create an environment conducive to healthy lifestyle choices





Goals for <u>nutrition education</u>, <u>physical</u> <u>activity</u>, and <u>other school-based</u> <u>activities</u> designed to promote student wellness in a manner that the local educational agency (*school district*) determines appropriate.



2. Nutrition guidelines selected by the local educational agency for <u>all food available</u> on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity.





3. Assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and National School Lunch Act.





4. Plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.



5. Involves parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.



USDA Responsibilities for Development of Local Wellness Policies



- Provide technical assistance, applicable examples, and best practices for school districts, school food authorities, and State Agencies
- USDA is coordinating with:
 - Department of Education (ED)
 - Centers for Disease Control and Prevention (CDC)

Technical Assistance...



 Serve as guidance purposes only and not be construed as binding or as a mandate to schools, school districts, school food authorities, or State educational agencies.

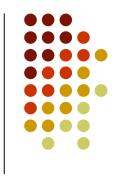
Recommendations for Local School Districts

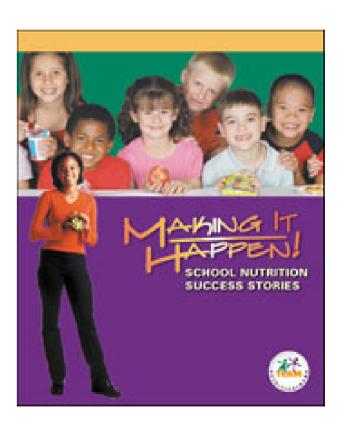


- Create shared vision statement and policy objective(s)
- Assess current policies and practice
- Consider unique needs of the school district, the student body and community, and available resources
- Seek input from experts in the community
- Explore community partnerships to support efforts
- Be innovative: there is no one best solution or set of solutions
- Evaluate experiences over time and evolve

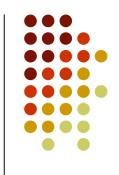
Success Stories

- Establish nutrition standards for competitive foods
- Influence food and beverage contracts
- Make more healthful foods and beverages available
- Adopt marketing techniques to promote healthful choices
- Limit student access to competitive foods
- Use fundraising activities and rewards that support student health





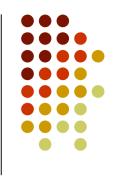
Establish nutrition standards for competitive foods



- Ensure that foods available adhere to healthful nutrient and portion size specifications
- Prohibit the use of foods of minimal nutritional value in schools or as fundraisers
- Adopt a fruits and vegetables only snack policy for snacks brought from home

Source: Making it Happen Executive Summary

Influence food and beverage contracts



- Transfer management of vending to the school food service program
- Improve the nutritional quality of beverages available under an existing contract
- Write a request for proposals for vending

Make more healthful food and beverages available



- Water, 100% juices
- Milk, cheese, yogurt
- Fresh fruits/veggies, salads
- Whole grain breads
- Bagels, trail mix, granola bars
- Air popped popcorn

Source: Making it Happen Executive Summary

Adopt marketing techniques to promote healthful choices



- Identify and offer healthful products that are appealing and meet student needs
- Use product placement to make healthful products easy to choose
- Use promotion strategies so that students know about these products
- Set the price of healthful products at levels that encourages purchase

Limit student access to competitive foods



- Limit the number of snacks that elementary students can purchase
- Reduce the portion size of dessert items
- Reduce the number of soft drink vending machines
- Eliminate 'foods of minimal nutritional value' in all school locations throughout the school day
- Have vending-machine free elementary schools

Source: Making it Happen Executive Summary

Use fundraising activities and rewards that are healthful



- Encourage students by organizing walks with the principal, bowling, swimming, skating or sledding parties
- Sell fruit and gift wrap rather than candy or nonnutritious items as a fundraiser
- Add juice, water, cheese trays, and fresh fruit and vegetable trays to classroom parties, and remove soft drinks and chips

Use fundraising activities and rewards that are healthful

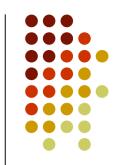


- Encourage students by organizing walks with the principal, bowling, swimming, skating or sledding parties
- Sell fruit and gift wrap rather than candy or nonnutritious items as a fundraiser
- Add juice, water, cheese trays, and fresh fruit and vegetable trays to classroom parties, and remove soft drinks and chips
- Switch from selling items from a candy cart to selling items from a breakfast cart to raise money for a school student council





- 60 minutes of physical activity daily for teens and adults
- At least three 10 minute bouts of moderate-tovigorous physical activity (makes you breathe hard and sweat)
- Physical activity can include sport, exercise, and lifestyle activities such as gardening and shoveling snow
- No more than 2 hours of continuous sedentary time except when sleeping



The Recommendations for Physical Activity (Children)

- Pre-K and K: 60 minutes of structured (physical education) and 60 minutes of unstructured (recess) with no extended sedentary periods
- Early elementary: at least 60 minutes of physical activity daily and up to several hours, no extended sedentary periods, several bouts of activity lasting 15 or more minutes



The Recommendations for Physical Activity (Children)

For healthy bone growth 1.5 hours of weight-bearing physical activity is recommended each day for children and adolescents.

It is normal for children and adolescents to be active several hours each day.

Source: Bailey



The Recommendations for Physical Education

- 150 minutes per week (30 minutes daily) in the elementary school
- 225 minutes per week (45 minutes daily) secondary (grades 7-12) schools
- No exemptions (athletic, band, academic)
- Specialist teacher
- Appropriate facilities and equipment
- Student-to-teacher ratios that are similar to academic classes



Recommendations for Cocurricular Activity

- School facilities should be available before and after school for programs for all students
- Daily supervised and unstructured recess
- No exemptions (athletic, band, academic)
- Physical activity clubs and intramural programs that are inclusive

Local School Wellness Policy Development Clear Statement of Roles & Objectives STEP 6 STEP 1 **Evaluate** Identify Results **Partners** STEP 5 STEP 2 **District Implement Assessment** STEP 3

Identify

Challenges

Adapted From: School Nutrition Association www.schoolnutrition.org

STEP 4

Develop Plan

Where to Start? Assemble the Team:



- Parents
- School Board
- Students
- Teachers
 - K-12
 - Health
 - Physical Education
 - FCS

- School Food Service
- School Administrator
- School Nurse
- Community
 - ISU Extension
 - Registered Dietitians
 - Healthcare professionals





- Identify strengths and weaknesses as they relate to:
 - Nutrition
 - Physical education/activity
 - Health education





- Nutrition education
 - Health education curriculum
 - Physical education curriculum
 - Science, math, reading or other core classes
 - Standards for health educators at different grade levels
 - Food marketing in school
 - Nutrition promotion in cafeteria
 - Parent/family education opportunities/initiatives





- Physical activity
 - Regularity/duration of physical education
 - Standards for physical education instructors at different grade levels
 - Regularity/duration of recess/unstructured activities at different grade levels
 - Safe routes to schools
 - Activity promoting programs
 - Guidance for physical activity as reward or punishment





- Food served/sold on school campuses
 - Standards for cafeteria meals
 - Standards for competitive foods
 - Standards for fundraising
 - Guidance for food as reward punishment
 - Guidance for food at parties
 - Guidance for classroom snacks
 - Guidance for parents packing lunches





Other

- After school programs
- Food at concession stands, dances, etc...
- Goal for school-promoted physical activity
- Staff/faculty wellness programs
- Wellness issues of students with special needs
- Food environment including meal times, recess before lunch, etc...

Resources





- Action for Healthy Kids (AFHK)
 - http://www.actionforhealthykids.org
 - State Profiles
 - Resources

Resources





- Team Nutrition
 - http://www.fns.usda.gov/tn/
 - To help meet the goal of healthier children, USDA launched Team Nutrition, an initiative designed to help make implementation of the new policy in schools easier and more successful.
 - Curriculum, technical assistance, and mini-grant opportunities available.

In Iowa...



 Iowa Partners for Healthy Kids and Iowa Association of School Boards are collaborating to provide:

- Process information
- School assessment tools
- Sample policies

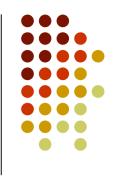
Call to Action



- Assemble the school wellness policy team
- Assess the current school environment
- Act with appropriate policy



Questions?



- Contact Department of Education, Bureau of Nutrition and School Transportation
 - Janet Wendland, 515-281-5676 or Janet.Wendland@iowa.gov

Access to this program



- Tape broadcast on K-12 Connections/IPTV
 - Sept. 20
 - Sept. 27
 - Oct. 12
 - Nov. 8

Videotape check out at each AEA

Prepared by: Ruth Litchfield, PhD, RD, LD

State Nutrition Extension Specialist

